

Curriculum Vitae

Melissa Stancil, DrPH, LCMHCS, NCC

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Professional Profile

- Diverse career experience, including project management, teaching/facilitation, non-profit management, qualitative & quantitative research, development, student mentoring, cross-cultural communication, marketing & event planning
- Expertise in psychotherapy, community & stakeholder engagement, group facilitation, strategic planning, and program planning, implementation, & assessment
- Research interests include ecopsychology, community-level metrics of health, rural health, food citizenship, loneliness/social isolation, religious trauma, & ecowellness
- Excellent public speaking and interpersonal skills acquired through professional opportunities, extensive travel, & extracurricular activities, as well as strong multi-tasking, verbal, written, proofreading & bookkeeping skills
- Computer Proficiency – MS Outlook, Word, Excel, Publisher & PowerPoint, NVivo, SPSS, JMP, R-Fiddle, QuickBooks, Quicken, Adobe Photoshop, Illustrator, & InDesign, iModules, & Final Draft

Education

East Carolina University – Greenville, NC

Doctorate of Public Health in Health Policy, Administration, & Leadership

Dissertation title: “Improving mental well-being through culture-specific outdoor learning: A mixed-methods study”

August 2019 – December 2023

GPA: 4.0

Wake Forest Baptist Health Medical Center – Winston-Salem, NC

Clinical Residency in Psychotherapy & Spirituality

July 2013 – May 2016

Campbell University – Buies Creek, NC

Master of Arts in Mental Health Counseling

June 2010 – December 2013

Honors: Graduated with Distinction – GPA: 4.0; The Honor Society of Phi Kappa Phi

University of North Carolina at Chapel Hill – Chapel Hill, NC

Geography, B.A., Concentration in Human Activity/Cultures

Dramatic Art, Minor, Concentration in Dramaturgy

August 1998 – May 2002

Honors: Morehead Scholar – Morehead-Cain Foundation

Work Experience

- **Owner, Licensed Clinical Mental Health Counselor Supervisor – OPAL Well-Being, PLLC –** Erwin, NC – August 2019 to Present – Provide psychotherapy to clients, including assessment, case formulation, research, implementation, and documentation; Maintain caseload of 8 to 10 weekly clinical hours; Develop and facilitate community workshops related to behavioral health, including mind-body-spirit approaches to health, women’s wellness, and self-care; Oversee all business for PLLC, including local, state, and federal requirements, as well as day-to-day operations; Create and implement marketing strategies to promote business and services
- **Adjunct Faculty – Campbell University –** Buies Creek, NC – August 2019 to Present
Create and facilitate behavioral health elective 3-hour credit course for the Department of Public Health and behavioral health policy course in Doctorate in Health Sciences; Maintain office hours and provide student academic support; Advise student for capstone project, including research topic selection, data collection and analysis, and final presentation
- **Behavioral Health Support Staff – Campbell University –** Buies Creek, NC – October 2018 to May 2022
Create and implement appropriate behavioral health student supports for department of athletics; Provide psychotherapy to collegiate student athletes, including assessment, case formulation, research, implementation, and documentation; Maintain caseload of 10 to 16 weekly clinical hours
- **Licensed Professional Counselor – Kelley Counseling & Wellness –** Cary, NC – May 2018 to August 2019 – Maintained caseload of 25 to 30 weekly clinical hours; Provided psychotherapy to clients, including assessment, case formulation, research, implementation, and documentation; Developed and facilitate community wellness workshops, including stress management, self-care, women’s wellness, and mind-body-spirit approaches to health
- **Regional Director – CareNet Counseling Central Region –** Erwin, NC – December 2014 to April 2018
Promoted awareness and visibility of CareNet Counseling; Developed community partnerships to enhance local mission; Created and oversaw research projects as part of precepting master level public health students, including qualitative analysis of statewide network; Improve clinical data management and community engagement programming; Assisted in revision of statewide network cultural competency plan; Developed therapeutic grief support group with community partner; Created and oversaw strategies for development and fundraising, including annual giving campaign, board appeal, grants, events, and congregation and civic groups; Assisted in implementation of statewide network marketing and philanthropy, including website overhaul; Developed local board to enhance fulfillment of mission; Managed day-to-day office operations, including regional budget and clinical coordination of staff; Planned and facilitated monthly staff meetings; Administered educational, marketing, and fundraising events for local centers; Oversaw compliance with IRS re. 501(c)(3) requirements; Maintain caseload of 10 to 12 weekly clinical hours (July 2015 to April 2018) and caseload of 15 to 20 weekly clinical hours during interim (December 2014 to June 2015)
- **Clinical Resident – CareNet Counseling Central Region –** Erwin, NC – July 2013 to May 2016 – Maintained caseload of 20 to 25 weekly clinical hours; Provided psychotherapy to clients, including assessment, case formulation, research, implementation, and documentation; Assisted with marketing of services to local community; Managed center website and social media sites; Completed residency training, including reading and writing assignments, case conference, monthly meetings, and clinical

supervision requirements; Interface with local board to enhance fulfillment of mission; Participated in educational, marketing, and fundraising events for local center

