

# NICOLE DINGWELL FRENDT, DHA, LMSW, CCS, NPP

Lansing, MI • admin@nicoledingwell.com • (517) 599-1247

## Curriculum Vitae

Health administration and social work professional with expertise in population health, social capital measurement, and community-based interventions. Experienced in clinical practice, nonprofit leadership, and academic research, with a strong record of publications, teaching, and cross-cultural engagement. Skilled in evidence-based program design, organizational management, and policy implementation to improve community health outcomes.

### *Areas of Expertise*

- Nonprofit & Clinical Program Leadership
- Health Program Development, Evaluation & Quality Improvement
- Population Health Assessment
- Social Capital Measurement & Data Analysis
- Research Design & Academic Publishing
- Strategic Planning, Budgeting & Management
- Curriculum Development & Field Instruction
- Multidisciplinary Team Collaboration & Partnership Building
- Clinical Supervision & Professional Mentorship
- Trauma-Informed Care & Addiction Counseling
- Evidence-Based Practice & Policy Translation
- Cross-Cultural Communication & Stakeholder Engagement

## EDUCATION

<b>Doctor of Health Administration (DHA)</b> – <i>Central Michigan University</i>	<b>2025</b>
<ul style="list-style-type: none"><li>• Dissertation: <i>Deconstructing Social Capital: A Methodological and Comparative Analysis of U.S. County-Level Indices for Population Health</i></li><li>• Committee: Dr. James Johnson (Chair), Dr. Nailya DeLellis, Dr. Dimitrios Zikos</li><li>• Graduate Certificate: International Health Systems (2024)</li></ul>	
<b>Master of Social Work (MSW)</b> – <i>University of Michigan</i>	<b>2010</b>
<ul style="list-style-type: none"><li>• Concentration: Interpersonal Practice – Families and Youth</li><li>• Minor: Human Services Management</li></ul>	

<b>Bachelor of Social Work (MSW)</b> – <i>Michigan State University</i>	<b>2009</b>
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## PUBLICATIONS

### Book Chapters

- **Dingwell Frendt, N.** (2023). *New Zealand: He Waka Eke Noa—We Are All in This Together*. In J. Johnson & N. DeShore (Eds.), *COVID-19 Global Pandemic: The World Responds*. Sentia Publishing.

### Peer-Reviewed Articles

- **Dingwell, N.**, & Timm, T. (2008). *Childhood sexuality: What professionals need to know*. The Michigan Child Welfare Journal.

### Manuscripts in Preparation

- **Dingwell Frendt, N.** *What are social capital indices really measuring? A construct analysis*. Target: *Social Indicators Research*.
- **Dingwell Frendt, N.** *A comparative analysis of U.S. county-level social capital indices and mental health outcomes*. Target: *Social Indicators Research*.

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## PRESENTATIONS

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- **Dingwell Frendt, N.** (2026). *Measurement justice: An experiential workshop on social capital index validity and systematic community exclusion* [Workshop]. Twenty-First International Conference on Interdisciplinary Social Science, Galway, Ireland. (Proposed)
- **Dingwell, N.**, Bizri-Baryak, R., & Johnson, J. (2024). *Alliance through words: Interpreters bridging language and culture in therapy sessions with refugees* [Poster]. International Social Sciences Conference, Krakow, Poland.

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## TEACHING EXPERIENCE

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**Adjunct Faculty & Field Supervisor – Touro University, MSW Online Global Program** 2025 – Present

- Designed and delivered curriculum for Human Development – Person in Environment, integrating theory with practical case studies and student self-reflection.
- Provided clinical and administrative supervision to MSW students in diverse field placements, ensuring compliance with accreditation standards and professional competencies.
- Mentored students on evidence-based practice, ethical decision-making, and cultural competence in mental health and social services.
- Conducted student evaluations and provided constructive feedback to support professional growth and field readiness.
- Collaborated with faculty and program leadership to improve course content and field supervision guidelines.

**Clinical & Management Field Supervisor – University of Michigan School of Social Work** 2011 – 2025

- Supervised MSW students during field placements in clinical and community settings, providing ongoing mentorship and evaluation of performance.
- Assisted students in developing learning agreements and individualized professional development plans.
- Facilitated reflective practice sessions to help students integrate theory into real-world practice.
- Supported students in addressing challenges in clinical settings, including trauma-informed care, case management, and cross-cultural communication.
- Collaborated with agency supervisors to ensure quality field education and adherence to program standards.

