

Michelle L. Liska, MSW, LMSW, CST
Psychotherapist—Certified Sex Therapist

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Education

University of Michigan, Ann Arbor, Michigan

Master of Social Work

Major: Interpersonal Practice Minor: Administration

Universitaet Wuerzburg, Wuerzburg, Germany

Courses completed: Advanced German Composition and Grammar

Hillsdale College, Hillsdale, Michigan

Bachelor of Arts cum laude

Majors: Sociology and German

Work

Michelle Liska, MSW, LMSW, CST

Hillsdale & Jackson, Michigan

2010 to present

Private Mental Health Therapy Practice

- Wide array of private counseling services including group and individual sessions
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, grief and loss, survivors of sexual abuse, substance abuse treatment, aging issues and chronic and persistent mental health issues
- Specializing in Cognitive Behavioral Therapy and Mindfulness; utilize components of Dialectical Behavioral Therapy; use of metaphor as therapeutic tool

Oaklawn Hospital, Marshall, Michigan

Psychiatric Department

2007 to 2010

Inpatient Clinical Social Worker

- Participation and leadership for daily team meetings for consumer treatment plan review
- Evaluation and revision of all written materials used for group
- Complete initial treatment plan development
- Partner with consumers and their natural supports to determine person-centered treatment planning
- Daily psychotherapy group facilitation and management, including: record keeping, planning, and determining intervention strategies
- Co-developed a Co-Occurring therapy group conducted daily
- Complete psychosocial assessments
- Facilitate case management services for assigned consumers
- Conduct family therapy sessions for diagnosis and medication review, determination of baseline functioning and improve communication
- Act as a liaison and advocate on behalf of the consumer with the treatment team, including inpatient psychiatrist and nursing staff
- Maintain a consumer caseload of up to 8 consumers on the psychiatric unit
- Mental health triage for emergent and non-emergent patients who present in the emergency department
- Complete mental health floor consults for emergent and non-emergent patients
- Supervise LLMSWs

Branch-Hillsdale-St. Joseph Community Health Agency (CHA)

Southern Michigan Diabetes Outreach Network (SODON)

2006 to 2007

Program Director

- Hire, train and supervise four staff members and additional interns & contractual workers
- Oversee daily operation of program
- Prepare Strategic Plan documents
- Prepare Annual Implementation Plan
- Manage program budget, including grant-seeking
- Maintain all program records
- Oversee development of programming from inception to implementation
- Maintain programming evaluation process, including development of program Logic Models
- Perform research, planning and organization of major functions of program
- Coordinate and collaborate with external contacts in communities that SODON serves

- Accountable to CHA and Michigan Department of Community Health, Chronic Disease Section
- Service a ten-county region

Prevention Partners, Jackson, Michigan
Substance Abuse Prevention Provider

1998 to 2006

Executive Director

(Formerly Community Prevention Services, The Student Assistance Program & The Peer Program)

- Coordinated, facilitated and managed consolidation of three separate non-profit organizations
- Hire, train and supervise seven staff members and additional interns & contractual workers
- Oversee daily operation of agency
- Prepare county Strategic Plan documents of county objectives for state funding
- Manage operating budget, including grant-seeking
- Maintain all agency records
- Oversee development of programming from inception to implementation
- Maintain programming evaluation process, including development of program Logic Models
- Maintain licensure from Michigan Department of Community Health
- Perform research, planning and organization of major functions of agency
- Coordinate and collaborate with external contacts in community
- Develop, build and maintain county substance abuse prevention coalitions in a two-county region
- Accountable to Governing Board of Directors and Mid-South Substance Abuse Commission of Michigan
- Service a two-county region

Catholic Social Services of Washtenaw County, Ann Arbor, Michigan
Families First of Michigan

May to July 1998

Therapist

- Provided intensive, home-based interventions with each family up to fifteen hours per week
- Accessible 24 hours a day, seven days per week for each client family
- Negotiated and developed personalized intervention goals, utilizing direct observation and client's own perceptions of the problem
- Empowered client family in order that they might access community resources or other family supports
- Facilitated improvement of daily living skills such as child and household management, problem solving, and assertiveness
- Taught cognitive strategies to modify family behaviors
- Advocated on behalf of client families with schools, creditors, landlords, and social service organizations
- Taught advocacy skills to clients

