

# RACHEL M. BAILEY, MSW, LCSW

## AREAS OF INTEREST

Trauma Focused CBT  
Child Welfare  
Prolonged Exposure

System-induced Trauma  
Dialectical Behavioral Therapy  
Family Preservation Models

## EDUCATION

**Master of Social Work**  
Clinical Practice  
*University of Missouri, Columbia*

*December 2012*

**Bachelor of Arts**  
Religious Studies  
*University of Missouri, Columbia*

*May 2007*

## EXPERIENCE

**University of Missouri, School of Social Work**  
***Clinical Instructor***

*August 2014- Present*

Advise students, attend faculty meetings, develop curriculum, and syllabi.

Undergraduate courses taught include: Field Practicum, Interaction Skills, Senior Professional Seminar, and Theory of Social Work Groups.

Graduate courses taught include: Field Practicum I, Field Practicum II, Direct Practice (online), Clinical Strategies, Social Work and Psychopathology, Trauma Practice and Crisis Intervention.

Special Projects: Convert Direct Practice and Trauma Practice and Crisis Intervention to online format, develop online course in Suicide Assessment and Intervention, awarded \$2,500 course re-design grant for Group Theory.

**University of Missouri, School of Social Work**  
***BSW Field Education Coordinator***

*August 2014- December 2016*

Coordinate undergraduate field practicum placements, and problem solve as needed. Initiate contact and collaborate effectively with community agencies to host student interns. Develop and facilitate orientations for students and Field Instructors. Teach Undergraduate and Graduate Field Practicum and Senior Seminar.

**Family Facets Center**  
***Clinical Director and Therapist***

*November 2013- Present*

Provide individual and family therapy to children, adolescents, and adults. Strengths-based, client-centered, and trauma-informed methods. Clinical assessment and diagnosis, treatment planning, and ongoing progress notes. Development and implementation of quality assurance and utilization program. Responsible for personal hiring, staff development, supervision, and crisis management.

Field Instructor for MSW/MA Student(s)

*June 2018- Present*

*March 2016- October 2016*

*May 2015-October 2015*

*May 2014- October 2014*

**Dialectical Behavioral Therapy (DBT) Vitality**  
***Co-Founder, Individual Therapist***

*November 2016- Present*

Formed team of providers in community to treat suicidal behaviors. Teach weekly skills group to adults, attend consultation group, monitor therapist adherence, manage website, seek and manage funding, and program referrals. Provide comprehensive DBT treatment to adolescents and adults.

**Dialectical Behavioral Therapy (DBT) Columbia** *December 2012- July 2016*  
***Co-Facilitator of Skills Group and Individual Therapist***

Teach skills, review homework and diary cards, and problem solve over application of skills for adolescents and parents participating in comprehensive program. Provide comprehensive DBT treatment to adolescents and adults. Attend weekly consultation, provide 24-hour coaching, and adhere to evidence-based model.

**Bailey Consulting** *November 2012-February 2016*  
***Parent Aide and Parent Educator***

Private vendor through the Department of Social Services providing both Parent Aide Services and Parent Education to clients of the 13<sup>th</sup> Circuit Division.

Parent Aide: Assess, develop, and implement treatment plans. Teach and model life, parenting, behavior modification, time management, self-advocacy, and homemaking skills.

Parent Education: Present Trauma Informed Parenting curriculum in two hour, weekly format for biological and resource parents of traumatized children.

**Family Facets** *March 2008-June 2014*  
***Intensive In-home/Intensive Family Reunification Specialist***

Intensive in-home intervention, contracted through Missouri Children's Division, aimed at preventing removal and/or return of children to biological home. Assess family functioning, needs, identify barriers to reunification, develop goals, teach and implement skills, and assess safety daily. Collaborate with additional child welfare agencies, facilitate family support team meetings, and provide 24-hour coverage for crises.

**Burns Consulting and Family Facets** *May 2012- November 2012*  
***Parent Aide/Education and Intensive In-home Consultant-Field Practicum***

Parent Aide/Education: Assess, develop, and implement treatment plans. Teach and model life, parenting, behavior modification, time management, self-advocacy, and homemaking skills. Teach parenting class based on researched and developed curriculum.

Intensive In-home Consultant: Consulted with intensive in-home specialist employee. Worked with Program Director to develop action plan to improve clinical work with clients. Assisted in implementation of action plan in the field. Taught, modeled, and problem solved over clinical and direct practice skills.

**Family Facets** *May 2011-August 2011*  
***Chafee Advisor-Field Practicum***

Direct practice with foster care youth, either in alternative care or transitioning from alternative care. Assess individual needs, develop and implement treatment plans, facilitate family support team meetings, connect youth to necessary resources and supports, and teach life skills. Development of State of Missouri Chafee Program transportation module curriculum.

