

RACHEL M. BAILEY-WOOD, MSW, LCSW

EDUCATION

Master of Social Work Clinical Practice <i>University of Missouri, Columbia</i>	<i>December 2012</i>
Bachelor of Arts Religious Studies <i>University of Missouri, Columbia</i>	<i>May 2007</i>

PROFESSIONAL LICENSURE

Licensed Clinical Social Worker , Missouri License Number 2013006683	<i>Issued January 2015</i>
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SPECIALIZED TRAINING AND CERTIFICATIONS

Dialectical Behavioral Therapy with Communities	<i>2012</i>
Dialectical Behavioral Therapy with Individuals	<i>2012</i>
Resilience and Coping Intervention	<i>2014</i>
Integrative Treatment of Complex Trauma	<i>2016</i>
Prolonged Exposure Protocol in Dialectical Behavioral Therapy	<i>2016</i>
Field Instructor Certification Training	<i>2016</i>
Nurturing Parenting Facilitator	<i>2017</i>
Eye Movement Desensitization Reprocessing Certification	<i>2019</i>
Trauma Focused Cognitive Behavioral Therapy Rostered	<i>2019</i>
Licensure Supervision Training	<i>2022</i>

DISTANCE & EDUCATION TRAINING

Inclusive Teaching Discussion Facilitator	<i>2024</i>
Trauma Sensitive Classroom	<i>2023</i>
Inclusive Teaching Discussion Facilitator	<i>2023</i>
Facilitating Success: Creating a Trauma-Sensitive Classroom	<i>2023</i>
Association of College and University Educators Fellow	<i>2020-2022</i>
ACE Certificate in Effective College Instruction	<i>2021</i>
Online Teaching Foundations	<i>2016</i>

ACADEMIC AND PROFESSIONAL EXPERIENCE

University of Missouri Extension, College of Health Sciences <i>State Specialist on Mental Health & Well-being (.4)</i>	<i>January 2024- Present</i>
Serve as content expert on mental health. Contribute to curriculum development and/or adaptation on mental health concepts for implementation through Extension. Identify opportunities to collaborate with extension and	

other faculty to increase awareness of mental health issues in the state. Work with Extension Field Specialists and Faculty to provide training for program/content deliver in communities.

University of Missouri, School of Social Work

Assistant Clinical Professor (.6)

January 2024- Present

Assistant Clinical Professor (1.0)

January 2019- December 2023

Clinical Instructor (.5)

August 2014- December 2018

Advise students, attend faculty meetings, develop curriculum, and syllabi.

Undergraduate courses taught include: Field Practicum, Interaction Skills, Senior Professional Seminar, and Theory of Social Work Groups.

Graduate courses taught include: Field Practicum I, Field Practicum II, Social Work Skills, Clinical Strategies, Social Work and Psychopathology, Trauma Practice and Crisis Intervention.

Online courses taught include: Social Work Skills, Clinical Strategies, Social Work and Psychopathology, Trauma Practice and Crisis Intervention

Course conversions: Direct Practice, Trauma Practice and Crisis Intervention, Social Work and Psychopathology (8-week format), developed online course in Suicide Assessment and Intervention for IBH Grant.

Family Facets

Therapist; Clinical Director

November 2013- September 2020

Provide individual and family therapy to children, adolescents, and adults. Strengths-based, client-centered, and trauma-informed methods. Clinical assessment and diagnosis, treatment planning, and ongoing progress notes. Responsible for personal hiring, staff development, supervision, quality assurance, and crisis management.

Dialectical Behavioral Therapy (DBT) Vitality

November 2016- October 2020

Co-Founder, Individual Therapist

Formed team of providers in community to assess and treat life threatening behaviors. Teach weekly skills group to adults, attend consultation group, monitor therapist adherence, manage website, seek and manage funding, and program referrals. Provide comprehensive DBT treatment to adolescents and adults.

Child Permanency Services

January 2018- April 2019

Program Developer; Program Director

Developed evidence-based model to reduce the amount of time children in Boone County spend in alternative care. Collaboration between Family Facets and Boone County Family Court.

University of Missouri, School of Social Work

August 2014- December 2016

BSW Field Education Coordinator

Coordinated undergraduate field practicum placements, and problem solved as needed. Initiated contact and collaborated effectively with community agencies to host student interns. Developed and facilitated orientations for students and Field Instructors. Taught Undergraduate and Graduate Field Practicum and Senior Seminar.

Dialectical Behavioral Therapy (DBT) Columbia

December 2012- July 2016

Co-Facilitator of Skills Group and Individual Therapist

Teach weekly skills group to adults, attend consultation group, monitor therapist adherence, manage website, seek and manage funding, and program referrals. Provide comprehensive DBT treatment to adolescents and adults.

Family Facets

March 2008-June 2014

Intensive In-home/Intensive Family Reunification Specialist

Intensive in-home intervention, contracted through Missouri Children’s Division, aimed at preventing removal and/or return of children to biological home. Assessed family functioning, needs, identified barriers to reunification, developed goals, taught/implemented skills, and assessed safety daily.