- **Practicum Student & Intern – CareNet Counseling Central Region** – Erwin, NC – January 2013 to September 2013 – Averaged 30+ hours a week with over 10 in direct service to clients; Developed and implemented a group for college students seeking to improve time management & communication skills; Developed therapeutic and psychoeducational group for LGBTQ young adults, in partnership with fellow intern; Assist office manager with administration, including phone intakes, filing, and new client & termination paperwork
- **Director of Alumni Relations – Campbell University College of Pharmacy & Health Sciences** – Buies Creek, NC – June 2011 to December 2012 – Responsible for all CPHS alumni relations activities, including alumni events, communication, outreach and programming; Managed the Alumni Association’s membership program; Spearheaded the inclusion of alumni from multiple CPHS degree programs into Alumni Association mission; Executed alumni print and electronic communications including monthly e-news to Alumni Association members, and the association’s website; Coordinated the event management and preparation for alumni activities; Marketed and promoted Alumni Association membership, activities and programming through the organization’s website and Facebook page; Devised strategies to attract new and repeat visitors to the alumni online community, as well as assists to provide vision for future development and enhancement of the site; Managed the Alumni Association Board of Directors and other various committees within the organization; Tracked the budgetary expenditures and bill processing for all alumni activities and events; Served as the advisor of the Pharmacy Alumni Student Association; Supervised student work study programming and daily activities; Served on the Institutional Review Board (IRB) for Department of Pharmacy Practice
- **Student Affairs Coordinator – Campbell University College of Pharmacy & Health Sciences** – Buies Creek, NC – March 2010 to May 2011 – Served as an advocate for personal, academic, and professional student development; Organized scholarship competition and Annual Scholarship Luncheon; Developed working relationships with potential student employers; Advised students on student affairs matters; Aided in resolving student-related issues; Coordinated student organization events and services; Organized major College events including Mini Orientation, New Student Orientation, Operation InAsMuch, Convocation Professionalism Seminars, Apothecary Ball, and Senior Awards; Served as staff advisor for the Pharmacy Student Executive Board (PSEB) and Inter-Fraternal Council (IFC); Participated in interviewing activities for potential students; Aided in strategic planning for student activities and career development activities; Assisted with coordination of academic advising and career pathway counseling; Served as an integral member of the Student Affairs team; Worked effectively with other College and University offices to enhance the quality of student life

License, Certifications, & Certificates

- Licensed Clinical Mental Health Counselor Supervisor (LCMHCS #S10638) – North Carolina Board of Licensed Clinical Mental Health Counselors – February 2023
- Youth Mental Health First Aid USA Instructor Certification – National Council for Behavioral Health – January 2019
- Public Health Foundations & Practice Certificate – East Carolina University – May 2018
- National Certified Counselor (NCC #308479) – National Board for Certified Counselors (NBCC) – January 2018
- Licensed Clinical Mental Health Counselor (LCMHC #10638) – North Carolina Board of Licensed Professional Counselors – November 2017 (Associate License January 2014-October 2017)

- Master Reiki – Usui Shiki Ryoho, Usui Reiki System of Natural Healing – 2018 (First and Second Degrees – 2017)
- Community Resiliency Model (CRM) Level One – Trauma Resource Institute – July 2016
- Eye Move Desensitization and Reprocessing (EMDR) Level 1 & 2 – Trauma Recovery, EMDR Humanitarian Assistance Programs, Inc. (EMDRIA-approved training) – March 2015
- Mental Health First Aid USA Instructor Certification – National Council for Behavioral Health – February 2015
- LGBTQ Academy Certificate – American Counseling Association – March 2013
- Program Management Masters’ Certificate – American Project Management – January 2012

Professional Honors

- East Carolina University Doctorate of Public Health Accreditation Steering Committee, DrPH Health Policy & Concentration Student Member – March 2023 to December 2023
- Network for Advanced Behavioral Health (NABH), Clinical Operations Committee – November 2017 to May 2018
- National Council for Behavioral Health Addressing Health Disparities Leadership Program – January 2017-October 2017
- FaithHealth Fellowship, Wake Forest Baptist Health – January 2017-2019
- CareNet Emerging Leaders Inaugural Cohort – July 2016-December 2017
- American College of Mental Health Administration (ACMHA): The College for Behavioral Health Leadership Mentorship Program – March 2015 to April 2016

