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### Education

- M.S.W. University of Washington, Tacoma, Washington, 2001
- B.A. The Evergreen State College, Tacoma Washington, 1994
- A.T.A. Tacoma Community College, High Honors, Tacoma, Washington, 1989

### Areas of Interest

Areas of interest currently include developing programs to promote self-care among professionals; working with marginalized populations; service development and delivery; diversity and equity; impacts of difference on adult children from marginalized families.

### Academic Employment

Sept 2015 – Senior Lecturer, University of Washington, Tacoma, Social Work Program

Present

Sept 2006- Full time Lecturer, University of Washington, Tacoma, Social Work Program

Present

Courses taught at University of Washington, Tacoma:

TCRIM 371A: Helping skills in Criminal Justice - 2014  
TSOCWF 404A: Cultural Diversity & Social Justice 2006-present  
TSOCWF 415 A and B: BASW Field, Autumn, Winter, & Spring 2006-present  
TSOCW 532 A: Advanced Integrative Practice I Autumn 2006-present.  
TSOCW 532 B: Advanced Practice: Advanced Integrative Practice I Autumn 2011-present.  
TSOCW 533 A: Advanced Integrative Practice II, Winter 2007-present.  
TSOCW 533 B: Advanced Integrative Practice II, Winter 2012-present  
TSOCW 504A: Cultural Diversity & Societal Justice Winter 2006- 2011  
TSOCW 511A: Practice II Intermediate Direct Practice Summer, 2007-2013; 2015  
TSOCW 549: Crisis Intervention in Mental Health Summer, 2009-present  
TSOCWF 150: Suicide: Individual and Community Response Autumn, 2008-2010  
TSOCW 523B: Introduction to Practicum Summer, 2008  
TSOCWF 353: Mental Illness & Recovery Autumn, 2007  
TSOCW 513A: Practice IV: Community Change Practice Summer, 2007  
TSOCWF 405: Practicum Seminar, Autumns, 2006

Other Teaching Roles at University of Washington, Tacoma:

Faculty Advisor to BASW and MSW students (approx. 24-27), 2006-ongoing  
TSOCWF 409 – Independent Readings in Social Welfare: Two students, Winter 2007; One student, 2008; One student Winter 2010, One student, Summer 2010;  
TSOCW 509 Independent Readings in Social Work One graduate student, Spring 2011  
Annual Practicum/Field Instructor training 2007-present

Appointment: School of Social Work, Seattle, Adjunct Lecturer, 2006-present

Courses Developed for University of Washington, Tacoma Social Work Program

TSOCWF 414 Introduction to field  
TSOCW 549: Crisis Intervention in Mental Health  
TSOCWF 150: Suicide: Individual and Community Response

Courses substantially revised for University of Washington, Tacoma Social Work Program  
TSOCWF 405, Autumn, Winter and Spring  
TSOCW 532 A&B: Advanced Integrative Practice I  
TSOCW 533 A&B: Advanced Integrative Practice II

2002-2006

Part-time Lecturer, University of Washington, Tacoma, Social Work Program

Courses taught as Part-Time Lecturer at the University of Washington, Tacoma:

TSOCWF 404A: Cultural Diversity & Social Justice Spring, 2003-2006

TSOCW 511A: Practice II Intermediate Direct Practice 2006

TSOCWF 415A: BASW Practicum Autumn 2003

TSOCWF 415B: BASW Practicum Autumn, 2003-2006; Winter, 2004-2006; Spring, 2004, 2006.

TSOCW 504 A: Cultural Diversity & Societal Justice 2002-2006

TSOCW 524 B: Foundation Practicum Summer 2004

TSOCW 525 B: Advanced Practicum Summer, 2004; Autumn, 2005

TSOCW 513 A & B Practice IV: Community Change Practice Summer, 2005

TSOCW 514 B: Practice V: Foundation Practice Mental Health Disorders in Adults Spring, 2005

TSOCWF 311: Social Welfare Practice II, Winter 2004

### **Guest Lecturer Presentations**

Invited Presenter, UWT Student Health and Wellness Doctoral Interns, 2010-2014 (in 2012-2014 Doctoral students from UPS were also in attendance)

Guest Lecturer, University of Washington, Tacoma, Social Work Program, Winter 2007  
(Marian Harris instructor)

Guest Lecturer, University of Washington, Tacoma, Social Work Program, Summer, 2003  
(Janice Laakso instructor)

Guest Lecturer, University of Washington, Tacoma, Social Work Program, Summer 2000, 2001  
TSOCW 514: Social Work Practice V: Assessment of Mental Disorders

Guest Lecturer, University of Washington, Tacoma, Social Work Program, Summer 2000  
TSOCW 514: Social Work Practice V: Assessment of Mental Disorders

Teaching Practicum, University of Washington, Tacoma, Social Work Program Summer 1999  
TSOCW 514B Social Work Practice V: Assessment of Mental Disorders

### **Research Study**

Harris, M. S. & Holt-Schaad, T. (research in progress). An exploratory study of the Elizabeth Wesley scholarship. Tacoma, WA: Tacoma Urban League.

