



Litsa Williams

whatsyourgrief@gmail.com

410-591-2747

EDUCATION

MSW // Master's of Social Work
University of Maryland at Baltimore
2006 - 2009

MA // Philosophy
University of Warwick, England
2002-2003

BA // Philosophy, Religious Studies
St. Mary's College of Maryland
1998-2002

SKILLS

Grief and bereavement counseling

Substance abuse counseling

HIV counseling

Homeless outreach services

ACT Trauma/PTSD counseling

Grassroots community outreach

ONLINE EXPERIENCE

Demonstrated success in website development and social media marketing with:

Wordpress, Facebook, Twitter, Instagram, Pinterest, Google+, Podcasting, Periscope, YouTube and LinkedIn.

Knowledge of supporting programs including:

Emma, Buffer, HootSuite, Prezi, Canva, Google Analytics, Sprout Social, PicMonkey and basic Adobe Suite.

EXPERIENCE

Program Director; Co-founder// 2012 - PRESENT

What's Your Grief, Baltimore, MD

- Co-Founder and co-author of grief website What's Your Grief and photography and grief website, Photogrief.
- Expert on topics of psychology, grief, loss, bereavement, photography, and organ donation and transplantation. .
- Responsible for What's Your Grief community programming, local and national education, growth of readership and social media engagement via Facebook, Twitter, Pinterest, Instagram and Google+.

Substance Abuse Counselor // 2012 - PRESENT

Columbia Addictions Center, Columbia, MD

- Responsible for psychoeducational drug and alcohol groups.
- Weekly substance abuse treatment groups.
- Substance abuse evaluations and one-on-one counseling.
- Maintenance of appropriate records and documentation.

Director of Community Services // 2013 – April 2016

Manager of Family Services // 2011-2013

Family Service Coordinator //2009-2011

The Living Legacy Foundation, Baltimore, MD

- Oversight of 26 staff in two departments at a large Baltimore grief non-profit.
- Program planning and development, including management of ~\$4 million annual budget and program expansion planning.
- Development of grief and community education programming, including workshops, community art initiatives, healthfairs, and classes.
- Oversight of website, social media, blog, newsletter, and print marketing material.
- Training of new staff, staff supervision, and ongoing staff competency.

Homeless Services Case Manager // 2005 - 2009

Prologue Homeless Outreach

- Provided education to shelter and transitional staff on supporting those with addictions and mental illness in securing appropriate housing in the community
- Intensive case management of homeless clients, providing support including connection to employment, housing, mental health treatment, substance abuse treatment and domestic violence support.
- Responsible for intake assessments, housing counseling, workshops and group support.
- Provided education to shelter staff and transitional housing staff on supporting those with mental illness, addiction in securing appropriate treatment, healthcare and housing.



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WYG CONTACT



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www.photogrief.com

ONLINE REACH

Annual Website Data:

- 1,045,426 site visitors
- 1,758,612 pageviews
- 3,300 blog subscribers
- 181,326 return visitors

Social Media Reach:

21,719 facebook followers

2,568 twitter followers

2,017 pinterest followers

581 instagram followers

AWARDS

Editor's Choice Award // 2015
The Baltimore Sun
MOBBIES AWARDS

Best Health & Wellness Blog // 2015
The Baltimore Sun
MOBBIES AWARDS

ABOUT WHAT'S YOUR GRIEF

What's Your Grief is a collaborative project founded by Eleanor Haley and Litsa Williams with a goal of expanding the dialogue around loss using art, photography, writing, psychology and education. Using interactive in-person and online mediums, WYG strives to push beyond traditional methods for conceptualizing loss and to give people creative tools with which to explore and express their emotions and experiences.

INTERVIEWS AND MEDIA

The Press Enterprise	December & January 2016
<i>San Bernardino Shooting: Heartbroken Families Yearn for Normalcy</i>	
<i>San Bernardino Shooting: Overwhelming Help, Love Amidst Tragedy</i>	
Huffington Post	December 2015
<i>How the Grieving are Turning to New Traditions for the Holidays</i>	
The Joy Sutton Show	May 2015
<i>Understanding Grief and Supporting Grievers</i>	
The Baltimore Sun	December 2014
<i>Holidays can bring extra grief for some</i>	
WBAL Morning News	December 2014
<i>Coping with Grief at the Holidays</i>	
WBFF Fox 45 "Morning News"	October 2014
<i>Coping with Grief</i>	
All Parenting	September 2014
<i>Should I Bring My Children to a Funeral</i>	
Tears and Tequila	July 2014
<i>A Conversation with What's Your Grief Founders</i>	
WYPR's "Maryland Morning"	April 2014
<i>How Blogging Helps to Continue Bonds</i>	
U.S. News & World Report Health	August 2013
<i>7 Ways to Help a Loved One Grieve</i>	



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PUBLICATIONS

Surviving the Grief of a
Traumatic Loss
(2016)

Anticipatory Grief:
A Guide to Coping with
Impending Loss
(2016)

Surviving the Grief of an
Overdose Death
(2015)

A Practical Guide for Coping
with the Holidays
(2015)

Navigating Grief: a Beginner's
Guide
(2015)

Coping with Grief
(2015)

Supporting a Grieving Teen
(2015)

Supporting a Grieving Child
(2015)

ONLINE PUBLICATIONS

whatsyourgrief.com
photogrief.com

NATIONAL PRESENTATIONS

Association for Death Education & Counseling Conference` <i>Exploring the Internet Grief Continuum</i>	April 2016
National Bereavement Camp Conference <i>Photography for Coping and Community</i>	November 2015
National Alliance for Grieving Children Symposium <i>Growing Your Reach Online</i>	June 2015
Mt. Sinai Hospital Social Work Grand Rounds <i>Advancing Social Work Practice at End of Life</i>	April 2015
CDT Donate Life Symposium <i>Reframing End of Life Care in the Hospital Setting</i>	April 2015
Association for Death Education & Counseling Conference` <i>Grief Below the Poverty Line</i>	April 2015
RVA Grief Summit <i>Substance Use as Negative Grief Coping</i>	February 2015
Greater New York Hospital Assn Palliative Care Roundtable <i>The Role of Palliative Care in Organ Donation</i>	December 2014
Compassionate Friends Annual Conference <i>Grief and Photography</i>	October 2014
Exploring Ethical and Spiritual Aspects of African Americans at End of Life <i>Advance Directives, Living Wills, and the MOLST</i>	August 2014
AOPO 2014 Annual Conference <i>The Role of Technology in Supporting Families at End of Life</i>	June 2014
NATCO Family Services 2-day Symposium <i>Providing Quality End of Life Care in the ICU</i>	November 2013
AOPO 2013 Annual Conference <i>The Language of Generosity</i> <i>Seeking Funding for Family Services and Grief Support</i>	June 2013
AOPO Tri-Council Meeting <i>Secondary Grief and Loss</i>	February 2013