

# Laura Meader, MA, LICSW

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## EDUCATION

09/2016- 06/2018

Masters of Arts in Social Work  
The University of Chicago  
Crown Family School of Social Work, Policy, and Practice  
Clinical Concentration in Older Adult Studies

09/2003-06/2007

Bachelor of Science in Business Administration  
American University  
Kogod School of Business  
Concentration in Finance

## LICENSURE & STATE CERTIFICATION

Licensed Independent Clinical Social Worker, WA State, LW61220321  
WA State approved Clinical Supervisor

## CURRICULUM DEVELOPMENT

01/2023

*Contributing subject matter expert:*  
Regensburg, MAED, A. (n.d.). Instructor Guide. In *Substance Use Disorder, Level 1 for Individual Providers Capable Caregiving*. story, Aging and Long-Term Support Administration. Retrieved from <https://www.dshs.wa.gov/sites/default/files/publications/documents/22-1904.pdf>.

12/2022

Statewide Trainings in Harm Reduction and Trauma Informed Practice for The Recovery Navigator Program, facilitated by En Route Consulting

## PUBLICATIONS AND PRESENTATIONS

Barton, R. M., **Meader, L.C.**, Simpson, T. L., & Greenfield, S. F. (2022). An adaptation of the Women's Recovery Group for women veterans with substance use disorders: a quality improvement project. *Alcoholism Treatment Quarterly*, 1-14.

**"Public Health Approach to Harm Reduction,"** Guest Lecture, CESATE Interdisciplinary Substance Abuse Seminar, Addiction Treatment Center, Seattle VA Medical Center, February 2024.

**"WA State Senate Bill 5195: The Potential Implications for OB Emergency Departments and/or OB Triage"** Presenter, Washington State Hospital Association, January 2022.

## CLINICAL EXPERIENCE

02/2025- PRESENT

### **Clinical Supervisor**

Kathryn Zawislak Therapy & Associates Behavioral Health Agency, Puyallup, WA

- Provides clinical supervision to 15 associate level clinicians and clinical interns on a weekly basis. Facilitate weekly consultation group for clinically licensed staff.

08/2024- PRESENT

### **Founder/ Psychotherapist**

Crescent Moon Therapy, University Place, WA

- Provides virtual individual psychotherapy and intake assessments with clients, primarily focused on anxiety disorders, OCD, and reproductive mental health
- Manages all business operations.
- Consults for Madrona PT, a pelvic floor PT clinic, providing integrated mental health services for their patients, staff consultation, and trauma-informed intake screening.

05/2020-10/2021

### **Clinical Social Worker**

VA Puget Sound Health Care System, Seattle, WA

- Served as the primary clinical social worker responsible for the case management and mental health care provision for a caseload of 40 veterans with opioid use disorder receiving care at the Addiction Treatment Center. Delivered evidenced based interventions and modalities including MI, brief interventions and psychoeducation, cognitive behavioral therapy (CBT), brief solution focused therapy, and harm reduction strategies. Responsible for assessment and referrals to appropriate levels of care including inpatient and residential coordination.
- Co-designed, developed, and implemented a multi-site harm reduction program aimed at reducing and avoiding overdoses in the veteran population by providing access to fentanyl test strips and overdose prevention education. Created and facilitated staff training, marketing materials, an evaluation survey, and served as a subject matter expert.
- Partnered with facility pharmacy, nursing, and social work teams to advocate for and educate VA leadership on the strategic value of harm-reduction; resulted in increasing access to naloxone for over 125 patients

08/2019-05/2020

### **CESATE Social Work Fellow**

VA Puget Sound Health Care System, Seattle, WA

- Selected for one of two social work fellows participating in an interdisciplinary, post-graduate training in substance use and co-occurring disorder treatment.
- Managed a case load of veterans co-occurring disorder, specializing in veterans with opioid use disorder. Performed comprehensive and differential diagnostic intake assessments which included identification of psychosocial and case management needs for veterans.
- Delivered evidence-based and evidence-informed psychotherapy to groups and individuals. Utilized treatment modalities including motivational interviewing (MI), motivational enhancement therapy (MET), contingency management (CM), relapse prevention skills, CBT, and dialectical behavioral therapy (DBT).
- Owned the Seattle VA launch of a national initiative to increase patient engagement with SUD medication. Piloted a contingency management for injectable naltrexone program with mechanisms to collect data and evaluate efficacy against benchmarks.

06/2018-08/2019

**Inpatient Social Worker**

St. Anne Hospital, Virginia Mason Franciscan Health, Burien, WA

- Performed assessments, mental health evaluations, substance use consultations and crisis intervention and de-escalations focusing on the biopsychosocial needs of patients and families. Led discharge planning activities in partnership with the care team and patient including short and long-term care planning across med-surg, emergency department, birth unit, and telemetry units.