### **Awards/Scholarships**

Employee of the Year, Good Samaritan Behavioral Healthcare, 2004

Outstanding Graduate Student of the Year, NASW Washington State Chapter, April 12, 2002

Recognition Award, Division of Alcohol and Substance Abuse and Mental Health Division, State of Washington, May 2001

Gift of Service Award, University of Washington, 2001

Mortar Board Alumni Tolo Foundation Scholarship Recipient 2000-2001

**Service**Social Work Program:

Search Committee for two Lecturer and Tenure track SW faculty 2015  
 BASW Program Committee, Seattle Campus, 2013-ongoing 2013- ongoing  
 Social Work Strategic Planning Committee 2014  
 Student Scholarship Committee, 2013-2015  
 Mentor for part-time lecturer Kara Walker, 2012-ongoing;  
 Mentor for full time lecturer, Andrea Hill, CJ program  
 Field Site development, 2006-ongoing  
 Student Engagement Program Committee, Co-Chair, 2012-ongoing  
 Field Readiness Program Committee, 2013-ongoing  
 SIFI/SOFI Field Development Committee (Regional Collaboration of Washington State SW programs), 2013  
 STAR Administrator for BASW UWT students and trainer, 2011-present  
 UWT SW Admissions Committee (BASW, MSW, AS), 2006-ongoing  
 Practicum Coordinators Committee (UWT/UWS joint committee), 2006-ongoing  
 Advisory to the Director Team, 2011-2012  
 BASW/ MSW Targeted Competency Committee, 2012 (in support of accreditation data collection)  
 BASW Curriculum Review Committee, 2006, 2014,  
 BASW MSW, New Cohort and Faculty Orientation, each year since 2006  
 Hooding committee, 2008-2011 (evolved into student engagement committee in 2012)  
 BASW Program (UWS) Guidelines for Approval to Move into Senior Year Classes and Field Placement Committee, 2011  
 UWT SW Advisory Council, 2009-2011  
 Practicum Instructor, 2008-2010  
 MSW/BASW Curriculum Review Committee, 2008-2009, 2014-2015,  
 CWTAP Admission Committee, 2008  
 Contributed to Diversity section of the Proposed Criminal Justice Major, 2008  
 MSW Practice Sequence Review Committee, 2007-2008

Campus

Power of One Conference planner, 2015-16  
 C-CERT, 2012  
 PTSD: Educational Impact and Community Collaboration, 2012  
 T-Town Neighbors Exhibit, 2011 Collaboration with Anna Saylor, Librarian. Included Panel presentation: Gender Liberty: Thinking Beyond Male and Female, interactive presentation.  
 Disability Support Services Search Committee, Autumn, 2010  
 Wellness Committee, 2007-2010  
 GSA Student Organization co-advisor, 2007-2009; 2009-2010  
 Distinguished Teaching Award Selection Committee, 2008-2009  
 Scholarship Committee, 2007-2009  
 Academic Foundations Proposal planning and development, 2008  
 Safe Zone Resource, Tacoma, WA, 2008-present

Community (covering the last three years, earlier work available upon request)

Volunteer Interfaith Emergency Shelter, current.  
 Invited Founding Board Member of Healing Touch Chefs Group, 2014 – nutritional education to K-12 youth and their families 2014-2015  
 Collaboration with Tacoma Community House. Working with M. Melendez to develop a self-care program for employees and partner agencies 2013-14  
 NW Soldier's Project Pro bono clinical services, 2012-current  
 GLBT& MH DV Mental Health Services, sliding scale – 2006-current  
 Nisqually Crest Community Association, President, Focus Building Community Relationships, 2010-2013

## Fellowships

UWT Writing Fellows Institute Fellow 2008-2009

## Professional Affiliations/ Licensure/Certifications

National Association of Social Workers, October 1998 – Present

State of Washington, Licensed Independent Clinical Social Worker, 2010 - current

State of Washington, Registered Counselor, 1989-2010

## Community Presentations

“Report back from CSWE” NW Field Consortium, Portland, OR, 2015

“Building Community” Association Services Invited Speaker Puyallup, WA October, 2007

