

## Professional Experience

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### Paradigm Therapy Services

Cloquet, MN

July 2019-present

#### Owner

- Own, operate, and oversee a small, outpatient mental health clinic
- Oversee all relevant contracts
- Manage insurance and billing operations

### Matheny Therapy & Consulting, LLC

Duluth, MN

August 2015-present

- Provide psychotherapy to children, adolescents, and adults with a particular specialty on trauma
- Provide clinical supervision to contractors
- Provide training to a variety of audiences related to a trauma, trauma informed systems, and mental health
- Consult with agencies and institutions related to trauma informed systems change
- Provide expert testimony in civil, juvenile, and consultation to court related entities
- Serve as mental health consultant to First Witness Child Advocacy Center and Southern St. Louis County Mental Health Problem Solving Court

### Human Development Center

Duluth, MN

February 2018-June 2019

#### Director, Youth and Family Services

- Develop and implement strategic partnerships for agency service expansion related to youth, family, and trauma services
- Oversee clinical operations in Lake and Cook Counties
- Oversee clinical operations for family, youth, and outreach services in Southern St. Louis and Carlton Counties
- Chair agency clinical leadership team and ensure quality and certification standards are maintained
- Manage implementation of SAMHSA Certified Behavioral Health Clinic Expansion Grant
- Responsible for annual budget of nearly \$7,000,000 and manage program financial goals
- Maintain and expand collaborations with county leaders, stakeholders, and community partners
- Write, implement and report on local, state, and federal grants
- Provide reflective supervision to TF-CBT clinicians
- Maintain a clinical practice including providing diagnostic assessments; individual, group, and family therapy to children, adolescents and adults with a range of presenting problems
- Major author of \$5.5 million in new grant revenue in 2018
- Develop agency work plans and participate in strategic planning

### Human Development Center

Duluth, MN

February 2011-2018

#### Program Manager, Trauma and Child Outreach

- Provided consultation to the Children's Justice Initiative, local child welfare, and the Child Advocacy Center
- Maintained DHS certifications for CTSS, Adult and Children's Mobile Crisis Services, and 245D services
- Developed and directed Trauma Assessment and Treatment Program in collaboration with St. Louis County Social Services
- Collaborated with community partners to meet identified needs
- Developed, Certified, and Implemented DHS On-Call Mobile Crisis Services and Waivered (245D) Services
- Supervised clinicians and mental health practitioners in providing evidence based trauma treatments for children and adults
- Facilitated a multi-disciplinary team
- Managed program budget and appropriate billing practices
- Provided clinical and administrative supervision for Children's Mental Health Case Managers and Children's Therapeutic Services and Support practitioners



**Ambit Network, University of Minnesota**

**St. Paul, MN**

**March 2013-September 2016**

**Clinical Program Manager**

- Assisted in developing collaborative Trauma Informed Communities of Care throughout Minnesota
- Developed and provide training regarding the effects of trauma on children and families to an array of professional audiences
- Provided consultation and strategic planning to county entities, residential treatment facilities, juvenile justice organizations, educational settings, and mental health organizations to develop trauma informed systems
- Provided consultation and trainings to clinicians on Evidence Based Practices for Trauma
- Participated in National Child Traumatic Stress Network Subcommittees regarding Complex Trauma, Child Welfare, Parent Trauma, Trauma Informed Schools and Secondary Traumatic Stress
- Participated in Department of Human Service workgroups on policy issues
- Developed programmatic budgets for external initiatives within university parameters
- Assisted in grant management, reporting, and monitoring throughout grant life cycle
- Coordinated and administer TF-CBT Learning Collaboratives and related trainings
- Assisted in program evaluation using qualitative and quantitative data analysis of outcome measures
- Participated in the development and presentation of outcome data to advisory groups including NCTSN, Departments of Justice, Corrections, Health and Human Services, and related workgroups

