

Maureen Mullin Underwood, LCSW
NJ License Number: 44SC01387600

Education Louisiana State University, Baton Rouge, LA
 Master of Social Work
 Marquette University, Milwaukee, Wisconsin
 Bachelor of Fine Arts

Awards, Recognitions, and Special Appointments

- Golden Bell Leadership Award, Mental Health Association of New Jersey, 2003
- Executive Appointment, New Jersey Governor's Advisory Council on Youth Suicide Prevention, 2004-2009
- Social Worker of the Year- NJ Chapter, National Association of Social Workers, 2007
- Master Training Certification- Assessment and Management of Suicide Risk, Suicide Prevention Resource Center, 2007, 2019
- Distinguished Business Professional Award, American Foundation for Suicide Prevention. New Jersey Chapter, 2008
- Child Advocacy Award, Mental Health Association of New Jersey, Monmouth County Chapter, 2009
- Person of the Year Award, Society for the Prevention of Teen Suicide, 2013
- Finalist, Mary Pat Christie's New Jersey Hero, September 2015
- Casual employee, Zero Suicide Institute, Educational Development Center, Waltham, MA. 2017-2019
- Clinical Writer, Association of Social Work Boards Certification Examinations, 2016- 2026
- Co-chair, NASW Task Force, Standards of Care for Suicide Risk Assessment- 2025- 2026
- Clinical Adjunct Faculty- Monmouth University School Of Social Work – 2010-present

Current Professional Experience

2016-current Underwood & Associates, LLC, Suicide Prevention Specialists
National training, consultation, program development, and grant writing in suicide prevention, intervention & postvention, and trauma- informed care. Program development on state and campus Garrett Lee Smith Suicide Prevention Grants In NY, Oklahoma, Arkansas, Georgia, Mississippi and NJ

Maureen Underwood LLC
Clinical treatment for individuals, groups and families. Director of community-based programming and support groups for 9-11 families. Development and implementation of training programs, curriculum and ancillary resource materials in suicide awareness; trauma informed care for hospitals, communities, educators, parents, students and clinicians.

2002-2016 Society for the Prevention of Teen Suicide, Clinical Director
Development of mental health programming and training for youth suicide prevention, intervention and postvention. Development of community-based model to address suicide clusters and contagion. Active in national upstream prevention initiative. National trainer and consultant on suicide prevention, intervention and postvention.

Previous Experience**1985 - 2002****UMDNJ University Behavioral HealthCare**

Piscataway, New Jersey 08855-1392

Coordinator of New Jersey Adolescent Suicide Prevention Project

1978 - 1985**Department of Consultation and Education****Northwest Covenant - St. Clare's Medical Center**

Denville, New Jersey 07834

Community Education Program Coordinator

Project Director: Families Living with Cancer

1977 - 1978**Michigan State University, East Lansing, Michigan**

Instructor: School of Social Work

1973-1978**Center for Forensic Psychiatry, Ann Arbor, MI**

Director of Social Work

1970 - 1973**Division of Community and Social Psychiatry, University of Texas Medical Branch****Galveston, Texas**

Psychiatric Social Worker

PROFESSIONAL PRESENTATIONS: PAPERS AND SELECTED WORKSHOPS

The New Jersey Adolescent Suicide Prevention Project (May 1987). Paper presented at State of Illinois Intergovernmental Conference on Adolescent Suicide, Chicago, Illinois.

Urban and Rural Curricula for Adolescent Suicide (May 1987). American Association of Suicidology Annual Meeting, San Francisco, California.

A Community Response to Youth Suicide Prevention (March 1993). American Association of Suicidology Annual Meeting, San Francisco, CA.

Adolescent Attitudes Toward Help-Seeking (March 1993). Paper presented at American Association of Suicidology Annual Meeting, San Francisco, CA.

Managing Sudden Violent Loss in the Schools (April 1994). Paper presented at the American Association of Suicidology Annual Meeting, New York, N.Y.

Postvention in Institutional Settings (June 1995). XV111 International Congress of Suicide Prevention, Venice, Italy.

Managing Sudden Violent Loss (October 1995). Centers for Disease Control National Violence Prevention Conference, Des Moines, Iowa.

Helping Children Deal with Violent Death (November 1996). Third National Conference on Children and Violence, Houston, Texas.

Helping Children Cope with Traumatic Loss (October 1998). American Foundation for Suicide Prevention, Boston, MA.