Catholic Social Services of Washtenaw County, Ann Arbor, Michigan
Alternatives to Domestic Aggression, Batterer Intervention Service Provider

1996 to 1998

Graduate Practicum

- Group work facilitation and management, including: record keeping, planning and supervising intervention strategies
- Evaluated and revised all written materials used for group
- Conducted orientation sessions
- Conducted drug and alcohol and domestic violence history assessments
- Completed psychosocial assessments
- Participated in program budget planning
- Assisted in devising database (Microsoft Excel) for client evaluations
- Developed outcome data analysis of client evaluations
- Revised web site
- Counseled with lesbian clients
- Coordinated program planning and development for agency

Domestic Harmony, Hillsdale, Michigan
Women's Shelter

1992 to 1996

Counselor

- Planned and facilitated weekly group meetings
- Provided individual counseling to residential and non-residential clients
- Counseled with lesbian and gay clients
- Wrote reports of all client interactions
- Maintained statistics

- Advocated on behalf of clients with various social agencies, including the criminal justice system

(Further employment history upon request)

Contractual Work *Saint Joseph Mercy Chelsea Hospital*
Chelsea, Michigan
Outpatient Behavioral Health
Ellen Fabes, Supervisor
2010 to 2020

Therapist

- Wide array of counseling services
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, grief and loss, survivors of sexual abuse, substance abuse treatment, aging issues and chronic and persistent mental health issues
- Specializing in Motivational Interviewing and Stage-Wise Treatment, Cognitive Behavioral Therapy and Mindfulness; utilize components of Dialectical Behavioral Therapy; use of metaphor as therapeutic tool

Saint Joseph Mercy Chelsea Hospital
Adrian, Michigan
Dominican Life Center
Ellen Fabes & Lissa Perrin, Supervisors
2010 to 2011

Behavioral Health Social Worker

- Provide adult therapy sessions for retired nuns of the Dominican Order
- Provide adult group sessions
- Collaborate with treatment teams throughout the facility, including independent, supported, assisted and skilled nursing levels of care

Allegiance Substance Abuse Services
Jackson, Michigan
Barbara O'Connor, Former Director
2010

Per Diem Substance Abuse Treatment Therapist

- Complete Psychosocial Assessments
- Complete Master Treatment Plans
- Complete authorization process with managed care organization
- Conduct a Pre-Contemplation psycho-educational group weekly
- Monitor all reporting activities for probationers, including drug screens
- Complete any required reauthorizations with managed care organization as needed
- Complete discharge and aftercare plans
- Conduct 1:1 psychotherapy sessions as needed

Relationship Center of Michigan
Brighton, Michigan
Dr. Joseph Dragun, Ph.D, LP
Owner
2010 to 2012

Independent Contractor

Mental Health Private Practice

- Complete Psychosocial Assessments
- Complete Master Treatment Plans
- Provide adolescent, adult, and family therapy sessions
- Provide Emotionally Focused Couples Therapy

Lifeways Community Mental Health
Jackson and Hillsdale Counties, Michigan
Dan Fisher, Utilization Manger & Hospital Liaison
Brian Bornefeld, Utilization Manager Inpatient/Crisis Services
2010 to 2011

Independent Contractor

Mental Health Access Center

- Emergency mental health triage services
- Assessment services

Region 2 Area Agency on Aging
Jackson, Hillsdale and Lenawee Counties, Michigan
Barbara Stoy, Manager of Wavier Services

2009 to 2016

Independent Contractor

Medicaid Wavier Counselor

- Complete psychosocial assessments
- Develop treatment plans
- Daily case facilitation and management, including: record keeping, planning, and determining intervention strategies
- Conduct therapy sessions, determine baseline functioning and improve communication
- Act as a liaison and advocate on behalf of the consumer with the Region 2 Area Agency on Aging treatment team
- Act as a liaison and advocate on behalf of the consumer with community resources

Michigan Department of Human Services

Susan Kangas, Director

2009 to 2014

Independent Contractor

Outpatient Therapist--STATE CONTRACT with current focus on Hillsdale, Branch, Lenawee, Jackson, Calhoun and Livingston Counties

