

**JULIE M. LENYK**  
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## EDUCATION

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<b>The University of Akron</b> Akron, OH	<b>Ph.D.</b> (12/16) Counselor Education and Supervision (CACREP Approved)
<b>Youngstown State University</b> Youngstown, OH	<b>M.S. Education</b> (8/08) Clinical Counseling (CACREP Approved)
<b>Youngstown State University</b> Youngstown, OH	<b>Bachelor of Arts, Magna cum Laude</b> (5/05) Major: Psychology Minor: Communications

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## LICENSURE

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Licensed Professional Clinical Counselor with Supervision Designation	E.0700859-SUPV
Licensed Independent Chemical Dependency Counselor	LICDC.161569

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## GRADUATE UNIVERSITY TEACHING EXPERIENCE

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**The University of Akron-College of Health Professions, School of Counseling, Akron, OH**  
*Assistant Professor of Instruction*

- Instructor of Addictions Counseling (8/17-12/17)
- Instructor of Treatment in Clinical Counseling (8/17-12/17)
- Instructor of Practicum (8/17-12/17)

**The University of Akron-College of Health Professions, School of Counseling, Akron, OH**  
*Adjunct Faculty*

- Instructor of Master's Internship in Counseling (5/17-8/17)

**Youngstown State University-College of Education, Youngstown, OH**  
*Adjunct Faculty*

- Instructor of Orientation and Ethics in Clinical Counseling (1/17-5/17)
- Instructor of Diagnosing Mental and Emotional Disorders (1/17-5/17)
- Instructor of Counseling for Substance Use Disorders (1/16-5/16)
- Instructor of Research Design in Counseling (8/11-12/11, 1/12-5/12)
- Instructor of Group Counseling Lab (5/10-7/10, 8/11-12/11, 1/12-5/12)

**Walsh University-Counseling and Human Development, North Canton, OH**

*Adjunct Faculty*

- Instructor of Lifespan Development (1/13-5/13)
- Instructor of Research Design and Program Evaluation (8/12-12/12)

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**UNDERGRADUATE UNIVERSITY TEACHING EXPERIENCE**

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**Youngstown State University-College of Education, Youngstown, OH (1/09-5/10)**

*Adjunct Faculty*

- Instructor of Exploring Leadership (1/09-5/09, 8/09-12/10, 1/10-5/10)

**The University of Akron-College of Education, Akron, OH (8/10-12/11)**

*Adjunct Faculty*

- Instructor of Educational Psychology (8/10-12/10, 1/11-5/11, 5/11-6/11, 8/11-12/11)

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**OTHER TEACHING EXPERIENCE**

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**Chemical Dependency Counselor Assistant (CDCA) Academy at Meridian Healthcare (2014-2017)**

- Instructor and developer of core content for obtaining the CDCA including:
  - Counseling Procedures and Strategies with Addicted Populations
  - Legal and Ethical Issues Pertaining to Chemical Dependency
  - Individual Counseling in Addiction Treatment
  - Recovery Oriented Systems of Care
  - Trauma Informed Care
  - Dialectical Behavior Therapy
  - Documentation and Treatment Planning
  - Crisis Intervention

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**ADMINISTRATIVE EXPERIENCE**

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**Meridian HealthCare, Youngstown, OH (2/16-8/17)**

*Director of Recovery Support Services*

- Develop programming to enhance the treatment and recovery process for individuals with substance use and other related disorders through a holistic framework including family treatment, recovery support services, trauma informed care, wellness, and vocational services.
- Develop programming that utilizes peer recovery support specialists, alumni, and the recovery communities to assist individuals in progressing in their treatment and recovery from substance use, mental health, and trauma related disorders.
- Develop programming that utilizes family members, caregivers, significant others, friends, and the community to enhance the success of the individual's treatment and recovery of substance use, mental health, and trauma related disorders.
- Develop family programming and recovery services to meet the unique needs of the family and primary supports who have been impacted by substance use disorders, mental health, and trauma.
- Develop wellness programming through a holistic model of physical, mental, emotional, and spiritual wellness for the individual and their primary supports.

