

Curriculum Vitae

Brenda M. Mack, DSW, MSW, LICSW

Assistant Professor & Director of Field Education

Bemidji State University, Social Work Department

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Education

Graduate:
2020

Doctorate in Social Work (DSW)
University of St. Thomas
Banded Dissertation: *Social Work Supervision for
Stress and Burnout: A Resiliency-Focused Self-Care
Approach*

1996

Master of Social Work (MSW)
University of North Dakota

Undergraduate:
1991

Bachelor of Social Work (BSW)
University of North Dakota

Academic Appointments:

May 2020 – Present

Director of Field Education, Bachelor Program,
Bemidji State University, Social Work Department

August 2017 – Present

Assistant Professor, Bachelor Program,
Bemidji State University, Social Work Department

August 2019 – Present

Social Work Club Advisor
Bemidji State University

Courses Taught:

SOWK 2110: Intercultural Communications (bachelor's)
SOWK 2120: Introduction to Social Welfare (bachelor's)
SOWK 2160: Human Behavior in the Social Environment (bachelor's)
SOWK 3201: Family Dynamics and Interventions (bachelor's)
SOWK 3551: General Practice I (bachelor's)
SOWK 3930: School Social Work (bachelor's)
SOWK 4450: Research Seminar (bachelor's)
SOWK 4880: Internship Orientation (bachelor's)
SOWK 4970: Internship Seminar (bachelor's)

January 2003 – May 2008

Adjunct Faculty, Bachelor's and Master's Programs,
University of North Dakota, Social Work Department

Courses Taught:

SWK: Social Welfare (bachelor's)
SWK: Children's Mental Health (master's)

Committees

November 2021 – Present	Social Work Department Search Committee Recruiting for a Tenure-Track Position
September 2020 – Present	Institutional Animal Care and Use Committee
September 2019 – Present	BSU Faculty Senate-Social Work Department Representative
February 2018 – June 2018	Social Work Department Strengthening Culturally Responsive Services with Indigenous People: Effective Skills for Providers Conference Planning Committee

Fellowships

January 2021 – February 2022	National Rural Health Association (NRHA) Kansas City, Missouri and Washington, District of Columbia
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Professional Experience

April 1999 – August 2017	Northwestern Mental Health Center, Crookston, Minnesota Director of Children and Family Services/Children's Behavioral Health Care
June 1996 – April 1999	Northwestern Mental Health Center, Crookston, MN Outpatient and In-Home Mental Health Therapist
March 2014 – Dec 2014	Minnesota Suicide Prevention Task Force Subcommittee, St. Paul, Minnesota Invited Participant and Member Representing Rural/Frontier Counties

Summary: Compassionate, dedicated and results-driven social worker who has extensive experience in leadership, program management, budget management, grant writing, rural mental health system of care improvement, coordination, and collaboration with child-serving agencies and school districts, service development, clinical assessment/intervention and mobile mental health crisis response services. Experience working with multi-cultural, diverse populations implementing best practices.

Licensure

May 1999 – Present	Minnesota Board of Social Work Licensed Independent Clinical Social Worker
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Presentations/Trainings

April 2022	Keeping My Emotional Cup Full: Building Resiliency Among Health and Human Services Providers Benton-Sterns Collaborative Online Conference
March 2022	Keeping My Emotional Cup Full: Building Resilience Among Teachers, Para-Professionals, and Other School Staff Fertile-Beltrami School District, In-Service Training
January 2022	We All Do Better When We All Do Better! Creating School Environments Where Teachers, Mental Health Providers, and Other Helping Professionals Thrive Minnesota Departments of Human Services and Education Statewide School-Based Mental Health Conference
October 2021 Duluth, MN	Keeping My Emotional Cup Full: Building Resilience Among Helping Professionals St. Louis County Health and Human Services Conference
June 2021 Online	The Resiliency-Focused Supervision Model © Supervision Institute, Bemidji State University
June 2021 Online	Using the Learning Goals Plan as a Tool in Supervision Supervision Institute, Bemidji State University
September 2020 Online	Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors Honor's Lecture, Bemidji State University
August 2020 Online	Fill Your Resiliency Toolbox: Using Empowering Tools, Strategies, and Solutions to Deal With Ag-Related Stress Upper Midwest Agricultural Safety and Health Center Online Expo
July 2020 Online	Supervision to Address Stress and Burnout Among Supervisees: Using the Resiliency-Focused Supervision Model © Minnesota Association of Children's Mental Health Summer Supervision Training Series
June 2020 Online	Resiliency Among Public Health Providers: A Self-Care Approach Local Public Health Association of Minnesota Quarterly Meeting
April 2020 Online	Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors Minnesota Association of Children's Mental Health Annual Conference
November 2019 Brainerd, MN	Building Resiliency: Using a Work/Life Self-Care Approach

