

## Joseph Lilly, LMSW

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<b>Education</b>	<b>Master of Social Work</b> <i>Wayne State University, Detroit, Michigan</i>	September 2007 – May 2009
	<b>Bachelor of Arts in Psychology</b> <b>Graduated with honors</b> <i>University of Michigan – Dearborn</i> Dearborn, Michigan	September 2003 – December 2006
	<b>No Degree</b> <i>Oakland Community College, Royal Oak, Michigan</i>	September 2000 – May 2003
	<b>Diploma</b> <i>Bishop Foley Catholic High School, Madison Heights, Michigan</i>	September 1996 – May 2000
<b>Additional Academic Experience and Training</b>	<ul style="list-style-type: none"><li>- Psychology Honors Seminar at the University of Michigan-Dearborn 1/2004-12/2006 with the primary focus of learning the research process and conducting research.</li><li>- Master's degree in social work with a focus on Cognitive Behavioral Therapy and Family Systems.</li><li>- Annual trainings on Recipient Rights, Non-Violent Behavioral Interventions, HIPPA, and First Aid/CPR</li><li>- Participated in the Trauma Focused Cognitive Behavioral Therapy Cohort to become a certified TFCBT therapist. (Did not finish) 2011-2012</li><li>- CAFAS certification ended in 2013</li><li>- Certificate in Core Supervision 2017</li><li>- Certified Anger Management Treatment Professional 2023</li></ul>	
<b>Continuing Education</b>	<ul style="list-style-type: none"><li>- Have attended trainings on Dialectical Behavior Therapy in September and October 2010</li><li>- Attended the monthly Children's Mental Health Ground Rounds trainings on topics concerning children and their families (i.e., ADHD, Assessment and Diagnosis, Working with Developmentally Disabled children, etc.) 2009-2012</li><li>- Divorce and The Effects on Children 2011</li><li>- Functional Behavioral Assessment 2012</li><li>- Helping Children and Teens Cope with Alcoholic and Addictive Homes 2012</li><li>- Stage Matched, Strengths Based Recovery Oriented Treatment Planning 2012</li><li>- The Importance of Developing an Understand for Adolescent Youth in Foster Care 2012</li><li>- Abuse and Neglect: Reporting requirements 2012</li><li>- Cultural Competency: Working with LGBTQ Youth 2013</li><li>- Cyberbully: Prevention, Intervention, and Ethical Challenges 2013</li><li>- Suicide and Self-Mutilation: Stopping the Pain 2015</li><li>- Psychopharmacology 2015</li><li>- Understanding Difficult and Aggressive Behaviors 2016</li><li>- Calming the Overactive Brain 2016</li><li>- Oppositional, Defiant, &amp; Disruptive Children &amp; Adolescents: Non-Medication Approaches to the Most Challenging Behaviors 2016</li><li>- Over 75 Quick "On-The-Spot" Techniques for Children and Adolescents with Emotional and Behavior Problems 2017</li><li>- Screening Safety Planning and Ethics in Domestic Violence 2017</li></ul>	