Creating Safe Schools: A Comprehensive Model. (July 1999- June 2000). New Jersey Department of Human Services & New Jersey Department of Education, Trenton, NJ.

Safe Schools: Blueprints for Prevention. (April 2000) American Association of Suicidology Annual Conference. Los Angeles, CA.

After Columbine: Clinical Implications (April 2000). American Association of Suicidology Annual Conference. Los Angeles, CA.

- Using Suicide Survivors to Train Mental Health Professionals** (April 2000). American Association of Suicidology Annual Conference. Los Angeles, CA.
- Managing Sudden Traumatic Loss in the Schools** (October 2000). The Wellness Program, Northeastern University and Harvard Graduate School of Education, Boston, MA.
- Responding To 9/11: Guidelines for NJ Mental Health Professionals.** (September-December 2001). University of Medicine and Dentistry of New Jersey. Piscataway, NJ.
- Beyond 9/11: Guidelines for Educators** (July- August 2002). Mental Health Association of New Jersey, Verona, NJ.
- Impact of Disaster on Children in Our Schools: A Program for School Nurses** (February 2002). Education and Training Division, Center for Alcohol Studies. Rutgers The State University, New Brunswick, NJ.
- Resilience Skills for Educators** (September 2003). New Jersey Education Association, Trenton, NJ.
- Group Interventions for Complicated Bereavement** (January 2003-November 2003). Association for Group Psychotherapy, NY, NY.
- Helping Families Cope With Traumatic Loss** (February 2003). Association of Group Psychotherapy Annual Conference, New Orleans, LA.
- Suicide Assessment for Social Workers** (March 2003). Special Program, NJ Chapter, National Association of Social Workers, Morristown, NJ,
- Couple's Connection: Weekend Retreats for 9/11 First Responders.** (October 2002- November 2003). Counseling Unit, Fire Department of the City of New York.
- Helping Families Cope with Traumatic Loss: A Support Group Model** (February 2004). Association for Group Psychotherapy Annual Meeting, NY, NY
- National Policy Statement on Adolescent Suicide** (2004). Washington, DC: National Association of Social Workers.
- PFLASH for KIDS: Front Line Assistance for Supported Healing** (September 2004-January 2005). Mental Health Association of New Jersey. Verona, NJ.
- Helping Families Cope With Trauma** (2006). Association of Group Psychotherapy Annual Conference, San Francisco, CA.
- .Group Protocols for Trauma: Children and Families** (2007). Association of Group Psychotherapy Annual Conference, Austin, TX.
- Developing Cross- Cultural School-Based Training for Youth Suicide Prevention** (2003-2008). Irish Association of Suicidology: 10 Cities, Republic of Ireland.
- Clinical Assessment of Suicide Risk: Basic and Advanced Training for Emergency Room Screeners** (2000-2008). New Jersey Division of Mental Health Services, Technical Assistance Center, Piscataway, NJ
- Helper Competencies and Basic Beliefs About Suicide** (2007). American Association of Suicidology Annual Meeting, New Orleans, LA.
- Disaster Mental Health Protocols for Children and Families** (2008). American Group Psychotherapy Annual Meeting, Washington, DC.
- Helping Families Cope with Traumatic Loss: A Group Model** (2008). National Center for Traumatic Loss in Childhood Annual Meeting, Macomb, MI.
- Assessing Adolescent Suicide Risk** (2008). Federal Region II, Family Planning Conference. San Juan, Puerto Rico.
- Bullying as a Suicide Risk Factor** (2009). International Bullying Prevention Association Annual Meeting, Pittsburgh, PA.
- When Things Go From Bad to Worse: A Case Study on Youth Suicide Contagion** (2010). American Association of Suicidology Annual Meeting, Orlando, FL.
- Expanding the Paradigm: Upstream Youth Suicide Prevention** (2012). American Association of Suicidology Annual Meeting, Baltimore, MD.

