

DR. SUSAN ESP

Education

- 2007 University of Idaho, Boise Center, Boise, ID
Ph.D., Adult and Organizational Learning
Dissertation: “An exploratory case study examining the use of best practices and guiding principles in secondary school substance abuse prevention programs”
- 1991 Northern Arizona University, Flagstaff, AZ
Master of the Arts in Counseling Psychology
Research Paper Title: “Adult children of alcoholics: Male vs. female characteristics”
- 1981 University of Wyoming, Laramie, WY
Bachelor of Science in Psychology

Licenses/Certifications

- 1994 Licensed Professional Counselor
1997 Licensed Clinical Professional Counselor, State of Idaho
1998 Certified Masters Addiction Counselor, National Board of Addiction Examiners
1998 Certified School Counselor, State of Idaho (Inactive)

Teaching Experience

- 2007-present Special Lecturer/Coordinator of Addiction Studies, Boise State University
Prevention I (HLTHST 256)
Counseling Techniques for Health Professionals (HLTHST 448/548)
Drugs, Alcohol and the Family (HLTHST 444/544, COUN 541)
Assessing Drug and Alcohol Problems (HLTHST 464/564, COUN 544)
Assessing/Managing Alcohol Drug Problems (HLTHST 465/565, COUN 546)
Group Process (HLTHST 468)
Ethics for Addictions Professionals (HLTHST 469/597)
- 2001-2007 Adjunct Faculty, Boise State University
Addiction and Society (COUNS 297)
Counseling Techniques for Health Professionals (HLTHST 448/548)
Group Counseling (HLTHST 469)

Drugs: Use and Abuse (HLTHST 109)
Intro to Addictions (HLTHST 255)
Prevention Theory I (HLTHST 497)
Community-Based Prevention (HLTHST 497)

1988-1990 Teaching Assistant, Northern Arizona University
Educational Psychology Instructor

Clinical Experience

2000-2002 Boise State University Counseling Services, Boise, ID

Senior Staff Counselor

Substance Abuse Prevention/Intervention Program Coordinator

- Provided individual and couples counseling
- Developed and implemented substance abuse prevention/intervention program for athletics, residence life and student conduct board
- Supervised counseling interns

1998-2000 Boise School District, Ft. Boise High Alternative School, Boise, ID

School Guidance Counselor

Substance Abuse Prevention/Interventionist

- Provided vocational guidance and academic support for adolescents
- Provided individual, group and family counseling for adolescents
- Developed and coordinated Student Assistance Program
- Facilitated in-school drug and alcohol interventions and assessments
- Supervised graduate student interns

1993-1998 Boise School District, Boise ID

Substance Abuse Prevention/Interventionist

- Developed and coordinated Student Assistance Programs at the junior high and senior high level
- Provided individual, group and family counseling for adolescents
- Conducted district trainings in substance abuse, dual-diagnosis, and resiliency
- Facilitated in-school drug and alcohol interventions and assessments
- Supervised graduate student interns

1993 Northern Arizona University, Flagstaff, AZ

Drug Prevention Specialist

- Provided support group facilitator training for National Youth Sports Program summer camp employees
- Monitored support group progress and enforced adherence of drug prevention education in daily programs

1991-1993 Cathedral Home for Children, Laramie, WY

Adolescent and Family Therapist

- Provided individual, group and family therapy for adolescents
- Team leader, supervisor for youth care workers

- Supervised graduate student interns
- Responsible for case management of residents and all interactions with the State Department of Family Services

1990-1991 Northern Arizona University Counseling and Testing Center
Flagstaff, AZ

Counseling Intern

- Individual and group counselor for Northern Arizona University Students
- On-call counselor for NAU 24-hour counseling service
- Provided outreach training for suicide prevention and intervention to residence life employees
- Provided outreach workshops for student athletes

1988-1990 Northern Arizona University Center for Excellence in Education,
Flagstaff, AZ

Graduate Assistant

- Supervised student teaching fieldwork program
- Educational Psychology Instructor
- Research assistant for NAU professors

1987-1988 Cathedral Home for Children, Laramie, Wyoming

Youth Care Worker

- Supervised adolescents in a residential treatment setting
- Intervened in crisis situations
- Developed and implemented treatment plans
- Interacted with local schools and state agencies

Professional Training/Consulting

1999-2008 **Chemical Awareness Training Institute, Phoenix, AZ**

Developed a substance abuse prevention group manual, "Insight" used by schools and the juvenile justice system in the United States, Europe and Australia

Provided trainings on the implementation of the "Insight" manual for school district administrators, counselors, probation officers and substance abuse prevention specialists in the states of Idaho and Arizona

2002-2004 **Boise School District, Boise, ID.**

"*Signs and Symptoms of Drug Abuse.*" Workshop for district administrators, counselors, social workers, school psychologists and teachers

Developed and implemented substance abuse prevention education for at-risk youth in after-school program

Developed and implemented school-wide assembly emphasizing substance abuse prevention for adolescents

2002 **Caldwell School District, Caldwell, ID**

"*Intervention with Adolescents.*" Workshop for district administrators, counselors, social workers, school psychologists and teachers

1999 **Mountain Home School District, Mountain Home, ID**

“*Adolescent Addiction and How to Intervene.*” Workshop for Natural Helper students and teachers

1997 **Camas County School District, Fairfield, ID**

“*Developing and Implementing a Student Assistance Program.*” Workshop for district administrators, counselors, psychologists and teachers

1997 **Kuna School District, Kuna, ID**

“*Developing and Implementing a Student Assistance Program.*” Workshop for school administrators, counselors, psychologists and teachers.

Professional Affiliations

Idaho Counseling Association

Academic and Community Service

Drug Advisory Committee, Boise School District

Treasure Valley Drug and Alcohol Coalition

Policy Advisory Committee, Boise School District

University Prevention Program for Alcohol and other Substance Abuse,
Boise State University

Idaho Educators in Addiction Studies

Challenge Day, Ft. Boise High, Boise School District

Institute for the Study of Addiction, Boise State University

Publications and Presentations

Esp, S. (1997, October). *Chemical Dependency in Youth*. Presented at Annual Conference of Idaho School Counselors and Association of School Psychologists.

Esp, S. (1997, October). *Drug Intervention*. Presented at Annual Conference of Idaho School Counselors and Association of School Psychologists.

Esp, S. (1998, October). *Adolescent Addiction: Issues and Challenges*. Presented at Idaho Counseling Association Partnership Conference.

Esp, S. (1999). *Facilitator’s activity guide for insight: An educational support group for youth wanting information on the effects of alcohol and other drugs on their lives*. Chemical Awareness Training Institute, Phoenix, AZ.

Student Mentored State and University Presentations (Students in bold print).

Albiston, M., Kalk, L., & Esp, S.E. (2008, April). *College Students’ Viewpoint Toward Their Alcohol Consumption by Major and Year in School After Participating in e-CHUG: A Pilot Study*. Presented at the annual Undergraduate Research Conference, Boise State University.