

ASHLEY BAUGH, LCSW, MPH, LMT

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EDUCATION

Colorado State University/Colorado School of Public Health Ft. Collins, Colorado USA
Dual Master of Social Work/Master of Public Health | May 2019

Southern Illinois University (SIUE) Edwardsville, Illinois USA
Bachelor of Applied Science: Community Health Education | December 2013
Bachelor of Liberal Studies: History & Religious Studies | August 2008

The Body Therapy Center School of Massage/South West Illinois College Swansea, Illinois USA
Certification in Massage Therapy & Bodywork | July 2004

RELEVANT PROFESSIONAL EXPERIENCE

Owner/Holistic Health Practitioner

Embodiment Balance

Edwardsville, IL | April 2024- present

- Integrative Mental Health Therapy: Telehealth & In-person
- Trauma Informed Massage Therapy & Bodywork
- Holistic Wellness Coaching and Health Education
- Business operations

Social Change Research & Program Development Consultant

Hearing the Helper

Belleville, IL | Dec 2023-present

- Provide support with project management & intern hiring and supervision
- Assist with development of research framework to compile data and highlight stories regarding helping profession burnout and bright spots in the St. Louis/Metro region

Mental Health & Psychosocial Support Specialist (MHPSS) Volunteer

Boat Refugee Foundation

Lesvos, Greece | July 2023-Sept 2023

- Provided mental health and psychosocial support consultations with asylum seekers and refugees in multi-disciplinary humanitarian aid health clinic inside Mavrovouni RIC/Closed Controlled Access Centre
 - Patients from: Afghanistan, Kurdish Iraq, Palestine, Eritrea, Ethiopia, South Sudan, Somalia, Syria & Congo
- Provided psycho-education, mindfulness and grounding tools, in addition to other strengths focused brief trauma-informed interventions while speaking through interpreters
- Provided referrals for intensive long-term psychological and psychiatric support with other actors and NGOs
- Monitored and reported trends in camp and patient care
- Developed and delivered Trauma Informed Care trainings & supports for other team members, actors in camp and local non-profits/NGOs
- Collaborated on weekly inter-vision, humanitarian and mental health focused workshops and trainings
- Technology: Google Workspace, Microsoft Excel, Signal, WhatsApp

Sabbatical & Personal Development

Travel

Illinois, USA/International Travel | November 2022-Sept 2023

- Long-term/multi-country travel
 - Reduce burnout, increase resilience, expand cultural intelligence and humility
 - Practice language skills, teamwork, and project management

- Volunteer & offer skills in humanitarian settings
- Caregiving for terminally-ill family member
 - Bereavement
 - Case management, Medical Aid in Dying, death doula, grief processing & support

Medical Social Worker

CHIP Clinic at Children's Hospital Colorado

Aurora, CO | September 2019- November 2022

Clinical Social Worker (Aug2020-Nov 2022)

- Medical social work with a caseload of 28-50 adolescents and young adult clients living with HIV/AIDS in a chronic care, multidisciplinary integrated care setting. Provided gender affirming, strengths based & culturally responsive care with clients from diverse and marginalized backgrounds and use of interpreters
- Utilized trauma-informed approaches and motivational interviewing to engage in health education, clinical interventions & monthly psychosocial support groups around: sexual behavior, grief, relationships and intimate partner violence, HIV stigma, treatment adherence, mental health, substance use & care transitions
- Provided grant-funded medical case management & collaborated extensively with community organizations
- Participated in quality improvement initiatives and working groups such as: Intimate Partner Violence screening protocol, linkage to care workflows, and establishing a Diversity Health Equity & Inclusion (DHEI) steering committee
- Technology and online platforms: HIPAA compliant telehealth, EPIC EMR, Zoom, Microsoft Office, Microsoft Teams, Jamboard, CyraCom interpretation, Uber Health, and Sharepoint

Health Navigator/Clinical Case Manager (September 2019-November 2020)

- Linked 30 new patients to grant funded Integrated HIV care by offering patient support and education, coordination of care between multi-disciplinary teams and assessing safety, motivation and barriers to care
- Tracked grant eligibility in database, extract reports and facilitate monthly patient care retention meetings
- Provided basic case management, supportive counseling around HIV test results and disclosure of new diagnoses with adolescents, young adults, parents, partners and pregnant people
- Reduced barriers to care access by assisting with insurance navigation; Certified Application Counselor 2020-2021
- Built relationships with community partners ie: health departments, medical clinics & case management organizations
- Participation in HRSA grant funded Intimate Partner Violence workgroup to create and administer patient surveys, build research informed IPV screening protocol to implement with patients; consolidate data and methods to provide clinic-wide training and resources and co-facilitate 2 conference workshops on addressing the intersections of HIV and violence. Assisted with creation and presentation of data at Colorado Advocacy in Action Conference for the clinic's IPV education and screening protocol pilot
- Technology: Microsoft Access and Excel, EPIC Electronic Medical Records

Massage Therapist/Bodyworker

Independent Contractor, Terry Chiropractic, Southern Illinois Chiropractic Center, Spa of Tranquility

