

Rachel R. Johnson, PhD, LPCC-S

## EDUCATION

### **Walden University, Minneapolis, MN**

2016-2024

Ph.D. in Counselor Education and Supervision, Focus in Forensic Mental Health

CACREP Accredited Program

Dissertation: The experiences of cisgender mental health professionals providing services to transgender and gender non-conforming individuals who voluntarily engage in sex work

### **Walden University, Minneapolis, MN**

2012-2015

M.S. in Clinical Mental Health Counseling

CACREP Accredited Program

### **Thomas More College, Crestview Hills, KY**

2008-2011

B.A. in Psychology, December 2011

### **Thomas More College, Crestview Hills, KY**

2008-2011

A.A. in English (Literature), December 2011

## PROFESSIONAL AFFILIATIONS

American Counseling Association; *Member*

Association for Counselor Education and Supervision; *Member*

Association of Counseling Sexology & Sexual Wellness; *Member*

Chi Sigma Iota, International Honor Society in Counseling; *Member*

Global Association of Human Trafficking Scholars; *Member & Scholar*

Golden Key International Honour Society; *Member*

The National Society of Leadership and Success; *Member*

Ohio Counseling Association; *Member*

Problem Gambling Coalition of Southwest Ohio; *Member & Chair*

Problem Gambling Network of Ohio; *Member & Fellow*

Psi Chi, International Honor Society in Psychology; *Member*

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities; *Member*

## HONORS AND AWARDS

**Ohio Counseling Association's Susan J. Sears Counselor of the Year Award**

October 2024

**Nominated: National Association of Social Workers – Ohio Chapter 2024 NASW Ohio Region  
6 Agency of the Year**

October 2024

**Nominated: Ohio Counseling Association's Tom Davis Outstanding Mentoring Award**

August 2024

**Nominated: Ohio Counseling Association's Professional Leadership Award**

August 2024

**Movers & Makers Cincinnati, Notables: Addiction and Recovery Services**

February 2023

**Ohio Counseling Association Leadership Certificate Program**

Completed March 2023

**Problem Gambling Network of Ohio Gambling Treatment Fellow**

Graduated June 2023

**Global Association of Human Trafficking Scholar**

July 2021-July 2024

**Center for Addiction Treatment Outstanding Employee of the Year Award**

December 2021

**Top CAT Award**

October 2021, August, 2022, September 2022

**Dean's List**

2008-2012

**Thomas More College Presidential Scholarship**

2008-2012

**Academic Excellence Award for Research Presentation**

2011

## **LICENSURE**

**Licensed Professional Clinical Counselor-Supervisor**

January 2020-Current

Certified by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board

License Number: E.1800946-SUPV

**National Certified Counselor**

October 2015-Current

Certified by the National Board of Certified Counselors

**Licensed Professional Clinical Counselor-Supervisor**

January 2019-December 2021

Certified by The Kentucky Board of Licensed Professional Counselors

License Number: 252124

**Licensed Professional Clinical Counselor**

November 2018-January 2020 (advanced)

Certified by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board

License Number: E.1800946

**Licensed Professional Counselor**

October 2015- November 2018 (advanced)

Certified by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board

License Number: C.1400643

**RESEARCH EXPERIENCE**

**Doctoral Dissertation**

September 2017-May 2024

PhD in Counselor Education and Supervision Program

Walden University

*Dissertation Chair:* Dr. Mary Kate Reese

*Committee Member:* Dr. Geneva Gray

*Research:* The experiences of cisgender mental health professionals providing services to transgender and gender non-conforming individuals who voluntarily engage in sex work

**Undergraduate Research/Presenter**

January 2011-March 2011

Psychology Lab

Thomas More College

*Supervisor:* Lawrence Boehm, Ph.D.