“Do Ask, Do Tell: The Sexual Minority Data Element” training developed for and provided to front line clinical workers at publicly funded mental health centers across Washington State. Locations of training and dates:

Kitsap Mental Health, Bremerton, Washington, September 27, 2005,

Clark County, Vancouver, Washington, September 8, 2005,

King County Providers, Seattle, Washington, August 19, 2005,

Child and Family Catholic Services, Yakima, Washington, August 8, 2003,

Comprehensive Mental Health Center, Moses Lake, Washington, August 8, 2003,

Greater Columbia Behavioral Health, Richland, Washington, August 7, 2003,

Walla Walla Inland Counseling Network, Walla Walla, Washington, August 7, 2003,

Timberland Regional Support Network, Chehalis, Washington, February 7, 2001,

Timberland Regional Support Network, Long Beach, Washington, January 24, 2001.

Northeast Washington Regional Support Network, Chewelah, Washington, October 15, 2000.

Thurston-Mason Regional Support Network, Lacey, Washington, September, 2000,

Chelan-Douglas Regional Support Network, Wenatchee, Washington, August 7, 2000,

Spokane Regional Support Network, Spokane, Washington, July 17, 2000,

Peninsula Regional Support Network, Pt. Orchard, Washington, April 10, 2000,

Grays Harbor Regional Support Network, Hoquiam, Washington, February 28, 2000,

North Sound Regional Support Network *Local Consumer Group and Organizations*, Mt.

Vernon, Washington, December 9, 1999,

North Sound Regional Support Network *Providers*, Mt. Vernon, Washington, December 9, 1999,

Southwest Regional Support Network Providers, Longview, Washington, December 7, 1999,

Regional Support Network Administrators Meeting, Sea-Tac, Washington, October 21, 1999.

“Exploring DSM/DV Intersectionality: Where DSM IV and Domestic Violence Meet, Mate, and Clash” YWCA, September 8, 2002.

“Triangle Square: GLBT Community Organizing as Student Practicum” Washington Center for Improving the Quality of Undergraduate Education Annual Conference, Practicing What We Stand For: Access, Equity and Significant Student Learning, Tacoma, Washington, February 23, 2002.

“Do Ask, Do Tell: Advanced Treatment Considerations” Conference ‘Saying It Out Loud: Diverse Communities, Diverse Issues’, Department of Alcohol and Substance Abuse, Region Four, Fife, Washington, May 11, 2001. Invited Presenter.

“Beyond 101: Helping the Gay, Lesbian, Bisexual, Transgender Victims” Pierce County Sexual Assault Center staff training, February 21, 2001.

“Mind, Body, Spirit” Invited panel presentation participant, University of Washington, Tacoma, Washington, October 28, 2000.

“Do Ask, Do Tell” Invited panel presentation participant, Saying It Out Loud Addressing Alcohol, Tobaccos, and Other Drug (ATOD) Issues Facing Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) Communities, Fife, Washington, May 22, 2000. Provided twice upon request from conference organizers.

“Healing the HIRT (Hate Incident Response Team)”, NASW Washington State Chapter Continuing Education Conference and Gathering of the Profession, Everett, Washington, March 31, 2000. (Student/PI presentation)

“Cultural Diversity and Societal Justice” Invited panel presentation participant, TSOCW 504, University of Washington, Tacoma, Washington, January 13, 2000.

“Treatment Issues with Sexual Minorities”, Marriage and Family Therapy Diversity Class, Pacific Lutheran University, Parkland, Washington, December 2, 1999.

“Coalition Building Panel Discussion”, YWCA: A Week Without Violence, Tacoma, Washington, October 23, 1999.

“Gay and Lesbian Issues and Hate Crime Support Groups”, Washington Association for Marriage and Family Therapy Student/Associate Fall Workshop, Pacific Lutheran University, Parkland, Washington, October 22, 1999.

“Serving Sexual Minorities: Youth to Adult”, 1999 Washington Behavioral Healthcare Conference, Tacoma, Washington, June 3, 1999.

“Conducting Same Sex Domestic Violence Assessments in Human Service Agency Settings”, Northwest Conference on Same Sex Domestic Violence, Seattle Washington, October 2, 1998.

