

EDUCATION

- In Progress **500 hour yoga teacher certification**
Expected graduation June 2020
Yoga Therapy program to follow (800 hour)
Inner Peace Yoga Therapy
Chicago, IL
- May 2012 **Master of Social Work**
Wayne State University
School of Social Work
Detroit, Michigan
- February 2010 **200 hour yoga teacher certification**
Asheville Yoga Center
Asheville, North Carolina
- April 2006 **Bachelor of Arts**
University of Michigan
Social Sciences, Residential College
Ann Arbor, Michigan

LICENSURE & REGISTRATION

- April 2015-Present **Michigan Licensed Macro Social Worker (ID 6801094216)**
May 2011-Present **Experienced Registered Yoga Teacher (E-RYT 200), Yoga Alliance**

PROFESSIONAL POSITIONS

- May 2019-Present
- Curriculum Development Consultant**
Yoga and Mindfulness Minor & Graduate Certificate
Kinesiology, Health and Sports Studies
Wayne State University
Detroit, MI
- Responsibilities
 - Develop minor and certificate proposals in consultation with KHS staff
 - Develop minor and certificate core course syllabi
 - Coordinate existing coursework across the university for electives
 - Research existing similar programs across the country
 - Research standards for yoga and mindfulness teaching certifications
- March 2019-Present
- Founder & Owner**
Mindful Detroit
Detroit, MI

- Responsibilities
 - Develop and lead workshops and trainings on topics such as meditation, mindfulness, self-care, & yoga for a variety of audiences including social workers, corporate clients, students & community groups
 - Develop and lead yoga and meditation classes for a variety of audiences such as the groups listed above

February 2019-Present

Program Director

i3 Wellness

Detroit, MI

- Responsibilities
 - Help to develop i3 Wellness, including researching existing wellness centers and models, create strategic plan, develop processes and protocols
 - Develop a varied list of offerings and healing modalities, and bring new practitioners on board
 - Coordinate and communicate with i3 practitioners
 - Communicate and clarify offerings to mental health clinicians and act as a go between mental health clinicians and CAM practitioners
 - Evaluation: Create needs assessment from clients and clinicians, logic model, evaluation surveys for offerings and workshops, and create evaluation reports

August 2018-Present

Adjunct Faculty

Lifestyle Fitness Activities

Kinesiology, Health & Sports Studies

Wayne State University

Detroit, MI

- Responsibilities
 - Teach lifestyle fitness activity courses on yoga and mindfulness
 - Support student learning of course material
 - Prepare lectures, sequences, meditations & in-class activities
 - Create supplemental, online materials for students
 - Grade assignments and give final course grades

January 2017-Present

Adjunct Faculty

School of Social Work

Wayne State University

Detroit, MI

- Responsibilities
 - Teach social work elective course on mind, body & spirit practices in social work
 - Support student learning of course material
 - Prepare lectures & in-class activities
 - Maintain & revise syllabus as needed
 - Grade assignments and give final course grades

November 2012-June 2019

Manager of Research Support

Center for Social Work Research

School of Social Work

Wayne State University
Detroit, MI

- Responsibilities
 - Train, supervise and evaluate student research assistants, interns and research technicians
 - Assist faculty and Center staff with Center contracts (evaluations, needs assessments, survey creation and administration, data analysis, transcription, report creation).
Notable assistance:
 - “Evaluation of the Garret Lee Smith Campus Suicide Prevention Program.” SAMHSA-funded grant awarded to Wayne State University, 2017-2020. Role: Lead Evaluator.
 - “Evaluation and Program Planning for the Better People Program.” Presbyterian Villages of Michigan, 2016-present. Role: Lead Evaluator.
 - “Michigan Developmental Disabilities Institute (MI-DDI) Statewide Needs Assessment.” 2016-2017. Role: Co-Evaluator.
 - Project management: Organize projects and due dates from faculty, the School of Social Work and Center contracts and delegate tasks to research assistants
 - Manage student budget and funding from various grants
 - Update and maintain the Center for Social Work Research website using the WSU CMS
 - Provide assistance to faculty research (data entry, statistical analysis, literature searches/reviews, interviewing, survey administration, transcription, quantitative/qualitative coding (SPSS, NVivo, Atlas ti), database management of faculty grants, pre-award grant administration assistance)
 - Provide assessment and evaluation support to the School of Social Work (survey creation and administration, data entry/analysis, report creation)

September 2010-November 2012

**Student Research Assistant/Technician
(Interim Manager of Research Support from July 2012-September 2012)**

Wayne State University
School of Social Work
Center for Social Work Research
Detroit, MI