- Human Trafficking for Social Workers and Service Providers 2017
- Ethics in the Behavioral Health Disciplines 2018
- Ethics and Pain Management in the Non-Medical Behavioral Disciplines 2018
- The Business of Social Work (7 Keys to Success, How to Start a private Practice: A Guide for Michigan Social Workers, Everyone Wants to Get Paid: Medical Billing – What Private Practitioners Need to Know, NASW Code of Ethics, Technology Standards & Social Media) 2018
- Rewiring the Brain: Applying Neuroscience
- Emotional Pain: Navigating Suicidal Behaviors in Clinical Practice
- Borderline, Narcissistic, Antisocial and Histrionic Personality Disorders: Effective Treatments for Challenging Clients 2019
- Legal and Ethical Issues in Behavioral Health in Michigan 2019
- Disruptive Behavior, Impulse Control and Conduct Disorders 2019
- The Effects of Marijuana 2019
- Ethical Considerations in Social Work Practice Today 2019
- Michigan Legal and Ethical Issues for Mental Health Clinicians 2019
- Telehealth for Mental Health Professionals 2020
- Trauma Conference: The Body Keeps the Score-Trauma healing with Bessel van der Kolk, MD 2020
- COVID-19 and Mental Health Current and Future Challenges 2020
- Smart but Scattered: Executive Dysfunction at Home and at School 2021
- Trust & Meaning Making in Parent-Child Interactions 2021
- The Enduring Neurobiological Effects of Abuse & Neglect 2021
- The Ethics of Digital Practice: An Essential Guide to Providing Quality Care, Navigating Ethical Issues and Managing Legal Risk 2021
- Resilience: Building Hope In The Face of Adversity 2021
- Attachment-Based Family Therapy: (Re)Discovering the Parent-Child Bond 2021
- Relationship-Focused Play Therapy 2021
- Mapping Exploitation – Escort Services – Human Trafficking 101 – Measurable Change 2022
- Implicit Bias: Implications for Healthcare Access & Service Delivery 2022
- Level Up Your Supervision 2023
- Ethics and Risk Management in Behavioral Health What Every Clinician Needs to Know About Mental Health and the Law 2023
- CBT for Chronic Pain: Getting Unstuck with DBT Skills 2023
- Witness? Expert? Party to a Proceeding? Preparing Mental Health Professionals for Legal System Involvement 2023
- Suicide Risk Assessment and Safety Planning 2023
- Documentation & Recordkeeping: An Effective Risk Management Tool 2023
- Telemental Health Certification Course: A Step-by-Step Guide to Successful Virtual Sessions with Children, Adolescents, and Families 2023
- Managing Microaggressions: Is Your Counseling Practice Culturally Competent? 2023
- Documentation 101: One Clinician's Perspective and Experience 2023
- Building Personal Power and Navigating Stress: Yoga & Mindfulness Practices for School & Home 2023
- Introduction to Intensive Short-Term Dynamic Psychotherapy 2024
- Implicit Bias in Focus: History's Lesson & Social Work's Opportunities 2024
- The Cost of Caring: Understanding Compassion Fatigue, Burnout, and Moral Injury in Clinicians 2025
- The Power of Advocacy in Mental Health Practice 2025

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<b>Experience</b>	<b>Lillybrook Counseling Services</b>	<b>December 2018 – Present</b>
	<i>Owner/Chief Executive Officer/Clinical Director/Psychotherapist</i>	
	<ul style="list-style-type: none"> <li>- Day to day operations</li> <li>- Clinical operations</li> </ul>	

- Maintain a caseload and provide psychotherapeutic interventions and counseling to individuals in need of and meeting criteria for outpatient treatment.
- Marketing to the community in need
- Developing marketing materials
- Networking with referral sources
- Establish business relationships and partnerships
- Utilize, manage, and maintain Electronic Medical Records
- Supervision of staff and independent contractors
- Quality control and process improvement
- Develop, monitor, and maintain safety, ethics, policies, and procedures
- Facilitate, lead, and participate in case consultation

### **Perspectives of Troy PC**

January 2018 – December 2018

#### *Executive Committee Leadership*

- Provide leadership to staff of 40+ therapists.
- Carry and operate the afterhours emergency crisis phone for the clinic.
- Manage and maintain Electronic Medical Records functionality for the clinic including assisting therapists/clinicians through orientation and day to day activities.
- Utilize Mojo Helpdesk to submit support tickets to obtain external help for Electronic Medical Records.

### **Perspectives of Troy PC**

January 2017 – December 2018

#### *Executive Committee*

#### *Director of Anger and Behavioral Management on the Executive Committee*

- Market to the community anger and behavioral management services.
- Network throughout the community through speaking engagements and seminars as part of the Perspectives Speakers Bureau.
- Provide referrals within the agency for clinicians trained in working with anger and behavioral issues.
- Provide education to staff on behavioral modification and anger management strategies.
- Assist in the privileging and re-privileging process for clinicians requesting to work with specialty populations.
- Participate in monthly committee meetings in which the committee reviews clinic personnel, policies, procedures, quality control, and process improvement.
- Assist in making decisions as a committee to improve upon policies and procedures.
- Assist in providing supervision to therapists and interns within the clinic on clinical, administrative, and documentation matters.
- Facilitate the Anger and Behavior Case Consultation.
- Develop and maintain a department brochure.
- Develop and maintain a semi-annual department newsletter.
- Report to the clinical director, administrative director, and/or executive director personnel and/or agency issues.
- Record radio shows about the department that are aired on Family Life Perspectives on WMUZ.