**Continuing Education** (for the past 5 years, earlier trainings available upon request)

Organizing your Outlook Mail, Sept 2015

Depression and Suicide, April 2015

Ethics of Social Work, April 2015

Online Practicum Instructor training 2014-15

NW Field Consortium, Portland, OR, 2014

Using the DSM-5 for Revolutionizing the Diagnosis and Treatment, 2013

Jail Booking and Reporting System (JBRS), Statewide Automated Victim Information and Notification(SAVIN), Protective Order Notification Program, Offender Watch & National Precursor Log Exchange (NPLEX), 2013

Community Resources for the Military and Veteran Population (NASW), 2013

Military Social Work Conference: Civilian Social Work with Veterans Returning from Iraq and Afghanistan: Implications for Practice and Education, 2013

Trauma Stewardship Institute: Day of Transforming Trauma, 2012

C-CERT Campus Emergency Response Team, 2012

Introduction to Military Life, Alliant International University, online training, 2012

Westar Institute: All in the Family: A conversation about marriage, family and sexuality, 2012

The War Comes Home: Trauma and Its Aftermath: A Conference for Service Members, Veterans, Family Members and Helping Professionals, 2012

2011 NW Field Consortium, Salt Lake City, Utah

Understanding Acute Stress D/O; PTSD & TBI: the Wide Reaching Effects of Exposure to Trauma, 2012

Microaggressions in Everyday Life: Race, Gender and Sexual Orientation Implications for Clinical Practice, 2011

NW Practicum Consortium, 2011

Psychological First Aid, Articulated on line training, 2011

Online Asbestos General Training 2010, 2011, 2012

Ethics Law UW Tacoma, 2010

New CSWE Competencies, 2010

Foundation for Critical Thinking, 2010

### **Non-Academic Professional Experience**

2006-present Private practice DBA Teresa Holt, LICSW. Small clinical practice focusing on DV survivors. 2015 contracted by BHR as a out of network provider doing Transgender focused mental health counseling.

October, 2001 - 2006 GOOD SAMARITAN COMMUNITY HEALTHCARE, Acute Services  
Puyallup, Washington 98372. (253) 848-5571  
Position: Supervisor, Crisis Intervention and Stabilization Team; Coordinator, Domestic Violence Victim Services; Sexual Minority Specialist  
Responsibilities: Supervision of crisis team direct services providers. Provide crisis intervention and stabilization. Provide assessments for imminent harm to self or others. Coordinate, assess and provide services to survivors of interpersonal violence. Grant writing and program development to fund increased services for survivors and to fund increased services for the sexual minority population. Provide advocacy and consultation to promote culturally competent services to the sexual minority population. Represent the agency on state and local boards.

July, 2005 - September, 2005 STATE OF WASHINGTON, DEPARTMENT OF SOCIAL AND HEALTH SERVICES,  
MENTAL HEALTH DIVISION  
Olympia, WA 98 504-5320 (360) 902-8070  
POSITION: Contracted Trainer for the Sexual Minority Subcommittee for the Planning & Advisory Council to the Dept of Social & Health Services, State of Washington  
Responsibilities: Provide "Do Ask, Do Tell" trainings for mental health providers, administrators and consumer advocates of the thirteen Regional Support Networks who deliver publicly funded mental health services to state residents. Collect surveys rating the training, gather information on additional training requests specific to sexual minority population.

August , 2004- June 2005 Practicum Instructor for UWT Social Work Program, 2 students

