



Dr. Brandy Terrell

MSW, DSW, LCSW

Strategic Leadership Mentor & Consultant: I apply a clinical understanding of human behavior to help individuals grow into grounded, self-aware leaders. While I have a deep background in social work and a history of building community coalitions and thriving-family programs, my heart is in the one-on-one development of the person behind the title. I focus on building leaders, not followers, equipping people with the mental clarity and systemic insight needed to navigate high-pressure environments. As a speaker and coach, I move beyond surface-level advice to help leaders understand the "why" behind their actions, fostering genuine growth and healthier community relationships.

Experience

January 2017 - Present

Forward Consulting Solutions- Orleans, IN

Private Practice Founder/CEO

Professional Experience & Leadership Development

- Founder & Principal Consultant | Mental Health & Wellness Practice
 - Built a private practice from the ground up, transitioning from clinical therapy to a focus on 1:1 mentorship and professional growth.
 - Provide direct coaching to individuals, using a clinical understanding of behavior to help them navigate high-pressure roles with mental clarity.
- Executive Mentor & Educator
 - Provide clinical supervision (LCSW) and case consultations, focusing on developing the practitioner's personal judgment and professional identity rather than just oversight.
 - Facilitate practicum opportunities for students, mentoring the next generation of leaders in the field through a hands-on, individual approach.
- Speaker & Thought Leader
 - Deliver keynote addresses and lead panel discussions at national events, focusing on the "why" behind human behavior, resilience, and community health.
 - Created and host The Why with Dr. T. podcast, a platform dedicated to exploring the deeper motivations that drive leaders and community builders.
- Organizational & Community Consultant
 - Design and implement wellness programs for workforce settings and hospice programs, focusing on the systemic health of the organization and the well-being of its people.
 - Collaborate with community coalitions to build frameworks that support both family stability and regional economic growth.

January 2020-Present

Southern Indiana Community Healthcare- Paoli, IN

SICHC's Thrive OC Chair/ Physician Recruitment Specialist

- Strategic Program Management: Guide and expand regional initiatives including Thrive Orange County, Team OC Inc., and early learning capacity programs across three school systems.
- Faith-Based Community Collaboration: Partner with Beechwood Christian Church and regional faith leaders to design and implement community wellness initiatives focused on spiritual and emotional health.
- Grant Writing & Fiscal Impact: Secured \$5.5M+ in grant funding since 2020 to scale and sustain regional health, school-based, and social initiatives.
- Workforce Recruitment: Spearhead physician and clinical recruitment to build mission-aligned integrated care teams and grow clinic operations.
- Public Health Coordination: Lead the community-wide Adverse Childhood Experiences (ACEs) initiative and school-based programs including Project Unite and Healthy Social Media Boundaries.

Contact

Phone

812-345-5529

Email

brandyterrell@outlook.com

Education

August 2020-May 2023 Advanced Track

Doctor of Social Work

Spalding University, Louisville, KY

August 2002-May 2004

Master of Social Work

University of Southern Indiana, Evansville, IN

August 1994-May 1999

Bachelor of Arts in Psychology

Indiana University Southeast, New Albany, IN

Expertise

Public Speaker

Entrepreneurship

Professional Coach & Consultant

Grassroot Community Coalitions

Thriving Family Frameworks

Community Organizing

Business & Workforce

Relationship Consulting

Mental Health and Substance Use Treatment

Experience

2000- 2016

Southern Hills Counseling Center,-Paoli, IN

Clinic Manager/Out-Patient Coordinator

- Manage therapist and client representative staff focusing on service utilization and effectiveness. Monitor productivity. Provide weekly direct supervision to all employees. Complete employment interviews. Created and implemented corrective employee plans. Completed employee evaluations.
- Coordinating community outreach services, Managed Division of Child Services and Community Mental Health contract. Ensure contract guideline fulfillment. Monitor and prevent inaccurate billing. Ensure completion of monthly contract reports. Promote contract monetary growth each year.
- Field supervisor for graduate and undergraduate social work students. Ensured that students receive clinical experience and meet all practicum guidelines.
- Provide educational training for local law enforcement. Focus on gambling addiction, bipolar, schizophrenia, and personality disorders.
- Provide trauma-based assessments.
- Coordinate mental health and medical care with primary care physicians.
- Facilitate emergency detention orders.

Publications

John M. Keesler, Megan Tucker, Brandy Terrell, Kacie Shipman & Ramona Osborne (2020): Two Schools, One Rural County: Exploring Adverse Childhood Experiences Among School-Aged Youth, Journal of Aggression, Maltreatment & Trauma, DOI: 10.1080/10926771.2020.1747130

<https://doi.org/10.1080/10926771.2020.1747130>

Teaching Experience

- Indiana University-Purdue University (IUPUI), Indianapolis, Indiana
 - Master Level Courses:
 - S513 Human Behavior and the Social Environment II
 - S634 Group and Community Based Practice with Children and Families
 - S636 Special Topics in Social Work Practice with Children and Families: Involuntary Populations, Addiction and Domestic Violence
- Brescia University, Distance Learning Program, Owensboro, Kentucky
 - Bachelor Level Course:
 - SW 301OL Human Behavior in the Social Environment I