- Responsibilities
 - Provide assistance to faculty research (data entry, statistical analysis, literature searches/reviews, interviewing, survey administration, transcription, quantitative/qualitative coding (SPSS, NVivo, Atlas ti), database management of faculty grants)
 - Provide assessment and evaluation support to the School of Social Work (survey creation and administration, data entry/analysis, report creation)
 - Assist faculty and Center staff with Center contracts (evaluations, needs assessments, survey creation and administration, data analysis, transcription, report creation)

September 2011-April 2012

Graduate Student Intern (MSW)

Inner Door Center
Royal Oak, MI

- Responsibilities
 - Conducted client assessments, weekly individual therapy with a caseload of 6, tri-weekly group therapy with 2-10 participants utilizing IDC’s chakra eating disorder model, CBT and DBT
 - Researched, developed and implemented therapy group for anxiety and depression (6-10 participants for 8 weekly sessions) utilizing MBSR, MBCT, CBT, DBT and yoga therapy

- Provided tri-weekly yoga therapy for eating disorder, mood and anxiety disorder and substance abuse clients utilizing the chakra system and restorative yoga
- Supervised and counseled clients during snacks and meals, utilizing mindful eating
- Assisted agency with evaluation, research, and organization, development, and implementation of new policies and procedures

September 2010-April 2011

Graduate Student Intern (MSW)

Urban Neighborhood Initiatives
Detroit, MI

- Responsibilities
 - Assisted with development and expansion of youth bike program, youth leadership program and English as a Second Language student goal assessment (worked directly with youth and ESL students)
 - Researched after-school programs, wrote grants and created a program plan

January 2007-September 2007

Youth Program Staff

Affirmations LGBT Community Center
Ferndale, MI

- Responsibilities
 - Supervised youth during youth drop-in nights
 - Mentored youth on issues related to coming out, family problems, substance use and abuse, safe sex and mental health concerns
 - Created educational programs around various topics such as healthy eating and creative arts (photography, dance, theater, fashion)

August 2006-June 2007

Program Coordinator

Building with Books (now BuildOn)
Detroit, MI

- Responsibilities
 - Developed and supervised youth after-school programs and weekend volunteer opportunities
 - Assisted with youth leadership development and cultural competency
 - Classroom presentations related to cultural competency and BwB's international work
 - Data entry and tracking of youth involvement

September 2002- December 2005

Programming and Publicity Assistant

Office of Lesbian, Gay, Bisexual, and Transgender Affairs (now the Spectrum Center)
University of Michigan
Ann Arbor, MI

- Responsibilities
 - Assisted the Program Director with program development
 - Created and disseminated weekly email updates
 - Created fliers and press releases
 - Assisted with training other student assistants

YOGA & MEDITATION CLASSES TAUGHT

- Therapeutic yoga instructor (substance abuse), IOP in the D- H3 Wellness, Detroit, MI. 1/2020-present
- Therapeutic yoga instructor (HIV, obesity, hypertension), Corktown Health Center, Detroit, MI. 11/2019-present
- Therapeutic yoga instructor (emotional wellness), i3 Wellness, Detroit, MI. 9/2019-present
- Business yoga Instructor, Green Garage, Detroit, MI. 4/2014-present
- Community yoga Instructor, Woodbridge Neighborhood Development Corporation, Detroit, MI. 6/2018-present
- Profession-specific yoga instructor (Yoga for Social Workers), National Association of Social Workers Michigan, Detroit, MI. 9/2019
- Studio yoga Instructor, Bikram Yoga Midtown, Detroit, MI. 9/2016-11/2016
- Private yoga Instructor, classes in my home, Detroit, MI. 7/2016-9/2016
- Studio yoga Instructor, Be Nice Yoga (formerly City Yoga), Detroit, MI. 8/2010-7/2016
- Private Yoga Instructor, Michael Hanley. 8/2013-9/2014
- Residential yoga Instructor, Washington Square Apartments, Detroit, MI. 9/2010-3/2012
- Gym yoga Instructor, Wayne State University Fitness Center. 9/2010-4/2011
- Community yoga Instructor, People's Yoga Detroit, MI. summer 2010
- Studio yoga Instructor, Kali Yuga Yoga, Nashville, TN. 3/2010-5/2010

ADDITIONAL RESPONSIBILITIES

Fall 2014-May 2019

Field Instructor for MSW Advanced Year student

- Responsibilities
 - Supervise MSW student intern for 16 hours per week
 - Assist intern with creation of learning plan
 - Help intern learn about various aspects of research projects
 - Train intern on Research Center tasks
 - Review student projects and assignments
 - Complete intern evaluations from the Office of Field Education

