

Maureen Alana Kishna, MSSA, LISW-S, LSSW

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Summary of Qualifications

Skilled MST (Multisystemic Therapy) System Supervisor (Consultant) experienced in conducting and also training teams to successfully implement evidenced based therapy for youth at risk of out of home placement and their families; which includes successfully engaging multiple systems (the individual youth, their families, schools, court personnel, other mental health professionals and community members) to intervene effectively to reduce these problem behaviors and enhance the youth and family's functioning to be able to be reside and thrive safely in the community.

Credentials

Licensed Independent Social Worker-Supervisor, State of Ohio Counselor, Social Worker, Marriage and Family Therapist Board

Certified Cognitive Therapist, The Cleveland Center for Cognitive Therapy

Licensed School Social Worker, State of Ohio Department of Education

Education

Case Western Reserve University, Mandel School of Applied Social Sciences, Master of Science in Social Administration (Master of Social Work)
Concentration: Children, Youth and Families with additional certification in School Social Work

The Ohio State University, Bachelor of Arts, Summa cum Laude
Major: Anthropology with concentration in Cultural Anthropology

Professional/ Social Work Experience

The Center for Innovative Practices, 2006-Present

The Institute for the Study and Prevention of Violence, Kent State University
MST System Supervisor (MST (Multisystemic Therapy) Expert/ Consultant)

- Ensures MST teams in both rural and urban areas throughout Ohio adhere to the MST model via rigorous quality assurance procedures including weekly phone consultation on all current cases with therapists and supervisors, monthly tape reviews of group supervision, tape reviews of therapist sessions with families as indicated, reviewing MST Institute's website data to ensure accuracy, regular supervisor development planning, and assistance with therapist development plans in collaboration with agencies' MST Supervisors.
- Conducts MST Booster trainings quarterly with all teams and supervisors on topics that will improve treatment to youth and families. Trainings include: Assessment Skills and Family Therapy in MST, Focus on Generalizability of Treatment Gains, Motivational Interviewing, Cognitive Behavioral Therapy, Engagement Skills, Treatment of Substance Abuse, Clinician Development, Improving Parent-Child Affective Bond, Overcoming ACE Behaviors and Utilizing Tape Reviews of Work Samples.
- Presented informational presentation to community stakeholders such as other mental health providers, probation officers, judges, drug court personnel on MST treatment approaches in dealing with mental health and substance abuse issues.
- Develops bi-annual program implementation reviews to program managers and stakeholders in collaboration with MST Supervisors.

Junction Psychological Services, 2001-2006

MST Supervisor (2004-2006) Therapist (2001-2006)

- Effectively conducted and supervised Multisystemic Therapy. Treatment included family, individual, parental and marital therapy as well as substance abuse treatment (Contingency Management with MST) as indicated.
- Conducted functional assessment of problem behavior and develops and implemented safety plans and behavioral support plans in collaboration with key participants in the youth's life
- Trained team members via live supervision, tape review of sessions and in-service trainings to competently use evidence based therapeutic interventions such as cognitive behavioral techniques, motivational interviewing skills, and dialectical behavioral therapy interventions
- Collaboratively developed and implemented therapist and supervisor development plans with therapists and Consultant to ensure each team member is able to provide the best mental health services to youth and families in most dire need
- Guest lecturer at the Mandel School of Applied Social Sciences annually to teach graduate students in social work about Multisystemic Therapy and how to empirically evaluate the effectiveness of therapeutic interventions in professional practice

- Co-facilitated Booster Training on Cognitive Behavioral Therapy Techniques as well as school system training on behavior modification techniques for MST teams in rural Ohio with MST consultant and another MST Supervisor

*Individual Therapist Outcomes and Data: 2005-2006: exceeded all target adherence scores with Adherence to MST Model Mean Score of .997 (with target score set at .40) with 100% of youth living at home, in school and working with no new arrests

*Team Data 2005-2006: Adherence Mean Score: .632 with 97.5 % of youth living at home, 92.5% of youth in school/ working and 87.5% of youth with no new arrests

