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## EDUCATION

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- 2024 – 2029 (*expected*)    **Michigan State University**, East Lansing, MI  
**Doctor of Philosophy, Social Work**
- 2017 – 2020                    **Wayne State University**, Detroit, MI  
**Master of Social Work**, area of concentration: Interpersonal Practice with Families and Children
- 2001 – 2006                    **University of Michigan**, Ann Arbor, MI  
**Bachelor of Arts**, Political Science

## CERTIFICATES

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- 2009 – 2010                    **New York University**, New York, NY  
Professional Certificate in Global Affairs
- 2008 – 2009                    **New York University**, New York, NY  
Professional Certificate in Philanthropy and Fundraising

## RESEARCH INTERESTS

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- PTSD, Complex Trauma
- Maternal/Paternal Mental Health
- Relational/Interpersonal Trauma
- Teen Dating Violence/Intimate Partner Violence/Sexual Violence
- Gender-Based Violence
- Violence Prevention with a focus on minoritized/marginalized populations to reduce violence
- Community Engagement/Community Engaged Research
- Adverse Childhood Experiences (ACEs)
- Child Development/Adolescent Development/Emerging Young Adults
- Child Maltreatment
- The interface between early childhood relational trauma, parenting, and attachment

## METHODS EXPERTISE

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- Mixed Methods
- Quantitative methods
- Qualitative methods
- Qualitative thematic and narrative analyses
- Quantitative & Qualitative Survey Research
- Program Evaluation

## RESEARCH EXPERIENCE

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- 2023 – present      **Collaborator**, Spark 4 Change, Dr. Joanne Smith-Darden and Dr. Heather McCauley, Michigan State University School of Social Work, East Lansing, MI.
- Participating in a weekly innovation lab to further community-partnered research and interventions aiming to reduce violence in all forms.
  - Partnering and connecting with interdisciplinary scholars and community stakeholders to explore challenges, opportunities, and innovative ideas within the anti-violence field.
- 2020      **Directed Study**, supervised by Dr. Debra Patterson, Professor and Associate Dean of Academic and Faculty Affairs, Wayne State University School of Social Work, Detroit, MI.
- Gathered, analyzed and coded data from the La Vida study, a qualitative research study where Latina survivors of violence were interviewed about their experiences of violence its aftermath.
  - Completed a detailed twenty-page research paper describing themes around how formal and informal support systems impacted the experiences of Latina survivors of domestic violence.
- 2019 – 2020      **Research Assistant**, supervised by Dr. Debra Patterson, Professor and Associate Dean of Academic and Faculty Affairs, Wayne State University School of Social Work, Detroit, MI.
- Analyzed data from a qualitative research study examining the experiences that Latina domestic violence victims had with the aim of understanding the importance of culturally-specific domestic violence services.
  - Developed different logic models to create frameworks for organizations to deliver more culturally specific services to Latina survivors of domestic violence.
- 2017 – 2018      **Research Assistant**, Center for Social Work Research, Wayne State University School of Social Work, Detroit, MI.
- Provided research support to faculty through including data entry, cleaning and coding (Remark, SPSS, Excel), literature searches, transcription of narrative interviews.
  - Created and programmed surveys (Qualtrics) to be utilized for School of Social Work assessments and Research Center projects.
  - Administered surveys and interviews to School of Social Work students and external clients.
  - Prepared evaluation reports for internal School of Social Work administrators and external organizations.
  - Major projects: Flint Area Community Health and Environment Partnership (FACHEP), Youth Empowerment Solutions – Healthy Relationships (YES-HR).
- 2010 – 2012      **Research and Evaluation Associate**, Safe Horizon, Research Department, New York, NY.
- Managed portions of key grants and synthesized data for routine funder reports.
  - Created reports to present program service data to executive level officers.
  - Developed and refined program logic models to support the agency’s shift in service delivery.
  - Facilitated the organization’s shift to more evidence-based, client-centered practices by designing and coordinating trainings for direct service staff and providing data and support to program managers.
  - Researched different models of client-centered practice to inform organizational shifts in the provision of services across over 50 different victim-assistance programs in New York City.
- 2006      **Directed Study**, supervised by Dr. John Jackson, M. Kent Jennings Collegiate Professor and Professor Emeritus, Political Science Department, University of Michigan, Ann Arbor, MI.
- Designed an individual research initiative exploring and analyzing urban decentralization and local community development in Detroit in the late 20<sup>th</sup> century.
  - Took the initiative to meet regularly with my research advisor to present parts of my research and to revise and refine key arguments.
  - Produced a final research paper as a culmination of the independent study highlighting my ability to synthesize a large amount of complex information.

