

Kathleen A. Usaj, MSSA, LISW-S, ACHT
Trust Your Heart, LLC
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SPECIAL INTERESTS

- Offering tailored holistic and integrative interventions for individuals, training supervision for LSWs seeking their independent license, and workshops for agencies and schools.

CREDENTIALS

Master of Science in Social Administration, Mandel School of Applied Social Sciences, CWRU: 1995
Bachelor of Art, Hiram College: June 1993 Magna Cum Laude
Ohio Department of Education Licensed School Social Worker: 1995- Present/ Permanent License
State of Ohio Licensed Independent Social Worker #S-8117
Thirty post graduate semester hours
Sixty hours training as a Sex Offender Treatment Professional
Advanced Heart Centered Hypnotherapist/ Issaquah, WA
Reiki Practioner 2nd Degree/International Center for Reiki Training
Integrative Concepts Breathwork/ Carol Lampman
Child Light Yoga Teacher
Qoya Embodied Dance

COMPETENCIES

- *Clinical expertise in providing a range of treatment modalities to meet the needs of children, adolescents and adults
- *Excellent organizational, supervisory, team building and collaborative skills
- *Strong experience, superior academic training, discipline and ability to learn new skills quickly

CLINICAL EXPERIENCE

2017-Present Owner of Trust Your Heart, LLC

A practice specializing in supporting and providing training and individual/group supervision to clinical providers in integrative and holistic modalities such as mindfulness practices, meditation, self-compassion to strengthen their skill set and expand their business opportunities.

2013-Present Cleveland Clinic Center for Integrative Medicine

Provides full time clinical social work services/holistic psychotherapist services to clients ages 5-90
Specializes in blending traditional clinical work with advanced, integrative approaches including heart centered hypnotherapy, Reiki, mindfulness, meditation and breathwork to address mental health and addiction issues
Co-teaches shared medical appointment programs for weight release and brain wellness with medical doctors board certified integrative and functional medicine.
Works with a team of medical doctors, chiropractors, massage therapists, acupuncturists, holistic psychotherapists

2011- 2013 Cleveland Heights-University Heights Schools

Provides clinical social work services to 600+ students at
Roxboro Middle School
Lead school social worker providing clinical services for 30+ students identified as having an emotional disturbance and their families/ Cleveland Heights High School

2010- 2012 Family Pride Inc.

Intensive in-home family therapist serving children and adults involved with
Lake County Jobs and Family Services/ Lake County Juvenile Court
Utilize evidence based and creative, mind-body, multi-modal treatment to ensure positive change for families and their decrease involvement in public systems

2008 - 2011 Cleveland Metropolitan School District

Provides direct school social work services to 3,500+ students, adult family members and staff
 Member of district Crisis Intervention Team
 Initiator and coordinator of Graduate School Social Work Internship Program
 Specializes in global assessments/interventions for children in the area of mental health, school climate, special education, trauma, family functioning and community linkages

2003- 2007 Cleveland Heights-University Heights Schools

Coordinator for Attendance Assistance for Students and Parents – District-wide program in partnership with Cuyahoga County Department of Children and Family Services and Juvenile Court
 Assistant to the Project Director for Safe School Healthy Student \$6M three year federal grant project
 Mental Health Services Coordinator/ designed and implemented referral process, staff training and oversees data collection and evaluation for yearly \$660,000 Multi - Systemic Therapy budget for 100 families per year
 Provide consultation to district staff on mental health issues and crisis, including suicide prevention and intervention, safety plans, violence and harassment assessments, and linkages to community agencies
 Coordinate assessment, intervention and staff consultation for students by board certified child and adolescent psychiatrist
 Liaison from district to Cuyahoga County Family and Children First Council on children mental health, truancy and service coordination team committee
 Cleveland Schools representative on Cuyahoga County Service Coordination Team (SCT)
 District liaison and Chairperson of Outreach Committee for North East Action Network- Center for School Based Mental Health at Miami University (Project of ODE and ODMH)

2002-2003 Mentor Schools

Provide Direct School Social Work Services for 2500 Students Grades 10-12 at Mentor High School – largest high school in the state/ adolescents and adult family members
 Primary support for SED unit; provide assessment for students suspected of drug/alcohol use, suicidal ideation, self-harm, harassment, violent and aggressive behaviors.
 Training and behavioral plan development for teachers and staff
 Provide appropriate safety plans, intervention, referral to building team and agency providers as needed and ongoing school based support for students and families
 Facilitator for In-Sight Group for students with drug/alcohol student code violations
 Coordinator for Teen Institute and Peer Mediation
 Facilitator for all Intervention Assistance Teams at MHS
 Conducted at-risk homeroom for students involved in juvenile justice, mental health and children services systems, teacher and staff consultation

