

Curriculum Vitae
Elisabeth A. Wilson Pleszkoch, PhD, NCC, CSAC, LPC

260 Towne Crier Road
Lynchburg, VA 24502

Home 434-237-4252
Cell 434-610-1786
lpleszkoch@hotmail.com

Education

- Ph.D. Counselor Education, 2008
University of Virginia, Charlottesville, VA
Dissertation: No Counselor Left Behind: Addressing Counselor Workforce Attrition During Implementation of Integrated Treatment and Evidence-Based Practices for Co-occurring Disorders
- M.Ed. Addictions & Community Counseling, 2001
College of William & Mary, Williamsburg, VA
- B.S. Education, 1993
Kent State University, Kent, OH

Licensure & Certification

- National Certified Counselor – National Board of Certified Counselors #70387
- Certified Substance Abuse Counselor – Virginia # 0710101827
- Licensed Professional Counselor – Virginia # 0701003639

Professional Experience

- August 2012 to Present **Adjunct Faculty Member**
University of Virginia
Curry School of Education: Counselor Education
Charlottesville, VA

Current adjunct teaching position in a CACREP accredited program. Designed and developed Master's level course materials, activities, and evaluations for course in Addictions Counseling. Topics include psychopharmacology, multi-cultural issues, co-occurring disorders, diagnosis, treatment planning through specific case studies, supervision, and the legal & ethical issues. Designed and developed popular undergraduate class in substance abuse for 400+ students per semester: established community connections, inviting guest speakers, and supervising the work of eight teaching assistants.

- April 2011 to Present **Program Manager**
Bedford Counseling Center
Horizon Behavioral Health
Bedford, VA

Current clinical position – leading a team consisting of counselors, case managers, psychiatrists, nurses and administrative staff in the provision of outpatient substance abuse and mental health services in a rural setting. Responsible for day-to-day operations including HIPAA compliance, budgeting, Medicaid and third party billing, medical records, client scheduling, and staff caseloads. Providing case management as well as individual and group counseling to a populations of individuals diagnosed with mental health and, or substance use disorders. Serve on the workforce development and retention committee for the agency. Providing direct supervision for clinical staff pursuing licensure, QMHP, and site supervision for master's level students in local counselor education programs. Providing individual and group clinical supervision for established clinicians. Partnering with area agencies to provide services throughout Bedford and the surrounding area.

October 2009 to Present **Teaching Faculty**
University of Phoenix Online
Phoenix, AZ

Current position – teaching established online undergraduate classes in substance abuse. Future classes to include clinical and abnormal psychology. Topics include societal patterns and trends in substance abuse, and substance abuse issues in the workplace. Mastering the use of technology in education by developing and maintaining an appropriate online tone for class facilitation. Actively involved in faculty development.

May 2012 to January 2014 **Adjunct Faculty Member**
Lynchburg College
Department of Education & Human Development
Lynchburg, VA

Adjunct teaching position in a CACREP accredited program. Designed and developed all Master's level course materials, activities, and evaluations for core curriculum courses in Addictions Counseling, Legal and Ethical Issues in Counseling, Clinical Supervision, and Diagnosing and Treating Abnormal Behaviors for Counselor Education program.

September 2010 to April 2011 **Contributing Faculty – Counselor Education**
Walden University
Minneapolis, MN

Facilitated established online Master's level classes in Substance Abuse Counseling. Topics include theories of addictions, multi-cultural issues, co-occurring disorders, diagnosis, treatment planning through specific case studies, and the legal & ethical issues related to substance abuse counseling.

August 2008 to May 2010 **Adjunct Faculty Member**
Longwood University
Department of Psychology
Farmville, VA

Adjunct teaching position – designed and developed all course materials, activities, and evaluations for core curriculum Counselor Education courses including: Introduction to Counseling, Diagnosis and Treatment of Addictive Disorders, Family Systems Theories, and Theories of Counseling and Psychotherapy. Additional special topic classes include: Cognitive Behavioral Therapy, and Clinical Supervision. Assisting and advising students through complicated requirements necessary for licensure in the Commonwealth of Virginia. Working closely with program director to enhance the certificate program to match CACREP standards and state regulations.

June 2005 to August 2010 **Emergency Mental Health Consultant**
Centra Health
Lynchburg General Hospital
Lynchburg, VA

Current part-time position – working with Emergency Department physicians and on-call psychiatrists to provide emergency mental health evaluations in the ER; including mental health consultations, suicide risk assessments, Mini Mental Status Exams, substance abuse consultations. Identifying and diagnosing individuals with serious mental illness and coordinating placement of those individuals meeting criteria for psychiatric hospitalization. Securing placement for individuals requiring detoxification from alcohol or other drugs with other agencies. Act as mental health member of treatment team for patients during their hospitalization. Seek civil commitment

proceedings for individuals found to be at imminent risk for self-harm or threatening to harm others.

