

Laurie L Smith, LMSW, CDE, CCATP, CCTP, CAIMHP

Owner/Therapist at Resilience Coach, LLC www.resiliencecoachllc.com

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Certifications

- Certified Addictions Informed Mental Health Provider since 2020
- Certified Clinical Anxiety Treatment Professional since 2019
- Certified Clinical Trauma Professional since 2019
- SMART Recovery Facilitator 2018
- Member of AADE since 2012
- Certified Diabetes Educator since 2011
 - 1st LMSW in MI to obtain and 1 of 26 LMSW in the country at the time
- National Association of Social Workers since 2003

Education

M.S.W. - Community Organization in Community and Social Systems

University of Michigan School of Social Work

August 2004

B.S.W. - Generalist Practice

University of Michigan – Flint

May 2003

Highlights of 2020

- Obtained addictions certification: CAIMHP
- Self-Published LifeHacks: Tips and Tricks for Accessing Your Inner Resilience
- Developed a sound business model and created Resilience Coach, LLC to specialize in areas of habits, trauma and unwanted behaviors

Highlights of 2019

- Transitioned from Integrated Behavioral Health and Diabetes Self-Management Education to Outpatient Behavioral Health Therapy specializing in Anxiety and Health Behaviors
- Trained in Integrated Harm Reduction Psychotherapy and mentored by experts in the fields of trauma, motivational interviewing and harm reduction

Professional Experience

Resilience Coach, LLC

March 2020-Present

Owner/Therapist

- Types of Therapy: Specializing in Mindfulness, CBT, Strengths-based and Integrated Harm Reduction Psychotherapy
- Trained in the following Empowerment-based treatments modalities: Acceptance and Commitment (ACT); Attachment-based; Biofeedback; Clinical Supervision; Coaching; Cognitive Behavioral (CBT); Compassion Focused; Culturally Sensitive; Eclectic; Experiential Therapy; Feminist; Humanistic; Integrative; Interpersonal; Mindfulness-Based Relapse Prevention; Motivational Interviewing; Multicultural; Narrative; Person-Centered; Positive Psychology; Post-Traumatic Growth, Psychoanalytic; Psychodynamic; Rational Emotive Behavior (REBT); Reality Therapy; Relational; Resiliency; Solution Focused Brief Interventions(SFBT); SBIRT; Somatic; Strength-Based; Trauma Focused; Three Principles/Psychology of Mind

Medical Network One Health Solutions, Rochester, MI

MiPCT, CPC+ and SIMS Hybrid Care Manager/Diabetes Educator, January 2013- January 2019

- Identify, stratify and manage patients with chronic conditions at a population health level within two PCMH primary care settings for multiple insurers
- Prioritize, perform outreach, assessment and self-management education for adult caseload of approximately 150-200 patients with complex illness in the primary care setting
- Collaborate with physicians, patients/families and specialists to create individualized plans of care and behavioral health interventions to improve health outcomes and reduce costs using evidence-based guidelines and protocols
- Plan, implement, coordinate and evaluate quality improvement initiatives aimed at improving health outcomes, reducing costs and improving efficiency within the primary care setting including reducing hospital utilization and A1c's (32% in one practice) and integrating behavioral health
- On-board multiple, multi-disciplined Care Managers

Genesys Diabetes & Nutrition Learning Center, Grand Blanc, MI

Clinical Diabetes Educator, August 2010 – February 2013

- Assessed educational needs of persons diagnosed with Type 1, Type 2 and Gestational diabetes
- Provided individualized diabetes education utilizing the Transtheoretical Model of Behavior Change and Motivational Interviewing techniques
- Taught group education using Diabetes Self-Management Education (DSME) principles and the AADE7 model
- Assisted with revision and implementation of all patient forms to increase meet health literacy demands
- Created new curriculum for travel-team approach to services
- Empowered patients and families to recognize their own inherent ability to problem-solve and reduce barriers to successful diabetes self-management

