

Cindi L. McDowell, PLMHP

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Prairie Counseling and Rehabilitation

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PROFESSIONAL PROFILE

Compassionate, empathetic, solutions – oriented mental health professional committed to providing outstanding, individualized care. Skilled in effective treatment planning for children, adolescents and adult. Relational orientation with ability to work with diverse populations, establish strong rapport and build trust in one-to-one, couples, family, and group settings.

Training in Integrated Care (Body / Mind / Spirit) holistic approach and other modalities including CBT, Motivational Interviewing, Client Centered, Solution Focused, Systemic Family Therapy, Suicide Prevention and Trauma Informed Care.

LICENSE

- Provisionally Licensed Mental Health Practitioner (PLMHP) 2011
- Eligible for Provisional Licensed Alcohol Drug Abuse Counselor (PLADC) license December, 2011

EDUCATION

- Doane College, Grand Island, NE
2011
Masters of Arts in Counseling
- University of North Carolina – Chapel Hill Gillings School of Public Health
2010
Management Academy in Public Health
- University of NE – Kearney 2002
Bachelors of Science in Organizational Communications

CERTIFICATIONS

- QPR (Suicide Prevention Training) Issued by: Suicide Prevention Resource Center 2011
- Nonviolent Crisis Prevention Issued by: Crisis Prevention Institute 2011
- CFRE(Certified Fundraising Executive) Issued by: CFRE National Accreditation Board 2009

PROFESSIONAL TRAININGS

Women, Addiction and Trauma (2/4/11)
 SASSI (1/8/11)
 Trauma Informed Care (2/18/11)
 Healing the Addicted Brain (4/5/11)
 Motivational Interviewing (2/22/11)
 Primary / Behavioral Healthcare Integration
 (9/15/10, 7/20/10, 3/25/10, 2/25/10
 1/29/10, 1/26/10, 4/22/09)

Magellan: Access (3/15/11)
 Suicide Prevention / Postvention (1/11/11)
 Cognitive Behavioral Therapy (3/28-29,11)
 Clinical Ethical Practices (2/19/11)
 Integrated Dual Disorder Treatment (12/8/10)
 Treatment Across the Lifespan (5/11-12,10)
 Mental Health 1st Aid: College Settings 6/24/11
 Mental Health 1st Aid: Schizophrenia & Bipolar
 Disorder (10/7/10)

EXPERTISE

- Client Assessment / Evaluation
- Crisis Intervention
- Individual / Couple / Family
- Cultural Competency
- Addiction Recovery Counseling
- Empowerment Counseling
- Individual / Family Education
- Group Therapy
- Grief and Loss Counseling
- Conflict Management
- Anxiety Reduction
- Spirituality Counseling
- Spiritual Abuse Recovery

PROFESSIONAL EXPERIENCE

Internships:

- **Mary Lanning Hospital, Behavioral Services Unit** (Inpatient Psychiatric Unit)
- **Keck Counseling**, private practice focused on recovery counseling and addiction assessments as well as individual, couples and family general counseling.
- **The Bridge**, Holistic substance abuse recovery program offering long-term therapeutic care for women and their children.

Experience: 20+ years in human service professions with over 15 year nonprofit and public agency executive experience.

- **South Heartland District Health Department**
Hastings, NE
Assistant Director/ Grants Administrator
Feb, 2009 to present
- **Heartland Development Consulting**
Senior Consultant / Co-Owner
Grand Island, NE
May 2006 to present
- **Hope Harbor**
Executive Director
Grand Island, NE
July 2001 – May 2006

HONORS AND AWARDS

Selected for an American Association of University Women Career Development Fellowship in 2009 / 2010 for potential to positively contribute to future gains in equity for disempowered groups including girls and women.

Selected to University of North Carolina – Chapel Hill’s Management Academy in Public Health. Awarded a full scholarship provided by the du Beaumont Foundation of Washington, DC graduating April, 2010 as part of a 6 member team that completed a year-long project to research integrated care models and develop a business plan to integrate mental health providers into rural Nebraska primary care clinics.

Received “Outstanding Undergraduate Research” award in 2001 from University of Nebraska – Kearney, presenting at two national conferences and published in the University of Nebraska Undergraduate Research Journal.

Received 2004 Nebraska Equal Opportunity Commission’s Fair Housing Award for tireless work and dedication to ensuring fair housing in Nebraska.

PROFESSIONAL ASSOCIATIONS

2010 – Present	Behavioral Health Education Center of NE Board of Directors
2010 – Present	Hastings College / CCC Alcohol Use Reduction Task Force
2010- Present	South Central Suicide Prevention Coalition <i>Founder and President</i>
2010- Present	Nebraska Youth Suicide Prevention Task Force <i>Member</i>
2009 – 2010	Federally Qualified Community Health Center Steering Committee
2009 – Present	Region 3 Behavioral Health Coalition <i>Member</i>
2009 – Present	Region 3 Rural Health Advisory Commission <i>Member</i>
2009 – Present	Healthy Hastings ACHIEVE Community CHART Team
2009 – Present	Region 3 Telehealth Subcommittee
2009 – Present	American Counseling Association
2009 - Present	American Association of University Women
2009 – Present	Public Health Association of Nebraska
2006 – Present	Association of Fundraising Professionals
2006 – Present	Association of Grant writing Professionals
2003 - 2006	Hall / Adams Counties Housing Development Corporation <i>Board of Directors</i>
2002 - 2006	HUD Supportive Housing Project <i>Board of Directors</i>
2002 - 2006	Region 2 Continuum of Care <i>Chair for Substandard Housing, SMI Discharge Planning, Homelessness and Transportation Committees</i>
2002- Present	Hall County Human Service Coalition
1998- 1999	Hall County Leadership Tomorrow <i>Graduate</i>
1996- 1999	International Training in Communication <i>Charter President</i>