

**University of Pittsburgh School of Social Work
Behavioral Health Workforce Education and Training (BHWET) Program
Edith Baker Integrated Behavioral Healthcare Fellowship (M01HP31376)**

December 4, 2019

Motivational Interviewing

Nina Hotkowski, LCSW

nic81@pitt.edu

ninahotkowski@gmail.com

Nina is a licensed clinical social worker with experience working in a diverse range of roles in the mental health field. Nina obtained a BA in Psychology from Penn State University in 2002 and a MSW from the University of Pittsburgh in 2005. Nina has worked with children and adolescents with a variety of emotional and behavioral issues in outpatient and inpatient settings. Nina also has experience working as a medical social worker with patients requiring critical and end of life care. Nina is currently a senior research clinician and provides psychotherapy, clinical supervision, and psychiatric assessments through the Child and Adolescent Bipolar Spectrum Services clinic (CABS) which is part of Western Psychiatric Hospital. Nina has provided clinical services through a variety of research studies at the CABS clinic including early intervention for children at risk of developing bipolar disorder (BP), brief motivational interviewing to improve medication adherence in teens with BP, and a randomized control trial to determine the efficacy of dialectical behavior therapy for teens with BP. Nina is also an adjunct faculty member at Pitt's School of Social Work and has a private therapy practice.

Nina has extensive training in dialectical behavior therapy (DBT) and is committed to making this life-changing treatment more accessible to mental health consumers and clinicians who are seeking to integrate DBT into their practice. Nina also has training and experience using interpersonal and social rhythms therapy, social systems theory, and motivational interviewing with patients and families. Nina is particularly interested in how family relationships and psychosocial stressors affect the course of illness in children and adolescents with complex mood disorders. She also is committed to decreasing stigma surrounding the diagnosis and treatment of borderline personality disorder. In her free time, Nina enjoys cooking, listening to music, reading, being in the outdoors and spending time with her family.

Crisis Intervention

Nathan Newman, LCSW

bucknk@upmc.edu

Nathan completed his BS and MSW at the University of Pittsburgh. He has over 20 years of experience in the mental health field. He has worked in various roles at Western Psychiatric Hospital (WPH) of University of Pittsburgh Medical Center (UPMC) including; milieu therapist, clinical educator, and research therapist. He was the recipient of multiple awards during his employment at WPH including; ACES (Award for the Commitment to Excellence in Service) and received the Trainer of the Year award twice. He has developed a particular interest in delivering dignified care to agitated consumers in the behavioral health and medical settings. Nathan is currently the Program Manager of Behavioral Health Services at UPMC McKeesport; where he helps to oversee the management of acutely ill inpatients. He has recently become tasked with the development and oversight of UPMC McKeesport's and UPMC East's response to agitated individuals on medical units.