Genesee County Community Mental Health, Flint, MI

Utilization Care Coordinator, February 2011 – February 2013

- Performed level of care assessments for psychiatric crisis services and authorized appropriate services
- Referred and coordinated with provider agencies to transition patient care
- Performed concurrent and retrospective audits/reviews of community mental health services (from case management to psychiatric inpatient services) to ensure appropriate utilization of resources

Yukon Kuskokwim Health Corporation, Bethel, AK

Cardiovascular Disease Case Manager, June 2009 - June 2010

- Provided case management to 40-60 participants involved in an Indian Health Services (IHS) grant-funded cardiovascular disease (CVD) prevention program utilizing health coaching, clinical disease management, empowerment, adult learning, motivational interviewing and multi-cultural learning theories
- Taught diabetes education and heart disease prevention strategies using Diabetes Self-Management Education (DSME), National Heart Lung and Blood Institute's "Honoring the Gift of Heart Health" curriculum and other various health education tools
- Assessment of individual CVD risk factors and creation, maintenance and evaluation of patient care plans
- Collaborated with diabetes care team to provide disease management activities utilizing IHS Diabetes Standards of Care

Diabetes Prevention Outreach Coordinator, August 2008 – June 2009

- Planned, implemented and evaluated diabetes-related health promotion activities to 56 rural SW Alaskan villages (covering a land area the size of Oregon) with a focus on prevention with children and youth
- Partnered with village tribal councils, school administrators and other community organizations through various prevention related activities (free health screenings, education sessions, employee wellness events, etc) and maintained comprehensive media outreach to SW Alaska to further promote awareness of health promotion/chronic disease prevention
- Assisted with annual distribution of funds toward prevention and/or other health promotion related activities

Other Relevant Experience

Lower Kuskokwim School District, Bethel, AK *Itinerant School Social Worker, Sept 2005 – July 2008*

Dawn Farm Detox, Ann Arbor, MI *Substance Abuse Counselor, June 2003 – Aug 2005*

Shelter Association of Washtenaw County, Ann Arbor, MI *Social Work Intern, January – August 2004*

Genesys Hospice Care Center, Goodrich, MI *Social Work Intern, Sept 2002 – May 2003*

References

Kymm Pietzak - Office Manager, Colleague
Monroe Medical
1397 N Monroe St
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Dr. Lori Zeman Ph.D - Director of Behavioral Health Integration, Colleague
Medical Network One
4986 Adams Rd, Ste D
Rochester, MI 48306
(C)248-935-2791

Dr David Everingham, DO - Everingham Clinic, Colleague
12100 S Huron River Drive
Romulus, MI 48174
(734)512-8200

Danniell King, RN - High Intensity/In-Home Care Manager, Colleague
Medical Network One
4986 Adams Rd, Ste D
Rochester, MI 48306
(C)313-461-4516

Blogs

LifeHacks with Laurie <https://www.facebook.com/search/top?q=Life%20Hacks%20with%20Laurie>

Publication and Book Chapters

LifeHacks: Tips and Tricks for Accessing Your Inner Resilience
<https://www.amazon.com/Life-Hacks-Tricks-Accessing-Resilience-ebook/dp/B085LVNDCV>

Volunteer

Big Brothers/Big Sisters of Washtenaw County

2018-2020

Community Activities

Member of 100+ online groups related to professional development, personal wellness, habits and addictions and mental health

Professional Contributions/Presentations

MAFP Behavioral Health Symposium: Utilizing Integrated Behavioral Health to Improve Chronic Health Conditions 2016

