

## **Meghan Rauen – LCMHC/NCC**

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### **Education:**

#### **Wake Forest University Department of Counseling**

Winston Salem, NC

Masters of Arts in Clinical Mental Health Counseling, 2019

**Awards:** Chi Sigma Iota Pi Alpha Honors Society

#### **Wake Forest University Center for Bioethics, Health and Society**

Winston Salem, NC

Masters of Arts in Bioethics, May, 2015

*Thesis: Decoding Miracles - The ethics of engaging religious perspectives in the Neonatal Intensive Care Unit*

**Awards:** Entrepreneurial Summer Fellows Internship Program from the WFU Center for Innovation, Creativity and Entrepreneurship Summer 2015 *Project:* Day Conference at UT Houston Medical Center, in conjunction with DHHS Texas and Texas Children's Hospital.

#### **The University of North Carolina at Chapel Hill**

Chapel Hill, NC

Bachelor of Arts in Philosophy (Value Theory) and Political Science, August, 2017

### **Specialized Training and Certifications:**

#### Bioethics/Medical Ethics

- Biomedical Research Ethics
- Bioethics at Work: The IRB
- Neuroethics
- Clinical Ethics
- Ethics of Health Care Communication
- Independent Research Study: Neonatal Intensive Care Unit Communications - Brenner's Children's Hospital, Winston-Salem, NC.
- Spiritual Care Workshop: An Interprofessional Model of Spiritual Assessment and Treatment. Christina Puchalski, MD, MS. George Washington University. Fourth Annual Conference on Religion and Medicine, Cambridge, MA.

#### Clinical Mental Health Counseling

- Psychospiritual Care for Bereaved Children, Youth, and Families. Dr. Tonya D. Armstrong, PhD, MTS Armstrong Center for Hope, Continuing Education- Greensboro, NC AHEC
- Ecosystem Structural Family Therapy Certified.

CITI Certified- 2015- Present

Certified Bereavement Doula- Stillbirthday University '15

Certified Hospice Companion- Reiki Awakening Academy

Licensed Clinical Mental Health Counselor (15394)- NC Board of Clinical Mental Health Counseling

Nationally Certified Counselor- National Board of Clinical Counselors

## **Work Experience:**

### **Owner, Operator, Mental Health Counselor and Consultant: Huma Counseling and Consultation**

Wake Forest, NC

March 2023-Present

- Provide outpatient therapy to children, adolescents and adults.
- Develops individualized treatment plans, diagnosis, and weekly progress notes.
- Coordinates care with associated care teams, makes referrals for psychological and neurological assessments.
- Maintain up-to-date client records, and prepare the necessary reports.
- Provides consultation, training and teaching to medical professionals, educators and therapists.
- Develops business plan and coordinates communications and business development with administrative staff.

### **Mental Health Counselor and Site Supervisor: Wake Counseling and Mediation**

Raleigh and Wake Forest, NC

December 2020-Present (Counselor) February 2022-January 2023 (Site Supervisor)

- Provide outpatient therapy to children, adolescents and adults.
- Develops individualized treatment plans, diagnosis, and weekly progress notes.
- Coordinates care with associated care teams, makes referrals for psychological and neurological assessments.
- Maintain up-to-date client records, and prepare the necessary reports.
- Develops training and development for clinical team.
- Discusses and provides support and direction for clinicians regarding ethical and evidence based clinical interventions.
- Assists ownership and Clinical Supervisor on clinical and business development as well as networking.
- Monitors clinician productivity and assists in practice data collection, review and management.

### **Mental Health Counselor, Your Journey Through**

Wake Forest, NC

December 2020-Present

- Provide outpatient therapy to children, adolescents and adults.
- Develops individualized treatment plans, diagnosis, and weekly progress notes.
- Coordinates care with associated care teams, makes referrals for psychological and neurological assessments.
- Maintain up-to-date client records, and prepare the necessary reports.
- Assists ownership with business development and networking.

### **Mental Health Counselor, Team Lead: Hope Services LLC**

Raleigh, NC

June 2019- 2021

- Provide intensive in-home, crisis-oriented counseling and case management to youths and their families.
- Work with clients to foster the development of new improved coping, problem solving, and communication skills, case management, etc. and any goals as directly related to the client individualized service plan.
- Develops individualized service plans, quarterly reports, and weekly progress notes.
- Coordinates case management and care with associated care teams, makes referrals for psychological and neurological assessments.
- Implement service plans and monitor client's progress.
- Assesses and responds to family crisis calls.
- Maintain up-to-date client records, and prepare the necessary reports.

### **Clinical Mental Health Counselor Intern: Transitions LifeCare Kids**

Raleigh/Durham/Apex/Cary, N.C.

May 2018- May 2019

- Provide counseling services to parents, patients and siblings affected by terminal illness and loss of a child/family member.
- Communicates with multimodal team about care-goals and needs of patients and families.

- Communicates and advocates for the needs of patient/family's with their additional care teams, community support providers and educational providers.
- Create educational programs for community and clinicians to understand palliative care and the needs of patients and families facing terminal illness and end of life care.
- Create therapy and activity groups for parents, patients and siblings.
- Helping broaden and grow the program through research and needs assessments.