- Develop vocational programming to enhance the individual's ability to obtain gainful employment including enhancing community supports for employment and social enterprise to ensure training and employment opportunities.
- Manage and provide supervision of licensed professional counselors, social workers, licensed chemical dependency counselors, recovery support specialists, wellness coaches, and vocational coaches in the delivery of services to clients and residents in the recovery support, residential, and outpatient programs.
- Participate in the preparation and submittal of grants.
- Participate and serve on local, regional, state, and corporate committees, professional organizations, and associations pertaining to the services delivered by the agency.
- Ensure that policies and procedures are in place and consistently applied to support a Recovery Oriented System of Care, high quality outcomes, and efficient use of resources based on a stage wise treatment and recovery model.
- Develop and monitor needs assessments and outcome measurements for Quality Improvement.
- Engage in community outreach to develop and increase community supports that will enhance the recovery, family support, wellness, and employment services for the individual.
- Collaborate with the Vice President, CEO, and CFO to develop annual operating and capital budgets and strategic business plans for Recovery Support Services.

**Meridian HealthCare, Youngstown, OH (2/14-2/16)**

*Director of Adult Residential Services*

- Managed directly and through successful delegation a staff of over fifty individuals in the adult residential, day treatment, intensive outpatient, and transitional housing programs for men and women with substance use and co-occurring mental health disorders.
- Developed programming to meet the needs of individuals in treatment for substance use and other related disorders in residential, intensive outpatient, aftercare programs, and transitional housing programs.
- Provided supervision of licensed professional counselors, social workers, licensed chemical dependency counselors, and case managers in the delivery of services to clients and residents in the adult residential, day treatment, outpatient, and transitional housing programs.
- Participated in the preparation and submittal of grants.
- Participated and served on local, regional, state, and corporate committees, professional organizations and associations pertaining to the services delivered by the agency.
- Developed and implemented performance improvement plans.
- Evaluated program components regularly to measure success against established quality control criteria.
- Developed and updated the policies and procedures.
- Ensured compliance of all policies and procedures with local, state, and federal laws and regulations.
- Completed and implemented performance evaluations and remediation plans.
- Participated in the resolution of complex personnel matters.
- Assisted in the continuous improvement of human resources processes, including those for goal setting, recruitment, and retention of the staff.
- Made facilities related decisions and ensured that facilities were safe and secure.
- Facilitated site visits by licensing and accreditation officials and interested community partners.

- Collaborated with the Vice President, CEO, and CFO to develop annual operating and capital budgets and strategic business plans.

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## CLINICAL EXPERIENCE

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### **Meridian HealthCare, Youngstown, OH (11/12-2/14)**

#### *Licensed Professional Clinical Counselor Adult Outpatient*

- Utilized brief interventions to treat substance use and mental health disorders.
- Assessed and diagnosed, mental, emotional, and substance use disorders.
- Provided individual, family, couples, and group counseling with a focus on substance use disorders and trauma.
- Developed and maintained appropriate treatment plans and progress notes.
- Provided case management and referral procedures.

### **Meridian HealthCare, Youngstown, OH (8/08-11/12)**

#### *Licensed Professional Clinical Counselor Adult Residential Treatment and Housing Services*

- Assessed and diagnosed substance use and mental health disorders.
- Provided individual, family, couples and group counseling.
- Developed and maintained treatment plans and progress notes.
- Provided case management services and communication with referral sources.

### **The University of Akron Clinic for Individual and Family Counseling, Akron, OH (1/11-8/11)**

#### *Advanced Practicum Counselor*

- Assessed and diagnosed mental, emotional and substance use disorders.
- Provided individual, family, and couples counseling.
- Developed and maintained treatment plans and progress notes.
- Administered and interpreted psychological testing.
- Provided case management and communication with referral sources.