August 2007 to May 2008 **Clinical Coordinator**
University of Virginia
Personal and Career Development Center
Charlottesville, VA

The PCDC is a counselor training facility providing free counseling to students and members of the community. Provided individual and group counseling to students and members of the community in the areas of personal development, substance abuse, eating disorders, acculturation and career exploration. Coordinated all administrative and clinical practicum experiences for doctoral and masters level students. Renovated the clinical facility including offices space and counseling labs, implemented new scheduling systems for counselor trainees, developed enhanced clinical charting, updated policies and procedures, designed and assembled new PCDC Handbook. Responsibilities also included clinic budget, client recruitment, and maintenance of the facility. Maintained relationships with other campus and community mental health clinics for client referrals. Assisted counselor trainees with case conceptualization, treatment planning, and staffing. Provided supervision for counselor trainees. Administered, score, and interpreted a variety of instruments including the Strong Inventory, MBTI, and SASSI.

August 2006 to May 2007 **Clinical Supervisor**
University of Virginia
Personal and Career Development Center
Charlottesville, VA

Provided individual clinical supervision of masters' level counseling students in both mental health and school counseling programs. Included school and site visits, viewing video tape and providing feedback during individual, group, and dyadic supervision sessions. Used motivational interviewing and constructivist principles to enrich supervisee's training experience.

September 2001 to June 2005 **Program Manager**
Courtland Treatment Center
Central Virginia Community Services,
Lynchburg, VA

Managed two highly intensive inpatient substance abuse and mental health treatment programs; Crisis Stabilization and Medically Supervised Detoxification. Oversight of daily operations including fiscal, personnel, and clinical issues. Initiated and created policy and procedures to address program needs. Instrumental in the development of a crisis stabilization unit for clients with co-occurring mental health and substance abuse disorders which served as the pilot program for the multi-million dollar Virginia DMHMRSAS VASIP-COSIG Project. Provided individual and group therapy for crisis stabilization and detoxification clients using motivational interviewing techniques. Implemented enhanced clinical treatment protocol for detoxification clients. Provided direct supervision for clinical staff pursuing licensure as well as site supervision for masters level student interns from local counselor education programs. Performed emergency mental health prescreening and independent evaluations for civil commitments and temporary detaining orders both on-site and in-field. Helped provide motivational interviewing training for Adult and Family Division. Assisted in the continual agency-wide implementation of Dr. Ken Minkoff's Comprehensive, Continuous, and Integrated System of Care model for treating clients with co-occurring disorders. Worked to secure external funding through grants.

Other Teaching Experience

3 Pleszkoch Vita

June 2007 – July 2007 **Doctoral Student – Teaching Assistant**
University of Virginia
Charlottesville, VA

Basic Counseling Skills – Co-Instructor

Developed syllabus for summer intensive course with faculty instructor. Developed PowerPoint presentations for lectures, presented materials for skill acquisition, and facilitated practice of new skills through in-class role-plays, observations, and video-taped sessions. Provided feedback on trainees' skills. Developed and graded final exam.

August 2007 to May 2008 **Doctoral Student – Teaching Assistant**
University of Virginia
Charlottesville, VA

Mental Health I – Mental Health II & Mental Health Practicum – Co-Instructor

A Combined three semester intensive teaching experience developed by myself and my chair under the auspice of my program committee to serve as my internship for the doctoral program. During Mental Health I & II: Developed each syllabus with faculty instructor. Developed PowerPoint presentations for lectures, presented materials during class time, and facilitated discussions. Developed and graded quizzes, mid-terms, and finals. During Practicum: Facilitated student's use of constructivist principles in case conceptualization and presentation during class time. Encouraged discussion of cases and provided feedback to students.

Research Interests

I have broad interest in the development and training of mental health and substance abuse counselors with particular interest in co-occurring disorders and the use of motivational interviewing techniques. Specifically, I am interested in workforce development as it relates to service delivery, and the role of resiliency in counselors working in community mental health agencies where the ever shifting organizational climate can lead to burn-out and high attrition rates.

Research and External Funding

Program Design and Implementation Team

Program Manager

Central Virginia CSB

Date: April 2012

Source: Virginia Department of Behavioral Health and Developmental Services

Amount: \$9,300

Purpose: To implement Motivational Enhancement Treatment in collaboration with local stakeholders for identified individuals.

Contracted Grant Writer

Program Developer

Central Virginia CSB

Date: July 2008

Source: Virginia Department of Behavioral Health and Developmental Services

Amount: \$200,000

Purpose: Implement and maintain a peer recovery support club for the residents of Central Virginia.

Grant Writer

Principal Investigator

Date: February 2008

Source: International Association of Addictions and Offender Counselors

Amount: \$500

Purpose: Dissertation research on the effects of system transformation on the substance abuse workforce in a local community mental health agency during implementation of evidence-based practices for clients with co-occurring disorders.

Grant Writing Team Member and Pilot Program Manager

Central Virginia CSB & Virginia Department of Behavioral Health and Developmental Services

Date: April 2003, April 2005

Source: Substance Abuse and Mental Health Services Administration

Amount: \$3,500,000

Purpose: To enhance the current data infrastructure to guide decisions concerning service delivery for persons with co-occurring disorders, implement a pilot program that delivers evidence based treatment to youths and adults with co-occurring disorders and establish a center for excellence to serve as a resource for other providers within Virginia.