**Human Development Center**

**Duluth, MN**

**July 2005-present**

**Psychotherapist**

- Provide diagnostic assessment services to children, adolescents, and adults with primary emphasis on low income, disadvantaged and/or seriously/persistently mentally ill clients
- Provide supervision to clinical trainees
- Provide consultation services to the Multi-Disciplinary Team of First Witness Child Advocacy Center
- Participate in multidisciplinary team meetings
- Work collaboratively with psychiatrists, case managers, and county services to provide services to individuals and families
- Provide diagnostic assessments, therapy, and consultation to individuals involved in the legal or social service systems
- Served as Project Director for the NIMH sponsored research project on first episode psychosis (RAISE)
- Coordinated The Program for Sexual Abuse and Pediatric Sexual Behavior
- Coordinated and oversaw the Dialectical Behavioral Therapy program
- Co-Facilitated DBT and anger management groups
- Assisted in the development of a Juvenile Problem Solving Court

**Institute for Psychological and Sexual Health**

**Duluth, MN**

**May 2003-July 2005**

**Psychotherapist**

- Provided psychotherapy to individuals, couples, and families for a variety of mental health and relational issues.
- Facilitated group sex offender treatment services to outpatient adults
- Participated in the completion of psychological evaluations, family assessments, and other court documentation
- Provided outpatient and inpatient sex offender treatment to adolescents
- Provided clinical consultation services to adolescent residential treatment facility
- Collaborated with correctional agents, social service providers, and client support persons
- Developed program standards in compliance with Department of Corrections and current research treatment modalities

**Program for Aid to Victims of Sexual Assault**

**Duluth, MN**

**January 2002-April 2003**

**Advocacy Coordinator**

- Provided individual, group, and couples crisis counseling



- Provided legal, hospital, and educational advocacy
- Developed and facilitated numerous support groups
- Recruited, trained, and supervised volunteers and interns to answer the 24-hour crisis line
- Trained community professionals in working with survivors of sexual violence
- Conducted community education presentations, including those in high schools and colleges
- Organized community awareness events, including the publication of a quarterly newsletter

## Special Skills and Expertise

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### Clinical Supervision and Consulting

- MN Supreme Court Rule 114 Qualified Neutral
- Core Concepts for Childhood Traumatic Stress facilitator/trainer
- Trauma Focused Cognitive Behavioral Therapy Nationally Certified Therapist and Consultant
- Managing and Adapting Practice Nationally Certified Therapist, Supervisor, and Trainer
- Reflective Supervision for Individuals, Groups, and Supervisors
- NCTSN Problem Based Learning Facilitator
- Clinical Supervision of Graduate Students, Clinical Trainees including LPC's and LGSW's

### Organizational Consultation and Planning

- Trauma Informed System Change Initiatives
- Trauma Informed Schools Initiatives
- Secondary Traumatic Stress Informed Organizational Change

### Clinical Modalities

- Trauma Informed Cognitive Behavioral Therapy
- Eye Movement Desensitization and Reprocessing Therapy
- Prolonged Exposure Therapy
- Cognitive Processing Therapy
- Managing and Adapting Practice
- Parent Child Interaction Therapy
- Traumatic Grief Component Therapy for Adolescents
- Dialectical Behavioral Therapy

### Clinical Expertise

- Trauma Assessments for Juvenile and Adults
- Psychosexual Assessments for Pediatric and Juvenile Offenders
- Threat Assessments for Educational Institutions
- Court Involved Custody Situations
- Forensic Assessment of Child Sexual and Physical Abuse Allegations
- Clinical Interventions to Adults and Children involved in Criminal Justice or Social Service Systems

## Professional Development

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40-Hour Family Mediation Training	2021
40-hour Custody Evaluation Training, Mediation Center	2021
Civil Mediation Training	2019
National Children's Alliance International Symposium	2018, 2019, 2020
MN Department of Human Services Managing and Adapting Practice Agency Supervisor Training	2017