### **Columbiana County Mental Health Clinic-Lisbon, OH (8/07-7/08)**

#### *Counselor Trainee*

- Assessed and diagnosed mental and emotional disorders in children, adolescents and adults under supervision.
- Provided individual, family, couples and group counseling.
- Developed and maintained treatment plans and progress notes.
- Administered and interpreted psychological testing.
- Assisted in case management and referral procedures.

### **Tod Children's Hospital-Youth Services, Youngstown, OH (9/04-12/04)**

#### *Undergraduate Field Placement*

- Assisted in facilitating group counseling sessions; including chemical dependency sessions with children and adolescents ages 3-18.

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## SUPERVISION EXPERIENCE

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### **Meridian HealthCare, Youngstown, OH (8/12-8/16)**

#### *Licensed Professional Clinical Counselor Supervisor*

- Supervise counselors and counselor trainees engaging in assessment and diagnosis of substance use and mental health disorders in children, adolescents and adults.
- Supervise counselors and counselor trainees engaging in individual, family, couples and group counseling.
- Supervise counselors and counselor trainees in their development and maintenance of appropriate documentation in the Electronic Health Record including treatment plans and progress notes.
- Supervise counselors and counselor trainees in case management and referral procedures.
- Serve as manager and administrator of supervisees which includes supervising organizational processes and procedures for recordkeeping, reporting, monitoring of supervisee's cases, collaboration, research and evaluation; and follow through with agency policies and procedures.

### **Youngstown State University, Youngstown, OH (1/16-8/16)**

#### *Faculty Supervisor of Counselor Interns*

- Served as the Faculty Supervisor of counselor trainees during their practicum and internship experience.
- Supervised counselor trainees engaging in assessment and diagnosis of substance use and mental health disorders in children, adolescents and adults.
- Supervised counselors and counselor trainees engaging in individual, family, couples and group counseling.

### **Walsh University, Father Matthew Herttna Counseling Center, North Canton, OH (8/12-5/13)**

#### *Licensed Professional Clinical Counselor Supervisor*

- Supervised under supervision counselor trainee engaging in assessment and diagnosis of mental and emotional disorders in children, adolescents and adults.
- Supervised under supervision counselor trainee engaging in individual, family, couples and group counseling.
- Supervised counselor trainee in their development and maintenance of appropriate treatment plans and progress notes.
- Supervise counselor trainee in case management and referral procedures.

### **The University of Akron Clinic for Individual and Family Counseling, Akron, OH (8/11-5/12)**

#### *Licensed Professional Clinical Counselor Supervisor*

- Supervised under supervision counselor trainee engaging in assessment and diagnosis of mental and emotional disorders in children, adolescents and adults
- Supervised under supervision counselor trainee engaging in individual, family, couples and group counseling
- Supervised counselor trainee in their development and maintenance of appropriate treatment plans and progress notes
- Supervised counselor trainee in case management and referral procedures

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## PROFESSIONAL EXPERIENCE

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**Youngstown State University-Office of the Dean, College of Education Youngstown, OH**  
(8/07-5/08)

*Graduate Assistant*

- Researched, established and consolidated materials for the 2010 NCATE Reaccreditation
- Maintained the scheduling for the six NCATE Committees which included five to ten faculty members for each committee
- Recorded and maintained the meeting notes
- Conducted appropriate research as deemed relevant by the Dean of the College of Education

**Youngstown State University-Materials Management Department Youngstown, OH** (9/05-6/07)

*Purchasing Assistant*

- Administered office duties for staff of ten
- Created and maintained Materials Management Procedures Manual; which included procedure instructions for three departments at Youngstown State University
- Trained administrative assistant on SunGard SCT Banner System and full range of office duties
- Maintained the changing, closing and canceling of purchase orders
- Assisted in purchase award and bid process
- Assisted purchasing agents with purchase orders

**Youngstown State University-Materials Management Department Youngstown, OH** (8/01-9/05)

*Student Supervisor*

- Trained student staff, maintained scheduling and assigning of work
- Maintained bid waivers, purchase orders, unauthorized purchase orders, and report files
- Provided support for full range of general office activities

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## PUBLICATIONS

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**Lenyk, J.** & Sangganjanavanich, V. F. (submitted). The contribution of wellness and mindfulness to job satisfaction among counselors. Submitted to the *Journal of Counseling and Development*.

