

# 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

---

Doctor of Health Administration (DHA) – Central Michigan University

- Dissertation: Deconstructing Social Capital: A Methodological and Comparative Analysis of U.S. CountyLevel Indices for Population Health 2025
- Committee: Dr. James Johnson (Chair), Dr. Nailya DeLellis, Dr. Dimitrios Zikos
- Graduate Certificate: International Health Systems (2024)

Master of Social Work (MSW) – University of Michigan

2010

- Concentration: Interpersonal Practice – Families and Youth □
- Minor: Human Services Management

Bachelor of Social Work (MSW) – Michigan State University

2009

---

## 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.

### Articles

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

Peer Reviewed

In Review

- Dingwell Frendt, N. What are social capital indices really measuring? A construct analysis. Target: Sociological Methods & Research.

Manuscripts in Preparation

- Dingwell Frendt, N. A comparative analysis of U.S. county-level social capital indices and mental health outcomes. Target: American Public Health Journal.

---

PRESENTATIONS

---

- 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.
- Zikos, D., & Dingwell Frendt, N. (2026, June 9–11). AI in HA education: Restoring active learning [Conference presentation]. AUPHA Annual Meeting, San Diego, CA, United States.

Presentations in Preparation

- Dingwell Frendt, N., & Cline, R. R. (2026). Applying the LESCANT framework to therapeutic alliance development with Afghan refugees: A cross-cultural communication analysis [Poster presentation]. 18th World Congress on Public Health, Cape Town, South Africa. (Proposed)

---

MEDIA AND INTERVIEWS

---

- Pilon, M., & Correa, C. (2019). Twisted: The story of Larry Nassar and the women who took him down [Audiobook]. Audible Originals. (Featured interview on mental health, trauma, and advocacy)

---

TEACHING EXPERIENCE

---

Adjunct Faculty & Field Supervisor – Touro University, MSW Online Global Program 2025 – Present • Delivered curriculum for Human Development – Person in Environment (660), and Changing Life Course (661), 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.

---

## MANAGEMENT EXPERIENCE

---

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.

---

## CLINICAL EXPERIENCE

---

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.

- 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.

- 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

---

## LICENSES & CERTIFICATIONS

---

- 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

---

## PROFESSIONAL ASSOCIATIONS

---

- 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