**Boys and Girls Town of Missouri** *April 2007-January 2008*  
***Youth Care Specialist***

Provide for the physical and emotional needs of cottage residents, and stimulate healthy family living experience. Organize and supervise daily activities including, but not limited to: medication passes, clothing vouchers, transportation, mediation, homework, active listening, participation in group therapy, building personal relationships, modeling positive alternatives to negative behavior, and crisis intervention.

**PRESENTATIONS** Ongoing, community education on the following topics: 2013- Present

Dialectical Behavioral Therapy  
Trauma Informed Practice  
Family Preservation  
Protective Factors in Child Welfare  
Trauma Focused Cognitive Behavioral Therapy  
Adverse Childhood Experiences  
Evidence Based Practice in Child Welfare

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**SPECIAL  
PROJECTS**

**Child Permanency Services** *January 2018- Present*

***Program Developer; Program Director***

Developed evidence-based model to reduce the amount of time children in Boone County spend in alternative care. Joint collaboration with Boone County Family Court. Currently funded through FY 2020. Total award: 428,000.

**Columbia Trauma Response Team** *February 2016- Present*

***Clinical Supervisor***

Formed multidisciplinary team of child welfare experts including DSS Unit Manager, AC/FCS Supervisors, Juvenile Officer, and Clinicians to provide trauma informed care. Systematic integration of trauma principles into existing child welfare systems, which will inform placement and treatment decisions. Systematic collaboration and training through MOACTS and NCTSN.

**Trauma-Informed Parenting** *October 2012- Present*

***Researcher, Developer, and Facilitator***

Researched, developed curriculum, and presented parenting class to 13<sup>th</sup> Circuit families of the Division, as part of MSW Field Practicum II. Pre and post-tests revealed increases in learned capacities in physiological effects of trauma, as well as behavior management. Permission granted by Department of Social Services to use curriculum under current Supplemental Children's Treatment Services Contract (Bailey Consulting).

**Re-Occurring Issues in Child Welfare Bulletin** *May 2012- October 2012*

***Researcher and Developer***

Researched, developed, and disseminated to child welfare stakeholders in Boone County, as part of MSW Field Practicum II. Purpose to provide readily access to evidence-based interventions for frequent, or re-occurring issues in child welfare. Research findings, statistics, appropriate interventions, and resources for nine issues included in bulletin.

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**COMMUNITY  
INVOLVEMENT**

Trauma Response Team *February 2016- Present*

DBT Vitality Consultation Team Member *November 2016- Present*

NASW Member *May 2012- Present*

Columbia DBT Consultation Team Member *December 2012 – July 2016*

Phi Alpha Member, Active *2010- 2012*

MedZou Social Work Volunteer *2012*

Older Youth Task Force *2012*

Fostering Court Improvement *2010*

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**LICENSE**

**Licensed Clinical Social Worker** *January 2015*

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## TRAINING

### **Clinical Training/Certifications**

Trauma Focused CBT  
Prolonged Exposure Protocol in DBT  
EMDR  
Nurturing Parenting Facilitator  
Resilience and Coping Intervention  
Integrative Treatment of Complex Trauma  
Dialectical Behavioral Therapy in Communities  
Dialectical Behavioral Therapy with Individuals

### **Continuing Education**

Ethical Challenges in Administrative Work  
Trauma Informed Approaches to Serving Children and Families  
Risk and Substance Use Disorders Among Sexual Minorities  
Satori Alternatives to Managing Aggression (SAMA)  
Supporting LGBTQ Youth: C.A.R.E.  
21<sup>st</sup> Century Parenting  
Happiest Baby on the Block  
Disciplining Outside the Box: Charting the Course

### **State of Missouri Department of Social Services Training**

Fundamentals of Intensive In-Home Services  
Fundamentals of Intensive Family Reunification Services  
Working With Fathers  
Therapeutic Techniques for Families  
Early Childhood Disorders  
Trauma Bond Unleashed  
Grief and Loss  
Safety First  
Engaging Challenging Families  
Boundaries for Professionals and Clients

### **Conferences**

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| Opioid Crisis and Family Preservation                | 2018 |
| Women in Leadership                                  | 2017 |
| Addressing Race in Social Work Forum                 | 2016 |
| Youth, Poverty, and Homelessness Forum               | 2015 |
| Central Missouri ASD Conference                      | 2010 |
| Missouri Coalition of Children's Agencies Conference | 2007 |

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## QUALITIES

|            |                 |               |            |
|------------|-----------------|---------------|------------|
| Leadership | Time Management | Communication | Experience |
| Passion    | Professionalism | Vulnerability | Commitment |