**Lenyk, J.**, Kratzer, K., & Evans, J.A. (in progress). Assessing recovery capital to determine individual needs and outcomes in substance use treatment and recovery. To be submitted to the *Journal of Addiction Therapy and Research*.

**Lenyk, J.** (2015). Maintaining balance and engaging in self-care. In B. Erford (Ed.), *Clinical experiences in counseling* (1st ed.). Columbus, OH: Pearson Merrill Prentice Hall.

**Lenyk, J.** (2015). Personal and professional growth. In B. Erford (Ed.), *Clinical experiences in counseling* (1st ed.). Columbus, OH: Pearson Merrill Prentice Hall.

Kelly, B., Hoffman, R., Knopp, J., & **Lenyk, J.** (2009). Counselors maintaining ethical practices when counseling clients with disability-related issues. *Guidelines, Ohio Counseling Association*.

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## NATIONAL PRESENTATIONS

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- O'Neill, R. & **Lenyk, J.** (2014). *Dialectical behavior therapy: Introduction to core concepts for addiction professionals*. Addiction Studies Institute in Columbus.
- Pollock, G. & **Lenyk, J.** (2011). *Developing a research identity in counselor education. Are we doing enough to mentor research skills in counselors in training?* Association for Counseling Education and Supervision Conference in Nashville.
- Glavin, K., & **Lenyk, J.** (2007). *Teaching in the 21<sup>st</sup> century: Cutting edge technologies for counselor education*. Association for Counselor Education and Supervision Conference in Columbus.
- Hess, C., **Lenyk, J.**, Davis, C., & Sadlak, L. (2006). *Advocating for the counseling profession with chi sigma iota*. American Counseling Association Conference in Detroit.

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## STATE PRESENTATIONS

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- Fawcett, M., Wolf, D., **Lenyk, J.** (2017). Can medication assisted treatment be recovery oriented? Ohio's 2017 Opiate Conference.
- Lenyk, J.**, Prevosnak, V., & Wolf, D. (2017). *Trauma informed supervision*. Behavioral Health Conference in Columbus.
- Lenyk, J.**, Prevosnak, V., & Wolf, D. (2017). *Help for the helper: Wellness in recovery oriented systems of care*. Behavioral Health Conference in Columbus.
- Lenyk, J., Evans, J., & Kratzer, K. (2017). *Building recovery capital in recovery oriented systems of care*. Behavioral Health Conference in Columbus.
- Prevosnak, V., Zoldan, C., & **Lenyk, J.** (2015). *From Shame and Silence to Safety and Sobriety: Treatment of Co-Occurring Trauma and Addiction*. All Ohio Counselors Conference in Ohio.
- Lenyk, J.**, Sangganjanavanich, V. F., & Prevosnak, V. (2012). *Mindfulness as self-care for counselors*. All Ohio Counselors Conference in Columbus.
- Lenyk, J.**, Prevosnak, V., & Miranda, M. (2011). *Creative interventions for the treatment of trauma*. All Ohio Counselors Conference in Columbus.
- Kress, V., Hoffman, R., Lent, J., Kelly, B., & **Lenyk, J.** (2008) *Ethical DSM diagnosis: Practical considerations for professional counselors*. All Ohio Counselors Conference in Columbus.

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## INVITED PRESENTATIONS

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- Lenyk, J.** (2017). *Cognitive behavioral therapy for co-occurring disorders*. Signature Health. Willoughby, Ohio.
- Lenyk, J.**, Cramer, N., & Trimacco, S. (2017). *Self-Care for the professional*. Meridian Healthcare. Youngstown, Ohio.
- Lenyk, J.**, Prevosnak, V. (2017). *Trauma informed supervision*. Meridian Healthcare. Youngstown, Ohio.
- Williams, A. & **Lenyk, J.** (2017) *Family recovery in substance use treatment*. Meridian Healthcare. Youngstown, Ohio.
- Lenyk, J.** (2015). *Coping with stress through mindfulness*. Now You Know Series: Trending Topic Talks About Family, Health, and Lifestyle Issues. Youngstown, Ohio.
- Lenyk, J.** & Palumbo, D. (2015). *Dialectical behavior therapy for the treatment of substance use disorders*. Meridian HealthCare. Youngstown, Ohio.