September 2015-June 2019

Co-coordinator, Student Research Learning Community (SMART)

- Responsibilities
 - Co-lead monthly meetings
 - Match students with faculty research projects
 - Lead research skill-sharing sessions
 - Manage online site for the group

PROFESSIONAL MEMBERSHIPS

- Yoga Alliance (May 2011-Present)
- Michigan Association for Evaluation (MAE) (2017-2019)
- National Association of Social Workers (NASW) Michigan (August 2010- August 2012, April 2019-Present)

PRESENTATIONS/WORKSHOPS

Brown, C. (2019). Invited Presenter. Integrative Mental Health: What is it and how can it be used? Social Work Continuing Education Workshop through Spotlight CEs, Detroit, MI.

Brown, C. (2018 & 2019). Invited Presenter. Mindfulness & Self-Care for Social Work Leaders, Wayne State University Social Work Leadership course, Detroit, MI.

- Brown, S. & Brown, C. (2019). Invited Presenter. The Role of Mindfulness in Prevention, Treatment & Recovery. Presented at the 17th Annual Keys to Understanding Addiction and Consequences of Use. Macomb Intermediate School District. Clinton Township, MI.
- Brown, C. (2019).). Invited Workshop Creator & Leader. Mindfulness & Self-Compassion for Self-Care. Social Work Continuing Education Workshop through National Association of Social Workers Michigan, Detroit, MI.
- Brown, C. (2019). Invited Presenter and Meditation Instructor. Kresge Foundation Staff Retreat. Detroit, MI.
- Brown, S. & Brown, C. (2019). Invited Presenter. Mindfulness Training for Community Mental Health Substance Abuse Providers. All day training at various locations across the state. Sponsored by the Michigan Department of Health and Human Services and facilitated by the Community Mental Health Association.
- Kastely, S., Brown, C. & Johns, S. (2019). Invited Presenter and Poster Winner. The First Year of the Wayne State Suicide Prevention Initiative. Poster presented at the NACADA (The Global Community for Academic Advising) Region 5 Conference. Detroit, MI.
- Brown, C. (2019). Workshop Creator & Yoga Instructor. Yoga for Anxiety. i3 Wellness, Detroit, MI.
- Brown, C. (2018). Workshop Creator & Yoga Instructor. Yoga for Emotional Wellness. H3: Hope, Healing & Health, Detroit, MI.
- Brown, C. (2018). Invited Presenter. Mindfulness for a Healthy Lifestyle. Wayne State University Healthy Lifestyle Basics course, Detroit, MI.
- Brown, C. (2018). Invited Workshop Creator & Leader. Complementary and Alternative Medicine for Pain Management. Social Work Continuing Education Workshop at Wayne State University, Detroit, MI.
- Brown, C. (2017). Invited Presenter & Yoga Instructor. Self-Care Workshop for the Wayne State University RISE learning community. Wayne State University, Detroit, MI.
- Jenkins, J., Brown, C & Kern, L (2017). Invited Presenter. Evaluation of the Better People Program. Panel presentation at the Presbyterian Villages of Michigan Summer Governance Summit. Detroit, MI.
- Najor-Durack, A., Lashore, T., Brown, C. & Nahan, N. (2017). Invited Workshop Co-Creator & Co-Leader. Assessment, Reflection and Supervision: Field Instruction. Social Work Continuing Education Workshop at Wayne State University, Detroit, MI.
- Nahan, N. & Brown, C. (2017). Evaluator & Presenter. Michigan Developmental Disabilities Institute (MI-DDI) Statewide Needs Assessment. Presented to the MI-DDI staff and Community Advisory Council. Detroit, MI.
- Sobeck, J. & Brown, C. (2016). Invited Presenter. Building Economic Self-Sufficiency: Moving Beyond Warm Transfers and Coordinated Service Delivery. Poster presented at the Society for Social Work Research Annual Conference. Washington, D.C.
- Brown, C. (2016). Invited Presenter & Yoga Instructor. Thrive by Five Mental Health & Resiliency Day for Head Start teachers. Detroit, MI.