GRANTS & FUNDED PROJECTS

Missouri Foundation of Health, 2024

Reimagining Mental Wellbeing in Missouri
Co-PI/University of Missouri Extension
Proposed Total: \$16,037,258, Not Accepted

Boone County ARPA, 2024

Dialectical Behavioral Therapy Clinic
PI: Rachel Bailey
Proposal Total: \$474,341, Not Accepted

Boone County ARPA, 2024

Dialectical Behavioral Therapy Clinic
PI: Rachel Bailey
Proposal Total: \$473,022, Not Accepted

Health Resources and Services Administration, 2022

The Brain Body Initiative
Sub-award, **Awarded:** \$8,900

Boone County Children Services Board, 2019

Child Permanency Services
Co-PI/Family Facets
Grant FY 2020-2021, **Awarded:** \$428,000

Boone County Children Services Board, 2017

Child Permanency Services
Co-PI/Family Facets
Grant FY 2018-2019, **Awarded:** \$428,000

University of Missouri-Columbia, 2018

College of Human Environmental Sciences
Service-Learning Course Re-design Grant
PI: Rachel Bailey
Grant FY 2019, **Awarded:** \$2,500

TRAUMA INFORMED COMMUNITY INVOLVEMENT

Center for Interpersonal Violence Interventions in Contexts (CIVIC) Member

June 2021- Present

Collaborate with interpersonal violence experts to research, develop, and implement evidence-based interventions.

Brain Body Initiative Co-creator & Facilitator

January 2020- Present

Co-create and deliver sensory and somatic treatment content to Mid-MO region of licensed clinicians.

Sensory and Somatic Interdisciplinary Work Group

January 2019- Present

Member

Participate in and facilitate evidence-based practices and research in the sensory and somatic treatment of traumatic stress. Develop relationships at multiple Universities to generate opportunities for workforce development.

Missouri Department of Health Trauma Roundtable

September 2018- Present

Member

Participate in an invite only multidisciplinary team promoting trauma informed initiatives across the state. Represent the School of Social Work at annual roundtable meeting, ad hoc work groups, and web-based conferences.

Columbia Trauma Response Team

February 2016- December 2018

Clinical Supervisor

Formed multidisciplinary team of child welfare experts including DSS Unit Manager, AC/FCS Supervisors, Juvenile Officer, and Clinicians to provide trauma-informed care. Systematic integration of trauma principles into existing child welfare systems, which will inform placement and treatment decisions. Systematic collaboration and training through MOACTS and NCTSN.

Trauma-Informed Parenting

October 2012- December 2018

Researcher, Developer, and Facilitator

Researched, developed curriculum, and presented parenting class to 13th Circuit families of the Division, as part of MSW Field Practicum II. Pre and post-tests revealed increases in learned capacities in physiological effects of trauma, as well as behavior management. Permission granted by Department of Social Services to use curriculum under current Supplemental Children's Treatment Services Contract (Bailey Consulting).

Re-Occurring Issues in Child Welfare Bulletin

May 2012- October 2012

Researcher and Developer

Researched, developed, and disseminated to child welfare stakeholders in Boone County, as part of MSW Field Practicum II. Purpose to provide readily access to evidence-based interventions for frequent, or re-occurring issues in child welfare. Research findings, statistics, appropriate interventions, and resources for nine issues included in bulletin.

PUBLICATIONS & PRESENTATIONS

Publications

Hsu, H-T., Givens, A., Bailey, R. M., Wilson, C., & Ramseyer Winter, V. (2022). Awareness of racism among social work students in a challenging era: An application of social ecological model. *Advancements in Social Work*, 22(2), 533-552. <https://doi.org/10.18060/24969>

Canada, K. E., Freese, R., **Bailey, R.**, & Fitch, D. (2021). Evaluating learning outcomes and assessing skill development: Comparing online vs. in-person education. *Journal of Social Work Education*.

Bailey, R.M. (2021). Dialectical behavioral therapy: the case of moose black. In Peterson-Dealy & Evans (Eds.), *Discovering Theory in Clinical Practice*. Springer Publishing.

Peer Reviewed Presentations

Bailey, R. (October, 2024). *The change and acceptance continuum*. Extension Engagement Week Annual Conference, Columbia, MO.

Monk, K., Kapp, J., Chanay, C., & **Bailey, R.** (October, 2024). *Promoting trauma-informed education in MU extension*. Extension Engagement Week Annual Conference, Columbia, MO.

Bailey, R. (2024, July). *Engaging students with empathy*. Distance Teaching and Learning Annual Conference, Minneapolis, MN.

Givens, A., Hsu, H-T., Ramseyer Winter, V., **Bailey, R.**, Wilson, C., & Ratliff, R. (2023). *Understanding individual and social network correlates of students' awareness of racism: A pilot study*. Society for Social Work Research, Phoenix, AZ.

Bailey, R. (2023, July). *Engaging students with compassion and empathy*. Distance Teaching and Learning Annual Conference, Madison, WI.