- Zero Suicide: Expanding the Model to Youth** (2014). Oklahoma State Zero Suicide Conference, Oklahoma City.
- Media Coverage of Suicide: A Panel of Experts** (2014). Oklahoma Department of Mental Health and Substance Abuse, Oklahoma City, OK
- Clinical Training in Assessment and Management of Suicide: Training of Trainers** (2013) Universal Health Systems.
- Creating Resilience in Traumatized Families** (2015). Voices of September 11th Annual Conference. New York, NY.
- Skills for School Counselors in Suicide Risk Assessment and Management** (2018.) Archdiocese of New York, NY.
- It is in the Shelter of Each Other That We Live: Community-based, Cross Cultural Interventions for Youth Suicide Prevention** (2019) Muskogee-Creek Hope Conference, Tulsa, OK
- Suicide Risk in Elementary and Middle School** (2019). Kentucky Prevention Network Annual Conference, Louisville, KY.
- Zero Suicide: Expanding the Model for Youth.** (2019) Pre-conference Institute, American Association of Suicidology Annual Meeting, Denver, Co.
- Standards of Care for Suicide** (2023). Monmouth University School of Social Work. West Long Branch, NJ.
- Navigating Ethical Challenges and Addressing Malpractice Protection in Suicide Assessment.** (2026) Annual Meeting ,National Association of Social Workers, St. Louis, Mo.

SELECTED PUBLICATIONS

- Shaffer, D., Vieland, V., Garland, A., Rojas, M., Underwood, M.M., and Busner, C. (December 26, 1990). Adolescent Suicide Attempters Response to Suicide Prevention Programs. *Journal of the American Medical Association*, 264:24.
- Shaffer, D., Garland, A., Vieland, V., Underwood, M.M. and Busner, C. (July 1991). The Impact of Curriculum-Based Suicide Prevention Progress for Teenagers. *Journal of the American Academy of Child and Adolescent Psychiatry*, 30:4.
- Underwood, M.M., Kahn, K., and Johnsen, T. (1993). Addressing HIV Disease Issues with the Seriously and Persistently Mentally Ill. In V. Lynch, M. Fimbres, and G. Lloyd (Eds.) *The Expanding Face of AIDS: Mental Health Issues and Social Work*. Auburn House Publishing Company; Dover, MA.
- Underwood, M.M., Dunne-Maxim, K., Ahrens, R. (1995). Managing Sudden Violent Loss in the School. *Social Work in Education*, 17, 125-128.
- Underwood, M & Dunne-Maxim, K. (2000). Responding to traumatic death in the school. In Moser, RS & Frantz, CE (Eds.). *Shocking violence: Youth perpetrators and victims: A multidisciplinary perspective*, 154-171. Springfield, IL: Charles C. Thomas.
- Underwood, M, Clark, C. (2002) Using metaphor to help children cope with trauma. In *Trauma, Terrorism, and Tragedy: Strategies for School Counselors*. Fairfax, VA: American Counseling Association,
- Underwood, M, Kalafat, J. Crisis intervention in a new context: New Jersey Post September 11, 2001. (2002). *Brief Treatment and Crisis Intervention*, 2:1, 75-85.
- Kalafat, J., Underwood, M. (2004). Crisis intervention in the context of outpatient treatment of suicidal patients. In Yufit & Lester (Eds.), *Assessment, Treatment and Prevention of Suicidal Behavior*. New York: John Wiley & Sons.
- Underwood, M. (2004). Group interventions for bereavement following traumatic events. In B. Buchele & H. Spitz(Eds.) *Group Interventions for the Treatment of Psychological Trauma*. New York: American Group Psychotherapy Association.
- Underwood, M., Kalafat, J. & Spinazzola, N. (2006). Children and terrorism- a psychoeducational approach. In B. Bonger et al (Eds.). *The Psychology of Terrorism*. New York: Oxford University Press.

