

Elizabeth Wilkins-McKee

10341 Lake Jackson Drive
Manassas, VA 20111

Professional Experience

Education Team Member | VMAP for Moms+

June 2024 – Present

PEACE Initiative

- Collaborate with the Virginia Mental Health Access Program to enhance statewide perinatal mental health services.
- Develop and implement educational programs for healthcare providers on perinatal mental health assessment and interventions.
- Lead training sessions to improve early detection of perinatal mood and anxiety disorders among medical professionals.
- Engage in the PEACE Initiative to promote equitable access to mental health resources for underserved perinatal populations.
- Assist in research and evaluation efforts to measure program effectiveness and inform future initiatives.

The Parents and Children Project, Inc. | Manassas, VA 20111

March 2018 – Present

Psychotherapist and Owner

Elizabeth Wilkins-McKee, LCSW, PLLC | Formerly March 2018 - present

- Manage all administrative operations of the practice, including client relations, billing, and scheduling.
- Provide comprehensive psychotherapy and psychoeducation to individuals, families, couples, and children across the lifespan, integrating screening measures and utilizing evidence-based techniques such as art and play therapy, systems theory, psychodynamic approaches, parent coaching, IPT, CBT-I, ERP, CPT, and CBT.
- Conduct diagnostic assessments, develop treatment plans, and manage discharge planning to ensure continuity of care.
- Coordinate with a multidisciplinary team, including case managers, CPS workers, vocational rehabilitation staff, schools, physicians, psychologists, neuropsychologists, and other professionals, to provide integrated care for clients.
- Offer specialized psychotherapy for perinatal individuals in Prince William County, including group therapy, individual sessions, psychiatric referrals, and care coordination.
- Advocate for expanded perinatal services in Prince William County and Virginia, focusing on access for systemically marginalized populations.
- Serve as an expert witness in Prince William County Family Court (2019–2023) and Fauquire (2024), providing clinically relevant testimony in cases involving family and mental health issues.
- Provide resources and psychoeducational materials to clients and their families to support ongoing care and development.
- In November 2024, recruit and train a multidisciplinary team, including an educational advocate, birth educator, sex educator, and lactation consultant.

- Lead community collaborations to address mental health, educational, and social needs for neurodivergent youth in Prince William County, fostering a culture of inclusivity and innovative problem-solving.

Center for Connection, Healing, and Change | Woodbridge, VA

April 2017 – February 2018

Psychotherapist

- Delivered individual, family, couple, and child psychotherapy across the lifespan, utilizing art therapy, play therapy, systems theory, psychodynamic approaches, parent coaching, and cognitive-behavioral techniques.
- Conducted comprehensive diagnostic assessments, developed treatment plans, and managed discharge planning to ensure client progress and continuity of care.
- Collaborated with a multidisciplinary team of case managers, CPS workers, vocational rehabilitation staff, schools, IEP managers, physicians, and other professionals to coordinate client care.
- Specialized in perinatal mental health, providing individual and group therapy, psychiatric referrals, and care coordination for perinatal clients in Prince William County.
- Advocated for enhanced mental health services for systemically marginalized perinatal individuals, engaging in outreach and networking to improve access to care.
- Provided psychoeducational resources to clients and families to support ongoing development and well-being.
- Recommended treatment plans and services tailored to the individual needs of clients and their families, ensuring holistic, client-centered care.

Woodbridge Psychological Associates, PC | Woodbridge, VA

July 2010 – April 2017

Psychotherapist

- Developed and expanded a caseload in Prince William County, specializing in perinatal mental health, pioneering this area of practice within the group.
- Provided consultation to local birth professionals on perinatal mental health referrals, strengthening connections with OBGYNs, midwives, and doulas.
- Advocated for enhanced perinatal mental health services through collaborations with community groups, hospitals, and Postpartum Support Virginia, promoting the importance of care for individuals experiencing perinatal mood and anxiety disorders (PMADs).
- Delivered brief training to local OBGYN offices, hospital-based midwives, and maternal health support groups on the identification and treatment of PMADs, fostering greater awareness and capacity for early intervention in maternal mental health.
- Assisted OBGYNs in facilitating appropriate referrals for patients with PMADs, ensuring timely and effective treatment options.
- Organized and led local support groups for individuals experiencing PMADs, providing a safe and supportive environment for community members.
- Delivered individual, family, couple, and child psychotherapy across the lifespan, utilizing therapeutic techniques such as art therapy, play therapy, systems theory, psychodynamic therapy, CBT-I, IPT, ERP, and CBT.

- Conducted diagnostic assessments, created personalized treatment plans, and managed discharge planning, ensuring continuity of care.
- Coordinated with case managers, CPS workers, schools, vocational rehabilitation staff, psychologists, neuropsychologists, and medical professionals to provide integrated care and support for clients.
- Acted as an expert witness in Prince William and Stafford County Family Courts (2012–2017), offering clinically relevant testimony in cases involving family dynamics and mental health.
- Provided tailored treatment and service recommendations, incorporating psychoeducational resources for clients and their families.
- Specialized in perinatal psychotherapy, delivering individual and group therapy, psychiatric referrals, and care coordination for clients in Prince William County.