*Supervisor Adherence Scores have consistently exceeded target scores set by MST Services

University Psychiatrists of Cleveland, University Hospitals, 2000-2001 MST Therapist

- In addition to treating youth returning home after psychiatric hospitalizations and from incarceration through The Ohio Department of Youth Services and their families, assisted in conducting research on the effectiveness of MST program compared to usual court treatment administered by Stark County Juvenile Court

-Publication:

Timmons-Mitchell, J., Bender, M., Kishna, M., Mitchell, C. (2006). An Independent Effectiveness Trial of Multisystemic Therapy with Juvenile Justice Youth. Journal of Clinical Child and Adolescent Psychology, 35, 2, 227-236.

Cleveland Heights-University Heights School System, 1999-2000 School Social Work Intern

- Counseled and coordinated services for elementary and high school students and their families
- Facilitated Social Skills, Families in Transition and Problem Solving Groups
- Co-facilitated parent training workshops for the prevention of substance abuse through The Parent to Parent Program
- Developed and implemented a service and career exploration group for students of an alternative high school
- Participated in elementary and high school Problem Solving Teams along with school guidance counselors, teachers, nurses and school psychologists that developed interventions for students who were exhibiting emotional, behavioral and learning problems to assist them in achieving their educational potential, also assisted in developing 504 and IEP plans

Berea Children's Home and Family Services, Cuyahoga County, 1999-2000 Child Care Worker

- Supervised and cared for adolescents and children with severe emotional and behavioral problems in a residential treatment facility and a community-based summer respite camp
- Conducted partial hospitalization sessions as part of a multidisciplinary treatment team

Marion Sterling Elementary School, Cleveland, 1998-1999 School Social Work Intern

- Conducted group and individual sessions for students with behavioral problems, focusing on the development of communication, problem solving, and conflict management skills
- Collaborated with parents, school personnel, and neighborhood agencies to devise and implement appropriate interventions for students and families in crisis

United States Peace Corps, Guyana Responsible Parenthood Association, Georgetown, Guyana, South America, 1996-1998

Assistant Coordinator for Peer Educators' Program, Youth Development Worker, Teacher

- Co-organized and developed a peer educators' program with Host Country National Counterpart in fifteen high schools in rural and urban areas
- Trained and supervised fifty high school students to conduct educational and counseling sessions with their peers concerning sexual and reproductive health issues
- Assisted teachers to develop sexual health program in their school using peer educators as the driving force for systemic change
- Taught sixty out-of-school teenage girls and mothers basic literacy skills and facilitated life skills sessions dealing with issues such as communication and decision-making
- Co-facilitated conflict and anger management training for twenty prison officers as well as prison inmates
- Co-Facilitated Under Twenty Club, which emphasized personal responsibility, goal setting and community activism to address social issues such as AIDS, poverty, STDs, unplanned pregnancies and domestic violence

West Side Ecumenical Ministry, Americorps Urban Youth Services, Cleveland, 1995-1996
Site Coordinator, Youth Development Worker

- Developed and implemented educational, cultural, peer mediation, and recreational programs for 50 teenagers in two neighborhoods in the Near West Side of Cleveland in collaboration with my Americorps Team Members

Community Involvement/ Recognitions

- Chairperson, The Edna House Board of Directors. The Edna House is a sober living facility for women.
- Public Speaker as Return Peace Corps Volunteer, educating students about Guyana at local high school and elementary schools and recruiting potential future Peace Corps Volunteers at Case Western Reserve University
- Mentor to Sudanese Refugees, Catholic Charities Migration and Refugee Services, assisted in their transition to the United States including teaching them to drive, cook, assisted them in obtaining personal safety, communication, and personal financing skills, and helping them acculturate in multiple ways
- ESL teacher for El Barrio
- Recipient, MSASS Alumni Scholarship, College Club West Scholarship, The Ohio State University's Excellence in Scholarship Award
- The Guyana Responsible Parenthood Association's Outstanding Service Award