**Clinical Research Specialist: Duke Hospital, Adult Bone Marrow Transplant Program**

Durham, N.C.

April 2016-June 2019

- Assists in investigating incomplete, missing, or concerning medical results and records for patient going through the transplant process.
- Coordinates medical eligibility results with financial team to obtain insurance approval for transplant.
- Ensures that ethical conducts of research and treatment consent are followed, current, and complete for each patient.
- Communicates and coordinates with other treatment coordinators for treatment implementation and routine problem resolution. Write and speak clearly in a variety of settings and styles to convey messages and ideas effectively.
- Collects, maintains, and reports transplant related data to CIBMTR across a patient's lifetime following transplant.

**Founder: Avery's Angels Gastroschisis Foundation 2021 The Global Gastroschisis Foundation**

International September 2009- Present

Major Accomplishments:

- Established the Avery's Angels Gastroschisis Foundation Fellowship Program in memory of Navaiah Fulk with the Midwest Pediatric Surgical Consortium.
- Created a variety of programs to promote and provide education, awareness, and support for families, patients, and communities affected by the birth defect gastroschisis.
- Collaborate with large community hospitals with a diverse multi-cultural patient population including Brenners Children's Hospital, UNC Chapel Hill Children's Hospital, Cincinnati Children's Hospital, Boston Children's Hospital, Oxford Children's Hospital, Texas Children's Hospital (Houston), University of Texas Medical School (Department of Pediatrics), the University of Utah (Department of Pediatrics).
- Consultation with research organizations including the National Birth Defects Prevention Network, the Center for Disease Control, the National Organization of Rare Diseases, and the March of Dimes.
- Established collaboration with Beads of Courage, Peach's Neet Feet/Hustle Kindess, Intestinal Malrotation Foundation, Short Bowel Syndrome Foundation for Children of New England, Victory Junction, and Now I Lay Me Down to Sleep.
- Created an international campaign and established presence in collaboration Australia, South Africa, the United Kingdom, Canada and Croatia.
- Funded research for gastroschisis epidemiology with University of Utah and Harvard Genetics.
- Developed legal framework, budget, global growth, and fundraising strategies.
- Created volunteer training and implemented HIPAA compliance for all volunteers
- Responsible for communication with the official Board.

**Research**

**The Gutsy Perspective**- research project driven by the SBS (short bowel syndrome) community to capture patient perspectives on QOL with SBS. Recent publication: A beautiful struggle; Parent-perceived impact of short bowel syndrome on child and family wellbeing. Authors: Marie Neumann, Jessica Allen, Swapna, Kakani, Amy Lander, Meghan Rauen, Meghann Weaver and David Mercer. Journal of Pediatrics; vol 57 issue 9. Sept, 2022 p 149-157

<https://doi.org/10.1016/j.jpedsurg.2021.09.039>

Long term effects of gastroschisis with possible FUT2 correlation pertaining to persistent bowel dysmotility. Authors: Goddard, G. MD., Marchix, J. PhD., Hall, M. Ma, Helmath, M. MD. Department of Pediatric Surgery, Cincinnati

Children's Hospital Medical Center, The University of Cincinnati. *Abstract selected for presentation at American Pediatric Surgical Association Annual Meeting 2019*

### **Developed Trainings**

Applied Ethics in Counseling

Mandated Reporting

Building a Caseload

Religious Trauma

### **Presentations**

#### **Public Health Priorities for Gastroschisis**

CDC Global Headquarters Atlanta, GA

April, 2023

*"The Patient Experience: What the Data and Analysis really mean."*

#### **Innovating Digital Medicine**

Cincinnati Children's Medical Center/University of Cincinnati

June, 2020

*"Don't be afraid of Dr. Google and my friend on Facebook"*

#### **Born a Hero- Rare Disease Talks**

Seattle, WA Seattle Children's Hospital

January, 2018

*What faces Gastroschisis Survivors; Myth vs Fact*

#### **North Carolina Counseling Association Annual Conference**

Durham, NC

February, 2017

*Persistent Complex Bereavement Disorder- Fact or Fiction? A review of the literature.*

#### **Because We Care Workshop**

Brenner Children's Hospital, Winston Salem, NC

September, 2015

*The Art of Mindfulness and Self Care*

#### **Fourth Annual Conference on Religion and Medicine**

Cambridge, MA.

March 2015

*Miracle Language in the NICU*

#### **American Society for Bioethics and Humanities**

San Diego, CA. October 2014

*Pediatric Surgical Innovations*

*Complicating Features of Organ Donation in Pediatrics and Neonatology*

### **Affiliations**

Founding member of GRACA Global Research Alliance for Congenital Anomalies (2021-present)

GISC Member – The Global Initiative for Children's Surgery (2020-present)

American Counseling Association (2019 to present)

Chi Sigma Iota Pi Alpha Honors Society (2017 to 2020)

Stillbirth Doula (2016-Present)

American Society for Bioethics and Humanities (2013-Present)

National Birth Defects Prevention Network (2010-Present)

Daughters of the American Revolution (2022-Present)