*Research:* Biases and Law Offenders

*Conference:* Mid-American Undergraduate Research Conference

**PRESENTATION EXPERIENCE**

**The Intersection of Problem Gambling and Mental Health Disorders**

March 28, 2025

Problem Gambling Coalition of Southwest Ohio and Center for Addiction Treatment CEU Day Event

**Building Gambling Treatment Sustainability in Your Agency**

March 29, 2024

Problem Gambling Coalition of Southwest Ohio and University of Cincinnati School of Social Work CEU Day Event

**Gambling Disorder Treatment and Application**

September 15, 2023

Problem Gambling Coalition of Southwest Ohio and University of Cincinnati School of Social Work CEU Day Event

**Ohio Gambling Treatment Fellowship Case Conceptualization**

June 23, 2023

Ohio Gambling Treatment Fellowship Presentations

**Problem Gambling Continuum of Care Panel**

March 31, 2023

University of Cincinnati's Social Work Alumni Day

**Clinical Implications for Work With Transgender Survivors of Human Trafficking**

October 2022

All Ohio Counselors Conference

**Clinical Implications for Work With Transgender Survivors of Human Trafficking**

September 22, 2022

International Human Trafficking and Social Justice Conference 2022

**Clinical Implications for Work With Transgender Survivors of Human Trafficking**

February 4, 2022

End Slavery Cincinnati's 2022 Anti-Human Trafficking Conference

**Addiction & Human Trafficking**

October 6, 2021

End Slavery Cincinnati's October Webinar

**Resiliency Factors in Human Trafficking Population**

September 23, 2021

International Human Trafficking and Social Justice Conference 2021

**Resiliency Factors in Human Trafficking Population**

January 29, 2021

End Slavery Cincinnati's 2021 Anti-Human Trafficking Conference

**National Recovery Month Panelist**

September 26, 2020

Mental Health America of Northern Kentucky and Southwest Ohio's National Recovery Month  
Virtual Block Party

**Trauma-Informed Care for Youth Populations**

February 29, 2020

Boone County Youth Mental Health Summit

**Therapist Efficacy with Trafficked Humans**

January 25, 2019

End Slavery Cincinnati's 2019 Anti-Human Trafficking Conference

**Counseling Procedures and Strategies with Addicted Populations**

March 1-2, 2018

Addiction Services Council's 2018 Chemical Dependency Professional Training

**Biases and Law Offenders**

March 2011

Mid-American Undergraduate Research Conference

**TEACHING EXPERIENCE****Contributing Faculty**

April 2021-Current

COUN 6100: Introduction to Clinical Mental Health Counseling; COUN 6202: Theories, Treatment, & Case Management of Addictions; COUN 6250: Group Process and Dynamics; COUN 6316: Techniques in Counseling; COUN 6730: Counseling Addictive Disorders

M.S. in Clinical Mental Health Counseling Program

College of Social and Behavioral Sciences

Walden University

*Supervisor:* Carrie Lynn Bailey, PhD; Kristen Lister, PhD; Alejandra Chavez Stuart, PhD

*Responsibilities:* Presented and educated regarding basic counseling skills, monitored student engagement, assessed basic and advanced skill development; Presented and educated regarding introductory information and skills related to clinical mental health counseling, including historical, philosophical, and theoretical underpinnings, and practice of clinical mental health counseling.

Educated and explored scope of practice, setting, credentialing, and other professional issues while monitoring and assessing student engagement. Managed and monitored required weekly KPIs.

**Teaching Assistant**

August 2020-February 2021

Theories of Counseling

M.S. in Clinical Mental Health Counseling Program

Walden University

*Instructor:* Kimberly Mason, PhD

*Responsibilities:* Answer student questions, present and educate regarding basic counseling theories, monitor student engagement, assess basic and advanced skill development.

**Skills Mentor**

August 2020-February 2021

M.S. in Clinical Mental Health Counseling Practicum

Walden University

*Instructor:* Nina Spadaro, PhD

*Responsibilities:* Provide mentorship and advocacy for students referred for counseling skills remediation plans. Coordinate with faculty to identify progress and plans for remediation.

**Co-Teacher**

June 2018

M.S. in Clinical Mental Health Counseling Practicum

Walden University

*Instructor:* Matthew Buckely, PhD

*Responsibilities:* Answer student questions, present and educate regarding basic counseling skills, monitor student engagement, assess basic skill development.