Illinois & Colorado | September 2004- January 2020

- Delivered 6,000+ hours of clinical therapeutic massage and bodywork to clients of all ages and backgrounds in various settings using compassion, active listening, technical skills, intuition, and understanding of the mind-body connection to relieve pain, restore function, reduce stress, and create sense of safety, well-being and overall health
- Compliance with all confidentiality, sanitation, safety, and licensing regulations
- Communicate at-home care plans to continue healing and restorative processes
- Technology: ChiroTouch, google calendars, google docs, SOAP notes and mobile payment systems

Graduate Research Assistant: Community Mental Health & Pediatric Psychopharmacology

Colorado State University

Fort Collins, CO | August 2017- May 2019

- Assisted Dr. Shannon Hughes with grant-funded community-based holistic mental health pilot program "learning and Self-Development Collaborative"; coding for scholarly pediatric mental health related articles and curriculum updates

Baugh

- Facilitated focus groups and code data for adolescent and young adult research participants
- Assisted with authorship of publication, published 2019
- Assisted with promotion of 2019 study abroad trip to rural health project site in Central India including distribution of materials, public speaking in classrooms of 30-100 students, and leading informational meetings
- Assisted with pilot implementation of “Critical Think Rx” workshop with 50+ county child protection case workers
- Technology: Canvas, Microsoft Office & NVivo coding software

Community Inclusion & Resilience Intern

Larimer County Office of Emergency Management

Fort Collins, CO | August 2018-May 2019

Emergency Preparedness Intern

Jefferson County Public Health Department

Golden, CO | May 2018-August 2018

Family Stabilization Intern

The International Rescue Committee

Denver, CO | January 2017- May 2017

- Assisted with psycho-social support, stabilization planning & case management with 100+ newly arrived refugee, asylee & special immigrant visa families; utilizing focus groups, individual assessments, home visits & community partnerships
- Identified and connected refugee families with resources such as assistance programs, culturally appropriate mental health providers, and employment opportunities; assisted with public benefits applications, school enrollments, opening bank accounts, and attending health appointments
- Communicated effectively with non-English speakers using in-person and telephone interpreters
- Participation in regular trainings, strategic planning sessions & supervision

Interim Office Manager

SportChiro+

Edwardsville, IL | February 2014-May 2014

- Administrative and customer service management in busy chiropractic practice
- Provided excellent customer service while operating systems, insurance billing & navigating patient flow
- Developed office procedural manual and trained incoming staff
- Learned Apple MacPractice software and INTUIT payment solutions
- Trusted to handle cash flow, inventory, purchases, and bank deposits
- Managed MindBody software, social media accounts & all communications for practice of 500 + patients

Community Health Education & Coaching Internship

Studio Gaia: Movement & Holistic Wellness Center

Edwardsville, IL | September-December 2013

- Created and disseminated health event materials for three programs: wrote press releases and blog posts, engaged in community networking, and ran promotional tables at local health food store and within the studio
- Grew in coaching skills through research and training, performed three 1:1 coaching sessions under supervision

RECENT PROFESSIONAL DEVELOPMENT

- **Certified Clinical Trauma Professional (12 hrs) | 2024- present**
J. Eric Gentry & Robert Rhoton & PESI | PESI Intensive Course
- **Yoga Teacher Training (200 hours) | 2023-present**
MyVinyasa Practice | Online/Austin, TX