EMDR Training	2015
Member of International Society of Traumatic Stress Studies	2013-present
International Trauma Conference: Neuroscience, Attachment and Therapeutic Interventions	2015
International Trauma Conference: Trauma and Complexity: From Self to Cells	2017
National Child Traumatic Stress Network NCTSN All Network Conference	2013, 2014, 2016
Resource Parent Facilitator Training	2015
NCTSN Problem Based Learning Facilitator Training	2015, 2020
TF-CBT Train the Consultant	2015
TF-CBT Train the Supervisor	2014
Juvenile Justice Trauma Training Toolkit Facilitator Training	2014
TF-CBT Nationally Certified Clinician	2013
Child Welfare Trauma Training Tool-Kit Facilitator Training	2013
Diagnostic Classification and Intervention of Ages 0-3	2011
MN DHS/Ambit Network TF-CBT Learning Collaborative	2009
CITI Training to Conduct Social and Behavioral Research using Human Subjects	2008
Department of Human Services—Evidence Based Practice Initiative for Children	2008
American Professional Society on the Abuse of Children National Colloquium	2010-2012
Midwest Child Sexual Abuse Conference	2009-2012
Treating PTSD and Complex Psychological Trauma	2009
Minnesota Child and Adolescent Psychiatry Review	2007, 2008
Integrated Dual Diagnosis Treatment	2006
Minnesota Association for Treatment of Sex Offender Annual Conference	2003-2005

## Publications

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- Schlink, A., Matheny, S., & Schilling, J. Overview of Assessment of Sex Offenders. In Phenix, A., Hoberman, H.M. (Eds.), *Sexual Offending: Predisposing Antecedents, Assessments, and Management* (247-264). New York. Springer.
- National Child Traumatic Stress Network. (2014). *Complex trauma: Facts for shelter workers working with homeless children and families*. Los Angeles, CA, & Durham, NC: National Center for Child Traumatic Stress.
- Master’s Thesis: “The Impact of Mandated Testing on Third and Fourth Grade Students and Teachers”

## Grants and Contracts

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St. Louis County PPP Facilitation Contract	2021
Lake County Public Health and Social Service Contract	2020-2021
SAMHSA, “Certified Behavioral Healthcare Clinics Expansion Grant”, \$4,000,000	2018-2020
MN Department of Human Services, “School Linked Mental Health Services Grant”, \$970,000	2018-2021
MN Department of Human Services, “First Episode Psychosis Rural Expansion”, \$800,000	2018-2020
Lake County Public Health and Social Service Contract	2017-2019
SAMHSA, “National Child Traumatic Stress Initiative”, \$3,800,000	2013-2016
St. Louis County Trauma Assessment and Family Treatment Contract	2011-2019
St. Louis County Children’s Mental Health Case Management Contract	2011-2019
NIMH, “Recovery After First Psychotic Episode”	2009-2014



## Presentations

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**Parenting Assessments in Rural Minnesota.** MN Associate for Family Conciliation Courts. **January 2021**

**Duluth YMCA Case Conceptualization.** **October 2020**

**Core Concepts and Case Conceptualization for CAC Mental Health Staff.** National Symposium, National Child Advocacy Center. **March 2020**

**TF-CBT: How is Safety One Third of the Model.** National Symposium, National Child Advocacy Center. **March 2020**

**State Child Advocacy Center Peer Review Trainer.** State of Louisiana Child Advocacy Centers. **February 2020**

**Core Concepts of Childhood Traumatic Stress.** State of Michigan Child Trauma Initiative. **November 2020**

**TF-CBT with Families Involved in Court.** Child Advocacy Centers of Texas. **December 2019 and upcoming**

**Evidence Based Practices for Children.** MN Department of Human Services Psychiatric Assistance Line. **2018-2021**

**Beyond Trauma 101.** Cooperative Educational Service Association. **October 2018**

**Now What Do We Do: Importance of MDT Engagement in Questionable Disclosures of Sexual Abuse.** First Witness Stand with Children Conference. **July 2018**

**Normative and Non-Normative Sexual Behavior in Children.** First Witness Stand with Children Conference. **July 2018**

**Trauma 101: Effects on Children in the Classroom.** Multiple School Districts in Minnesota and Wisconsin

**Child Traumatic Stress.** Multiple Presentations Throughout Minnesota

**Secondary Traumatic Stress and Resilience.** Multiple Presentations to Human Service Professionals in Minnesota and Wisconsin.