- August, 2002 - STATE OF WASHINGTON, DEPARTMENT OF SOCIAL AND HEALTH SERVICES,  
December, 2003 MENTAL HEALTH DIVISION  
Olympia, WA 98 504-5320 (360) 902-8070  
POSITION: Contracted Trainer for the Sexual Minority Subcommittee  
Responsibilities: Provide “Do Ask, Do Tell” trainings for mental health providers, administrators and consumer advocates of the thirteen Regional Support Networks who deliver publicly funded mental health services to state residents. Collect surveys rating the training, gather information on additional training requests specific to sexual minority population.
- July, 2001 - ANGER CONTROL TREATMENT AND THERAPIES  
January, 2003 Tukwila, Washington, 98188 (206) 575-3935  
POSITION: Victim Liaison  
Responsibilities: Act as liaison between the victim/survivor and the treatment team regarding ongoing safety issues, treatment progress reports, support, information and referral to DV victim counseling or advocacy services.
- January, 2001 - TRINITY LUTHERAN CHURCH  
January, 2002 Tacoma, Washington, 98444-3629 (253) 538-5374  
POSITION: Group Facilitator for Domestic Peace  
Responsibilities: Facilitate group services for survivors of domestic violence in a transitional housing program. Provide individual counseling as requested by program.
- June, 1995 - SEXUAL MINORITY SUBCOMMITTEE OF THE MENTAL HEALTH ADVISORY  
January, 2002 COMMITTEE TO THE WASHINGTON STATE MENTAL HEALTH DIVISION  
Chair: June, 1998– January, 2002  
Responsibilities: Provide information and act as advisory panel to the Mental Health Division regarding mental health services to sexual minority consumers, including those served in the State Hospital system. Provide state-wide training to publicly funded mental health providers on various treatment issues impacting the sexual minority mental health client. Coordinated the development and production of a training video given to agencies across Washington state who were contracted to provide services to publicly funded mental health consumers.
- December, 1999 -GOOD SAMARITAN COMMUNITY HEALTHCARE, Acute Services  
October, 2001 Puyallup, Washington 98372 (253) 848-5571  
Position: Crisis Intervention and Stabilization Team, Domestic Violence Victim Services Coordinator, Sexual Minority Specialist  
Responsibilities: Provide crisis intervention and stabilization. Provide assessments for imminent harm to self or others.  
Coordinate, assess and provide services to survivors of interpersonal violence. Grant writing and program development to fund increased services for survivors and to fund increased services for the sexual minority population.  
Provide advocacy and consultation to promote culturally competent services to the sexual minority population. Represent the agency on state and local boards.
- July, 1997 - GOOD SAMARITAN COMMUNITY HEALTHCARE  
November, 1999 Community Support Services  
Puyallup, Washington 98372 (253) 848-5571  
Position: Therapist, Liaison, Sexual Minority Specialist  
Responsibilities: Maintain case load responsibilities for individual clients, specializing in providing culturally competent services to sexual minorities.  
Provide sexual minority consultations for the agency. Provide input and advocacy to strengthen the services provided to sexual minority community members. Help develop training and program curriculum.  
Represent GSMHS on state and local boards and committees that support commitment to the sexual minority community.  
Group facilitator for both sexual minority clients and elder CMI clients.

Provide liaison services to GSMHS clients hospitalized at Western State Hospital. Work with treatment teams to provide level-of-care screenings to assure appropriate services and to assess residential needs upon discharge.

Invited staff made responsible for developing diversity committee tasked with making recommendations for best practices for ethnic, elder and sexual minority client care at GSMHS.

November, 1993 - GOOD SAMARITAN COMMUNITY HEALTHCARE  
July, 1997 Community Support Services  
Puyallup, Washington 98372 (253) 848-5571  
Position: Therapist, Screener/Liaison, Sexual Minority Specialist  
Responsibilities: Assess, screen, diagnose and refer adults seeking mental health services within the spectrum of programs offered at GSMHS. Refer to other community resources when appropriate. Complete all appropriate paperwork and present case to team for assignment.  
Provide liaison services to GSMHS clients that are hospitalized.  
Maintain case load responsibilities for individual clients.  
Provide sexual minority consultations for the agency.  
Represent agency on the Region 5 Sexual Minority Initiative Task Force (2/1995).  
Helped establish the first Sexual Minority Subcommittee at Western State Hospital, charged with making recommendations for best practices for sexual minority patient care at Western State Hospital  
Helped to develop improved access for local community members who wanted to initiate services at GSMHS.

April, 1992 - GOOD SAMARITAN COMMUNITY HEALTHCARE  
November, 1993 Christianson's Care Center  
Puyallup, Washington 98372 (253) 848-5571  
Position: Therapist  
Responsibilities: Provided on-site individual, group therapy and case management services for chronically mentally ill adults. Made appropriate referrals to off-site providers. Coordinated 'in-home' service provision with the residential care coordinator and the program manager. Facilitated resident meetings, acted as advocate with administration.

June, 1988 - COMPREHENSIVE MENTAL HEALTH CENTER  
April, 1992 Tacoma, Washington (206) 756-9960  
Position: Counselor III  
Responsibilities: Planned and implemented goal-oriented treatment with emotionally disturbed adolescents in a community day treatment program in the areas of listening skills, anger/stress management, and interpersonal skills.  
Provided co-therapy using occupational therapy, recreation therapy and process groups modalities.  
Assessed, screened and diagnosed new clients.

**References:**

Kendra Roberson, PhD. University of Washington, Social Work Faculty, Seattle and Tacoma Part Time Lecturer

Nancy Bruce Cook, PhD, University of Washington, Student Health and Wellness, UWT

Paul Calta, BASW, Pierce County Connections, alumni and Practicum Instructor for the BASW Field Program

Rosemary Fraine, MSW, King County Juvenile Court Probation, Practicum Instructor of the Year, 2012