**Co-Teacher**

June 2017

M.S. in Clinical Mental Health Counseling Residency I: Basic Counseling Skills

Walden University

*Instructor:* Kimberly Mason, PhD

*Responsibilities:* Answer student questions, present and educate regarding basic counseling skills, monitor student engagement, assess basic skill development.

**Co-Teacher**

June 2017

M.S. in Clinical Mental Health Counseling Practicum

Walden University

*Instructor:* Shonda Akins, PhD

*Responsibilities:* Answer student questions, present and educate regarding counseling skills in practice, supervise clinical experience of counselors-in-training in field experience. Experience conducted online and via videoconference.

## **CLINICAL EXPERIENCE**

### **Co-Founder**

August 2024-Current

EmpowHer Consultation Solutions, LLC

*Major Duties:* Co-founder of EmpowHer Consultation Solutions, LLC., providing expert clinical services, including direct care counseling, consultation, training, and supervision.

### **Vice President of Clinical Services**

June 2023-Current

Center for Addiction Treatment

*Supervisor:* Patti Webb

*Major Duties:* Provided program development, direction, coordination of services, and supervision of clinical counseling, case management, and certified peer support teams for inpatient and outpatient services encompassing ASAM level 1.0, 2.1, 2.5, and 3.5-3.7, including co-occurring mental health, substance use, and gambling disorder treatment and medication-assisted treatment, including diagnostic assessments and counseling services. Provided direct oversight of the Patient Access department and Outreach department. Collaborated with program directors, supervisors, and providers in inpatient, outpatient, family, gambling disorder treatment and medical services within the agency. Developed and implemented evidence-based curriculums for counseling programs. Monitored and implemented strategies to enhance program budget and revenue. Assisted in identifying, writing, and submitting grant applications at local and federal levels. Developed and implemented Clinical Training Series. Wrote submission for and granted learning opportunity while serving as coordinator for the Addiction Policy Forum's Anti-Stigma Initiative 2023-2024. Served on team for Institute for Healthcare Improvement's Pursuing Equity Learning Network 2023-2024. Served as Chair of the Problem Gambling Coalition of Southwest Ohio 2023-2026. Provided education to college students regarding substance use and gambling disorders prevention and treatment on behalf of CAT and OARP. Wrote grant submission for 2024 Direct Services for Victims of Human Trafficking and awarded grant. Developed and implemented Anti-Human Collaboration Board in Cincinnati, Ohio. Wrote grant submission for Ohio's 2024 State Opioid and Stimulant Response (SOS) 4.0 Grant and awarded grant.

### **Senior Director of Clinical Services**

February 2022-June 2023

Center for Addiction Treatment

*Supervisor:* Kat Engle, Patti Webb

*Major Duties:* Provided direction, coordination of services, and supervision of clinical counseling and case management teams for inpatient and outpatient services encompassing ASAM level 1.0, level 2.1, and level 3.5-3.7, including co-occurring mental health and substance use treatment and medication-assisted treatment, including diagnostic assessments and counseling services. Developed and implemented an Intensive Outpatient Program and Problem Gambling Program. Revision and implementation of Case Management, Family Program, and Peer Support Services programs.

Collaborated with program directors, supervisors, and counselors in inpatient, outpatient, family, and medical services within the agency. Developed and implemented evidence-based curriculums for counseling programs. Monitored and implemented strategies to enhance program budget and revenue. Developed and implemented Clinical Training Series, topics including Clinical and Objective Documentation, Assessment and Diagnostic Overview, Substance Use Diagnoses and Treatment, Mood Disorder Diagnoses and Treatment, Psychotic Disorder Diagnoses and Treatment, Personality Disorder Diagnoses and Treatment, PTSD Diagnosis and Treatment, Level of Care Assessment and Referral, Grief and Trauma, ADHD Diagnosis and Treatment, LGBTQIA+ Cultural Competency, Providing Services to Sex Workers, Appalachian Cultural Competency, Group Dynamics, Suicide Risk Assessment, and Treatment Planning.