### **Perspectives of Troy PC**

June 2014 – December 2018

#### *Peer Utilization Review Committee (PURC) Member*

- Assist in quality control and process improvement.
- Audit at least 4 charts monthly for quality and completeness.
- Assist new clinicians in the orientation and transition process.
- Train new clinicians on the electronic medical records system and documentation process.
- Assist clinicians with policy and procedural issues.
- Participate in monthly meetings on quality control and process improvement of clinical policies and clinical documentation.
- Provide supervision to interns and new clinicians.
- Report to the clinical director on personnel and/or agency issues.
- Monthly quantitative audits reported to the clinical director.
- Assist in the assessment and development of new and existing forms.

- Assist in the development and transition from one Electronic Medical Record system to a new Electronic Medical Record system.

### **Perspectives of Troy PC**

August 2012 – December 2018

#### *Clinician/Therapist*

- Complete comprehensive assessments and treatment planning for children (Ages 3-12), adolescents (Ages 13-17) and adults (18+) with a DSM-IV-TR and (after 2015) a DSM 5 Diagnosis.
- Provide psychotherapy to children, adolescents, and families utilizing a variety of modalities including Cognitive Behavioral Therapy, Solution Focused Brief Therapy, Reality Therapy, and Behavior Modification.
- Conduct groups for children and adolescents.
- Present in seminars assisting parents with difficult children.
- Facilitate the Countertransference Case Consultation.
- Attend monthly Utilization Review meetings in which charts are audited.
- Record radio shows about mental and behavioral health topics that are aired on Family Life Perspectives on WMUZ.

### **The Children's Center**

July 2009 – July 2012

#### *Clinician*

- Cover a case load of 35-60 children/families.
- Working with clients ages 6-19.
- Working with legal guardians, foster care workers, DHS workers, birth parents, and foster parents.
- Psychosocial Assessment and treatment planning.
- Provide psychoeducation to clients/families about DSM-IV-TR diagnoses.
- Running group, individual, and family therapy sessions.
- Provide therapy interventions to children and families.
- Case conference with agency psychiatrists on a monthly basis.
- Connect family with Case Management services.

### **Orion Area Youth Assistance**

September 2008 – May 2009

#### *Caseworker/Therapist/Group Facilitator/Mentor*

- Provide therapeutic and case management services to children, adolescents, and adults using individual and family treatment modalities. This included children with a diagnosis of ADHD.
- Formulate treatment plans and conduct assessments.
- Facilitated and Co-facilitated the X-TEND mentoring group and monitored high school students as they mentored middle school students. Helped the mentors in planning activities and provided weekly debriefing with the mentors about any issues they had.
- Weekly meetings with a first grader where we played games, built card houses, and made paper airplanes to provide an opportunity for said student to complete non-educational activities to help overcome shyness.

### **Catholic Social Services of Wayne County**

September 2007 – May 2008

#### *Foster Care Case Management and Adoption Services Case Management*

- Attended court hearings concerning clients and conducted home visits to monitor foster parents and potential adoptive parents.
- Completed all necessary DHS paperwork for foster care and adoption services and conducted office visits with DHS caseworkers.
- Supervised agency visits with foster parents and birth relatives as well as potential adoptive parents.

### **Common Ground Sanctuary**

September 2005 – March 2007

#### *Intern/Residential Specialist*

- Supervise the activity of clients and peer mentors and document client behavior and shift activities.
- Create and facilitate group therapy sessions and supervise interactions between interns and clients.
- Perform intakes.
- Conduct crisis call.

