

STEPHANIE ANDREWS, MSW, LSCSW, LCSW

Center for Professionalism and Well-Being
Children's Mercy, Kansas City
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EDUCATION

Fellowship: The Menninger Clinic, 2001
Specialization: Family Systems

MSW: University of Kansas, 2000
Specialization: Clinical Social Work
Fieldwork: Olathe School District
Johnson County Mental Health

BS: MidAmerica Nazarene College, 1993
Major: Management and Human Resources
Johnson County Community College, 1972-1974
Business

LICENSURE

- Kansas Licensed Specialist Clinical Social Worker LSCSW #2337
- Missouri Licensed Clinical Social Worker #2003011142

MINDFULNESS EDUCATION

Eat Right Now Facilitator Training	Center for Mindfulness, February 15, 2017 – present
Silent Meditation Retreat (7 nights)	Awakening with Insight – An Insight Meditation Retreat May 15 – May 21, 2017 Teachers: Shaila Catherine & Phil Jones
Matthew Sanford, Yoga Workshop	Yoga Gallery, November 18-20, 2016
Silent Meditation Retreat (7 nights)	Settling, Seeing, and Spacious Awareness: A Retreat for Experienced Practitioners October 28-November 4, 2016

	Teacher: Donald Rothberg, Ph.D.
Teacher Supervision Mindfulness-Based Stress Reduction	Center for Mindfulness, May 19-July 15, 2015 Supervisor: Pam Erdmann
Mindful Practice Advanced Workshop	Enhancing Quality of Care, Quality of Caring, And Resilience Teachers: Ron Epstein, MD & Mick Krasner, MD April 27 - May 1, 2015
Teacher Development Intensive (TDI) Mindfulness-Based Stress Reduction	Oasis Institute for Mindfulness March 1 - March 10, 2015 Teachers: Bob Stahl & Carolyn West
Silent Meditation Retreat (5 nights)	Mindful Resilience, January 13-18, 2015 Teachers: Beth Mulligan, Hugh O'Neill, Charles Tenshin Fletcher Roshi, Abbot of Yokoji Zen Mountain Center
Max Strom Yoga Workshop	Yoga Gallery, June 13-14, 2014
Practicum - Mindfulness-Based Stress Reduction	Oasis Institute for Mindfulness February 10 – February 20, 2014 Teachers: Florence Meleo-Myer & Elana Rosenbaum
Silent Meditation Retreat (7 nights)	Insight Meditation Center, January 10-17, 2014 Mindfulness Meditation for Health Care Providers Teachers: Sharon Salzburg, Christina Feldman, Mark Coleman
Mindfulness-Based Stress Reduction	University of Missouri September 26 – November 15, 2013 Teacher: Lynn Rossey
Mindfulness-Based Stress Reduction in Mind-Body Medicine	Omega Institute, May 31 - June 7, 2013 Teachers: Jon Kabot-Zinn & Saki Santorelli

MINDFULNESS TEACHING

Children's Mercy Kansas City –

Mindfulness-Based Stress Reduction (MBSR)

June 2 - July 21, 2015

September 23 – November 11, 2015

February 1 – March 21, 2016
 February 2 – March 22, 2016
 May 19 – July 7, 2016
 August 16 – November 29, 2016
 August 31 – October 26, 2016
 February 7 – March 28, 2017
 April 26 – June 21, 2017
 September 6 - October 25, 2017

Dropping In – 4-6 sessions abbreviated mindfulness class

October 9 – November 11, 2013
 March 24 – April 21, 2014
 March 24 – April 28, 2014
 April 15 – May 13, 2014
 April 30 – June 6, 2014
 June 24 – July 15, 2014
 July 14 – August 11, 2014
 August 26 – September 30, 2014
 September 23 – November 4, 2014
 October 7 – December 2, 2014
 November 7 – December 12, 2014

Journal Articles

- Trowbridge, K., Mische Lawson, L., **Andrews, S.**, Pecora, J., & Boyd, S. (2017). Preliminary Investigation of Workplace-Provided Compressed Mindfulness-Based Stress Reduction with Pediatric Medical Social Workers. *Health & Social Work, 42*(4), 207-214. doi:10.1093/hsw/hlx038
- Clark, N., Heller, K., Hiatt, A., McDaniel, D., Pitts, B., Trowbridge, K., & **Andrews, S.** Residents Experiencing Secondary Trauma (REST): Program Intervention at a Tertiary Academic Pediatric Hospital. *Academic Pediatrics, 15*(4), e12. doi:10.1016/j.acap.2015.04.034

FUNDED GRANTS

Date	Amount	Awarding Agency
2007-2008	\$310,117	Health Care Foundation (Improved access to mental health services in SCAN Clinic)
2008-2009	\$50,000	Health Care Foundation (Improved access to mental health services and establishment of CARE Workshop in community agencies)

2009	\$25,000	Mader Foundation (Assist families in gaining better access to CMH for therapy services, PCIT supplies/toys)
2009-2010	\$112,000	Health Care Foundation (Improved access to mental health services and provision of Parent Child Interaction Therapy)
2010-2011	\$150,000	Health Care Foundation (Expansion of PCIT services)
2011-2012	\$33,000	Health Care Foundation (Alternatives for Families-Cognitive Behavioral Training)
2012	\$40,000	Health Care Foundation (Agency Defined Grant) gap funding

GRANT PROPOSALS UNFUNDED

Healthcare Foundation of Kansas City FY 2014. Research proposal entitled Mindfulness-Based Interventions for Health Care Professionals.