**POLICY & PROFESSIONAL EXPERIENCE**

04/2023-09/2024

**Director of Operations, Overdose Prevention & Response Team**

Public Health Seattle & King County, Seattle, WA

- Supervised a team of 10 program managers charged with addressing King County's overdose prevention and response activities through a multi-pronged, data-informed approach including grant administration, innovative program design and implementation, and community partnerships. Oversaw a team expansion, doubling personnel and budget while implementing effective policies and systems for grants, project management, and contracting.
- Oversaw county-wide, overdose prevention training program and curriculum development, including ongoing quality improvement and community feedback.
- Secured funding and launched a five year, \$15.575M cross-departmental Centers for Disease Control and Prevention Overdose Data to Action: Limiting Overdose through Collaborative Actions in Localities (OD2A: LOCAL) grant aimed at increasing linkage and retention in care in King County for people at risk of opioid overdose. *Role:* Co-Principal Investigator (Finegood)
- Contracted with UW Harborview ED Medicine to provide a 24/7 tele-prescribing line; increasing access to evidence-based medications for opioid use disorder (MOUD) to upwards of 800 King County residents a year.

10/2021-03/2023

**Director, Overdose Reversal Medication Program**

WA State Health Care Authority, Olympia, WA

- Led the statewide implementation of SB 5195, a bill requiring all emergency departments (EDs) and licensed behavioral health agencies (BHAs) to provide naloxone at the point-of-care to those at risk of overdose. Led all statewide community-related trainings, technical assistance, and drove collaboration with internal & external stakeholders to remove barriers to access; drove adoption of evidence-based practices for overdose prevention for organizations in WA.
- Identified a Medicaid billing error that was only reimbursing over 1000 clinics at 50% of the cost of naloxone, forcing them to operate at a financial loss to comply with the law; drove billing resolution that resulted in clinics being fully reimbursed and ultimately lowered financial barriers to making naloxone available to overdose-vulnerable populations.
- Authored two comprehensive implementation toolkits and various patient-education materials on harm reduction, medications for opioid use disorder (MOUD), and overdose response; resulted in a suite of standardized HCA resources for distribution to all opioid treatment programs, EDs, and BHAs throughout Washington.
- Designed a series of resource materials to support local implementation of the SB 5195 law, including FAQs, fact sheets, and billing guidance; launched a program-specific webpage that serves as a central repository for supporting documentation and established mechanisms to keep stakeholders updated on cross-divisional program updates.

- 03/2010-08/2016      **Vice President, Middle Market Banking**  
 Bank of America Merrill Lynch, Chicago, IL
- Responsible for half of all domestic credit transactions and client engagements for security alarm companies with annual revenues ranging from \$50 million to \$5 billion.
- 06/2007- 02/2010      **Officer, Commercial Real Estate Banking**  
 Bank of America Merrill Lynch
- Led the credit approval process for a portfolio of construction and bridge loans in commercial real estate. Responsibilities included underwriting, complex contract negotiation and documentation, forecast modeling, and quarterly reporting.

**QUALIFICATION SKILLS SUMMARY**

Biopsychosocial-Spiritual Assessments • DSM-5 Diagnosis • Clinical Case Management • Safety Planning & Risk Assessment • Crisis Intervention • Evidence Based Practice • Joint Commission Rules & Regulations Methadone/Suboxone • Medication Assisted Treatment • Advocacy • Harm Reduction • Recovery Management Principles • Electronic Medical Record Legal and Policy Analysis • Program Development & Evaluation • Quality Improvement • Public Health Policy • Contingency Management • Telehealth • Measurement Based Care • Group Facilitation • Virtual and Live Training • Supervision • ERP • I-CBT • ACT

**RELEVANT CERTIFICATIONS & TRAININGS**

- 2025      Inferential Cognitive Behavioral Therapy for OCD (I-CBT), OCD Training School  
 2025      Advanced Perinatal Mental Health Psychotherapy, Postpartum Support International  
 2024      Maternal Mental Health Certificate, PSI & Policy Center for Maternal Mental Health  
 2020      Motivational Interviewing & MET Certification, Veterans Affairs  
 2019      Point of Care Testing in Contingency Management, VA Seattle  
 2018      Certified Opioid Overdose Responder, Chicago Recovery Alliance  
 2018      Certificate in Trauma Informed Care, University of Chicago

**PROFESSIONAL SERVICE & COMMITTEE MEMBERSHIP**

- 2023-2024      WA State Opioid Settlement Workgroup, *Member*  
 2021-2022      WA State Opioid and Overdose Response Workgroup, *Member*  
 2020-2021      VA Puget Sound Women’s Mental Health Consultation Group, *Member*  
 2020-2021      VA Puget Sound Social Work Diversity, Equity, and Inclusion Committee, *Member*  
 2019-2020      VA Puget Sound Office Based Buprenorphine Workgroup, *Member*  
 2019      CESATE Social Work Fellowship Committee, *Member*