**Kyndal R. Auten, MSW, LCSW, LCAS**

**Appalachian State University**

**Beaver College of Health Sciences**

**Department of Social Work**

**540D Leon Levine Hall of Health Sciences**

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**Licensures**

**Licensed Clinical Social Worker (LCSW) License # C012394**  *North Carolina*

**Licensed Clinical Addiction Specialist (LCAS) License # LCAS-23852** *North Carolina*

**Education**

**Appalachian State University**, Boone, NC

Master of Social Work, May 2017 *Individuals and Families Concentration; Communities and Organizations*

**Appalachian State University**, Boone, NC

Bachelor of Social Work, May 2016

Major: Social Work

**Professional Experience**

**Therapist-** *Mood Treatment Center*

July 2022-Present

* Provide diagnostic assessments of individuals, couples, and families
* Provide individual therapy and formulate treatment plans in congruence with diagnosis
* Utilize evidence based treatment modalities including, CBT/TFCBT, Motivational Interviewing, DBT, Brief Solution Focused Therapy, Reality Therapy, Exposure Therapy
* Specialized Diagnosis: Substance Use Disorders, PTSD, Postpartum Depression and Anxiety, ADHD, Bipolar Disorders, Major Depressive Disorder, OCD, Schizophrenia and other psychotic disorders, Co-occurring Disorders, Depression, Anxiety, Grief
* Specialized Populations: Women, Young Adults, Rural Appalachia
* Collaborate with colleagues and interdisciplinary team to address needs of the patients
* Participate in weekly/monthly collaborations and continuing education on various diagnosis and treatment approaches

**Full Time Inpatient Hospital Social Worker/ Part Time Outpatient-** *UNC Health, Jonas Hill Hospital & Clinic*

July 2021-March 2022

* Primary LCSW for 27 bed acute stabilization inpatient unit
* Completed clinical assessments of bio-psychosocial needs, provides information and short-term therapeutic counseling to patients and their families in relation to social, psychological, financial, and family situations and prepares an intervention plan.
* Facilitated daily groups utilizing CBT, DBT, TFCBT
* Identified patient/family crises, providing crisis intervention and emotional support, and creating and facilitating effective plans for resolution.
* Obtained , interpreted, and communicated to treating physicians necessary information regarding patients and families, including bio-psychosocial history information.
* Developed and maintained good working relationships with outside community health and social agencies. Reaches out to the community to learn of and utilize new resources for meeting patient needs. Assists patients and families with obtaining community assistance by referral to proper resources

**Complex Care Manager-** *Vaya Health LME/MCO*

December 2019-July 2021

* Provided oversight of the Mental Health/ Substance Abuse care coordination through proactive intervention and coordination of care to members in identified Special Health Care Needs or High Risk populations to ensure that these individuals receive appropriate assessment and services.
* Maintained a caseload of 25-45 individuals (children and adults) and continued to work to ensure adequate integrated care.
* Serve as the designated Pregnant/Postpartum Care Manager for the eastern most counties of Vaya catchment including (Ashe, Avery, Allegheny, Alexander, Caldwell, Watauga, & Wilkes)
* Work with service members directly to screen and assess for appropriate level of care
* Work with network providers to facilitate coordination of care for service members
* Advocate for under-represented populations
* Coordinate care through interdisciplinary teams and local government to address gaps in service and facilitate referrals to appropriate community resources

**Program Director- Perinatal Substance Abuse Treatment Program, SAMHSA Grant Funded,** *DAYMARK RECOVERY SERVICES-* North Wilkesboro, NC

May 2019- November 2019 40 hours/week

* Program Director of pilot grant funded community based substance abuse program designed to treat women who are pregnant or up to one year postpartum and their families.
* Facilitated comprehensive substance abuse treatment (individual and group) and coordination of care.
* Monitor of multiple treatment modalities including: Family Systems Therapy, CBT, DBT, Seeking Safety, and Medication Assisted Therapy
* Outreach with community resources and collaboration with community based grants
* Advocate for population and access to resources and challenging stigma.
* Supervised integrated team of mental health professionals including Licensed Marriage and Family Therapist Associate, Licensed Clinical Addiction Specialist Associate, Qualified Professional Staff, Peer Support Staff, and Administrative Staff.
* Collaborated with staff Psychiatrist to formulate and implement pilot community based medication assisted therapy (MAT) for substance use disorders.