- 2003                    **Research Assistant**, supervised by Dr. Mika Lavaque-Manty, Arthur F. Thurnau Professor and Associate Professor & Director of the LSA Honors Program, Political Science Department, University of Michigan, Ann Arbor, MI.
- Organized an extensive literature review, collected and organized data and sources for research publication on gender equality in sports and physical education.
- 2003                    **Research Assistant**, supervised by PhD Student Ishmail K. White, (now Assistant Professor of Political Science at The Ohio State University), Political Science Department, University of Michigan, Ann Arbor, MI.
- Researched and coded different media sources for comparative study of mainstream and ethnic media sources.
- 2001-2002            **Research Assistant**, University of Michigan's Undergraduate Research Opportunity Program, supervised by Dr. Rick Solomon, MD, founder and director of the PLAY project, Ann Arbor, MI.
- Developed research skills by coding, entering and organizing data for P.L.A.Y, an autism intervention project.

## **EMPLOYMENT& PRACTICE EXPERIENCE**

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- 2020 – present            **Private Practice Psychotherapy**, Nature's Playhouse, Ferndale, MI.
- Providing support to parents, children (all ages) and families with a focus on parental mental health, mood disorders, perinatal mental health, trauma in families, attachment-based issues within families, neurodiversity in families.
- 2019 – 2020            **Intern**, Outpatient and Home-based Therapy, Starfish Family Services, Westland, MI.
- Carried a caseload of five clients (ages 5-17) in both outpatient and home-based therapy settings.
  - Participated in weekly clinical supervisions and intern supervisions to discuss cases and deepen therapeutic skills; collaborated with different agency staff on a weekly basis to coordinate client care.
- 2018 – 2019            **Intern**, YES-HR Program, Wayne State University.
- Implemented a curriculum to promote youth empowerment in relationships to prevent sexual and teen dating violence.
  - Carried a caseload of twelve students from 6<sup>th</sup>-8<sup>th</sup> grade and provided weekly counseling and mental health support.
  - Led a weekly group of 7<sup>th</sup> grade girls to work on emotional regulation strategies and conflict resolution skills.
- 2017 – 2018            **Research Assistant**, School of Social Work Research Center, Wayne State University.
- Provided research support to faculty through literature searches, data entry and coding, transcription of narrative interviews and in creating surveys.
  - Provided research support to the School of Social Work and external nonprofit partners through data entry and analysis, programming and administering surveys, and conducting interviews and focus groups.
  - Assisted in the preparation of high-level reports for School of Social Work administrators and external nonprofit clients.
- 2016 – 2017            **Permanency Specialist**, Concern 4 Kids, Bethlehem, PA.
- Completed reports on a foster child's entire social, medical, and personal history for use by adoption agencies to find permanent homes for foster children.
  - Coordinated meetings with foster children, county workers, foster parents, birth parents and other key people in a child's life to gather information for the reports.

- 2014 – 2015      **Operations Associate**, American Corporate Partners, New York, NY.
- Coordinated mentorships between transitioning U.S. veterans and corporate executives from more than fifty Fortune 500 companies.
  - Oversaw a team of five staff members to routinely meet or exceed performance objectives by overseeing day-to-day work of team and actively supporting struggling team members.
  - Headed ACP’s training team; improved the new hire training process by expanding and standardizing the curriculum and by developing a training evaluation system to gather feedback.
- 2012 – 2014      **Guest Services Manager**, Miracle House, New York, NY.
- Managed all client-facing services for patients with cancer and other serious diseases traveling to New York for critical medical care; directed guest intake and outtake processes, including screening for eligibility, explaining services, and addressing guest concerns.
  - Supervised all daily operations of the organization’s fifteen-unit lodging facility including maintenance and repairs, cleaning services, and upkeep of units.
  - Coordinated over fifty active volunteers who provided information and support to clients. Conducted volunteer trainings, managed volunteer schedules and provided supervision around client interactions.
- 2010 – 2012      **Research and Evaluation Associate**, Safe Horizon, New York, NY.
- Collaborated with program leaders to implement a system of standardized client service practices across over fifty programs serving domestic violence victims.
  - Provided training and technical assistance to program managers regarding the documentation of client service practice and the implementation of quality assurance protocols.
  - Assisted in managing key grants and synthesized data for routine funder reports.
  - Coordinated case practice trainings for over five hundred staff and managers from forty different programs.
- 2007 – 2010      **Legal Research Assistant**, Patterson, Belknap, Webb & Tyler LLP, New York, NY
- Completed legal research projects requested by attorneys and paralegals to support their cases, often under very demanding timelines. Research consisted of extensive web-based research using legal, government, financial, and scientific sources.
  - Provided administrative support as needed by generating expense reports, maintaining databases and the firm’s intranet, handling communication and marketing tasks, and working at the reference desk.

