
Katherine (Katie) Salmons, LCSW, LCAS, CCS, MSW, QMHP
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(828) 357-7957

Passionate about helping people.
Motivated – Client Centered – Developed Leader – Compassionate

Education

Masters in Social Work - 8/2015 to 5/2018

University of North Carolina at Chapel Hill (Distance Education –Winston Salem)

- School Social Work Certification
- Substance Use and Addictions Specialist Program
- Prime Care Program and Stipend Recipient
- Association of Addiction Professionals Minority Scholarship Recipient

BS in Psychology (Minor: Health and Physical Education) - 8/2009 to 5/2012

Western Carolina University, Cullowhee, NC 28723

Overall GPA: 3.79

- Western Carolina Women's Soccer Team 2009-2012
- Western Carolina Women's Indoor Track Team in 2010/2011

Work Experience

Owner/Founder, KS Empowers, PLLC., Arden, NC 12/2021 – Present

- Provide individual mental health and substance use therapy to clients.
- Provide individual or group supervision for LCASA and LCSWA

Student/Family Coach, Elevate Family Services., USA, 1/2024 - Present

- Provide coaching to students and family following residential treatment.
- Preventing families from having to utilize residential settings.

Therapist, Betterhelp, Virtual, 6/2022 – Present

Clinical Supervisor, Asheville Academy, Black Mountain, NC 08/2021 – 12/2023

- Provide individual, group, and family therapy to a small caseload.
- Help oversee the clinical team with assistance of the clinical director.

Primary Therapist, Asheville Academy, Black Mountain, NC 02/2019 – 08/2021

- Provide individual, group, and family therapy to a caseload of up to 8 students.

Level III Clinician, Eliada Homes Inc, Asheville, NC 08/2018 – 02/2019

- Provide individual, group, and family therapy to all Level III students.
- Case management for all Level III students.
- Assist in Level III program development and provide clinical supervision to all staff.

Personal Trainer/Gold'sFit Coach, Gold's Gym, Asheville, NC 01/2017 – 03/2020 (Covid)

- Create fitness plans for individuals and groups to help reach fitness and health goals.
- Coach Gold'sFit classes to appropriate standard and inspire members.

Residential Coach, Eliada Homes Inc, Asheville, NC 08/2016 – 02/2017

- Train all residential staff in behavior management and other job responsibilities.
- Implement structure, consistency and lead groups within the four psychiatric residential treatment facilities and level III group homes in addition to manage crisis across campus.

Reynolds Team Leader, Eliada Homes Inc, Asheville, NC 10/2015 – 06/2016

- Supervisory responsibilities over 20+ staff, crisis management across campus, and implement structure and consistency within the Reynolds PRTF.

Reynolds Residential Counselor, Eliada Homes Inc, Asheville, NC 6/2014 – 10/2015

- Implement and monitor progress of individualized treatment plans for the adolescent female population in a locked Level 4 Psychiatric Residential Treatment Facility.
- Promote a therapeutic environment through Dialectical Behavioral Therapy.
- Ensure all documentation is up to company standards and communicated to coworkers to maintain consistency.

PRN Residential Counselor, *Eliada Homes Inc*, Asheville, NC 3/2014 – 6/2014

- Assist when needed by implementing and monitoring individualized treatments plans for a wide range of students in all five cottages/PRTFs.
- Promote a therapeutic environment through Dialectical Behavioral Therapy, Positive Peer Culture Model and Moral Recognition Therapy.

Community Skills Instructor, *Autism Society of North Carolina*, Asheville NC 3/2014 – 6/2014

- Maintained respite hours for families/care takers for people with autism.
- Facilitated 1 on 1 outings with children and adults with Autism to encourage essential community and social skills

Team Leader/Corp Member, *AmeriCorps National Civilian Community Corps*, 10/2013 – 3/2014

- Federal program dedicated to strengthen communities and develop leaders through team-based national and community service.
- Projects: West Generation Academy: Denver, CO (At-risk youth); Ferncliff Camp and Conference Center: Little Rock, AR (Infrastructure Improvement/Energy Conservation)

Counselor, *Camp Lakey Gap*, Black Mountain, NC 5/2013 – 7/2013

- Summer camp working 1 on 1 or 2 on 1 with people with autism of all ages and function level.

(All pre-undergraduate graduation work experience has been removed for the sake of space. Please request if needed.)

Other

Certifications

- NC Licensed Clinical Social Worker (LCSW)
- NC Licensed Clinical Addiction Specialist Associate (LCAS)
- Certified Clinical Supervisor (CCS)
- SC Licensed Clinical Social Worker - Virtual Only
- CT Licensed Clinical Social Worker (LCSW)
- Eye-Movement Desensitization and Reprocessing (EMDR) Trained
- Qualified Mental Health Professional: Adolescents

Recent Presentations

- **Parental Burnout and How to Help** - NATSAP - Fort Worth, TX 2023
- **Adolescent Technology Use: Addiction, Culture, or Both** - Virtual 2022- 2024
- **The Family Dynamics of Addiction: The Impact on Children** - Virtual 2022-2024
- **Normalizing and Responding to Mental Health Challenges in the Boarding School Setting** - Small Boarding School Association - Baltimore, MD 2022
- **Securing Outcomes: The Power of the Relationship Between Direct Care Providers and Clinician** - National Association of Therapeutic School and Programs (NATSAP) - Tucson, AZ 2022
- **Technology Addiction** - Asheville Academy Parent Seminar - Asheville, NC 2021
- **Benefits of Neurofeedback and Talk Therapy** - NATSAP Regional - Asheville, NC 2021

Unpaid Internships

Social Worker at Family Preservation Services – Asheville, NC (08/2017-05/2018)

- Co-Lead Adult and Adolescent Substance Use Groups
- Outpatient or school based therapy with individual clients including adolescents involved with the DJJ, ACT clients, Drug Treatment Court participants and other adults and adolescents under guidance of supervisors.

School Social Worker at Community High School – Swannanoa, NC (08/2016-06/2017)

- Advocate at a macro and individual level for all students within the alternative school
- Provide resources to students in need.
- Participate in various school improvement and behavior improvement groups

Guidance Counselor Intern at Jackson County School of Alternatives – Sylva, NC (2012-2013)

Guidance Counselor Intern at Smoky Mountain High School – Sylva, NC (2011-2012)