Professional Presentations, Training Seminars & Speaking Engagements

Innovations in Service Delivery – The Virginia Association of Alcohol and Drug Abuse Counselors, Annual Members Meeting, March 2010, Williamsburg Virginia.

Service Delivery Innovations in Addictions Treatments Symposium – The University of New Mexico Center on Alcoholism, Substance Abuse, and Addictions, Twelfth International Conference on Treatment of Addictive Behaviors, February 2010, Santa Fe, NM

Motivational Interviewing: A 2-Day Training Seminar – Middle Peninsula Northern Neck Community Services Board, June 2009, Gloucester, VA

No Counselor Left Behind: Addressing Substance Abuse Workforce Attrition During Organizational Change – American Counseling Association Annual Conference, March 2009, Charlotte, NC

Motivational Interviewing in Hospital Work – Centra Health, November 2008, Lynchburg, VA

The Cultures of Addiction & Recovery – The Association of Mental Health Counselors Annual Conference, July 2008, San Diego, CA.

Challenges of Supervision in Substance Abuse Treatment – The Virginia Association of Alcohol and Drug Abuse Counselors, Annual Members Meeting, March 2008, Williamsburg Virginia.

Finding Your Way after Graduation: Lessons from the Road to Work and the LPC – Virginia Association for Counselor Educators and Supervisors Annual Student Conference, February 2008, Roanoke, VA.

Co-occurring Disorders: What is that? – Virginia Counselors Association Annual Conference, November 2007, Portsmouth, VA.

Clinical Supervision of Substance Abuse Counselors – Central Region of the Virginia Association of Alcohol and Drug Abuse Counselors, February 2007, Presentation at the Commonwealth Center for Children & Adolescents, Staunton, VA.

Co-occurring Disorders: A Primer for Counselors – Virginia Association for Counselor Educators and Supervisors Annual Student Conference, February 2007, Williamsburg, VA.

Diversity Training Seminar – University of Virginia, UVA Department of Human Services, March 2007, Charlottesville, VA.

Motivational Interviewing: An Overview of the Model – University of Virginia, April 2006, Charlottesville, VA.

Suicide Assessment for Counselors – Virginia Association for Counselor Educators and Supervisors Annual Student Conference, February 2006, Williamsburg, VA.

Looking Back: The History of Counseling in Virginia – Virginia Counselors Association Annual Conference, November 2005, Portsmouth, VA.

Professional Organizations & Leadership

American Counseling Association

Association for Counselor Educators and Supervisors

Chi Sigma Iota – Rho Beta chapter

- Nominated Outstanding Doctoral Student, 2007
- Exceptional Service to Chapter Award, 2008

Counselor Education Student Organization – University of Virginia

International Association of Addiction & Offender Counselors

- Research Grant Recipient, 2008

NAADAC: The Association for Addiction Professionals

VAADAC: Virginia Association of Alcohol and Drug Abuse Counselors

- Board Member at Large - Current
- Elected Secretary 2008 to 2010

Virginia Association for Counselor Educators and Supervisors

- Elected Secretary 2006 – 2008

References: Academic & Professional

Derick Williams Ph.D.

University of Virginia

Chair, Counselor Ed. Programs

P.O. Box 400270

417 Emmet St. South

Charlottesville, VA 22904

434-243-8716

sll6f@virginia.edu

Steve Nielsen Ed.D.

Pathways Treatment Center

Centra Health

3300 Rivermont Ave

Lynchburg, VA 24503

434-200-4455

434-544-8150

steve.nielsen@centrahealth.com

Jennifer Apperson Ph.D.

Longwood University

Psychology Department

201 High Street

Ruffner Hall

Farmville, VA 23909

434-395-2323

appersonjm@longwood.edu

Sandra I Lopez-Baez, PhD

Montclair State University

3192 University Hall

1 Normal Ave.

Montclair, NJ 07043

(973) 655-3186

lopezbaezs@mail.montclair.edu

Sandra Kanehl M.Ed.

Program Associate

Mid-Atlantic Addiction

Technology Transfer Center

333 Bayberry Cove

Forest, VA 24552

sandykanehl@hotmail.com

Rick Gressard Ph.D.

College of William & Mary

Counselor Education

Hugh Jones Hall 321

Williamsburg, VA 23187

757-221-2352

cfgres@wm.edu

Brian Clemmons M.Ed.

Director of Inpatient Services

Rappahannock General Hospital

P.O. Box 610

Cobbs Creek, VA 23035

804-725-6328

bcllemmons@rgh-hospital.com

Jason Isacson, M.Ed.

Adolescent Partial

Hospitalization Program

Sutter Center for Psychiatry

7700 Folsom Blvd

Sacramento, CA 95826

916-386-3638

jkisacson@comcast.net

Lisa Whitaker M.Ed.

Licensed Clinician

Horizon Behavioral Health

1409 Ole Dominion Blvd

Bedford, VA 24523

540-586-8672

Lisa.Whitaker@cvcsb.org

Miranda Breit Ph.D.
Piedmont Psychiatric Center
Centra Health
3300 Rivermont Ave
Lynchburg, VA 24503
434-200-5999
Mirand.Breit@centrahealth.com