**Speaking the Same Language: Use of Therapists in Criminal Prosecution.** First Witness Stand with Children Conference. **July 2017**

**Lessons Learned: Tips for Collaborations between Schools and Mental Health Providers.** DHS School Linked Mental Health Conference. **October 2017**

**Evidence Based Practice Implementation in Rural Communities.** Panel Presentation to NCTSN ANC. **April 2016**

**Developed training on Trauma Informed Care, Secondary Traumatic Stress, and ACES.** Hennepin County Public Defenders and Minneapolis City Attorneys. **2016**

**Neurological Affects of Trauma and ACES.** Ramsey County Public Health, **2016**

**What do I Really Want to Know: Trauma Assessments and Psychological Evaluations.** Minnesota Children's Justice Initiative Conference, **2016**

**10 Tips about Trauma that Family Attorneys Need to Know.** Minnesota State Law Library Continuing Legal Education, **2015-2016**

**Core Concepts of Childhood Traumatic Stress, Secondary Traumatic Stress, Developmental Impacts of Trauma.** Multiple Presentations throughout Minnesota and Wisconsin

**Developmental Trauma and Evidence Based Interventions.** St. Louis County Public Health and Social Service Foster Parents. **2012-2019**

**Foster Parent Resilience.** St. Louis County Public Health and Social Service Foster Parents. **2012-2016**

**Trauma Informed School System Change.** ISD 196, White Earth Tribal Nation Charter Schools, ISD 709. **2013-2016**

**Developmental Trauma Disorder and Evidence Based Trauma Treatments.** St. Louis County Human Services conference and Minnesota Association of Community Mental Health Centers. **April 2013**

**Evidence Based Practices for Pediatricians.** St. Luke's Pediatrics DHS Depression Care Project. **2012**

**Interacting with Individuals with Autism Spectrum Disorders.** Arrowhead Regional Corrections. **2010**

**Pediatric Mental Health in the Classroom.** ISD 709. **2010**

**Developmental Psychology.** The Center for Alcohol and Drug Treatment. **2009**

**Integrated Dual Diagnosis Treatment and Motivational Interviewing.** **2009**



## Professional Services

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Konterra Group Member	2021-present
R3 Continuum First Responder	2021-present
MN Rule 114 Qualified Neutral	2019-present
First Witness Child Advocacy Center Multi-Disciplinary Team	2008-present
National Child Traumatic Stress Network (NCTSN)	2013-present
NCTSN Child Sexual Abuse Committee	2013-present
NCTSN GLBT Subcommittee	2016-present
International Society of Traumatic Stress Studies	2015-present
MN Department of Human Services Work Group on Child Fatalities/Near Fatalities	2016-2017
St. Louis County ICWA Child Dependency Court Planning Group	2016
NCTSN Subcommittee on Trauma and Symptom Assessment	2015-2016
NCTSN Secondary Traumatic Stress Committee	2013-2016
NCTSN School Trauma Work Group	2014-2016
DHS Work Group on Early Psychosis	2012-2014
DHS Working Group for Dialectical Behavioral Therapy	2010-2011
American Professional Society on the Abuse of Children	2008-2015

## Awards and Honors

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First Witness 'Making a Splash' Community Award	2014
Duluth News Tribune '20 Under 40' Leadership Award	2011
Webster Scholar	1999
Presidential Scholar	1997
Girl Scout Gold Award	1996

## Education

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<b>Masters of Social Work, University of St. Thomas/College of St. Catherine</b> Thesis: The Effects of Mandated Testing on Elementary Students and Teachers	2002
<b>Bachelor of the Arts, College of St. Scholastica</b> Majors: Psychology and Social Work Graduated Magna Cum Laude Independent Study: The Impact of Natural Environments on the Development of Resiliencies among Youth	2000

## Licenses Held

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Licensed Independent Clinical Social Worker, MN BOSW #16047	2004-present
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