Research Experience

- “Rural Sustainability in the Scottish Highlands” – Photovoice research project, University of Glasgow, In progress
- “Improving mental well-being through culture-specific outdoor learning” – Phenomenological concurrent mixed-method doctoral dissertation, East Carolina University, June 2022-December 2023
- “Qualitative organizational assessment of The Shieling Project through analysis of staff, volunteer, & board of directors experience of mission” – Doctoral practicum project, East Carolina University, June 2022-December 2022
- “The Association of Ruralness on Behavioral Well-Being for Children Experiencing Placement Instability” – Capstone Advisor for Sterling Ta’Bon, MPH Candidate, Campbell University, 2020
- “Re-Membering CareNet: A Qualitative Analysis of CareNet Employees Experience of Mission” – Site Supervisor for Mary Carr Allen, MPH Candidate, CareNet, Inc., January 2017-December 2017
- “Resiliency Factors in Response to Trauma in CareNet Counseling Central Region Clients” – Site Supervisor for Maggie Reyes, MPH Candidate, CareNet Counseling Central Region, January 2017-June 2017
- “A Sacred Awareness: Inviting Space for Spiritually Integrated Psychotherapy with LGBTQ Clients” – Workshop Presentation at the American Association of Pastoral Counseling (AAPC) Southeast Regional Conference, October 2014, and Roundtable Presentation at the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) Inaugural Conference, September 2014
- “Complicated Grief and Cognitive Behavioral Therapy: A Case Study of Mary Shelley’s Dr. Victor Frankenstein” – Poster Presentation at the American Counseling Association (ACA) 2013 Conference & Expo, March 2013

- “Suicide Postvention: Crisis Intervention with Those Bereaved by Suicide” – Poster Presentation at the North Carolina Counseling Association (NCCA) 2013 Annual Conference, February 2013
- “Creative Self Care: Utilizing Expressive Arts as Counselor Self Care” – Poster Presentation at the North Carolina Counseling Association (NCCA) 2012 Annual Conference, February 2012
- “Interactive Soft Skills Workshops” – Poster Presentation at the North Carolina Counseling Association (NCCA) 2012 Annual Conference, February 2012
- “The Total Package: Impacting Student Pharmacists’ Professional Development Through Interactive Soft Skills Workshops” – Poster Presentation at the American Association of Colleges of Pharmacy (AACCP) Annual Meeting, July 2011

Academic/Teaching Experience

- Health Policy and Politics (MPH 6800) – Teaching Assistant Professor, East Carolina University, Department of Public Health, Spring 2023 (Teaching Assistant) & Spring 2024
- Rural Health and Extinction of Experience: Key Public Health Crisis & Opportunity – Adjunct Instructor, Campbell University, College of Pharmacy & Health Sciences, Spring 2024
- Behavioral Health Issues (DHSC 823) - Adjunct Instructor, Campbell University, College of Pharmacy & Health Sciences, Summer 2021 & Summer 2022
- Public Health Approaches to Behavioral Health (PUBH 590) – Adjunct Instructor, Campbell University Department of Public Health, Fall 2019, Fall 2021, Spring 2023
- Mental Health Awareness: Finding Wellness & Staying Well, Guest Lecturer, Campbell University College of Pharmacy & Health Sciences, March 2022
- Presentation Skills: A Body-Centered Approach – Guest Lecturer, Campbell University Department of Public Health, October 2017
- Mental Health & Professional Self-Care – Guest lecturer, Nurse Aid I, Central Carolina Community College, November 2016
- Gender Identity and Health: Training Transgender-Affirming Health Professionals – Guest lecturer, Multicultural Health Practices/Health Disparities, Campbell University College of Pharmacy & Health Sciences, October 2016 & September 2017
- Mental Health & College Life – Guest lecturer, CU Connections (Undergraduate course), Campbell University, February 2015 & November 2017
- Working with LGBTQ Clients in Therapy – Guest lecturer, Spirituality, Religion, and Diversity for Professional Counselors (MA Mental Health Counseling course), Campbell University, October 2014
- Working with LGBTQ Clients in Therapy – Guest lecturer, CareNet Residency in Psychotherapy & Spirituality, CareNet Counseling, October 2014
- Spirituality and the Brain: Client Spirituality as a Resource & Presenting Problem – Guest lecturer, Spirituality, Religion, and Diversity for the Professional Counselors (MA Mental Health Counseling course), Campbell University, September 2014
- Treatment Planning & Charting – Guest lecturer, Counseling Skills (MA Mental Health Counseling course), Campbell University, February 2014 & May 2014
- Creative Self-Care: Utilizing Art and Mindfulness as a Means of Self-Care for Counselors – Guest lecturer, Professional Orientation and Ethics in Counseling (MA Mental Health Counseling course), Campbell University, March 2013
- Resume/CV Writing – Guest lecturer, Interpersonal Skills (BS Pharmaceutical Sciences course), Campbell University, January 2011, January 2012, & September 2012

Presentations (selected)