### **Director of Outpatient Clinical Services**

October 2021-February 2022

Center for Addiction Treatment

*Supervisor:* Kat Engle

*Major Duties:* Provided direction, coordination of services, and supervision of clinical counseling and case management team for outpatient services encompassing ASAM level 1.0, level 2.1, co-occurring mental health and substance use treatment, and medication assisted treatment, including diagnostic assessments and counseling services. Developed and implemented an Intensive Outpatient Program. Collaborated with program directors, supervisors and counselors in residential, family, and medical services within the agency.

### **Outpatient Supervisor**

February 2021-October 2021

Center for Addiction Treatment

*Supervisor:* Jacob Beuerlein, LPCC-S

*Major Duties:* Provided clinical supervision to a team of counselors providing outpatient and medication assisted treatment services, including diagnostic assessments and counseling services meeting criteria for ASAM Level 1.0 and Level 2.1. Developed and implemented an Intensive Outpatient Program. Collaborated with program supervisors and counselors in residential, family, and medical services within the agency.

### **Independent Telehealth Counselor (Part-time, Contract)**

January 2020-May 2021

BetterHelp

*Major Duties:* Provided telehealth services to a variety of clients presenting with a range of symptoms, including mild to moderate mental health diagnoses, with a focus on COVID-19 stress relief.

### **Therapist**

December 2019-February 2021

FamilyCare Counseling Solutions

*Supervisor:* Derrick Trammel, LPCC-S

*Major Duties:* Provided outpatient counseling to clients with mental health and substance use disorders. Developed and implemented an Intensive Outpatient Program in a private practice setting. Developed policy and procedures manuals for practice and Alcohol and Other Drug Entities



(AODE) accreditation. Wrote marketing articles and information pamphlets for programs offered at the private practice.

### **Outpatient Therapist III**

January 2020-September 2020

Center for Addiction Treatment

*Supervisor:* Jeremy Jordan, LPCC-S

*Major Duties:* Provided clinical counseling for clients in outpatient services, including diagnostic assessments, medication assisted treatment program, and counseling services meeting criteria for ASAM Level 1.0. Collaborated with service providers in other programs within the agency for continuum of services.

### **Clinical Supervisor, Men's Residential Treatment Program**

August 2019-January 2020

Transitions, Inc.

*Supervisor:* Derrick Trammel, LPCC-S

*Major Duties:* Provided clinical and administrative supervision to counselors and support staff on the men's unit in a residential treatment program for substance use disorders. Provided individual and group clinical counseling, treatment planning, and case management to residential male clients. Collaborated with intra-agency providers and community partners for continuum of services.

### **Child and Adolescent Therapist (Part-time, Contract)**

August 2019-January 2020

Benchmark Family Services

*Supervisor:* Katie Ebbing, LSW

*Major Duties:* Provided counseling to children in the foster care system in rural Kentucky. Collaborated with counselors and case managers within the agency for continuum of services.

### **Forensic Assertive Community Treatment Diagnostician**

December 2018-August 2019

Greater Cincinnati Behavioral Health Services

*Supervisor:* Kevin Waite, LISW

*Major Duties:* Provided diagnostic assessment, clinical counseling, and case management to clients meeting criteria for assignment to the Forensic Assertive Community Treatment team. Specifically worked with clients diagnosed with severe mood or psychotic disorders with recent release from incarceration due to murder, assault, or sexual offense convictions. Collaborated with community providers and resources for re-entry purposes.

### **Outpatient Therapist and Quick Response Team Clinician**

November 2017-December 2018

Addictions Services Council

*Supervisor:* Dr. Maryann O'Malley, LPCC-S

*Major Duties:* Provided individual and group clinical counseling for clients seeking outpatient services for substance use disorders. Provided specialized individual and group counseling for substance use with clients referred from re-entry programs from the federal prison system. Served as clinician on Quick Response Team and collaborated with Certified Peer Support and local law

enforcement to engage people in treatment after overdosing on opiates, reported through emergency services, within one week of reported overdose.