- **Biodynamic Craniosacral Therapy: Level 2 (35hrs) | 2025**
Pinto Shea Cranial Institute | Swansea, IL
- **Intensive Training: Mindfulness Certification Course (12hrs)| 2025**
Richard Sears, PsyD, PhD, MBA, ABPP & PESI | PESI Online Course
- **Biodynamic Craniosacral Therapy: Level 1 (35hrs) | 2025**
Pinto Shea Cranial Institute | Swansea, IL
- **Trauma Treatment Certification Training: Advances & Proven Techniques (12.5 hrs)| 2025**
Janina Fisher, PhD & PESI | PESI Online Course
- **Basic Life Support-BLS Certification (3 hrs) | 2025**
To The Rescue CPR | Fairview Heights, IL
- **The Nerve Tour: Exploring the Nerve Tree in Relationship, Integral Anatomy (5 hrs) | 2024**
Gil Hedley, PhD | St. Louis, MO
- **Impact Suicide: Digital Lifelines, Building Resilience & Awareness (5 hrs) | 2024**
OSF Healthcare System | OSF/SIUE Conference
- **Acceptance & Commitment Therapy: ACT for PTSD, Anxiety & Depression(6hrs) | 2024**
Daniel J. Moran, PhD, BCBA-D & PESI | PESI Digital Seminar
- **EMDR: A Rapid, Safe & Proven Treatment for Trauma (12 hrs) | 2024**
Karee Powers & PESI | PESI Digital Seminar
- **Clinical Applications of Internal Family Systems Therapy (6hrs) | 2024**
Alexia Rothman & PESI | PsychotherapyNetworker.org
- **Introduction to Massage Cupping and Vacuum Manual Therapy | 2024**
Anita Shannon | abmp.org
- **A Body-based Approach to Mental Health: Bridging Psychology & Kosha Yoga | 2024**
Dr. Betsy Rippentrop, PhD | DrYogaMomma.com
- **Finding Meaning in Loss: The 6th Stage of Grief (6 hrs) | 2024**
David Kessler & PESI | PESI online training
- **Massage & Bodywork Ethics (2hrs) | 2023**
Associated Massage & Bodywork Professionals | abmp.org
- **Manual Lymphatic Drainage (3hrs) | 2023 & 2024**
Associated Massage & Bodywork Professionals | abmp.org
- **BioDynamic Myofascial Release: head, neck & face (20 hrs) | 2023**
Holly Pinto & The Body Therapy Center School of Massage | Swansea, IL
- **Medical Case Management Certification: Trauma Informed Excellence and MI (30 hrs) | 2019-2023**
Coldspring Center | Denver, CO
- **Trauma Informed Care in Practice: Re-Traumatization & Motivational Interviewing (8hrs) | 2022**
Coldspring Center/DHR | Denver, CO
- **Fundamentals of Conflict Resolution & Mediation: SOWK 551 (45 hrs) | 2022**
Colorado State University-School of Social Work | Fort Collins, CO
- **Motivational Interviewing & HIV Care (8hrs) | 2021**
Colorado Department of Health & Environment(CDPHE) | Train.org
- **Screening Brief Intervention Treatment (SBIRT) tool training (4 hrs) | 2020 & 2021**
CHIP-CHCO & Peer Assistance Inc. | Denver, CO
- **More Compassion, Less Fatigue: Mindfulness, Boundaries & Empathy (4hrs) | 2020**
Resilient Colorado | Train.org
- **Introduction to Trauma-informed Approaches (8hrs) | 2020**
Colorado Department of Public Health | Denver, CO
- **Human Trafficking in Healthcare Settings (2 hrs) | 2020**

- Laboratory to Combat Human Trafficking | Denver, CO
- **On the Frontlines: HIV, Clients, Substances & Community (7 hrs)** | 2019
Denver Health | Denver, CO
- **Addressing Stigma: People First Language** | 2019
CHIP Clinic PACER | Aurora, CO
- **Certified Marketplace Application Counselor Training (32 hrs)** | 2019
Connect For Health Colorado | Denver, CO
- **CDPHE: Delivering HIV test Results: Counseling & Referrals (4 hrs)** | 2019
Colorado Department of Public Health & Environment | Keystone, CO
- **Trauma Informed Care & HIV Treatment (4hrs)** | 2019
Connecting Paradigms: Matthew Bennett | Aurora, CO
- **Cultural competence in preparedness training** | 2019
Center for Disease Control | CDC Online Webinar
- **Disequity: Race & LGBTQ health research & outcomes** | 2019
National Association of Social Workers: Dr. Wheeler | Fort Collins, CO
- **Equity & Inclusion Seminar** | 2018
Dr. Nita Mosby Tyler/CSPH | Aurora, CO
- **Excellence in Diversity & Inclusion workshop (2hrs)** | 2018
Colorado School Public Health: Dr. Chard | Fort Collins, CO
- **Victim Advocate Team Training (40 hrs)** | 2018
CSU: Women Gender & Advocacy Center | Fort Collins, CO
- **Cultural Humility Panel** | 2018
Yale University/Unite for Sight | online webinar
- **Diversity & Oppression (45 hrs)** | 2017
Arizona State University | MSW course
- **Mandated Reporter Training** | 2017
Colorado Department of Human Services | CDHS.Gov
- **Chiropractic, Holistic Wellness, and Business trainings (20+ hours)** | 2012
Parker Seminars | Las Vegas, NV
- **NCBTMB approved Massage & Bodywork CEUs (90+ hours)** | 2007-2016
Ethics (8hrs), Reflexology(8hrs), PNF stretching (20 hrs), Qi Gong (24hrs), A&P (45 hrs), CPR(12hrs)

LICENSES & MEMBERSHIPS

United States National Provider Identifier (LCSW) NPI#1396509303	February 2024- present
Missouri DOPR Clinical Social Work Licensure #LCSW 2024006918	February 2024-present
Illinois IDFPR Clinical Social Work Licensure #LCSW.149025638	May 2023- present
Colorado DORA Clinical Social Work Licensure #CSW.0998667	September 2022-present
Colorado DORA Master Social Work Licensure #LSW.LSW.0009922852	January 2020-Sept 2022
National Association of Social Workers #886740543	September 2016-present
Colorado Massage Therapy License #MT.0016471	May 2014- present
PhiKappaPhi Honor Society	March 2007-present
Golden Key International Honour Society	March 2007-present
Associated Massage & Bodywork Professionals(Insured) #880664	May 2005-present
Illinois Massage Therapy & Bodywork License #LMT227003668	May 2005-present

PUBLICATIONS

Hughes S, Colbert R, Baugh A. Valuing Whole Complex Lives: Young adults' experiences of recovery-related principles in mental healthcare in the United States. *Health & Social Care in the Community*. 2019; 00:1-9.
<https://doi.org/10.1111/hsc.12867>

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