

DREW MIKITA, LPC

Associate Professor

CONTACT

- 970.333.9622
- Drewmikita@gmail.com
- Breckenridge, CO
- www.feelawesomer.com

ABOUT

Extremely motivated and passionate professor, writer, outdoorsman, licensed counselor, and sport psychology coach who lives his life to the fullest. Education is about connection with people, sharing a message, and engaging in the process together.

EDUCATION

Psy.D., Sport and Human Performance Psychology

- University of Arizona Global Campus (ABD, on break)
- All But Dissertation, course work completed

M.Ed, Community Counseling

- Ohio University (2007)

M.Ed, Rehabilitation Counseling

- Ohio University (2007)

BA, Psychology

- Ohio University (2004)

PROFESSIONAL EXPERIENCE

Colorado Mountain College

2008 - Present

Associate Professor (2015 - Present)

Assistant Professor (2012 - 2015)

Adjunct Faculty (2008 - 2011)

- Created Online/Hybrid/Livestream options for courses
- Developed course content, reading, activities, and videos
- Director of clubs and activities at the Summit Campus
- Facilitate a positive learning environment for students to learn in a unique, engaging, and fun capacity
- Assisted in creation of Human Services Bachelor's Degree
- Mentor new faculty members and facilitate growth in the Social Sciences Department
- Appeared on numerous hiring committees
- Mentor new faculty members
- Develop and deliver lesson plans for following classes:
 - General Psychology I & II (PSY 1001 and PSY 1002)
 - Abnormal Psychology (PSY 2552)
 - Social Psychology (PSY 3260) **Faculty Lead**
 - Human Growth & Development (PSY 2440)
 - Personality Psychology (PSY 4650) **Faculty Lead**
 - Sport Psychology (PSY 275)
 - Psychology of Gender (PSY 205)
 - Health Psychology (PSY 2333)
 - Positive Psychology (PSY 2331)
 - Psychopathology (PSY 4600) **Faculty Lead**
 - Food and Feelings (Flavors for Your Health series)

CERTIFICATIONS

- Nationally Certified Counselor (Counselor number 242236)
- Licensed Professional Counselor (Colorado Counselor #6014)
- Nationally Ordained Minister

DREW MIKITA, LPC

Associate Professor

PROFESSIONAL EXPERIENCE (CONTINUED)

Private Practice - Feel Awesomer, LLC (Owner/Operator)

2007 - Present

Licensed Professional Counselor (2007-present)

- Provide mental health therapy for people with mental illness
- Research and write about treatments and holistic health to treat mental illness and improve life satisfaction
- Provide community service through drug awareness presentations and pro bono counseling
- Specializing in substance abuse, depression, bipolar, and anxiety
- Ran and recruited members for Injuries in the Mountains Therapeutic Group for Building Hope Non-Profit

Sport Psychology Coaching (2013-present)

- Work with elite level athletes to improve performance and results
- Goal setting activities and programs for individuals and teams

Club Forget Me Not-Therapeutic Team & Wed Manager (2017-present)

- Coordinate wellness activities and therapeutic interventions for participants who have lost a parent or sibling
- Maintain website and marketing materials
- All work is volunteer and unpaid

Freelance Writing

2013 - Present

Feel Awesomer (formerly Free Psychology Help) (2013-present)

- Owner, operator, creator, editor and head writer
- Psychology blog and resource center for people interested in psychology, sport psychology, mental health and wellness
- Used as an academic tool for courses taught at Colorado Mountain College
- Manage SEO and Google AdSense and all functions

Summit Daily News (2015-2020)

- Dear Drewbie-Health and Wellness monthly column
- Print and online versions

God Hates Cleveland (2014-present)

- Owner, operator, creator, editor and head writer
- Cleveland Browns blog including free agency, mock drafts, news, predictions, and more
- This site was recently hacked and much of the material lost
- Manage SEO and Google AdSense and all functions

We Are Breck (2015-present)

- Co-Owner, Co-operator, Co-creator, editor and writer
- A local's perspective to dining, activities, and life in Breckenridge, CO.
- Manage SEO and Google AdSense and all functions

DREW MIKITA, LPC

Associate Professor

PROFESSIONAL EXPERIENCE (CONTINUED)

Bair Counseling Center - Frisco, CO

DUI Education and Therapy Instructor (2008-2011)

Colorado West Regional Mental Health - Frisco, CO

Detox Counselor (2008)

State of Colorado, Division of Vocational Rehabilitation - Denver, CO

Vocational Rehabilitation Counselor (2007-2008)

Bassett House, Health Recovery Services, INC. - Athens, OH

Vocational Rehabilitation Counselor (2007-2008)

SPEAKING ENGAGEMENTS

- Mental Health Panel Discussion- Paradise Paradox (2024)
- Navigating Sh*t Storms-Positive Psychology and The Pandemic-Building Hope (2020)
- Moderator for Young and Active Mental Health-With Olympic Medalist Nick Goepper and Mental Health Community (2019)
- Graduation Speaker-Colorado Mountain College (2020)
- Graduation Speaker-Peak School (2018)

AWARDS & RECOGNITION

- 2024 Full Time Faculty of the Year- Colorado Mountain College
- 2012 Full Time Faculty of the Year- Colorado Mountain College
- Multiple time CMC T2R2 employee recognition recipient
- Graduate Assistant, Ohio University, Athens, Ohio
- RGS Award-Ohio University, Ohio University, Athens, Ohio
- Research Assistant-Ohio University Psychology Department

PERSONAL ACCOMPLISHMENTS

- 2016 Mount Everest Marathon (3rd American Male)
- 2014-2020 Imperial Challenge finisher
- 2015 National Championships Master's Ultimate Frisbee
- 2017-present Firecracker 50 Endurance Race
- Active member of community volunteering time for substance abuse awareness, promoting wellness and health lifestyles