- Wide array of private counseling services including group and individual sessions
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, grief and loss, survivors of sexual abuse, aging issues and chronic and persistent mental health issues
- Specializing in Motivational Interviewing and Stage-Wise Treatment, Cognitive Behavioral Therapy and Mindfulness; utilize components of Dialectical Behavioral Therapy
- Complete guardianship assessments for older adults and Developmentally Disabled individuals

Hillsdale Community Home Care

Hillsdale Community Health Center

Hillsdale, Michigan

Lindsey Bryner, MSN

Administrator

2007 to 2017

Independent Contractor

Medical Social Worker

- Complete initial treatment plan development
- Daily case facilitation and management, including: record keeping, planning, and determining intervention strategies
- Conduct therapy sessions for diagnosis, determination of baseline functioning and improve communication
- Act as a liaison and advocate on behalf of the consumer with the treatment team, including doctors and nursing staff
- Act as a liaison and advocate on behalf of the consumer with community resources

Hillsdale Community Health Center

Hillsdale, Michigan

Renee Batt, LMSW

Director Behavioral Health Unit

2007 to 2012

Independent Contractor

Inpatient Social Worker

- Part-time weekend inpatient social worker
- Complete initial treatment plan development
- Daily case facilitation and management, including: record keeping, planning, and determining intervention strategies
- Conduct psychotherapy group sessions
- Conduct family therapy sessions

Hillsdale Community Health Center

Hillsdale, Michigan

Renee Batt, LMSW

Director of Behavioral Health Unit

2006 to 2010

Independent Contractor

Mental Health Access Center

- Emergency mental health triage services
- Assessment services

Hillsdale Psychological Institute, PLLC

Hillsdale, Michigan

Dr. Marianne Osentoski, Ph.D., LP (owner)

2004 to 2006

Independent Contractor

Private Mental Health Therapy Practice

- Wide array of private counseling services including group and individual
- Assessment services
- Specializing in domestic violence issues, women's issues, traumatic events, survivors of sexual abuse, aging issues

Battered Women and Children's Memorial Garden, Ann Arbor, Michigan

Ann Arbor, Michigan

Dr. Elizabeth Shadigian, M.D. and Michael E. Jackson, MSW

2004 to 2006

Independent Contractor

Organizational Manager

- Organizational consultant for development of a non-profit 501(c)3 organization located in Ann Arbor, Michigan

Branch-Hillsdale-St. Joseph Community Health Agency, Coldwater, Michigan

John Robertson, BA; Director of Health Promotions and Education

2004 to 2005

Independent Contractor

Grant Writer

- Secured a total of 4% of total agency budget
- Return on Investment (ROI): \$22.95:\$1
- Grants secured:
 - Michigan Department of Community Health, "Community Booster Seat Intervention:" Grant Award: \$49,999 (2005)
 - Michigan Department of Community Health, "Southern Michigan Diabetes Outreach Network (SODON):" Grant Award: \$198,000.00 (2005)
 - Michigan Department of Community Health, "Tobacco Prevention and Control: Policy and Environmental Change:" Grant Award: \$15,000.00 (2005)

Credentials

- Licensed Master's Social Worker (LMSW), State of Michigan (current)—Clinical and Macro
- Stanford University Chronic Disease Self Management Program (CDSMP)—Personal Action Toward Health (PATH) in Michigan, Leader Training (September 2006)
- Certified Advanced Alcohol and Drug Counselor (CAADC) (January 2009-March 2018)
- Internationally Certified Advanced Alcohol and Drug Counselor (ICAADC) (January 2009-March 2018)
- Panel Provider, State of Michigan sponsored program to treat pathological gamblers and their families (June 2011-July 2012)
- Stanford University Chronic Disease Self Management Program (CDSMP)—Personal Action Toward Health (PATH) in Michigan, Master Trainer (June 2011)
- Stanford University Diabetes Self Management Program—Diabetes Personal Action Toward Health (Diabetes PATH) in Michigan, Leader Training (January 2012)
- National Acupuncture Detoxification Association's (NADA) Auricular Acupuncture Detoxification Training November 16 & 17, 2013; certified provider
- Facilitator, *Hungerwise: Ending the Struggle with Food and Weight*
- Sexual Health Certificate Program (SHCP)—Michigan Trained (Sex Therapy Track) (2016 Cohort)
- Certified Sex Therapist (CST), American Association of Sexuality Educators, Counselors and Therapists (AASECT) (June 2022)
- End of Life Doula (EOLD), *The Dying Year* (November 2024)

Trainings Provided

- Michigan Association of Community Mental Health Boards (MACMHB): "*Older Adults and Substance Abuse Prevention*," collaborative training with The Gerontology Network/Network Leadership Council of Michigan; Lansing, Michigan; October 23, 2002.

