

# Toby M. Mills

MSW, LCSW  
Clinical Social Work

University of Missouri  
School of Social Work  
PhD Student

## EDUCATION

- **School of Social Work PhD. Program.** August 2017-Current  
MU School of Social Work
- **Masters in Social Work. Clinical Practice.** August 2006-April 2009  
New Mexico Highlands University, Las Vegas NM 87701
- **Bachelors in Arts and Science. Interdisciplinary Studies.** August 1998-May 2002  
Areas of Interest: Psychology, Spanish and Marketing  
University of Missouri, Columbia Mo 65212

## PUBLICATIONS

- Canada, K. E., Barrenger, S. L., Robinson, E. L., Washington, K. T., & Mills, T. (2019). A systematic review of interventions for older adults living in jails and prisons. *Aging & mental health*, 1-9.
- First, J., Mills-Sandoval, T., Czapinski, H., First, N. L., Houston, J.B. (2016). *Disaster Media Intervention: Helping students cope with disaster media coverage—a guide for teachers and school staff.* Columbia: Disaster and Community Crisis Center at the University of Missouri.
- First, J., Mills-Sandoval, T., First, N. L., Houston, J.B. (2016). *Picturing Resilience Intervention: Using Photovoice for Youth Resilience.* Columbia: Disaster and Community Crisis Center at the University of Missouri.
- Houston, J.B., First, J., Spialek, M., Sorenson, M., Mills-Sandoval, T., Lockett, M., First, N., Nitiema, P., Allen, S., Pfefferbaum, B. (2016). *Randomized controlled trial of the Resilience and Coping Intervention (RCI) with undergraduate university students.*

### Under Review:

- **Robinson, E.L.,** Mills, T., Bobst, R., Pekarek, E. The impact of experiential learning on social work students' application of the NASW Code of Ethics post-graduation. *Journal of Social Work Education.*

### In Progress:

- **Robinson, E. L.,** Martin, C., Law, K., Mills, T. Experiential learning in social work education: A review of the literature.

## PROFESSIONAL ACCOMPLISHMENTS

1. **Clinical Social Work License-** April 2012, **Clinical Social Work Supervisor-** August 2017

### 2. Specialized Clinical Training:

- Extensive basic and advanced training and certification in **Behavioral Health Consultation**
- Completed training in 1 and 2 **Eye Movement Desensitization and Reprocessing**-trauma integration therapy and currently provide specialized trauma-integration therapy.
- Completed training in **Play Therapy**
- Well-versed in providing **Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Behavioral Activation, Mindfulness Training, Motivational Interviewing, Substance Abuse Screening** and Psychoeducation
- Recent completion of **Postpartum Doula** and **Birth Doula** training through Nona Birth Education and Counseling
- Registration completion of **Postpartum Support International** training and certification for the treatment of prenatal and postpartum mood disorders. October 2016-January 2017
- Certified *Yoga to Grow Children's* Yoga Instructor

3. **AmeriCorps VISTA Volunteer-** Albuquerque, NM- November 2002-December 2003

**TEACHING AND PUBLIC SPEAKING**

**Upcoming:**

**October 2019**-CSWE Oral Presentation “BSW students engaged in experiential learning apply NASW Code of Ethics Post-Graduation”

**Jan 2020**- SSWR Poster Presentation “Look Around, It’s Not Just You: The Moderating Effect of a Social Media Campaign on Mental Health Stigma of African American Youth”

**Jan 2020- SSWR Poster Presentation** “Mindful Living: A Pilot Study Using a CBT-Based Group Yoga Intervention to Promote Positive Coping and Peer Relations with Afterschool Program Youth”

**Past:**

**August 2019-Present**- MU Adjunct Instructor-

**January 2017-May 2019**- MU BSW/MSW Field Instructor at Boys and Girls Club

**January 2016-December 2016**- Trauma-Informed Professional Development Trainings for Boys and Girls Club of Columbia Mo

**May 2013**- Co-Presenter on Behavioral Health Care at the MIMH Spring Training Institute

**April 2013**- Co-Facilitator on Behavioral Health Care at the MU School of Social Work Spring Forum

**March 2013**- Sole Trainer for “Providing Play Therapy to Children in the Foster Care System” at the St. Louis Center for Play Therapy Training

**November 2011**- June 2012- Provision of Parenting Education Classes at various after school community programs for Youth Community Coalition

**July 2011**-December 2011- Instruction of Parenting Classes and Support Groups at True North Shelter, Inc.

**June 2012**- January 2015- Provision of Multiple Presentations and Trainings on Behavioral Health Consultation in the Primary Care Setting to Residents, Attending Physicians and Medical Directors at the MU School of Medicine

**June 2012**- Co-facilitation of STARS Foster Parent Training with Ellis and Associates

February 2006- June 2007- Co-facilitation of Foster Parent Training and Support Group Sessions at Casa de Corazon

**WORK EXPERIENCE**

<p><b>Research Assistant   MU SSW</b> August 2017- Current</p> <p><b>Adjunct Professor   MU SSW</b> August 2019- Current</p> <p><b>LCSW Supervisor/ Behavioral Health Program Director   Boys and Girls Club of Columbia</b> August 2017- May 2019</p> <p><b>Counseling Program Coordinator   Boys and Girls Club of Columbia</b> Jan 2017- August 2017</p> <p><b>Mental Health Project Manager   MU, Disaster and Community Crisis Center</b> Jan 2015- Jan 2017</p> <p><b>Private Practice Therapist   Lineage of Love</b> Feb 2015- Feb 2017</p> <p><b>Youth Ministry Director   Unity Center of Columbia</b> May 2015- August 2015</p> <p><b>Behavioral Health Consultant   University Physicians/ MU School of Medicine</b> June 2012- Jan 2015</p>	<p><b>Family Development Specialist   Ellis and Associates</b> June 2012-Jan 2017</p> <p><b>LCSW   Fulton State Hospital</b> December 2011-June 2012</p> <p><b>Parent Educator, Intern Supervisor   Youth Community Coalition</b> November 2011- September 2012</p> <p><b>Therapist   YouthTrans, Inc.</b> September 2011-December 2011</p> <p><b>Children’s Program Coordinator   True North Shelter Columbia, Inc.</b> July 2011- December 2011</p> <p><b>Foster Care Case Manager   Boys and Girls Town of Missouri</b> September 2009-July 2011</p> <p><b>MSW Intern-School Counselor   Cysis Program</b> September 2008 – April 2009</p> <p><b>MSW Intern-Youth Therapist   Hope Springs Wellness Center</b> September 2007 – May 2008</p> <p><b>Treatment Coordinator   Casa de Corazon</b> February 2006 – June 2007</p> <p><b>Community Outreach Specialist   Cuidando los Niños</b> January 2004 – July 2005</p>
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