- Encounters with the Shieling: Impact on Mental Well-being of a Culture-specific Outdoor Learning Program in the Scottish Highlands – Presenter, National Board of Certified Counselors Mental Health Connections: Advancing Global Health Equity, November 2023
- Encounters with the Shieling: Impact on Mental Well-being of a Culture-specific Outdoor Learning Program in the Scottish Highlands – Keynote Speaker, Beltane @ The Shieling Project, April 2023
- Nature-based Wellness Practices – Workshop Presenter, Beltane @ The Shieling Project, April 2023
- Calibrate Your Instrument: Personal Mental Health for Healthcare Professionals – Keynote Speaker, Campbell University College of Pharmacy & Health Sciences Combine, October 2019
- A Survivor’s Mental/Emotional Health Wellness Plan – Keynote Speaker, Harnett County Health Department Pink Ribbon Breakfast, October 2019
- We Must Do Better: Creating a Welcoming Behavioral Health Care Setting for LGBTQ Populations – Workshop Co-Presenter, NATCON 2019, March 2019
- Implications from Changing Religious Attitudes in North Carolina – Workshop Co-Presenter, 2017 Carolina Conference on Queer Youth, October 2017
- Mind-Body-Spirit Connection: A Guide in Healing Trauma – Workshop Co-Presenter, 2017 North Carolina Coalition Against Sexual Assault (NCCASA) Conference, May 2017
- Harnett County Health Department Girls are Great and Teen Girl Conference – Guest speaker, April 2017
- CareNet Church Partners Healthy Spirituality Seminar Series – Co-facilitator, February-March 2017
- Raising Sacred Awareness in the Mental Health Profession and Affirming Faith Communities – Guest speaker, North Carolina Faith Forward Coalition LGBTQ Faith Advocacy Event, February 2017
- Spiritually Integrated Psychotherapy with LGBTQ Clients – Guest speaker, CareNet Annual Directors Meeting, CareNet, Inc., April 2015
- Creative Self-Care: Utilizing Art and Mindfulness as a Means of Self-Care for Counselors – Guest speaker, Elementary School Counselors Meeting, Harnett County Schools, March 2013
- Interview Skills, Guest speaker, Pre-Health Science Club, North Carolina State University, October 2011 & February 2012

Professional Development & Continuing Education (selected)

- Advancing Global Health Equity, National Board of Certified Counselors Mental Health Connections – November 29-December 1, 2023
- Sustainable Agriculture Conference, Carolina Farm Stewardship Association – November 1-3, 2019
- Leading Differently: Leveraging Power Dynamics to Optimize Change, The College for Behavioral Health Leadership 2018 Summit – September 26-27, 2018
- Hosting Difficult Conversations, The College for Behavioral Health Leadership Detroit Convening – May 9-10, 2017
- NatCon 2017, National Council for Behavioral Health – April 3-5, 2017
- Faithful Organizing for Community Empowerment, Wake Forest University Divinity School – March 17-18, 2017
- Two-Generation Approaches, The College for Behavioral Health Leadership Austin Convening – January 25-26, 2017
- 32nd Annual Rosalynn Carter Symposium on Mental Health Policy, The Carter Center – November 17-18, 2016
- Licensed Professional Counselors Association of North Carolina (LPCANC) 2016 Annual Conference – October 20-22, 2016

- Population Health: Leadership for Building Healthier Communities, The College for Behavioral Health Leadership 2016 Summit – April 6-8, 2016

Professional Affiliations/Memberships

- Carolina Farm Stewardship Association (CFSA) – Member, 2019-Present
- The College for Behavioral Health Leadership – Member, 2015-Present
- American Counseling Association (ACA) – Member, 2012-Present
- Association for Gay, Lesbian and Bisexual Issues in Counseling (AGLBIC) – Interest Group Member, 2014-Present
- Screen Actors Guild-American Federation of Television and Radio Artists: Associated Actors & Artistes of America/AFL-CIO (SAG-AFTRA) – Member, 2004-Present
- University of North Carolina General Alumni Association – Member, 2002-Present

Community Service (selected)

- Member, Morehead-Cain North Carolina Semifinalist Committee – Morehead-Cain Foundation, Chapel Hill, NC – 2021 to Present
- Mentor, Morehead-Cain Mentorship Program – Morehead-Cain Foundation, Chapel Hill, NC – 2021 to Present
- Facilitator & Member, Harnett County Non-Profit Coalition, Harnett County, NC – 2017-2018
- Member, Harnett County Sexual Assault Response Team (SART), Harnett County, NC – 2015-2018
- Board Member, Erwin Area Chamber of Commerce Board of Directors, Erwin, NC – 2016-December 2017
- Member, The President's Interfaith and Community Service Campus Challenge Planning Committee for Campbell University, Buies Creek, NC – 2011-2012