**Co-Occurring Disorders Specialist, Substance Abuse Clinician,** *DAYMARK RECOVERY SERVICES*- North Wilkesboro, NC

**Assertive Community Treatment Team (ACTT)**

December 2017- May 2019 40 hours/week

* Facilitated individual, group, and family counseling, support, and life skills training for adults with severe and persistent mental health disorders primarily Schizophrenia, Schizoaffective Disorder, Bipolar Disorders I and II focusing on those with dual substance use disorder diagnosis.
* Groups facilitated: Dual Diagnosis (Substance use disorder and mental health diagnosis) Group Therapy
* Aided client’s in hospitalizations, voluntary and involuntary, due to psychosis, decompensation, suicidal ideation
* Engaged in crisis contingency planning and disease management
* Engaged in case management activity to arrange, link, coordinate, or integrate multiple services, assessment and re-assessment of the client’s need for services
* Worked with team of integrated care professionals including psychiatrist, mental health clinician, registered psych nurse, vocational specialist, and peer support specialist

**Human Services Clinician,** *DAYMARK RECOVERY SERVICES*- North Wilkesboro, NC

**Substance Abuse Intensive Outpatient Program (SAIOP) Team Member**

June 2017-December 2017 40 hours/week

* Facilitated individual, group, and family counseling, support, and life skills training
* Groups facilitated/co-facilitated: Intensive Outpatient Program, Relapse Prevention, Dual Diagnosis, Substance Abuse Aftercare, Seeking Safety, Substance Abuse Dialectical Behavior Therapy, Dialectical Behavioral Therapy, and Adolescent Substance Abuse
* Engaged in crisis contingency planning and disease management
* Engaged in case management activity to arrange, link, coordinate, or integrate multiple services, assessment and re-assessment of the client’s need for services

**Clinical Intern,** *DAYMARK RECOVERY SERVICES* -Boone, NC

**Substance Abuse Intensive Outpatient Program (SAIOP) Team Member**

August 2016-May 2017 20 hours/week

* Facilitated individual, group, and family counseling, support, and life skills training
* Groups facilitated/co-facilitated: Intensive Outpatient Program, Relapse Prevention, Dual Diagnosis, Substance Abuse Aftercare, and Dialectical Behavior Therapy
* Engaged in crisis contingency planning and disease management
* Engaged in case management activity to arrange, link, coordinate, or integrate multiple services, assessment and re-assessment of the client’s need for services

**Advocate Intern,** *A SAFE HOME FOR EVERYONE (A.S.H.E)* –West Jefferson, NC

January 2017-May 2017 40 hours/week

* Facilitated Intimate Partner Violence and Sexual Assault intake assessment and counseling
* Assisted clients in seeking safety from Intimate Partner and Sexual Violence
* Assisted clients in obtaining Domestic Violence Orders of Protection (DVO)
* Accompanied clients as a court advocate to DVO court hearings
* Engaged in case management and shelter maintenance
* Facilitated survivor support groups for children and adults
* Engaged in community outreach through fundraising and awareness campaigns

**Intern,** *HOSPITALITY HOUSE* -Boone, NC

August 2014 –January 2015 7 hours/week

* Front desk associate and intake
* Prepared and served food

**Evidenced Based Treatment Groups Facilitated**

**2017 Dialectical Behavior Therapy,** co-facilitated to fidelity DBT. Provided group therapy, phone

coaching, individual therapy, and crisis response

**2017 Adult Substance Abuse Intensive Outpatient Program**, facilitated weekly meetings to fidelity,

approximately 9 hours a week of Cognitive Behavioral Therapy Focused substance dependence treatment

through group and individual therapy.

**2017 Substance Abuse Dialectical Behavioral Therapy (SADBT)**, skills focused group, provided

weekly individual and group therapy.