Community Initiatives

- Families Forward Inc: Board of Director Founder
- Beechwood Christian Church Healthy Relationships Program
- Project Unite-with Indiana University School of Public Health & Orange County Faith Based Organizations.
- Town of Orleans Bike & Walk Path Strategic Planning
- Orange County Community Multiplex Steering Committee
- SICHC Trauma Informed Care Workforce Initiative
- SICHC Mental Health & Medical Provider Recruitment
- Orange County Health Department Health First Grant 2024
- Orange County Red Cross Volunteer Initiative
- Orleans Community Garden Initiative

Speaking Engagements

- 2025 Institute for Strengthening Families Conference- Keynote
 - April 2025 (460 attendees)
- Monroe YMCA
 - Camp Counselor Conflict Mitigation Training (75 attendees)
- Beyond the Bottom Line One-Day Conference Organizer & Presenter
 - April 2022
 - April 2025
- Indiana University Rural Engagement Presenter
 - May 2022
 - May 2024
- Indiana Rural Opioid Consortium: Provider Panel on Medication-Assisted Treatment
 - August 2022
- Bounce Coalition: ACEs in Children, Resilience, and Prevention
 - September 2022
- Indiana Rural Health Association Fall Forum Panelist
 - November 2022
- Indiana Early Childhood Coalition Leaders Collaboration Panelist
 - April 2022
- Indiana Rural Health Network Conference
 - June 2023
- Orange County Community Connect Event Organizer & Emcee
 - September 2022
- Trauma Informed Care Communities, Indiana Youth Institute
 - May 2023
- Trauma Guidance and Trauma-Informed Framework
 - May 2023
- Family Time Inc.: Domestic Violence Presentation
 - June 2023
- Family Time Inc: Substance Misuse Disorder Presentation
 - July 2023
- Covering Kids & Families of Indiana Conference
 - June 2023
- Inspire & Invest Educator's Event
 - July 2024 & July 2025
- Building Resilient Communities, Hoosier Uplands Children's Services
 - October 2024-Guest Speaker/Presenter
- Building Resilient Communities, American School Health Association National Conference
 - October 2024
- 2025 Teen Empowerment Event
 - January 2025
- 2025 IU CRE Faculty Bus Tour Event Orange County Participant

Community Service Activities

- Orange County 4-H Club Leader
 - 2006-2009
- National Association of Social Workers Member
 - 2015 to Present
- Building Blocks Board
 - 2023 to Present
- Orange County Client Consultation Board Member
 - 2020 to June 2024
- Region 9 Client Consultation Board Chair
 - 2020 to June 2024
- Indiana Infant Mortality Review Board Member-Orange County
 - 2022 to Present
- Orange County Health Department Board
 - October 2023 to Present
- Team OC: Orange County Mentoring Program Chair
 - 2019 to 2023
- Team Peace, Inc Vice Chair
 - 2023 to Present
- Orange County Commissioner's Substance Treatment Advisory Committee
 - 2020 to Present
- Town of Orleans Bike & Walking Path Committee Member
 - 2022-2023
- Youth First Inc Advocacy Council Member
 - 2022 - April 2024
- Orange County Tourism Board
 - 2025 to Present

Skills & Achievement

- 2025 Orange County Community Foundation Philanthropist of the Year
- 2025 Ramona Osborne Community Award Recipient
- Licensed Clinical Social Worker-Indiana
 - 2006-Present
- International Gambling Addiction Counselor Certification
 - 2017-2020
- Youth Council Golden Deeds Award Recipient
 - 2022
- National Health Service Corps Alumni
- Social Work Ethics presenter for IUSW Class
- Eye Movement Desensitization and Reprocessing trained (EMDR)
- Trauma Focused- Cognitive Behavioral Therapy trained (TF-CBT)
- Brescia University Field Supervisor of the year 2012

Media Coverage & Videos

- Podcast Founder: The Why with Dr. T
 - <http://www.youtube.com/@thewhywithdrt>
- Indiana University Nonprofit Accounting Class Bus Tour Organizer- Feb. 2026
- Building Community Coalitions Podcast Part 1 & 2 with QSource
 - Link:<https://www.qsource.org/podcasts/building-community-coalitions-1?hsLang=en>
- 5-County Group Works to Secure \$3.5 Million in Opioid Settlement Funds
 - Progress Examiner, 2023
- Commissioners Appoint 5 to Committee Overseeing the Distribution of OSF
 - Progress Examiner, 2023
- Orange County Commissioners Initial Plans Ok'd to Explore New In-door Athletic Facility
 - Progress Examiner, 2023
- Addressing Sexual Violence/Setting Healthy Boundaries-
 - The Limestone Post, 2023
- Municipal Power News Vol 28, Issue 1
 - IMPA.com July 2023
- Project Unite Video Playlist
 - https://youtu.be/w_lewRHYb9I?si=uiXl7ZHti014j2Dq
- Thrive Orange County Video
 - <https://www.youtube.com/watch?v=OpECYldW2-k&t=2s&pp=ygUUdGhyaXZlIG9yYW5nZSBjb3VudHk%3D>
- Episode 4: Trauma-Informed Care strengthens resilience in Orange County.
 - <https://open.spotify.com/episode/2D9gBcPyuCLGvtNbk57AEH?si=m2jIfb56TRq-5Aqzv2FCGg>

Research Interest

- Adverse Childhood Experiences (ACEs) Prevention
- Trauma Informed Care Frameworks (TICF)
- TICF in the Workforce
- Neurodevelopment related to Adversity & Resilience
- Community Partnerships and Coalitions