- Brown, C. (2015). Invited Presenter & Yoga Instructor. Self-Care Workshop for the Wayne State University Commission on the Status of Women. Detroit, MI.
- Brown, C. (2015). Evaluator & Presenter. Third year report on the evaluation of the HOPE Village Initiative Neighborhood Network. Presented to the Neighborhood Network Executive Committee. Focus: HOPE, Detroit, MI.
- Sobeck, J. & Brown, C. (2015). Evaluator & Presenter. Second year report on the evaluation of the HOPE Village Initiative Neighborhood Network. Presented to the Neighborhood Network Executive Committee. Focus: HOPE, Detroit, MI.
- Brown, C. (2015). Invited Presenter. Qualtrics Use in the School of Social Work (focus on panels and embedded data). Presented to the Qualtrics Users Group. Wayne State University, Detroit, MI.
- Brown, C. (2013, 2015). Workshop Creator & Yoga Instructor. Yoga for Stress Relief. Yoga workshop at Be Nice Yoga, Detroit, MI.
- Brown, C. (2015). Invited Presenter. Introduction to Qualtrics Online Survey Software. Presented for the Research Center March Brown Bag. Wayne State University, Detroit, MI.
- Brown, C. (2014). Invited Presenter. Introduction to Endnote. Presented to Student Mentoring Applied Research Team (SMART). Wayne State University, Detroit, MI.
- Brown, C. (2013). Invited Presenter. Conducting Effective Literature Searches. Presented to SW 7820: Research Methods in Social Work I, Wayne State University, Detroit, MI.
- Brown, C. (2012). Invited Presenter. Writing Effective Research Papers. Presented to Student Mentoring Applied Research Team (SMART). Wayne State University, Detroit, MI.

PUBLICATIONS

- Johns, S. & Brown, C. (2018). Student Success Program at Wayne State University School of Social Work. In L. Cunningham (Ed.), *Advising students on academic probation* (2nd ed., pp. 28-30). Manhattan, KS: NACADA: The Global Community for Academic Advising.

TECHNICAL REPORTS

- Issa, M. & Brown, C. (2018). *Garrett Lee Smith Campus Suicide Prevention Initiative: Mental Health First Aid Year One Evaluation Report*. Presented to the WSU GLS Campus Suicide Prevention team and the SAMHSA program officer. Detroit, MI: Center for Social Work Research.
Responsible for data collection design (survey creation & modification, survey administration), supporting data analysis and report writing, and final editing.
- Nahan, N., Brown, C. & Hicks, D. (2017). *Michigan Developmental Disabilities Institute (MI-DDI) Statewide Needs Assessment*. Presented to the MI-DDI Community Advisory Council and MI-DDI staff. Detroit, MI: Center for Social Work Research.
Responsible for data collection design (interview questions, online survey), data analysis, report writing, creating a corresponding Powerpoint presentation and presenting report to MI-DDI staff and Community Advisory Council.

- Sobeck, J., Brown, C. & Capps, R. (2015). *Third year report on the evaluation of the HOPE Village Initiative Neighborhood Network*. Presented to the Focus: HOPE Neighborhood Network. Detroit, MI: Center for Social Work Research.
Responsible for translation of data from Focus HOPE database and Excel to SPSS, extensive data cleaning, summarizing data from multiple data sources, data analysis, writing results sections, creating a corresponding Powerpoint presentation and presenting report to the Neighborhood Network Executive Committee.
- Sobeck, J. & Brown, C. (2015). *Second year report on the evaluation of the HOPE Village Initiative Neighborhood Network: PowerPoint presentation*. Presented to the Focus: HOPE Neighborhood Network. Detroit, MI: Center for Social Work Research.
Responsible for summarizing data from multiple data sources, writing recommendations, creating the Powerpoint presentation and presenting report to the Neighborhood Network Executive Committee.
- Holmes, R. & Brown, C. (2015). *Focus: HOPE Neighborhood Network member survey report*. Presented to the Focus: HOPE Neighborhood Network. Detroit, MI: Center for Social Work Research.
Responsible for creating the member survey, mailing and tracking responses, data entry, data analysis, report writing and editing.
- Brown, C. (2014). *Focus: HOPE Neighborhood Network evaluation: Executive Committee and Membership Specialist feedback surveys*. Presented to the Focus: HOPE Neighborhood Network. Detroit, MI: Center for Social Work Research.
Responsible for online feedback survey programming and editing, data analysis, table creation, editing and report writing.
- Sobeck, J., Agius, E., & Price, T. (2013). *First year report on the evaluation of the HOPE Village Initiative Neighborhood Network*. Presented to the Focus: HOPE Neighborhood Network. Detroit, MI: Center for Social Work Research.
Responsible for online feedback survey programming and editing, data analysis, table creation, editing and writing feedback survey results section.
- Agius, E. & Brown, C. (2013). *Prescription drug perceptions of pharmacists survey summary*. Presented to the Michigan Department of Community Health Bureau of Substance Abuse and Addiction Services: Prevention Section. Detroit, MI: Center for Social Work Research.
Responsible for data analysis, table creation and report writing.
- Sobeck, J., Agius, E., Brown, C., & Kerr, N. (2013). *Report on web-based survey of Wayne County Department of Human Services Protective Services Staff*. Presented to the Wayne County Department of Human Services. Detroit, MI: Center for Social Work Research.
Responsible for data analysis, table creation and report writing.
- Agius, E. & Brown, C. (2012). *Mental health scan for the State Prevention Enhancement grant report*. Presented to the Michigan Department of Community Health Bureau of Substance Abuse and Addiction Services: Prevention Section. Detroit, MI: Center for Social Work Research.
Responsible for data analysis, table creation and report writing.
- Sobeck, J., Agius, E., Brown, C., & Pine, C. (2012). *Parent and child satisfaction survey report*. Presented to the Children's Center. Detroit, MI: Center for Social Work Research.
Responsible for data analysis, table creation and report writing.