DEPARTMENT SUPPORTED RESEARCH ACTIVITIES

Trowbridge, Kelly (PI) 5/2/15-present. A Preliminary Investigation of a Compressed Mindfulness-Based Stress Reduction (cMBSR) Program for Pediatric Social Workers. The major goal of this study is to examine whether a compressed mindfulness program is feasible for social workers in a pediatric medical setting.

PRESENTATIONS

- 2016 International Symposium on Contemplative Sciences, Saturday, November 12, 2016, *Employing Mindfulness Practices in a pediatric Hospital: A Transdisciplinary Approach to Adoption* (with Carol Kemper, RN, PhD, CPHQ, CPPS, Dane Sommer, D.Min., M.Div., BCC, Nicholas Clark, MD, FAAP, Amber Bagherian, MS)
- 20th Annual Advanced Nursing Pediatric Care Conference, October 24, 2014, *Resiliency in Health Care* (with Kelly Trowbridge, PhD, LCSW, LSCSW)
- Patient Care Services Research 2014 Fall Symposium, September 26, 2014, *Mindfulness, Self-Reflection, and Empathy: Where is the Evidence?* (with Kelly Trowbridge, PhD, LCSW, LSCSW)

POSTER PRESENTATIONS

- 2016 International Symposium on Contemplative Sciences, Saturday, November 12, 2016, *A Preliminary Investigation of Compressed Mindfulness-Based Stress Reduction (cMBSR): A Two-Day Pause in the Workplace for Social Workers*

EMPLOYMENT

Children's Mercy Kansas City
Kansas City, Missouri

Director of Program Development, Center for Professionalism and Well-Being, March 2013-Present

Clinical Social Worker, Developmental & Behavioral Sciences, July 2012-March 2013

Family Therapy Program Manager, Developmental & Behavioral Sciences, May 2003-July 2012

Rehabilitation Social Worker, September 2001-May 2003

- Development and implementation of programs focusing on training and education of healthcare providers on topics related to professional behavior and establishing/maintaining healthful attitudes and mindfulness.
- Development of hospital-wide ASAP (Aligning Support Across Providers) program providing immediate support to employees experiencing a distressing event.
- Family therapy work with families with a child with chronic illness or disability.
- Expansion of family therapy team from 1 clinician to 8 clinicians, expanding family therapy services from downtown location to include south and north clinics.
- Expanded inpatient services to include crisis intervention for families.
- Expanded range of therapeutic services provided to families to include evidence-based approaches (PCIT, TF-CBT, AF-CBT).
- Increased community outreach through CARE workshops.
- Medical social work services provided to patients and families in Rehabilitative Medicine.
- Worked with children and families with Tourette Syndrome and its related neurological disorders through Joshua Child and Family Center

Private Practice, Overland Park, Kansas

February 2006- March 2013

- Provide individual and family therapy, including marital therapy and crisis intervention. Population includes families with children of special needs, children and adults diagnosed with Asperger Disorder, Tourette Disorder, Obsessive Compulsive Disorder, Depression, Anxiety Disorder, Oppositional Defiant Disorder, Conduct Disorder and Attention Deficit Hyperactivity Disorder.

The Menninger Clinic, Topeka, Kansas

September 2000-June 30, 2001

Post-master's Fellowship Program in Clinical Social Work

Responsibilities included:

- Individual and family therapy with adolescent and family
- Collaboration with multi-disciplinary team
- Establishment of a treatment plan and treatment protocol, and maintain ongoing comprehensive treatment
- Discharge planning, which included after-care, wrap-around and/or therapeutic boarding schools
- Specialized training in Advanced Social Work Practice, Cognitive Behavioral Therapy, Specialized Treatment Approaches II (Brief Therapy), Family Therapy Consultation, Concepts in Development and Psychopathology II, Psychodynamic Psychiatry: Hospital Treatment and Beyond, Social Work Seminar in Individual Psychotherapy, Advanced Family Therapy, Group Psychotherapy, Short-Term Residential Treatment and Psychopharmacology

Shawnee Mission Medical Center, Shawnee Mission, Kansas
Psychiatric Assessor in ED, May, 2000-May, 2002

- Responsible for psychiatric assessments conducted in Emergency Department.

Olathe Unified School District, Olathe, Kansas
Clinical Social Work Intern, September 1999 to May 2000

- Provided school social work services serving special education and regular education student populations
- Collaboration between family, school principal, school counselors, school psychologist, special education teachers, regular education teachers and court system

Adolescent Center for Treatment, Olathe, Kansas
Adolescent Recovery Advisor, September 1999 to August 2000

- Responsibilities included observing, monitoring, documenting and managing client behavior.
- Co-facilitated weekly after-care, which included process work, treatment plans, art therapy and parent education support group.
- Developed curriculum for after-care program.

Johnson County Mental Health Center, Olathe, Kansas
Clinical Social Work Intern, September 1998 to August 2000

- Client advocacy on all necessary levels, which included personal, family, service agencies, court systems, state and federal agencies
- Utilizing a strengths model of case management
- Utilization of resources within the community
- Inter and intra-agency collaboration
- Developed ComputerCare project, a business/community partnership with companies willing to donate computer hardware and software to benefit Johnson County Mental Health Center clients.

Burke, Williams, Sorensen & Gaar, Overland Park, Kansas
Office Manager, May 1983-July 1998

- Oversight of multi-milliondollar budget
- Oversight of all aspects of multi-million dollar bond closings
- Hiring and training of all administrative staff
- Assist in legal training for junior attorneys