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## MANAGEMENT EXPERIENCE

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**Founder, Executive & Clinical Director – GPS Guide to Personal Solutions (Non-Profit)** 2013 – Present

- Established and managed a state-licensed substance abuse treatment facility, overseeing all clinical, operational, and administrative functions.
- Developed organizational policies, protocols, and quality assurance measures to ensure compliance with state and federal regulations.
- Developed and hosted Continuing Education training for mental health professionals accredited by the National Association of Social Workers, Michigan Chapter, and Michigan Certification Board for Addiction Professionals
- Recruited, trained, and supervised staff, providing professional development and performance evaluations.
- Oversaw clinical documentation, compliance reporting, and case management for all clients.
- Managed nonprofit financial operations, including budgeting, grant writing, and fundraising initiatives to sustain programs.
- Led community engagement efforts to increase access to behavioral health services and build strategic partnerships with local agencies.

- Implemented data-driven program evaluation strategies to assess outcomes and inform continuous improvement.
- Oversaw program expansion and service delivery improvements, increasing capacity and community reach.

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## CLINICAL EXPERIENCE

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**Private Practice Therapist – Anahata Consulting, PLLC (Formerly Elements Behavioral Health, PLLC) 2012 – Present**

- Provided sex offender, trauma-focused, and addiction-focused therapy to individuals, couples, and families using evidence-based interventions.
- Conducted comprehensive assessments, developed treatment plans, and monitored client progress toward measurable goals.
- Developed individualized wellness and recovery plans, tracking outcomes and adjusting interventions accordingly.
- Supervised and mentored limited license clinicians and new private practice professionals, ensuring adherence to clinical standards and ethical guidelines.
- Advocated for clients' access to services, including referrals to social, legal, and health resources.
- Delivered individualized therapy for trauma, addiction, and co-occurring disorders, using an integrative clinical approach.
- Provided clinical supervision and professional development support to associate therapists and interns.
- Advocated for clients' needs within healthcare and social service systems, ensuring access to community resources.
- Conducted group therapy sessions focused on mental health, addiction recovery, and family dynamics.

**Staff Therapist – St. Vincent Catholic Charities 2011 – 2013**

- Substance abuse, trauma, and sex offender treatment specialist for federal and state contracts directed at serving recently released parolees.
- Assessment, treatment planning, group and individual therapy with general population clients as well as the state and federal contracted parolees.
- Coordination of care with State and Federal Parole Boards, court systems, and parole agents as well as family court and child protective services.

**Intern then Case Manager – St. Vincent Catholic Charities 2009 – 2011**

- Substance abuse case management for families involved with Child Protective Services and family court
- Assessment and referral of clients utilizing SASSI, AUDIT and other assessment measurement tools, as well as ASAM directed levels of care
- Developed treatment goals and planning, coordinated care and addressed barriers of care for those requiring treatment participation
- Reported to family court and Child Protective Services progress toward goals

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## LICENSES & CERTIFICATIONS

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- Licensed Master Social Worker – Michigan 6801092564
- Licensed Independent Clinical Social Worker – Minnesota 32279
- Licensed Clinical Social Worker – Wisconsin 11363-123, Florida SW 21814, New York 096617, Indiana 34010743A
- Licensed Independent Social Worker – Ohio I.2304645
- Certified Sex Addiction Therapist-Supervisor (CSAT-S), 2013
- Certified Sex Offender Treatment Specialist (CSOTS), National Association of Forensic Counselors
- Certified Nonprofit Professional – Nonprofit Leadership Alliance, 2024
- ICRC Certified Alcohol and Other Drugs Counselor (CAADC) C02515 and Clinical Supervisor (CCS) S-20387 -Michigan Certification Board for Addiction Professionals
- Eye Movement and Desensitization Reprocessing (EMDR) – EMDRIA
- Somatic Experiencing Practitioner – Somatic Experiencing International

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## PROFESSIONAL ASSOCIATIONS

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- American Public Health Association, 2019–Present
- American Sociological Association, 2012–2019
- Counsel on Social Work Education 2022–Present
- Association of University Programs in Health Administration 2022–Present
- International Association of Schools of Social Work 2022–Present
- International Federation of Social Workers
- National Association of Social Workers 2009–Present