

Curriculum Vitae

Catherine McInroe, LCSW, CCM

Assistant Professor | Licensed Clinical Social Worker | Certified Case Manager

Professional Summary

Licensed Clinical Social Worker and Certified Case Manager with 15+ years of clinical and leadership experience across hospital, community, and telehealth settings. Specialized in trauma-informed care, crisis intervention, and substance use disorders. Assistant Professor of Social Work with curriculum design and teaching social work practice to undergraduate students. Strong background in interdisciplinary collaboration, program development, and patient-centered care.

Education

- **Master of Social Work in Administration (MSW)** – Texas State University, 2014
 - **Bachelor of Arts in Psychology & Criminal Justice** – Texas A&M University–Corpus Christi
 - **Associate of Arts in Psychology** – San Antonio College
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Licenses & Credentials

- Licensed Clinical Social Worker (LCSW #61541) – Issued Apr 2025, Expires Oct 2026
 - National Provider Identifier (NPI): 1548059942
 - Certified Case Manager (CCM) – Expires May 2030
 - Certified Advanced Social Worker in Case Management – 2018
 - Certified Suicide Prevention Specialist & Trainer (ASIST) – 2014
 - Certified Quality Mental Health Professional – 2013
 - Certified Nurturing Parenting Program Facilitator – 2010
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Clinical Specialties

- Cognitive Behavioral Therapy (CBT)
- Narrative Therapy

- Trauma-Informed Care
 - Family Systems Therapy
 - Women's Health (postpartum depression, perimenopause, menopause)
 - PTSD & Grief Counseling
 - Substance Use Disorders (SUD)
 - Crisis Intervention
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Academic Appointment

Midwestern State University – Wichita Falls, TX

Assistant Professor of Social Work (2025–Present)

- Teach courses in generalist practice, interviewing skills, and macro social work practice.
 - Develop lecture materials, PowerPoints, and case-based assignments.
 - Mentor students in clinical practice and field preparation.
 - Design course syllabi aligned with CSWE accreditation standards.
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Professional Experience

Lead Social Worker

United Regional Hospital / Wichita Falls, TX / Oct 2019 – Aug 2025

- Conduct telephonic and virtual psychosocial assessments.
- Provide direct counseling for patients with trauma, substance use, and chronic mental illness.
- Collaborate with psychiatric and medical providers for integrated care.
- Developed and implemented a 12-step call program for dual-diagnosis patients.
- Coordinate discharge planning and care transitions for high-utilization populations.

Case Manager Social Worker

CHRISTUS Spohn Health System / Corpus Christi, TX / Oct 2015 – Jun 2019

- Delivered psychosocial assessments and discharge planning for high-risk patients.
- Advocated for patient treatment authorizations with insurers.
- Initiated dialysis access projects for uninsured and undocumented patients.
- Supported trauma and ICU teams with crisis mental health interventions.

Interim Director of Social Services & Admissions

Senior Care Centers / Corpus Christi, TX / Jun 2016 – Jan 2017

- Oversaw admissions and case management for residents with complex needs.

- Facilitated group therapy focused on coping skills.
- Launched *Generation Integration* program connecting youth with residents.

Case Manager / Quality Assistant

Coastal Plains Community Center / Portland, TX / Aug 2008 – Oct 2015

- Provided 24-hour crisis intervention for adults and children.
 - Conducted biopsychosocial assessments and developed treatment plans.
 - Facilitated groups on substance use and coping strategies.
 - Coordinated with courts and parole officers for SUD program compliance.
 - Managed utilization review and quality improvement initiatives.
 - Secured funding through authored grants for IDD and SUD programs.
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Projects & Initiatives

- Developed a **12-step call intervention program** for acute substance use cases.
 - Designed and managed a **respite care program** for caregivers of individuals with developmental delays.
 - Co-authored a **substance abuse grant** for Austin Drug Court.
 - Partnered in the **Salud y Vida initiative** providing integrated physical and mental health care.
 - Founded **Generation Integration** to connect nursing home residents with local youth.
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Professional Affiliations

- National Association of Social Workers (NASW)
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Personal Interests

- Equine care and horsemanship
- Rural living, property development, and outdoor wellness projects
- Teaching, mentoring, and lifelong learning