### **Outpatient Mental Health and Substance Use Disorder Therapist**

April 2017-November 2017

Solutions Community Counseling and Recovery Centers

*Supervisor:* Michelle Box, LISW-S

*Major Duties:* Provided individual and group clinical counseling for clients diagnosed with substance use and mental health disorders. Provided standard outpatient services at ASAM Level 1.0 for substance use disorders. Conducted diagnostic assessments and created treatment plans and recommendations.

### **Treatment Service Provider III**

June 2016- April 2017

First Step Home

*Supervisor:* Dr. Maryann O'Malley, LPCC-S

*Major Duties:* Provided individual and group clinical counseling in a residential setting for women with substance use disorders. Served as liaison and primary counselor for referrals from CHANGE Court, focusing on women with substance use disorders and charges related to sex work and solicitation.

### **Team Lead/Clinician**

May 2014-June 2016

Greater Cincinnati Behavioral Health Services

*Supervisor:* Heather Cokl, LPCC and Neal O'Connor, LSW

*Major Duties:* Provided leadership and administrative supervision to the Intensive Secondary Services Team. Provided diagnostic assessments and clinical counseling to clients meeting criteria for Adult Forensic Team and Transition to Independence Program. As a care manager, case management of transition age youth in Hamilton County, Ohio, crisis stabilization and independent living skills training, provided information and education to case management team and clients regarding integrated dual diagnosis treatment, served as the team substance abuse specialist and assisted in making referrals and coaching on relevant tools and education.

### **Counselor Intern**

December 2014-May 2015

Greater Cincinnati Behavioral Health Services

*Supervisor:* Julie Fels, LPCC-S

*Major Duties:* Provided clinical mental health counseling under supervision to clients with mild to severe mental illness diagnoses. Facilitated group counseling. Promptly and effectively entered progress documentation and data.

## **VOLUNTEER EXPERIENCE**

**Problem Gambling Network of Ohio's Clinical Fellowship Application Reviewer**  
September 2024

**All Ohio Counselors Conference Proposal Reviewer**  
June 2023

**Ohio Counseling Association Spring Conference Proposal Reviewer**  
January 2023

**19th Ohio Problem Gambling Conference**  
February 2022

**Global Association of Human Trafficking Scholars- *Developing Scholar Member***  
July 2021-Present

**Emancipation Nation Network-*Member***  
September 2021-Present

**All Ohio Counselors Conference Student Volunteer**  
November 2017

### **Media Appearances and Interviews**

#### **WLWT News 5**

Interviewer: Todd Dykes

Title: Gambling expert: Teen use of 'social sportsbooks' could lead to problems as adults

Date: March 21, 2024

URL:

<https://www.wlwt.com/article/social-sports-books-virtual-coins-teen-usage-problems/60265674>

#### **Movers & Makers Cincinnati**

Interviewer: Casey Weldon

Title: State awards \$753K in local grants to aid trafficking survivors

Date: February 23, 2024

URL:

<https://moversmakers.org/2024/02/23/state-awards-753k-in-local-grants-to-aid-trafficking-survivors/>

#### **Cincinnati Edition**

Interviewer: Lucy May

Title: A year into Ohio's legalized sports betting, gambling addiction is on the rise

Date: February 7, 2024

URL:

<https://www.wvxu.org/show/cincinnati-edition/2024-02-07/ohio-sports-betting-gambling-addiction-rising>

**NPR: The Ohio Newsroom**

Interviewer: Kendall Crawford

Title: Gambling addiction is on the rise in Ohio. Advocates are working to meet the demand

Date: January 18, 2024

URL:

<https://www.wvxu.org/2024-01-18/gambling-addiction-is-on-the-rise-in-ohio-advocates-are-working-to-meet-the-demand>

**Local 12 News WKRC**

Interviewer: David Winter

Title: Local Overdose Calls to 911 Increasing at Alarming Rate

Date: October 12, 2023

URL:

<https://local12.com/news/local/drug-overdose-emergency-911-calls-study-increase-drugs-fentanyl-addiction-treatment-percocet-narcan-addictive-disorder-xylazine-catsober-od-overdosing-alert-cincinnati-ohio>

**Journal News: Butler County's Local News Now**

Interviewer: Ginny McCabe

Title: Gambling Addiction Treatment is Focus of Event for Area Social Workers, Counselors

Date: September 14, 2023

URL:

<https://www.journal-news.com/news/gambling-addiction-treatment-is-focus-of-event-for-area-social-workers-counselors/5NCBUNBELREMXXKLCC4MP2MR2U4/>

**Your Greater Cincinnati Nonprofit News**

Interviewer: N/A

Title: People on the Move

Date: June 29, 2023

URL:

<https://myemail.constantcontact.com/Your-Greater-Cincinnati-Nonprofit-News-6-29-23.html?soid=1103604999136&aid=0TufGYf5pds>

**WCPO 9 News**

Interviewer: Bret Buganski

Title: Ohio Grosses More than \$1.7 Billion in Sports Gambling for January, February

Date: April 6, 2023

URL: <https://www.yahoo.com/lifestyle/ohio-grosses-more-1-7-105520280.html>

**Spectrum News 1**

Interviewer: Michelle Alfini

Title: Addiction Counselors See Rise in Women Seeking Treatment

Date: January 30, 2023

URL:

<https://spectrumnews1.com/oh/columbus/news/2023/01/19/addiction-counselors-see-rise-in-women-seeking-treatment>

**WCPO 9 News**

Interviewer: Dan Monk

Title: Is Ohio's Approach to Sports Gambling a "Slippery Slope" to Creating Addicts?

Date: January 5, 2023

URL:

<https://www.wcpo.com/news/local-news/i-team/is-ohios-approach-to-sports-gambling-a-slippery-slope-to-creating-addicts>

**Cincinnati Enquirer**

Interviewer: Quinlan Bentley

Title: A Decade After Casinos Open, Ohio Takes a Bet on Sports

Date: December 29, 2022

URL:

<https://www.cincinnati.com/restricted/?return=https%3A%2F%2Fwww.cincinnati.com%2Fstory%2Fnews%2F2022%2F12%2F29%2Fa-decade-after-casinos-ohio-takes-a-bet-on-sports-betting%2F69705411007%2F>

**Cincinnati Edition**

Interviewer: Lucy May

Title: Gambling Addiction Segment

Date: April 6, 2022

URL:

<https://www.wvxxu.org/show/cincinnati-edition/2022-04-06/what-will-sports-betting-in-ohio-mean-stuggle-gambling>

**WORK EXPERIENCE****Ghost Writer (Part-time, contract)**

June 2017- January 2019

Verblío, Online

*Supervisor:* Verblío Professional Staff

*Major Duties:* Wrote anonymous blog articles regarding specific topics for unnamed customers.

**Phase II Resource Specialist**

January 2012-May 2014

Brighton Recovery Center for Women, Florence, Kentucky

*Supervisor:* Christopher Mueller, MSW and Michelle Westerkamp

*Major Duties:* Case management of residential clients and program alumni, provided resources and referrals to clients for medical needs, career planning, and housing options, created and implemented programs and curriculum for the improvement of client lifestyles, data collection for monthly and quarterly statistics. Provided services to inmates as the Alcohol and Drug Intervention Facilitator at Kenton County Detention Center, supervised and interpreted results of urinalysis and breathalyzer tests, maintained residential security and census monitoring, aided residents with emotional support, daily planning, and emergency situations after hours.

### **Intern**

March 2011-June 2011

INNOVATIONS Program, Cincinnati Children's Hospital, Cincinnati, Ohio

*Supervisor:* Dr. Maria McLean

*Major Duties:* Scored, assessed, and entered data for the Bracken School Readiness Assessment, edited social media websites, edited and uploaded multimedia for websites and publications, created instructional guides for scoring the Bracken School Readiness Assessment and multimedia editing.