- Lenyk, J.**, Prevosnak, V. & Miranda, M. (2014). *Creative interventions for the treatment of trauma in children, adolescents and adults*. Eastern Ohio Counseling Association. Warren, Ohio.
- Lenyk, J.** & Prevosnak, V. (2013). *Mindfulness and self-care for the clinician*. Eastern Ohio Counseling Association. Warren, Ohio.
- Hoffman, R., **Lenyk, J.**, & Prevosnak, V. (2013). *Dialectical Behavior Therapy: Part II*. Meridian HealthCare. Youngstown, Ohio.
- Hoffman, R., **Lenyk, J.**, & Fellabaum, D. (2013). *Dialectical Behavior Therapy: Part I*. Meridian HealthCare. Youngstown, Ohio.
- Daley, D., **Lenyk, J.** & Lane, J. (2013). *Relapse Prevention*. Meridian HealthCare. Youngstown, Ohio.
- Lenyk, J.** & Prevosnak, V. (2013). *Creative interventions for the treatment of trauma and substance abuse*. Meridian HealthCare. Youngstown, Ohio.
- Lenyk, J.** & Prevosnak, V. (2012). *Treating trauma with creative interventions*. Glenbeigh Outpatient Center of Niles. Niles, Ohio.
- Prevosnak, V. & **Lenyk, J.** (2012). *Trauma myths in popular literature*. Youngstown State University. Youngstown, Ohio.
- Adamson, N. & **Lenyk, J.** (2010). *The path to becoming a counselor educator*. Youngstown State University. Youngstown, Ohio.
- Lenyk, J.** (2010). *Building a relationship through client resistance*. Youngstown State University. Youngstown, Ohio.
- Lenyk, J.** (2010). *Impact of physical health on mental health*. Youngstown State University. Youngstown, Ohio.
- Lenyk, J.** (2010). *Interviewing and assessment skills*. Youngstown State University. Youngstown, Ohio.
- Lenyk, J.** (2009). *Empowering families*. Youngstown State University. Youngstown, Ohio.
- Lenyk, J.** & Hess, C. (2006) *Nutrition and wellness in the counseling profession*. Youngstown State University. Youngstown, Ohio.

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## PROFESSIONAL SERVICE

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- Editorial Review Board Member** Journal of Counselor Practice (2/2017-current)
- Conference Proposal Reviewer** Annually review and score proposals submitted for the meeting of the American Counselor Association Conference and Expo (5/2017-current)
- President** Eastern Ohio Counseling Association (2009-2010)
- President-Elect** Eastern Ohio Counseling Association (2008-2009)
- Treasurer** Chi Sigma Iota International Counseling Honor Society-Eta Chapter (2007-2008)
- Co-Chair** Beeghly College of Education Advisory Committee to the Dean of the College of Education (2007-2008)
- Member** American Counseling Association
- Member** Association for Counselor Education and Supervision
- Member** Ohio Counseling Association
- Member** Ohio Association for Counselor Education and Supervision
- Member** Association for Spiritual, Ethical and Religious Values in Counseling
- Member** Golden Key International Honor Society
- Member** Phi Kappa Phi International Honor Society



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## AREAS OF RESEARCH AND EXPERTISE

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Treatment and Recovery from Substance Use Disorders

Treatment and Recovery from Trauma and Stressor Related Disorders

Mindfulness

Wellness

Job Satisfaction

12 Step Facilitation

Trauma Informed Care

Recovery Oriented Systems of Care

Dialectical Behavior Therapy

Clinical Supervision

Addiction and Recovery in the Family

Motivational Interviewing