**2017 Seeking Safety**, facilitated weekly meetings and utilized Trauma Focused Cognitive Behavioral

Therapy. Provided individual and group therapy.

**2017 Adolescent Substance Treatment Group**, provided weekly groups and utilized “The Seven

Challenges” curriculum

**2018/2019 Co-Occurring Disorders Group Therapy,** facilitated weekly group focused on substance

dependence treatment with persons experiencing Schizophrenia/Schizoaffective/Bipolar Disorders

co-occurring with substance dependence.

**2019 Seeking Safety Women’s Group,** facilitated Seeking Safety group therapy with individuals that

identify as women, experiencing perinatal life events (pregnant or child less than one-year-old) and

substance dependence

**2020/2021 Inpatient Treatment Group**, facilitated daily group in psychiatric inpatient setting with

mental health and substance use disorders, group focused on skills, crisis management, trauma focused,

psychoeducation, and mutual support using array of evidence based interventions

P**rofessional Meetings and Workshops**

**2017 Adult Probation Treatment Team Member**, Watauga County Drug Court, as Intern of Daymark

Recovery Services, Watauga County, North Carolina

**2018 Juvenile Justice Treatment Continuum Membe**r, Wilkes County, Advocate for Adolescents

with Substance Use Disorder as individual’s primary therapist with Daymark Recovery Services, Wilkes

County, North Carolina

**2019 Community Opioid Prevention & Education (COPE) Member**, Harm Reduction & Resilience,

Wilkes County, North Carolina

**2019 Perinatal Substance Abuse Program Advisory Committee**, Created and facilitated quarterly

meeting for stakeholders of community served, Wilkes County, North Carolina

**2020 Vaya Health, LME/MCO** Representative and liaison at Juvenile Justice Treatment Continuum,

Alexander County

**2020 Vaya Health, LME/MCO** Representative and liaison at Department of Social Services, Alexander

County

**2020/2021 Jonas Hill Inpatient Hospital and Clinic,** daily meeting in interdisciplinary team in which

represented social work practice in the treatment of individuals while hospitalized, coordinated case

management, and treatment updates

**Grant Funded Projects**

**Program Director of grant funded Pilot Program for Pregnant and Postpartum Women (NC PPW-Pilot)** as

Community Based Outpatient Service of Daymark Recovery Services.

● Implemented Pilot Program in conjunction with NC Division of Mental Health, Developmental

Disabilities, and Substance Abuse Service (NC DMH/DD/SAS), SAMHSA (Substance Abuse &

Mental Health Services Administration), The University of North Carolina at Chapel Hill’s

schools of Medicine, Health Sciences, and Social Work, and Daymark Recovery Services.

● Created and facilitated quarterly advisory committee consisting of:

o Delivering Hospitals

o Local Health department

o Care Coordination for Children (CC4C)

o Federally Qualified Health Center/Community Health Center

o Children’s Development Service Agency

o County DSS-Child Welfare Section

o Opioid Treatment Programs

o OB/GYN

o Child/Adolescent Mental Health Provider

o Adult MH provider

o Substance Abuse Prevention provider

o Domestic Violence Agency

o Vocational rehabilitation

o Adult Probation

● Implemented and utilized tools for research, evaluation, and data collection including:

o 21-item Beck Depression Inventory (BDI)

o 7-item Generalized Anxiety Disorder (GAD-7)

o 20-item PTSD Checklist (PC) for DSM-5

o Life Events Checklist (LEC-5)

o Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES)

o Trauma Symptom Checklist 40

o Government Performance and Results Act (GPRA)

● Implemented Evidence Based Practices per the grant including: Seeking Safety Matrix, Beyond

Trauma, Helping Women Recover, TREM, Circle of Security, Celebrating Families!,

Strengthening Families, Medication Assisted Treatment (Buprenorphine)

**Professional Affiliations**

* National Association of Social Workers (NASW)
* National Association of Social Workers- North Carolina Chapter (NASW-NC)
* North Carolina State Licensure- Licensed Clinical Social Worker (NCASWLB)
* North Carolina Substance Abuse Professional Practice Board (NCSAPPB)- Licensed Clinical Addiction Specialist (LCAS)