Additional Education

- Mentorship (addiction, trauma, motivational interviewing, harm reduction) with expert trainer DeeDee Stout since 2018
- Integrated Harm Reduction Psychotherapy with Dr. Andrew Tatarsky 2019
- Mindfulness Based Relapse Prevention by G. Alan Marlatt 2019
- This Naked Mind, The Alcohol Experiment 2018, 2019
- Little School of Big Change with Dr. Amy Johnson 2018, 2019
- SMART Recovery Facilitator Training 2018
- Motivational Interviewing, Continuous since 2010
- The History and Evolution of Traumatic Stress, Grief and Loss 2020
- Evidence Based Trauma Treatments and Interventions 2020
- More on Effective Treatment Interventions 2020
- Overcoming Trauma Related Shame and Self-Loathing 2020
- Rewire the Anxious Brain: Using Neuroscience to End Anxiety, Panic and Worry 2018
- Ten Best Ever Anxiety Treatment Techniques 2018
- Psychopharmacology in Plain English 2018
- Addictive Behavior As the Problem 2020
- The Neurophysiology of Addiction and Brain Based Relapse 2020
- A Harm Reduction Approach to Addictions 2020
- The iPorn Universe 2020
- Training in Three Principles with Dr Amy Johnson 2018
- Moving the Field Forward: Advances in Addiction Treatment 2018
- Who Moved by Chi? The NADA Auricular Acupuncture Protocol for Addiction and Behavioral Health Treatment 2018
- Cannabinoids: Science and Confusion 2018
- The Intersection of Addiction, Chronic Pain and Neurophysiology 2018
- Human Trafficking and Its Effects on Substance Use Treatment 2018
- Understanding Developments in Mental Health and Addiction Policy 2018
- Opioid Use Disorder: A Beacon Shining Through the Fog 2018
- Developing New Approaches to Treatment for Substance 2018
- Understanding Addiction: The Promise and Possibility of Recovery 2018
- Positive Approaches to Dementia Care 2018
- Official National Training on the Revisions in the NASW Code of Ethics 2018
- FRC Therapies: Improving Glycemic Lowering While Minimizing Side Effects 2018
- Basal Insulin in the Modern Era: The CDE's Role in Improving Utilization and Outcomes 2018
- Concentrated Insulins: All You Need to Know 2018
- Medications: New and on the Horizon 2018
- Contemporary Approaches to Managing Diabetes in Individuals with Cardiovascular Disease 2018

- Innovative Strategies to Take the National DPP to a Hard-to-Reach, Busy, or Mobile Workforce 2018
- It is What It Is - Except When It Isn't! Deceptive Diabetes Diagnoses 2018
- What Goes Wrong in the Foot of a Person with Diabetes? 2018
- New to Devices? Insulin Pump and CGM Basics 2018
- How to Find the Right Insulin for Each Individual 2018
- Fireside Chat with Educators Who Deliver Diabetes Care with Digital Health Tools 2018
- Leveraging the EMR to Identify Predictors of Non-Attendance to a DSME Program 2018
- Delivering an Effective Physician Supported Diabetes Education Program
- Peer Support Communities Improving Mental Health for People with DiabetesLet's Talk About it! 2018
- Facilitating Successful Self-Care for Older Adults With Diabetes 2018
- I Don't Need Those Damned Pills!: New Perspectives on Understanding, Addressing Problematic Medication Persistence 2018
- Diabetes Neuropathies: Autonomic, Peripheral, and Neuropathic Joint Disorders 2018
- Real World Dynamics to Deliver Value in Value Based Care Models 2018
- Best of 2018 ADA Scientific Sessions 2018
- Innovative Approaches to Population Health: What Diabetes Educators Need to Know About Working with Employers, Pharmacists and Payers 2018
- Let's Get It On: Pumps, Sensors, and CGM (Part 1) 2018
- Gut Microbiome and Diabetes: What's the Connection? 2018
- ED Education Hits and Misses: Preparing for those tough conversations 2018
- Beyond Pain Management: Treating the Intersection of Pain and Unresolved Emotional Experiences 2017
- Advance Care Planning: A Commitment to Individual's Values and Preferences 2016
- Community-Based Palliative Care: Meeting the Needs of Seriously Ill 2016
- The SBIRT Challenge: An exploration of Implementation Barriers, Facilitators, and Sustainability in Social Work and Inter-professional Health Training Program 2016
- MIPCT Summit for Care Managers 2016
- Stepped Care Management for Support 2016
- Alcohol: The Way You Define A Problem Influences Your Solution 2016
- Cognitive-Behavioral Therapy in the Treatment of Anxiety Disorders 2016
- Mindfulness in Aging 2016
- Does the Shoe Fit? Matching the Right Insulin Combination to Individual Patients with T2DM 2016
- Sharing Evidence Based Hope with Your Clients 2016
- Glycemic Challenges in Patients with Cancer and Diabetes 2016
- How to Monetize Your Services and Market Your Skills 2016
- Blue Pill, Pink Pill? How to Manage Sexual Dysfunction in Women with Diabetes 2016
- Sleep: Implications of Interrupted, Insufficient Sleep on Metabolism, Obesity, Type 2 Diabetes Risk, Glucose Management 2016
- Diabetes Management Across the Spectrum of Kidney Function 2016
- Treatment and Care of Cystic Fibrosis Related Diabetes (CFRD): A Team Approach 2016
- Working From a New Mindset: Flourishing 2016