- MACMHB: "Older Adults and Substance Abuse Prevention," collaborative training with The Gerontology Network/Network Leadership Council of Michigan; Pontiac, Michigan; April 7, 2003.
- Michigan Association of Foster Grandparents/Senior Companion Program: "Sweet Dreams: Older Adults and Changes in Sleeping Patterns," Frankenmuth, Michigan; 2003 State Conference.
- "Breaking the Cycle of Violence: Building A Safe Family Environment," Michigan State University; May 20, 2003.
- "Chronic Disease Self-Management Support," Integrated Health Partners (IHP) Learning Collaborative, Augusta, Michigan; May 23 & 24, 2007.
- *Joining People with Diabetes* Support Group Training, Western Michigan University faculty, Kalamazoo, Michigan; June 2007.
- *Joining People with Diabetes* Support Group Training, Springview Tower senior apartments, Battle Creek, Michigan; July 2007.
- Stanford University Chronic Disease Self-Management Program (Personal Action Toward Health--PATH--in Michigan), community workshop, Coldwater, Michigan; July-August 2007.
- PATH workshop, Dominican Life Center, Adrian, Michigan; 2 workshops winter and spring 2011
- PATH workshop, Saint Joseph Mercy Chelsea (SJMC) Hospital Behavioral Health Services Outpatient Clinic, Chelsea, Michigan; 2 workshops spring and summer 2012; fall workshop 2013
- Stanford University Diabetes Self Management Program—Diabetes Personal Action Toward Health (Diabetes PATH) in Michigan; facility workshop, Dexter Wellness Center, Dexter, Michigan summer 2013
- PATH workshop, SJMC Hospital Behavioral Health Services Outpatient Clinic, Chelsea, Michigan; fall 2014
- PATH workshop, Chelsea Wellness Center, Chelsea, Michigan; fall 2015

Community Involvement

- 1993-1997: *Domestic Violence Awareness Month*
- Developed and coordinated a Candlelight Commemoration (1993)
 - Co-founder of the local Clothesline Project display (1994-1997)
 - Participated in the first National Clothesline Project display in Washington, D.C. (1995)
- 1995-2000: *Trinity Lutheran Church, Hillsdale, Michigan*
- Served two three-year terms on Congregational Council
 - Fulfilled positions of Council President (1998 & 1999) and Council Secretary (2000)
 - Oversaw call process of new church Pastor (1998 & 1999) as Council President
 - Member of church for over 20 years
- May 1997: *Habitat for Humanity*
Ypsilanti, Michigan
- Assisted with local build
- March 1999: *Habitat for Humanity*
Jimmy Carter Work Project
General Santos City, Philippines
- Representative for home congregation and State of Michigan in Philippine Blitz Build
- 1999-2002: *Lutheran Brotherhood, Meridian Branch*
Fraternal Benefit Society
- Healthy Communities/Healthy Youth officer for Lutheran Brotherhood Branch servicing a two-county region
- 2004-2006: *Hillsdale County Human Service Network (County Collaborative)*
Executive Committee
- 2006-2010: *Michigan Partners on the PATH*
Member
- Statewide coalition organized to build the capacity of implementation of the Stanford University Chronic Disease Self-Management Program (Personal Action Toward Health--PATH) throughout Michigan
- 2007: *Joining People with Diabetes*
Executive Committee
- Statewide diabetes support group coalition
- 2007-2017 *Professional Advisory Committee*
Hillsdale Community Home Care
- Advising committee member of local Home Care organization

2014-2017: *Hillsdale County Vulnerable Adult Abuse Prevention*
Member

- Committee tasked with developing a county-wide prevention protocol for preventing the abuse and neglect of vulnerable adults

2025: *Jeremiah Commons*
Board Member

- Conservation cemetery and land commons forming nonprofit in Southern Michigan