1995–2002 South Euclid-Lyndhurst Schools

Provide Direct School Social Work and mental health services for 1000+ students and adult family members
 Serving Pre-School To Grade Four Elementary Schools -Including IBA and Direct Services/ Consultation at All Grade Levels
 Provided Services for all Elementary Students Identified as MH, DH, SED, and Autistic
 District Prevention Coordinator Safe and Drug Free Schools Grant K-12
 Facilitator / Community Action Team and Diversity Programs
 Grant Writer and Project Director for US Department of Justice School/ Police Department Partnership COPS Grant (received largest award in national grant competition and Police Forum Institute Goldstein Research Design Award)
 Coordinated Two Day Crisis Intervention Training for Three School Districts/ Six Fire Departments and Police Departments
 Trainer of District Crisis Intervention/ Critical Incident Stress Debriefing Models
 Conducted mandatory child abuse training for staff

1994-1995 Crossroads Counseling Center of Lake County

Therapist and Case Manager/ collaborated with all agencies in Lake County
 Co-facilitated Latency Age Sex Offender Groups, Parent Groups and Adolescent Chemical Dependency Groups
 Provided Individual and Group Therapy for Children and Families
 Served on Lake County Crisis Response Team at the Wickliffe Middle School National Critical Shooting Incident
 Authored Funded Cleveland Foundation Grant and Served as Project Director for Agency Program Development /
 Project Director for children diagnosed with ADHD and their adult family members

UNIVERSITY AFFILIATIONS

- 2012- 2014** Adjunct faculty member at Cleveland State University School of Social Work
 Courses: SWK 485 Macro Practice SWK 663 Psychopathology
 SWK 607 Advanced Practice I
 Member of School of Social Work Advisory Board
- 2000-2005** Coordinator/ advisor and adjunct faculty member of Justice Studies Program at Kent
 State Ashtabula Campus: Increased declared Justice Studies majors from 40-100 in six months. Courses:
 Introduction to Justice Studies; Youth in the Justice System; Crisis Intervention
- 2002- Present** Adjunct faculty member at the Mandel School of Applied Social Sciences at Case
 Reserve University Course: ODE approved School Social Work Seminar course for licensure/ Field
 instructor
- 1995-2011** Site coordinator and adjunct field instructor for 205+ social work interns in
 Case Western Reserve University/ South Euclid-Lyndhurst Schools, Mentor High School and Coordinator
 of Cleveland Metropolitan School District graduate internship program
 Trainer for Case Western Reserve University- Cleveland Scholarship Fund Project

LEADERSHIP ROLES

Cofounder of the Ohio School Social Workers Association (OSSWA) 1996
 OSSWA President 2000- 2004
 SSWAA Representative for the IDEIA Partnership/ National State Directors of Special Education RtI Workgroup Member
 SSWAA Representative at USDOE OSEP Leadership Conference 2007
 Ohio Association of Pupil Services Organizations – OSSWA Representative
 Co-Chairperson – 40th Annual Midwest School Social Work Conference 2007/ Cleveland, Ohio
 Chairperson – 2007 Midwest Student Support Services Summit/ Cleveland, Ohio
 Appointed Member/ State Advisory Panel on Special Education/ ODE – 2007 to 2009
 Appointed Member/Caseload Ratio Special Education Workgroup/ODE – 2008 to present
 OHNASW Region III Legislative Chairperson
 Co-chairperson of the Second Annual Cuyahoga County Conference on Social Welfare 2012

PUBLICATIONS

Fankell, J., O’Sullivan, M., Smyth, N., & Usaj, K. Developing a Screening Instrument to Determine the Level of Pro-Social Skills Development for First Grade Girls. Action Research Monograph: City School System Projects Which Were Initiated and Completed by District Teachers and Staff Between September 1996 and June 1997. ERIC Clearinghouse on Assessments and Evaluations.

Gregory, C., Leason, E., Usaj, K., Hess, J and Wester, K. (1999). “Bullying, Threatening And Intimidation In Schools: In-Depth Interviews With Victims And Offenders.” Presented at the American Society of Criminology Meetings: Toronto.

Tracy, E., & Usaj, K. (2006). School social work practice with individual and groups. In L. Bye & M. Alvarez (Ed.), *School Social Work: Theory to Practice*. Thompson Press.

Kathleen Usaj, MSSA, LISW, Judith Kullas Shine, MSW, MS, LICSW & Myrna Mandlawitz, M.Ed., “Response to Intervention: New Roles for School Social Workers”; School Social Work Association of America website, www.sswaa.org; Publications and Resources, *Response To Intervention*; <http://www.sswaa.org/about/resolutions/RTIFinal.html>

AWARDS

- 2007** Ohio School Social Worker of the Year/ Ohio School Social Work Association and Midwest School Social Work Council
 Ohio School Social Work Visionary Award/ Ohio School Social Work Association

