

Raelyn R. Elliott-Remes, LMSW

elliott99@msu.edu

SUMMARY OF QUALIFICATIONS

- Specialized training and experience working with early psychosis.
- Certified Cognitive Behavioral Therapy for Psychosis (CBTp) Trainer for Michigan Early Psychosis Programs.
- Certified Individual Resiliency Trainer (IRT) trainer for clinicians implementing NAVIGATE, an evidenced based coordinated specialty care model for early psychosis.
- Certified to administer the Semi-Structured Interview for Psychosis-risk Syndromes (SIPS) for diagnosing a clinical high-risk syndrome for psychosis.
- Trained as a Level II Multi Family Psychoeducation facilitator.
- Knowledge and practice in therapeutic interventions such as Cognitive Behavioral Therapy for Psychosis, Motivational Interviewing, Integrated Dual Disorder Treatment.

PROFESSIONAL EXPERIENCE

Therapy Services of East Lansing, LLC

Co-Owner and Mental Health Therapist

East Lansing, MI

January 2022 - Present

Co-own and operate Therapy Services of East Lansing, a small, mental health group practice. Responsibilities include management of daily operations as well as provide direct psychotherapy services to individuals with identified mental health concerns.

ETCH: Early Treatment & Cognitive Health, LLC

Co-Owner and Program Coordinator

East Lansing, MI

October 2014 – December 31, 2021

Co-own and operate ETCH: Early Treatment and Cognitive health, a mental health practice offering both psychotherapy and psychiatric services. Responsibilities include providing direct psychotherapy services consistent with the RAISE – Navigate early intervention program, a nationally recognized coordinated specialty care model specializing in early intervention psychosis.

Navigate Individual Resiliency Training (IRT) Trainer

October 2014 - Present

Responsibilities include providing training and consultation for master's level clinicians throughout Michigan in Individual Resiliency Training (IRT) consistent with the RAISE Navigate Early Treatment Program.

Beacon Counseling Services, LLC

Mental Health Therapist

East Lansing, MI

January 2014 – September 2014

Provide individual therapy through the integration of Interpersonal Process, Individual Resiliency Training (IRT), Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT). Aspects include the completion of biopsychosocial assessments and treatment planning.

CEI Community Mental Health**Lansing, MI***Adult Mental Health Case Management Services*

Mental Health Therapist

February 2008 – May 2013

Provide case management services to adults with persistent mental health diagnoses. Includes, but was not limited to, coordinating services with psychiatrist, assisting with AFC placement, making referrals for vocational services as well as CMH supported and sponsored clubhouses. Provide Individual Resiliency Training (IRT) to those who have experienced a first episode of psychosis consistent with the RAISE Navigate Early Treatment Program, a research project of the National Institute of Mental Health. Provide clinical intervention through individual and family therapy including implementation of IDDT, CBT and Psycho Education. Conduct clinical assessments to determine level of services needed. Coordinate psychiatric hospitalization in accordance with prescribed procedures for voluntary and involuntary hospitalization as well as discharge planning. Facilitate Person Centered Treatment Planning. Co-facilitate Family Psycho Education group.

Correctional Assessment and Treatment Services

Mental Health Therapist

February 2008 – January 2009

Provided crisis intervention to assigned consumers including suicide risk assessment and prevention at Ingham County Jail. Facilitated psychiatric hospitalization in accordance with prescribed procedures for voluntary and involuntary hospitalization as well as discharge planning. Conducted clinical assessment and ongoing monitoring of consumer's mental status, substance use, and physical status while at Ingham County Jail.

CEI CMH House of Commons**Mason, MI**

Relief Client Services Specialist

June 2007 – November 2007

MSW Student Intern

September 2006 – April 2007

Completed and submitted reauthorization forms, including treatment plans, for MDOC and CDRS clients referred for residential substance use treatment. Facilitated 15 member "Relapse Prevention," "Strategies for Change," and "Anger Management" groups. Conducted client assessment for new residents at a substance use treatment facility, liaised with program supervisor and probation officers. Facilitated person center treatment plans in collaboration with client. Conducted individual therapy with use of Motivational Interviewing. Co-facilitated Relationship Skills group. Assisted clients with intake paperwork, explaining program policies with regard to client rights, confidentiality, and participation.

ACADEMIC POSITIONS**Michigan State University****East Lansing, MI**

Fixed Term Faculty

August 2015 - Present

Current Courses:

SW 440 Social Work Practice: Individuals, Families, and Groups
SW 841 Generalist Social Work Practice Methods II
SW 843 Clinical Assessment and Diagnosis
SW 850 Clinical Social Work Practice I: Individuals and Groups

Past Courses:

SW 340 Foundations of Social Work Practice
SW 494 A/B Social Work Field Instruction: General Practice I/II
SW 494 A/B Social Work Field Instruction: General Practice I/II
SW 851 Clinical Social Work Practice II: Couple and Families

Adjunct Faculty

August 2012 – August 2015

Courses Taught:

SW 850 Clinical Social Work Practice I: Individuals and Groups
SW 843 Clinical Assessment and Diagnosis
SW 841 Generalist Social Work Practice Methods II
SW 494 A/B Social Work Field Instruction: General Practice I/II

Field Liaison

September 2009 – Present

Monitor the field placement progress of the MSW students assigned to liaison group as well as organize and facilitate 10 semester-hour seminars with student group. Content is based on needs of student and includes case consultation/supervision, support and

Field Instructor

September 2009 – May 2010

Provided clinical supervision to Master of Social Work students during field placement as well as ensure timeliness of paperwork as required by agency policy.

PUBLICATIONS

Hardy, K., Meyer-Kalos, P., Adams, C., Elliott-Remes, R., & Gingerich, S. (2020). Brief report describing the integration of two psychotherapy evidence-based practices within coordinated specialty care services for early psychosis. *Psychological Services*, doi:<http://dx.doi.org.proxy1.cl.msu.edu/10.1037/ser0000443>

PRESENTATIONS AND TRAININGS

Elliott-Remes, R. (2022, May 5). *Understanding early psychosis* [Webinar] Provided to Clinton, Eaton, Ingham County Community Mental Health and Ingham County Health Department.

Elliott-Remes, R. (2022, April 7). *Coordinated specialty care in early psychosis: Individual therapy* [Webinar] Prepared for the New England Mental Health Technology Transfer Center (MHTTC) Network.

Elliott-Remes, R. (2020, August). *Understanding psychosis* [Webinar] Provided in East Lansing, MI.

Elliott-Remes, R. & Exoo, S. (2020, July). *Introduction to cognitive behavioral therapy (CBTp) for early psychosis* [Webinar] Provided to Michigan NAVIGATE Teams.

Elliott-Remes, R. (2019, December). *Individual resiliency training*. Training provided in Flowood, MS.

Elliott-Remes, R. (2018, January). *Understanding psychosis*. Inservice provided to Clinton,

Eaton, Ingham County Community Mental Health, Families Forward in Lansing, MI.

Elliott-Remes, R. & Bowden, S. (2016, April). *Overcoming challenges in teaching an online field seminar*. PowerPoint presented at the Social Work Distance Education conference in Indianapolis, IN.

Elliott-Remes, R. & Heine, M. (2015, October). *Individual resiliency training*. Training provided in Southfield, MI.

Elliott-Remes, R. & Heine, M. (2014, October). *Individual resiliency training*. Training provided in Lansing, MI.

EDUCATION AND PROFESSIONAL LICENSE

Licensed Clinical Social Worker

Michigan State University, MI
Masters in Social Work (2007)

Michigan State University
BA Political Sciences (2003)