- A Delivery System Reform Incentive Payment Project in a Multi-site Community-based Primary Care Setting 2016
- Diabetes Management and Education in the Era of Healthcare Transformation - An Optimist's View 2016
- Embracing Change — Off Balance on Purpose 2016
- Obesity Management in Diabetes Care and Education: Explore Our Current and Future Armamentarium 2016
- Current Challenges, New Ideas 2016
- "Moonlighting" In the Diabetes Arena: Creative Ways to Supplement Your Income 2016
- Model for Delivering Patient Education in the Provider's Office Setting 2016
- Simple Strategies for Promoting DSME and Retaining Participants: What Diabetes Educators Can Learn from Marketers 2016
- No Guts No Glory: Microbiota and Diabetes 2016
- Aligning Payment Models with Effective Diabetes Program Management 2016
- Improve Patient Engagement Utilizing Coaching Technique 2016
- Optimizing Pregnancy Outcomes with Diabetes Education: Before, During and After Pregnancy 2016
- Maximize Medication Adherence by Minimizing Barriers 2016
- Diabetes Self-Management Education via Telemedicine in the Air Force 2016
- Erectile Dysfunction (ED)- it's not just about sex; The "LINK" between Diabetes, ED, and Cardiovascular disease 2016
- A Beginner's Guide to Continuous Glucose Monitoring 2016
- MIPCT Complex Care Management Training Conference 2014
- Mindfulness, Healing and Transformation: The Pain and the Promise of Befriending the Full Catastrophe 2016
- Howard Schubinar
- 2015 Michigan Mental Health and Aging Conference
- Understanding and Caring for Persons with Non-Alzheimer's Disease Dementia 2015
- Cognitive-Behavioral Therapy in the Treatment of Anxiety Disorders 2015
- Linking Medicare and Medicaid for Dually Eligible Individuals 2015
- Trauma-Informed Behavioral Health Care for Older Adults 2015
- Strategies for Assisting Individuals with Advanced Parkinson's Disease 2015
- Clinical Interventions for Hoarding Disorders 2014
- Addressing Substance Abuse Late in Life 2014
- Psychiatric Services Later in Life 2013
- 2014 Michigan Mental Health and Aging Conference
- Why Should We Care? Mental Health and Substance Use Among Aging Adults 2014
- Older Adults with Co-Occurring Disorders: At-risk Drinking, Drug Misuse and Mental Health Problems 2014
- Stroke Basics and Beyond 2014
- From Learned Helplessness to Self-Determination: Supporting Individual Control in the Context of Loss 2014
- Ethics in Social Work and Counseling and HIPAA Privacy Rules 2014
- Pain Management 2014

- Internet Addiction to Cybersex and Gambling: Etiology, Prevention and Treatment 2014
- Prescription Drug Abuse: Etiology, Prevention and Treatment 2014
- Guidelines for Medication Management of Type 2 Diabetes 2017
- Guidelines for Medication Management of Type 2 Diabetes 2015
- ADA Diabetes in Older Adults 2014
- ADA CardioMetabolic Risk 2014
- ADA Management of Hyperglycemia in Type 2 Diabetes: A Patient-Centered Approach 2014
- ADA Diabetes and Visual Impairment 2014
- AADA conferences
- AADE Fad Diets 2014
- AADA Navigating and Negotiating: Adapting Diabetes Care in Today's World 2013