## **VOLUNTEER EXPERIENCE**

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- 2022 – present      **Volunteer/Program Leader**, Detroit Prep (charter school), Detroit, MI.
- Currently participating as a volunteer leading first grader students in the after-school Run Club with the overall goal to help kids learn more about running and physical health.
  - Led a mindfulness program for 4<sup>th</sup>-8<sup>th</sup> graders in 2022 to foster emotional and somatic regulation skills.
  - Planning a second mindfulness (& yoga) program for winter of 2023 for K-8<sup>th</sup> grade to focus on mental wellness, emotional regulation and social skills.
- 2019 – 2020      **Social Work Liaison**, Community Homeless Interprofessional Program (CHIP), Detroit, MI.
- Provided housing support and other referrals to community services for homeless individuals who came to a monthly clinic for medical services.
  - Served as the leader of the social work team helping to coordinate social work students and to represent the social work program during organization and planning meetings with other disciplines.

- Collaborated with a multi-disciplinary team including students from medicine, pharmacy, physical therapy to enhance the services provided and to ensure that holistic needs of the population were met.
- Produced and presented a research poster describing the intervention model and synthesizing data about the positive impact of interprofessional collaboration in community initiatives.

2009 – 2012

**Victim Advocate/Advisory Board Chair**, Domestic and Other Violent Emergencies Program (DOVE), Columbia-Presbyterian Hospital, New York City, NY.

- Assisted survivors of sexual assault and domestic violence and their families to cope with the immediate after-effects of the trauma in the critical house in the emergency room.
- Advocated with medical and law enforcement staff to protect the rights and needs of survivors.
- Served as Advisory Board Chair from 2011-2012 and oversaw fundraising, community outreach, and volunteer recruitment and training activities.
- Facilitated small group discussions and role-plays, and delivered training modules as part of a 40-hour certification to prepare new advocates from 2010-2012.

2008 – 2010

**Volunteer & Coordinator**, New York Cares, New York, NY.

- Managed an English conversation program of fifteen volunteers and 25 ESL students that focused on overcoming language barriers faced by the students in their daily interactions and in job seeking efforts.
- Coordinated a six-month, weekly program of fifteen volunteers to assist Arabic women in their preparation for the United States Citizenship Exam.
- Participated regularly in volunteer activities including after school tutoring for children, adult education and job readiness, and working with adults with special needs.

2009 – 2010

**ESL Teacher**, Community Impact Program, Columbia University, New York, NY.

- Taught weekly English classes for adults to help students build the knowledge and analytical skills that will aid them in school or in the workplace.
- Created a weekly lesson plan with detailed objectives and carefully coordinated with fellow teachers to ensure a quality learning environment.

2002 – 2007

**Planning Team Member/Volunteer**, The Detroit Partnership, University of Michigan, Ann Arbor and Detroit, MI.

- Organized and oversaw after-school tutoring programs at Peter Vetal Elementary (now closed) and Samuel Gompers Elementary and Middle School in Detroit, MI.
- Contributed to local community development efforts by attending local political events and by participating in community revitalization and renewal projects.
- Attended meetings for the Planning Team to coordinate different initiatives, recruit volunteers, and plan service expansion in line with the organization's mission.

## PROFESSIONAL LICENSE & CERTIFICATIONS

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2022 – present

Licensed Clinical Social Worker, LMSW, Michigan

2020 – 2022

Limited License Clinical Social Worker, LLMSW, Michigan

## PROFESSIONAL AFFILIATIONS

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2023

National Association of Social Workers

2022

Postpartum Support International Member