	Minnesota School Mental Health Annual Conference
June 2019 Crookston, MN	Self-Care and Resiliency Lunch and Learn, Crookston Chamber of Commerce
May 2019 Bemidji, MN	Addressing Stress, Burnout and Self-Care in Supervision: A Resiliency-Building Model Social Work Department Supervision Institute, Bemidji State University
April 2019 Duluth, MN	Addressing Stress, Burnout and Self-Care in Supervision: A Resiliency-Building Model Minnesota Association of Children's Mental Health Annual Conference
March 2019 Bemidji, MN	Self-Care and Resiliency Lunch and Learn, Bemidji State University
December 2018-Present Remote/Online	Cultivating Resiliency for Women in Agriculture Collaboration, On-going Webinar Series Co-Founders: Doris Mold and Dr. Megan Roberts Co-Presenter (2018-2019): Shauna Reitmeier, LICSW
June 2018 Crookston, MN	Self-Care for Helping Professionals Northwestern Mental Health Center, Northstar Training Day
June 2018 Bemidji, MN	Health Provider Self-Care Bemidji State University SCRUBS Camp
Oct 2017 Bemidji, MN	School Counselor Self-Care Regional School Counselor Staff Development Day
Oct 2016 Crookston, MN	Conflict Resolution University of Minnesota Staff Development Day
Sept 2016 St. Paul, MN	Children and Adult Mobile Crisis Response Services Minnesota Association of Community Mental Health Programs' Annual Conference Co-Presenters: Kerri-Lynn Larimer, MSW
Sept 2015 Duluth, MN	Youth Engage in Services and Succeed (YESS): A Program for Transition-Aged Youth who are, or have been in Foster Care with the Goal of Preventing Homelessness Minnesota Association of Community Mental Health Programs' Annual Conference Co-Presenters: Michelle Montgomery, MSW and Lul-Haji Mohamed, MSW
July 2015 Detroit Lakes, MN	Postvention Suicide Training Clay County, MN Mobile Crisis Team Responders Co-Presenter: Jackie Crawford, M.S., L.P.

April 2014 Mahnommen, MN	We're All in This Together: Mobile Crisis Response and Law Enforcement Native American Cultural Awareness Training and Applications in Mental Health Crisis Co-Presenter: Senior Law Enforcement Officer Don E. Rasicot
Sept 2012 Duluth, MN	Therapeutic Interventions that Work for Children...Anywhere Minnesota Association of Community Mental Health Center's Annual Conference Co-Presenter: Shannon Kronlund, MSW
April 2012 Duluth, MN	How to Tell Your Story So People Will Listen – Photovoice Flash 101 Minnesota Association of Children's Mental Health Annual Conference Co-Presenters: Richard Mosher, MSW; Travis Gaddie, MSW; Colleen MacRae
July 2011 Chicago, IL	How to Tell Your Story So People Will Listen – Photovoice Flash 101 Substance Abuse and Mental Health Services Administration System of Care Community Training Conference Primary Presenters: Richard Mosher, MSW; Colleen MacRae; Travis Gaddie, MSW
Sept 2010 Glendale, AZ	Human Touch Social Marketing Rural Mental health Symposium Co-Presenter: Colleen MacRae
July 2010 National Harbor, MD	Our Children Succeed Initiative Photovoice – Poster Presentation Substance Abuse and Mental Health Services Administration System of Care Community Training Conference Co-Presenter: Richard Mosher, MSW
Sept 2008 Thief River Falls, MN	Helping Adolescents with Mental Health Issues Who are in Crisis Regional Law Enforcement Provider Training
Oct 2006 Crookston, MN	You Make A Difference University of Minnesota Crookston, Mentoring Program Workshop
June 2005 Moran, Wyoming	School-based Mental Health Services Rural mental Health Symposium Co-Presenter: Colleen MacRae

Specialized Trainings/Certifications:

June 2020 Online	New to Online Essentials Part I, II, and III Online Learning Consortium, of which Bemidji State University is a member
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March 2015 Minneapolis, MN	National Alliance for the Mentally Ill – New Hampshire's Connect Suicide Postvention Program <i>Certified Level One Postvention/Training in Disciplines of: Mental Health/Substance Abuse and Social Services</i> Instructors: Ann Duckless and Debbie Baird
June 2014 St. Cloud, MN	Circle of Security Parenting Training <i>Registered Circle of Security Parent Educator</i> Instructor: Deidra Quinlan, MSW
May 2012 Crookston, MN	Nurtured Heart Approach <i>Trained Provider</i> Instructors: Jennifer Hinze, MSW and Mandy Bernardy, MSW
Sept 2011 Brainerd, MN	Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians/Clinical Skills Training Programs Instructor: Dr. Chaim Nissel
July 2011 Chicago, IL	Effective Leadership for Systems Change Instructor: Ellen B. Kagen, MSW
Nov 2009 Minneapolis, MN	National Council for Community Behavioral Health's Middle Management Academy for Mid-Managers Instructor: LeeAnn Slayton, M.S.
July 2009 Crookston, MN	Photovoice Training Instructor: Dr. Kent Becker
March 2005 Crookston, MN	Development Model of Intercultural Sensitivity & The Cross Model of Cultural Competence Training Instructor: Okokon O. Udo, PhD, CPCC
June 2004 Crookston, MN	Family Group Decision Making Facilitator Training <i>Trained Facilitator</i> Instructors: Lorrie Meier and Rich Kessler
Feb – April 2003 Crookston, MN	Functional Family Therapy Training <i>Certified Functional Family Therapist</i> Instructors: Dr. Jim Alexander and Jennifer Pendergast, M.A.
Nov 1996	Keys to Excellence and Innervations Training <i>Trained Facilitator</i> Instructors: Rhonald Kuhn and Cheri Langei

RESEARCH

March 2019- April 2020	Building Resiliency with Social Workers to Address Stress and Burnout: A Qualitative Study with Social Work Supervisors
May – Dec 2018	Faculty Mentor overseeing a Bachelor's in Social Work Student's Research Project on Social Worker Self-Care

PUBLICATIONS:

Mack, B., Whetsell, H., & Graves, J., (2021). Mental Health in Rural Areas. [Policy Brief]. National Rural Health Association. [Mental Health in Rural Areas Policy Brief](#)

Mack, B. (2020). Addressing Social Workers' Stress, Burnout, and Resiliency: A Qualitative Study with Supervisors. *National Association of Social Workers Research Journal*, 46(1), 17-28. <https://doi.org/10.1093/swr/svab032>

Mack, B. (2020). The Resiliency-Focused Supervision Model: Addressing Stress, Burnout, and Self-Care Among Social Workers. *Advances in Social Work*, 20(3), 596-614. <https://doi.org/10.18060/23897>

Mack, B. (2020). *Social work supervision for stress and burnout: A resiliency-focused self-care approach* (Doctoral dissertation). https://ir.stthomas.edu/ssw_docdiss/61/

GRANTS AWARDED (2000-Present)

- New Faculty Research Grant, Bemidji State University (\$5,000)
- Two Professional Improvement Grants, Bemidji State University (\$3,400)
- Minnesota Department of Human Services Adolescent Services Grant (\$680,000)
- Children's Mental Health Crisis Services Grant (\$250,000/year, ongoing)
- Children's Respite Care Grant (\$114,000/year, ongoing)
- School-Based Mental Health Services Grant (\$999,894 ongoing)
- Family Group Decision Making Grant (\$100,000)
- Two Safety Net Grants (\$183,000)
- Two Evidence-based Training Grants (\$160,000)
- Youth Engage in Services and Succeed Grant (\$192,796 for 4 years)
- Federal Substance Abuse and Mental Health Services Administration, System of Care Cooperative Agreement (\$7,000,000 from 2007-2012)
- Two Safe Schools/Healthy Students Initiative Grants (\$6,000,000 over 8 years)
- Federal Health Resources Services Administration Rural Outreach Grant for Mahnomen County with Indian Health Services (\$120,000 over 4 years)

VOLUNTEERISM

October 2005 – December 2015	Diocesan Board of Review for the Protection of Children and Young People Crookston, MN
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December 2017	BSU's Night Breakfast Finals Kick-Off Student Event Bemidji, MN
December 2021	Boys and Girls Club Tub of Love Donation Drive, Bemidji, MN
January 2022	National Rural Health Association Governance Affairs Committee Member, Appointed in December 2021 Washington, D.C.

AWARDS

- 2018: Minnesota Monthly Magazine Innovative Educator Designee
- 2017: Outstanding Service Award, MN Association for Children's Mental Health
- 2014: Alumni Achievement Award, UND Social Work Department
- 2012: Dedication, Leadership, Vision, and commitment to Improving Futures for Children and Families, NWMHC Board of Directors
- 2005: Recognizing Contributions in the Field of Human Services Minnesota Social Services Association
- Recognition of Years of Services 2001-2011: 2001 (5 years); 2006 (10 years); 2001 (15 years); 2016 (20 years), NWMHC Board of Directors/Executive Director