Brattleboro Retreat | Brattleboro, VT

May 2002 – June 2010

Program Manager, Senior Program Therapist, Social Worker III, Psychotherapist (Children and Family Services)

- Provided individual, group, and family psychotherapy to 20-40 clients per week, utilizing art and play therapy techniques, systems theory, psychodynamic approaches IPT, and cognitive-behavioral techniques.
- Developed and implemented programs, including marketing and "best practice" treatment courses, for diverse client populations, with a focus on perinatal people, LGBTQIA+ individuals, and children.
- Created and coordinated a multidisciplinary treatment and referral network for pregnant and postpartum individuals, collaborating with local OB-GYN practices, birthing centers, midwives, psychiatrists, and healthcare providers in the Greater Brattleboro Area.
- Led community engagement efforts across rural and suburban environments, building trust with historically reluctant communities, including evangelical, Catholic homebirth groups, and new Mexican-American residents in Manassas City.
- Facilitated "Collaborative Office Rounds" to provide mental health education to local physicians and pediatricians, enhancing their ability to screen and address mental health issues in the community.
- Conducted diagnostic assessments and discharge planning for clients, families, and primary care physicians, ensuring continuity of care and appropriate treatment recommendations.
- Managed and supervised a team of seven clinicians, providing clinical oversight and facilitating weekly group supervision meetings with 4+ clinicians, a psychiatrist, and a nurse practitioner.
- Expanded the department by proposing and successfully hiring three additional full-time employees (FTEs) and one nurse practitioner, increasing the team's capacity to meet community needs.
- Engaged in expert witness testimony and deposition for clinically relevant cases in Windham County Family Court (2003–2010).
- Played a key role in advocating for perinatal mental health services and participated in community collaborations to develop solutions for healthcare barriers.
- Provided support groups for patients with perinatal mood and anxiety disorders (PMADs) and advocated for increased services for marginalized populations, including those experiencing poverty and chronic mental illness.

Healthcare and Rehabilitation Services | Bellows Falls, VT

August 2000 – April 2002

School-Based Clinician

- Provided individual and group psychotherapy to over 30 at-risk adolescents, utilizing art therapy, play therapy, systems theory, and cognitive-behavioral techniques to address emotional, behavioral, and mental health challenges in a community mental health setting.
- Delivered therapeutic support to chronically mentally ill and impoverished clients, ensuring access to appropriate mental health services and interventions tailored to their unique needs.
- Managed and coordinated documentation for over 27 active cases, including progress reports, IEP materials, Act 264 documentation, diagnostic assessments, and treatment plans, ensuring compliance with state and federal guidelines.
- Collaborated with educators, school administrators, and guidance departments to develop strategies for supporting the academic and social-emotional needs of students, advocating for effective interventions and accommodations.
- Provided crisis intervention and screening services for high school students, addressing acute mental health crises and ensuring immediate safety and appropriate referrals.
- Coordinated continuity of care by working closely with protective services, community organizations, educators, school nurses, special education staff, and other professionals, facilitating a multidisciplinary approach to student well-being.
- Developed and recommended individualized treatment plans and service recommendations to help students overcome mental health barriers and succeed academically and socially.
- Actively contributed to the school's crisis response team, offering mental health expertise during critical incidents involving students and their families.

Kurn Hattin Homes | Westminster, VT

August 1999 – August 2000

Staff Counselor

- Provided psychotherapy and case management services to at-risk youth in a residential school setting, utilizing art therapy, play therapy, systems theory, and cognitive-behavioral techniques to address a wide range of emotional and behavioral challenges.
- Co-facilitated therapeutic groups for school-age children, including those from chemically dependent households, tailoring interventions to meet diverse treatment needs.
- Managed documentation for 22 cases, including progress logs, service plans, IEP materials, and counseling reviews, ensuring timely and accurate record-keeping in compliance with school and state requirements.
- Provided leadership and guidance to residential staff, offering educational assistance and therapeutic support to enhance their understanding of students' needs and foster a positive living environment.
- Co-taught weekly social skills classes, promoting the development of communication, conflict resolution, and interpersonal skills among students.
- Conducted intake interviews for prospective students, assessing their therapeutic needs and suitability for the residential program.
- Developed and led two one-week summer adventure programs focused on building leadership, communication, and conflict resolution skills, providing a dynamic and experiential learning environment for participants.
- Coordinated continuity of care by collaborating with family outreach teams, residential staff, academic staff, and nursing staff, ensuring comprehensive support for each student's mental, emotional, and physical well-being.