Agius, E., Brown, C., & Djelaj, V. (2012). *Environmental scan for the State Prevention Enhancement grant report summary*. Presented to the Michigan Department of Community Health Bureau of Substance Abuse and Addiction Services: Prevention Section. Detroit, MI: Center for Social Work Research.
Responsible for survey creation and writing summary.

Sobeck, J., Schoener, E., Pimlott-Kubiak, S., Agius, E., Resko, S., Lathrop, R.A. et al (2012). Wayne State University School of Social Work & School of Medicine. *SEMCA regional needs assessment for substance abuse: A final report 2012*. Detroit, MI: School of Social Work.
Responsible for data analysis, table creation, reference page and editing.

Agius, E., Lathrop, R.A., & Pennefather, M. (2011). *New Detroit compassion capital initiative: Year ten site visit report*. Presented to New Detroit Inc. Detroit, MI: Center for Social Work Research.
Responsible for analysis of qualitative data and writing funding section.

Agius, E., Lathrop, R.A., & Pennefather, M. (2011). *New Detroit compassion capital initiative: Year nine site visit report*. Presented to New Detroit Inc. Detroit, MI: Center for Social Work Research.
Responsible for analysis of qualitative data and writing funding section.

CONFERENCES/TRAININGS ATTENDED

- Mood Lifters Leader Training, Presenter: Jennifer Porte (2019).
- Integrating the Mind-Body Connection into Social Work Practice, NASW Continuing Education Workshop, Presenter: Ruth Moss-Katsnelson, LMSW (2019)
- NASW Macro Summit (2019)
- Trauma-Sensitive Yoga, 20 hour training, Presenter: Anna Kharaz, LMHC, TCTSY-F (2019)
- NACADA (The Global Community for Academic Advising) Region 5 Conference (2019)
- American Evaluation Association (AEA) Annual Conference (2018)
- Michigan Association for Evaluation (MAE) Data Visualization Workshop, Presenters: Emma Perk, Lyssa Wilson Becho & Jennifer Lyons (2018)
- Yoga Injury Prevention & Management, 24 hour training, Presenter: Jason Crandell, E-RYT 500 (2018)
- Michigan Association for Evaluation (MAE) Annual Conference (2013, 2015, 2016, 2017, 2018, 2019)
- National Institutes of Health Regional Seminar and Pre-Seminar workshop on grant administration (2018)
- Teaching Yoga to Trauma-Exposed Populations, 5 hour training, Presenter: Laurel Hicks, Ph.D., E-RYT-200 (2017)
- SBIRT (Screening & Brief Intervention, Referral to Treatment) Training for Social Workers (2016)
- Society for Social Work Research Annual Conference (2016)
- Microsoft Access 2010 Part 1 Training through New Horizons (2015)
- Field Instructor Seminars through the Office of Field Education, School of Social Work, Wayne State University (2014, 2017)
- Healthy Backs, 2 hour training, Presenter: Rebecca Roman, RYT-500 (2014)
- Yoga's Effect on Trauma and the Brain, 1 hour webinar, Presenter: Bessel van der Kolk, M.D. (2014)
- For the Love of Ashtanga Vinyasa, 2 hour training, Presenter: Megan Slattery (2014)
- Recipient Rights Training, Oakland County Community Mental Health Authority (2012)
- Yoga for Eating Disorders, 10 hours, Inner Door Center.(3/2012)
- LifeForce Yoga to Manage Your Mood, 14 hour training, Presenter: Amy Weintraub, MFA, E-RYT-500 (2011)
- The Art and Science of Teaching Yoga for a Healthy Back, 4 hour training, Namaste Yoga (2011)
- CITI Training on Ethical Research for the Social Sciences, Wayne State University (2010, renewed 2013, 2016)

ADDITIONAL EXPERIENCE:

- Arc GIS mapping software, semester-long class in the Wayne State University Department of Urban Planning (2015)