

Maureen Alana Kishna, MSSA, LISW-S

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Summary of Qualifications

Skilled MST (Multisystemic Therapy) Expert Consultant and Program Developer 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 youth, their families, schools, court personnel, other mental health professionals, law enforcement and community members) to intervene effectively to reduce these problem behaviors, and to enhance the youth and family's functioning to be able to reside and thrive safely in the community. Maureen also assists stakeholders and provider agencies to develop and sustain MST programs in their communities.

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

Education

Case Western Reserve University, Mandel School of Applied Social Sciences, 2000

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, 1995

Major: Anthropology with concentration in Cultural Anthropology

Professional/ Social Work Experience

The Center for Innovative Practices, 2006-Present

Begun Center for Violence Prevention, Research and Education

Jack, Joseph and Morton Mandel School of Applied Social Sciences

Case Western Reserve University

***MST Expert (Consultant) and Program Developer**

- Ensures MST teams in both rural and urban areas in Ohio and North Carolina adhere to the MST model via rigorous quality assurance procedures including weekly phone consultation on all current cases with therapists and supervisors, tape reviews of supervision and sessions with families, analyzing team performance data, regular supervisor development planning, and assistance with therapist development plans in collaboration with agencies' MST Supervisors and Program Managers.
- Conducts MST trainings quarterly with all teams and supervisors. Trainings include: Assessment Skills, Family Therapy, Sustainability of Treatment Gains, Motivational Interviewing, Cognitive Behavioral Therapy, Engagement Skills, Treatment of Caregiver and Youth Substance Abuse, Clinician Development, Improving Parent-Child Emotional Bond, Overcoming High Risk Behaviors (Runaway, Self-Harm, Aggression), Treating Youth with Psychiatric Disorders, Achieving Educational Success, Pro-social Peers and Activities and Intervening with Gang Involved Youth.
- Trains new clinicians at MST Orientation Trainings in Ohio, Colorado and Pennsylvania
- Presents informational presentations to community stakeholders such as other mental health providers, probation officers, judges, drug court personnel on MST treatment approaches in dealing with delinquency, mental health and substance abuse issues.
- Develops bi-annual program implementation reports to program managers, funder and stakeholders in collaboration with MST Supervisors utilizing information for MST's quality assurance website
- Taught CEU courses on "Cognitive Behavioral Therapy to Treat Anxiety and Depression in Adolescents"

Publications:

*Kishna, M. Multisystemic Therapy. (2015) Combating racial disparity in the juvenile justice system with MST

*Kanary, P. Kishna, M. Ohio Juvenile Justice Association (2015) Juvenile Justice Fact Sheet: Mental Health and Substance Use

Presentations:

- Ohio's 2017 Behavioral Health Conference, A Model Program for Treating Adolescents with Significant Behavioral Health Concerns: Multisystemic Therapy
- Co-presenter MST Network Partner Conference, Promoting MST at the Network Partner Level, 2016
- Intercourt Conference, Supreme Court of Ohio, Family Focused EBPs for JJ Involved Youth, 2016
- Ohio Association of Child Caring Agencies Annual Conference, Behavioral Health Redesign: Implications for Implementing Intensive Home-Based Treatment, 2016
- Veteran's Administration Social Work Symposium, Family Therapy Interventions, 2014
- Co-Presenter All Ohio Psychiatry Conference, "Intensive In-Home Therapy in Ohio", 2013
- Co-Presenter SAMHSA Conference, "MST's Approach to Treating Substance Abuse", 2012
- All Ohio CASA Conference, "Evidence Based Treatments for Children", 2012
- Faculty at the Georgetown Institute for Children's Mental Health, "MST Implementation in Ohio", Summer 2010, National Harbor, Maryland
- Guest lecturer at the Mandel School of Applied Social Sciences annually to teach graduate students in social work about MST including how to empirically evaluate the effectiveness of therapeutic interventions in professional practice, 2005-present

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 including substance abuse treatment (Contingency Management with MST) as indicated.
- Conducted functional assessment of problem behavior and developed 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 interventions such as cognitive behavioral, structural and strategic family therapy techniques, behavior management parent training and motivational interviewing skills
- 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
- Ensured team's active participation in the implementation and evaluation of the federal Safe Schools Healthy Students grant for our program

*Maureen's Individual Outcomes and Data: exceeded all target adherence scores with Adherence to MST Model Score of .997 (maximum score is 1.0 with target score set at .40) with 100% of youth served living at home, regularly attending school, with no new arrests

*Maureen's Team's Data (Supervised a 4 person team) Adherence Mean Score: .632 (with target score set at .40) with 98% of youth living at home, 93% of youth in school and 88% of youth with no new arrests

*Supervisor Adherence Scores have consistently exceeded highest 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 Training Groups
- Co-facilitated parent training workshops for the prevention of substance abuse through The Parent to Parent Program
- Developed and implemented a community service and career exploration group for 20 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 and conducted partial hospitalization sessions as part of a multidisciplinary treatment team in a residential treatment facility and a community-based summer respite camp

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 resolution skills
- Collaborated with parents, school personnel, and neighborhood agencies to devise and implement appropriate interventions and to harness resources 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 peer counseling sessions with other students 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 basic literacy skills, and facilitated life skills sessions dealing with issues such as goal setting, communication and decision-making
- Co-facilitated conflict and anger management training for twenty prison officers, as well parenting education for prison inmates at the Georgetown Prison
- 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, self-care, peer mediation, gang resistance education, and recreational programs for 50 teenagers in two neighborhoods in the Near West Side of Cleveland in collaboration with my team, community members and agencies

Community Involvement:

- Public Speaker as a Returned Peace Corps Volunteer, educating students about Guyana at local elementary, high schools and CWRU, 1999-present
- Parish School of Religion Teacher at St. Christopher's Church, 2014-present
- Chairperson/ Secretary/ Board Member, The Edna House Board of Directors. The Edna House is a sober living facility serving approximately 30 women at a time, 2004-2013
- Mentor to Sudanese Refugees, Catholic Charities Migration and Refugee Services, 2001-2003
- ESL teacher for El Barrio, 2000-2002