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## Additional Skills

- Knowledge of Microsoft Word, Excel, PowerPoint, Publisher, and Outlook.
- Can type approximately 60 words per minute
- Basic knowledge of Windows 10
- Experience working with both paper and electronic medical records including TherapyNotes and Eptomax; Over ten years' experience with EMR
- Efficient with Android devices
- Leadership skills
- Generally tech savvy with basic knowledge of technological functions including internet, Wi-Fi, printers, and copy machines
- Basic knowledge of QuickBooks online
- Quality Control and Process Improvement including chart auditing
- Leadership skills
- Supervisory skills
- General knowledge of Google Workspace
- General knowledge of website design utilizing Wix.
- Public speaking skills
- Knowledge and experience utilizing the DSM-5
- Experience providing telehealth services

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## Honors, Awards and Recognition

- Graduated with Distinction and Psychology Honors, University of Michigan – Dearborn 2006
- Presented to students who developed, completed, and defended an honors thesis based on a self-designed research project

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## Presentations

- Perspectives E.D.G.E program. *Parenting the Out-of-Control Child*. Presented twice yearly from 2013-2017.
- Perspectives Speakers Bureau. *Effective Parenting Strategies for Preschoolers and School Aged Children*. March 2016
- Perspectives Counseling Centers Open House. *The Many Faces of Anger*. October 21, 2016
- Everest Collegiate High School & Academy Parenting Seminar. *Parenting with Boundaries*. March 10, 2017
- Perspectives Counseling Centers Open House. *Behavior...The Tip of the Iceberg: Exploring the Underlying Triggers to Behavioral Challenges and Recognizing 10 Strategies that are Proven Effective*. April 28, 2017
- Overcomers Support Group. *The Anger Stage of Grief*. December 19, 2017. Presented with Dr. LaTanya Carter
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> 2018
- Future Problem Solvers. *Stress: The Costs and Benefits*. January 28, 2019
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. February 25<sup>th</sup>, March 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup>, 2019
- Clawson Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 2019
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> 2019
- Troy Youth Assistance Parenting Series. *Beyond Behavior*. November 11, 2019
- Clawson Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> 2020

- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. February 24<sup>th</sup>, March 2<sup>nd</sup>, 9<sup>th</sup>, and November 16<sup>th</sup>, 2020
- Mental Health Series – Novi Public Library. *Man Stress-You're Not Alone. A Facebook Live Discussion*. January 14, 2021.
- Havenwyck Spotlight: *Anger Management: Take care of yourself while taking care of others*. February 10, 2021.
- Thursdays To Thrive: Tips for Parenting Success. Livonia Public Schools Webinar. *What's Under the Surface: Anger & Teens* April 14, 2021.
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. January 24<sup>th</sup>, and 31<sup>st</sup>, February 7<sup>th</sup>, and 14<sup>th</sup> 2022
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. October 26<sup>th</sup>, November 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup> 2022
- Troy Youth Assistance Parenting Series. *Beyond Behavior*. January 10<sup>th</sup> and 17<sup>th</sup>, 2023
- Rochester Area Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. February 28<sup>th</sup>, March 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup> 2023
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> 2023
- Havenwyck Spotlight: *Anger Management: Disarming Anger Through Empathy, Collaboration, and Problem Solving*. March 14, 2023
- Troy Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. February 5<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> and March 5<sup>th</sup> 2025.
- Rochester Area Youth Assistance Community Programs. *Overcoming Frustration*. Four Part Seminar. February 20<sup>th</sup> and 27<sup>th</sup> and March 6<sup>th</sup> and 13<sup>th</sup> 2025.

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#### **License and Certifications**

- Licensed Masters Social Worker 2011-2027
- Certificate in Core Supervision 2017
- Awarded to participants in the NASW-MI Core Supervision seminar
- Certified Specialist in Anger Management 2023

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#### **Associations & Memberships**

- National Association of Social Workers 2007 – Present
- Troy Community Coalition, Executive Board Member-At-Large 2021 – 2024