- Underwood, M. (2007). Group interventions for children & families following a terrorist event. In R. Klein & S. Phillips (Eds.) *Protocols for Running Groups After Terrorist Events*. New York: American Group Psychotherapy Association.
- Underwood, M & Winters, L. (2009). Using the representation of grief and shame in contemporary literature and film to train mental health professionals. In Kauffman, J. (Ed.) *Shame and Grief*. London: Routledge Press.
- Underwood, M. (2010). Coping with death: what school counselors can do. In J. Webber & JB Mascan (Eds.) *Terrorism, Trauma & Tragedies* (3rd Ed). Alexandria, VA: American Counseling Association Foundation.
- Underwood, M., Scott, M & Springer, J. (2011) Bullying and Suicide Risk: Building resilience, *Social Work Today*, 11,(5),10
- Scott, M., Underwood.M, and Lamis D (2015). "Suicide and related-behavior among youth involved in the juvenile justice system." *Child and Adolescent Social Work Journal* 32.6 : 517-527.
- Underwood, M., McGuinness, S., & D'Amore, N (2016). Family Groups for Grief and Loss. In C. Haen & S. Aronson (Eds). *Handbook of Child and Adolescent Group Psychotherapy*. NY: Routledge.
- Lamis, D., Underwood, M. & D'Amore (2016) Outcomes of a suicide prevention gatekeeper training program among school personnel, *Crisis* , econtent.hogrefe.com
- Scott, M., Feldman, B. N., & Underwood, M. (2016). Delivering Professional Development in Suicide Prevention: A Comparison of Online Versus In-Person Training. *Pedagogy in Health Promotion*, 2(4), 266-275.
- Scott M., Underwood M. (2025). Evaluating Standards of Care Training for Social Workers Completing Suicide Risk Assessment. *Journal of Research in Social Work Practice*.
<https://doi.org/10.1177/10497315251346037>

BOOKS

- Underwood, M.M., and Kalafat, J. (1988). *Making It - A Manual for Community Education on Divorce and Separation*. Dubuque, IO: Kendall/Hunt.
- Kalafat, J. and Underwood, M.M. (1989). *Lifelines: A School-Based Adolescent Suicide Response Program*. Dubuque, IO: Kendall/Hunt.
- Underwood, M.M. and Dunne-Maxim K. (1987, Revised,1997). *Managing Sudden Violent Loss in the Schools*. Piscataway, NJ: University of Medicine and Dentistry of New Jersey-University Behavioral HealthCare.
- Underwood, MM. Spinazzola, N. (2002). *Preparing Schools for the Anniversary of 9/11: A Workbook*. Trenton, NJ: State Department of Human Services.
- Underwood, MM, Spinazzola, N, Milani, J. (2004) *Families Going On After Loss: Manualized Curriculum and Training Manual*. Verona, NJ: Mental Health Association of New Jersey
- Underwood, M, Kalafat, J. & Maine Youth Suicide Prevention Project. ((2009,2018). *Lifelines: Making Schools Partners in Suicide Prevention*. Center City, MN: Hazelden Publishing.
- Underwood, M, Fell, F & Spinazzola, N (2010, 2018). *Lifelines: A Postvention Guide for Schools*. Center City, MN: Hazelden Publishing.
- Underwood, M., Springer. & Scott, M (2011, 2018)). *Lifelines: Intervention and Assessment for Schools*. Center City, MN: Hazelden Publishing.

TRAINING VIDEOTAPES/ONLINE PROGRAMS

- Managing Sudden Traumatic Loss in the Schools: 5 Tape Series. (1999) University of Medicine and Dentistry of New Jersey. Award Winner, Program Category: Training. International Television Association(2000)
- Creating Safe Schools (1999). University of Medicine and Dentistry of New Jersey. Funding by from the Lucent Foundation.
- Watermarks: Helping Youth Cope With Natural Disasters (2001). NJ Department of Human Services for Federal Emergency Management Agency. Telly Award Winner (2002)

Assessing Suicide Risk in Youth: Guidelines for Educators. (2002). University of Medicine and Dentistry of New Jersey.

Beyond 9/11: Preparing Schools for the 9/11 Anniversary and Beyond (2002). Mental Health Association of New Jersey. Award of Distinction, International Communicator; Telly Award (2003)

Families GOALs: Going On After Loss (2003). Mental Health Association of New Jersey. Telly Award Winner. (2004)

Stand By Me: Mental Health Resources for First Responders (2005). NJ Department of Human Services, Cop-2-Cop Program. Telly Award Winner (2006)

Making Educators Partners in Suicide Prevention: An Online Interactive Training Program (2007, Revised 2014, 2019). Society for the Prevention of Teen Suicide. Telly Award Winner.; Best Practices Registry: Suicide Prevention Resource Center (2008, 2015, 2019)

Not My Kid: What Every Parent Should Know About Youth Suicide (2009). Society for the Prevention of Teen Suicide. Best Practices Registry: Suicide Prevention Resource Center. Telly Award Winner (2010)

Mandated Training for Educators in Suicide Prevention: Training of Trainers in Risk Assessment and Referral (2015). Georgia Department of Education

Navigating Back to School After Covid: An 8 Part Series for the Competent School Community (2020). Society for the Prevention of Teen Suicide.