Albion College | Albion, MI

August 1997 – June 1998

Wellness Education Coordinator

- Provided crisis counseling, disciplinary support, and wellness guidance for students and staff, serving as a key liaison between the student body and administration on health and wellness issues.
- Recruited, trained, supervised, and evaluated a team of student staff, contributing to the refinement of the staff selection process to ensure optimal fit and performance.
- Developed and led an HIV/AIDS prevention peer education group, empowering students to engage in health advocacy and spread awareness about HIV/AIDS prevention strategies.
- Educated students, faculty, and staff on a wide range of wellness topics, including nutrition, fitness, mental health, and sexual health, fostering a culture of holistic well-being across campus.
- Assisted in the development and implementation of new wellness programs focused on treatment and prevention, addressing critical issues such as eating disorders, grief and loss, conflict resolution, women's health, and HIV/STD prevention.
- Co-facilitated a sexual assault prevention and resource group, providing educational support and creating safe spaces for discussions around sexual health and violence prevention.
- Evaluated and redesigned the department's intake protocols, streamlining processes to improve efficiency and enhance the delivery of wellness services to students.

Education**University of Michigan | Ann Arbor, MI**

Master of Social Work – May 1997

- Major: Interpersonal Practice (IP Practice)
- Minor: Children and Families
- GPA: 8.066/9.0

Mount Holyoke College | South Hadley, MA

Bachelor of Arts in Russian Language and Literature – May 1995

- Minor: Music
- GPA: 3.53/4.0
- Honors: cum laude

Smith College | Northampton, MA

One-Year Advanced Practice Methods Program – Clinical Training on Children and Adolescents
2001–2002

Covington & Applegarth Online International Fertility Counseling Course
Fertility Counseling Postgraduate Course

September 2020 – June 2021

Professional Affiliations

- **National Association of Social Workers (NASW)** – Member

- **Greater Washington Society of Clinical Social Work (GWSCSW)** – Member

Certifications and Licenses

- Licensed Clinical Social Worker (LCSW) – VA
- Eligible for a Clinical Social Worker license in MD and DC
- Virginia: July 2010 – current: 0904007430
- Vermont: May 2, 2001 – January 31, 2012: 089.0000846

Sample of Professional Publications and Response Papers

- **“Providing a Life Vest: Choosing a Mental Health Provider for Your Child,”** *Parent Express*, Fall 2004.
- **“Managed Care, Medicaid & Medicare State Proposals,”** *Michigan State Legislature*, Response Paper, Spring 1997.

Sample of Lectures and Presentations

Screening, Diagnosis, and Referrals

- **“Diagnosis in the School Setting,”** *Retreat Health Care*, Summer 2003.
- **“Mental Health Evaluation of Children in a Primary Care Setting,”** *Brattleboro Memorial Hospital*, Fall 2004.
- **“ADHD in Children and Treatment Differentials in a Primary Care Setting,”** Fall 2004.
- **“Professional Networking and the Social Worker,”** *Mount Holyoke College*, Fall 2005.
- **“New Advancements in the Treatment of ADHD,”** *Brattleboro Retreat, Lunch Lecture Series*, Winter 2005.
- **“Suicidality and Self-Harming Behaviors,”** *Vermont Nurses Association Annual Conference*, Fall 2009.
- **“Identification and Screening of Bi-Polar II Patients in an Out-Patient Setting,”** with Tasha Farrar, MD, *Brattleboro Retreat*, Fall 2009.

Children and Families

- **“Family Intervention, Genograms and At-Risk Family Patterns,”** *Keene State College, Guest Lecturer*, Fall 2002.
- **“Child Development from an Attachment Perspective,”** *Vermont Family Court Conference*, Fall 2005.
- **“Child Development Guidelines and Thoughts,”** *Vermont Family Court Mediators*, Spring 2007.
- **“Parentally Bereaved Teens: Treatment Options,”** Spring 1998.
- **“Death and Dying and At-Risk Youths,”** Winter 1998 and Fall 1999.
- **“Children and Loss,”** *Kum Hattin Homes*, Fall 2000.

Reproduction and Mental Health

- **“Bi-Polar I/II and Depression, Pregnancy, Postpartum, the Neonate – Identification and Care,”** *Windham County Early Educators and Interventionists*, Fall 2009.
- **“Advanced Training in the Treatment of Perinatal People,”** *Postpartum Support Virginia*, December 2021.
- **“Antiracism in the Practice of Perinatal People,”** *Postpartum Support Virginia*, Spring 2021.
- **“Understanding PMADS/Perinatal Mood and Anxiety Disorders,”** *Postpartum Support Virginia*, Fall 2023, Spring 2023, Fall 2019, and Winter 2018.

Volunteer Work

- **Brattleboro Pastoral Counseling Center** – Board Member, 2000–2002
- **Postpartum Support Virginia** – Vice Chair, Board Member, 2020–2022
- **Postpartum Support Virginia** – Chair, Board Member, 2022–2023

- **Prince William County Committee for Persons with Disabilities** – Coles Magisterial District Representative, Term Expires December 31, 2027

References available upon request.