Bailey, R. (2023, April). *Translating protective and risk factors into meaningful safety plans*. IVAT International Summit, Honolulu, HI.

Bailey, R. (2023, March). *Engaging students with compassion and empathy*. Innovation in Teaching and Technology, Missouri S&T, Rolla, MO.

Bailey, R. (2023, January). *Engaging students with compassion and empathy*. Teaching Renewal Week, University of Missouri, Columbia, MO.

Canada, K. E., Freese, R., Fitch, D., & **Bailey, R.** (2018, November). *Evaluating learning outcomes and assessing skill development: Comparing online vs. in-person education*. CSWE APM, Orlando, FL.

Invited Presentations

(August, 2024). *“Managing Chronic Invalidation.”* Presented to University of Missouri Psychiatric Center Health Professionals, Virtual.

(July, 2024). *“Acceptance and Change Continuum.”* Presented to University of Missouri Psychiatric Center Health Professionals, Virtual.

(April, 2024). *“Taking Care to Take Care.”* Presented to University of Missouri Allied Health Professional Students, Columbia, MO.

(April, 2024). *“The Brain-Body Initiative (Intermediate; Part 3)”*. Presented to Missouri Licensed Clinicians, Columbia MO.

(February, 2024). *“The Brain-Body Initiative (Intermediate; Part 2)”*. Presented to Missouri Licensed Clinicians, Columbia MO.

(April, 2023). *“The Brain Body Initiative.”* Presented to Helping Professionals in Missouri and Illinois, Virtual.

(May, 2022). *“The Trauma Informed Clinician.”* Presented to University of Missouri School of Health Professions Field Instructors, Virtual.

(March, 2022). *“Translating risk and protective factors into meaningful safety plans.”* Presented to University of Missouri Health Care Professionals, Virtual.

(March 2022). *“Post-Partum Depression and Anxiety.”* Presented to University of Missouri Students, Virtual.

(September, 2021). *“Trauma Informed Practice in Mental Health; Implications for Occupational Therapists.”* Presented to University of Missouri-Columbia OTD Students, Virtual.

(September, 2020). *“Trauma Informed Practice in Mental Health; Implications for Occupational Therapists.”* Presented to University of Missouri-Columbia OTD Students, Virtual.

(April, 2020). *“Complex and Developmental Trauma.”* Presented to Indiana University Occupational Therapy Students, Virtual.

(November, 2019). *“Evidence based Formulation of Risk and Clinical Response.”* Presented to professionals seeking continuing education, Columbia, MO.

(April, 2018). *“Adverse Childhood Experiences and Harm Reduction in Child Welfare.”* Presented to Children’s Division, Columbia, MO.

(February, 2018). *“Adverse Childhood Experiences and Harm Reduction in Child Welfare.”* Presented to Fostering Court Improvement, Columbia, MO.

(November, 2017). *“How the Opioid Crisis is Impacting Family Reunification”.* Presented to National Family Preservation Network Annual Summit, Lumberton, North Carolina.

(November, 2017). *“Evidence Based Practice in Child Welfare.”* Presented to Fostering Court Improvement, Columbia, MO.

(October, 2017). *“Introduction to Dialectical Behavioral Therapy.”* Presented to School of Social Work, Columbia, MO.

(April, 2017). *“Working with Trauma at Micro, Mezzo, and Macro Levels of Social Work Practice.”* Presented to School of Social Work Class, Columbia, MO.

(March, 2016). *“Introduction to Dialectical Behavioral Therapy.”* Presented to Boone County Juvenile Office, Columbia MO.

(January, 2015). *“Trauma Informed Parenting.”* Presented to Foster Parent Support Group, Columbia, MO.

SERVICE

Academic

Extension Resilience Task Force	2024- Present
Faculty Course Reviewer	2023- Present
Graduate Student Mental Health Task Force	2023- Present
Teaching for Learning Center Advisory Board Member	2022- Present
Mizzou Student Suicide Prevention Coalition, Faculty Advisor	2022- 2024
Inclusion, Diversity, Equity, Awareness, and Action Committee Member	2020- 2023
Self-care Committee Member/Chair	2018- 2023
Master of Social Work Committee Member	2019- 2023
NTT Search Committee	2023
Décor Committee Chair	2019- 2022
Bachelor of Social Work Committee Member	2014- 2019
School of Social Work Field Committee Member	2014-2016

Community

Sensory and Somatic Workgroup	January 2020-Present
Missouri Roundtable for Trauma Informed Care	September 2018- Present
DBT Vitality Consultation Team Member	November 2016- October 2021
NASW Member	May 2012- 2020
Trauma Response Team	February 2016- December 2018
Columbia DBT Consultation Team Member	December 2012 – July 2016
Phi Alpha Member, Active	2010- 2012
MedZou Social Work Volunteer	2012
Older Youth Task Force	2012
Fostering Court Improvement	2010

AWARDS

Provost's Outstanding Junior Faculty Teaching Award, Nominee	2024
Pearson Excellence in Higher Education Award: Outstanding Student Engagement, Winner	2022