

LINDSAY REBECCA DRUSKIN

9316 Cherry Hill Road, #103
College Park, MD 20740

(301) 512-1820
lindsay.druskin@gmail.com

EDUCATION

B.A. Psychology, Minor in Human Development May 2018
University of Maryland, College Park, MD
Cumulative GPA: 3.50/4.00
Thesis: Does adolescent friendship quality moderate the relation between mother- and father-child attachment and internalizing symptoms?

HONORS & AWARDS

May 2016 – May 2018 Dean's List, University of Maryland, College Park
June 2016 – Aug 2017 *Bright Futures Internship* Scholarship Recipient (2 years)
June 2016 *Jeffrey A. McLean Foundation* Scholarship Recipient

RESEARCH & CLINICAL EXPERIENCE

Laboratory for the Study of Child & Family Relationships April 2018 – Present
Human Development & Quantitative Methodology Department, University of Maryland, College Park
Role: Project Coordinator/Lab Manager
Principal Investigators: Kenneth Rubin, Ph.D. & Andrea Chronis-Tuscano, Ph.D.
NIMH-funded R01 grant: Multi-Component Early Intervention for Inhibited Preschool Children

Project Coordinator Responsibilities:

- Serve as project coordinator for a 5-year, NIMH-funded grant (R01) examining early intervention programs for behaviorally inhibited preschool-age children and their parents
 - Manage study follow-up, which includes scheduling assessments
 - Scheduling school observations of child participants
 - Handle and track purchase orders and participant compensation
 - Assist in the preparation and organization of NIH progress reports and data safety monitoring reports, ensuring adherence to all deadlines
 - Assist with large-scale participant recruitment
 - Cultivate relationships with various schools, pediatrician practices, and community organizations
 - Utilize social media to aid in participant recruitment
 - Track information about enrolled families, interviews, assessments, and treatment groups
- Serve as project coordinator for a study examining how, and whether a comparison group of children's play behavior in their preschool classrooms changes over an eight-week period
 - Assist in the creation of principal, parent, and teacher consent forms
 - Create contact scripts, participant cover letters, and data tracking protocols
 - Contact local schools and oversee participant recruitment
 - Obtain consent from parent participants via phone
 - Conduct school observations of child participants using the Play Observation Scale (POS) coding scheme

Research Responsibilities:

- Successfully ran over 20 participant visits, maximizing personnel and resources available

- Obtain consent from parent participants
- Collect Heart Rate Variability and Galvanic Skin Response data from parent and child participants
 - Problem-solve when child participants have difficulty participating in the physiological data collection protocol
- Implement parent-child interaction observation protocol, with tasks including clean-up, free play, structured play, and a separation
- Prepare and submit IRB materials regarding study procedures, documentation, adverse events, amendments, and annual continuing reviews
- Conducted 28 school observations of child participants
 - Visit participants' schools to observe children's naturalistic social behaviors in the school setting using the Play Observation Scale (POS) coding system
 - Obtain consent from principals and teachers to collect school observation and teacher rating data
- Maintain and submit research approval and renewal applications to conduct research in local public school districts
- Utilize Qualtrics to administer parent, teacher, and principal questionnaires
- Assist with poster and manuscript preparation
- Participate in weekly research team meetings to discuss study progress

Lab Managerial Responsibilities:

- Manage overall lab functioning
- Co-lead journal club and lab meetings
- Recruit, interview, and train interns/undergraduate research assistants (RAs)
 - Supervised over 20 undergraduate RAs
 - Train RAs in research protocols and evidence-based childcare techniques
 - Oversee coding and input of data, as well as other research tasks

Children's National Medical Center, Washington, D.C.

Aug 2017 – Aug 2018

DC Collaborative for Mental Health in Pediatric Primary Care, Child Health Advocacy Institute

Role: Research Intern

Supervisor: Leandra Godoy, Ph.D.

- Assisted with multiple projects aimed at improving access to outpatient mental health care to ultimately improve mental health screening in pediatric primary care
- Independently led follow up interviews with over 20 families participating in an ongoing family navigation study aimed to improve access to outpatient mental health care
- Contacted over 300 local mental health centers and clinicians to obtain updated information for an interactive mental health resource guide for the DC Collaborative for Mental Health in Pediatric Primary Care
- Conducted literature searches and assisted with manuscript preparation
- Entered participant records into REDCap software

Uniformed Services University of the Health Sciences, Bethesda, MD

March 2017 – April 2018

Developmental Laboratory on Eating & Weight Behaviors, Medical & Clinical Psychology Department

Role: Research Intern

Supervisor: Marian Tanofsky-Kraff, Ph.D.

Henry M. Jackson Foundation for the Advancement of Military Medicine-funded grant: Preventing Obesity in Military Communities, Adolescents

- Assisted with a 6-year Henry M. Jackson Foundation-funded grant examining interpersonal therapy to prevent eating disorders and excessive weight gain in adolescent military dependents at high risk for adult obesity
- Collected physical and mental health data from over 30 adolescent participants (body composition, eating behavior, psycho-social adjustment) through use of the BodPod Volumetric 3D Body Scan System, Eating Disorder Examination (EDE), Schedule for Affective Disorders and Schizophrenia for School Aged Children (K-SADS), and a variety of psychosocial questionnaires
- Assisted with participant recruitment by providing information to interested families at recruitment events at various military installations
- Conducted over 30 phone screens with interested participants
- Entered and analyzed participant records and assessments in SPSS
- Designed and distributed monthly newsletters to participants
- Actively engaged with participating families during assessments
- Served as peer co-reviewer for three journals

Alvord, Baker, & Associates, LLC, Bethesda, MD

Oct 2017 – Dec 2017

Role: Volunteer Therapist

Clinical Supervisor: Veronica Raggi, Ph.D.

Cool, Confident, and Courageous (CCC)TM Group for Selective Mutism and/or Severe Social Anxiety

- Aided in the implementation of an eight-week behavioral program for 6 through 8-year-olds with selective mutism and/or severe social anxiety to focus on the continued practice and reinforcement of brave speech and social interaction with peers and adults
- Used Child Directed Interaction (CDI) Skills to promote and reinforce positive social behaviors and increase children's self-esteem while receiving live supervision from a clinical psychologist

Adoptions Together Post Permanency Family Center, Washington, D.C.

May 2016 – Sept 2017

Role: Intern

Clinical Supervisor: Carey Tompkins, MSW, LICSW

- Worked directly with licensed clinicians to provide resources, treatment, and support to families with adoption and attachment-related concerns
- Assisted with the creation of a new therapeutic program designed to provide children with skills to navigate scenarios related to their identity and adoption
- Acted as a group leader for a monthly Respite Program for youth and adolescents
 - Created activities and topics for discussion related to adoption
- Trained to score and analyze questionnaire and assessment responses: Child Behavior Checklist (CBCL), Parenting Stress Index (PSI), Youth Self Report (YSR), Adult Adolescent Parenting Inventory (AAPI)
- Trained interns to score and analyze outcome measures
- Created a template for summarizing assessments in a comprehensive document to aid in treatment planning based on assessment responses and treatment plans
- Created and organized client treatment plans for clinical use in court hearings
- Conducted phone screen intakes for new clients
- Provided therapeutic child observation and care while parents or guardians participated in treatment sessions
- Responsible for entry and analysis of client records and assessment data

Laboratory for the Study of Child & Family Relationships

November 2015 – April 2018

Human Development & Quantitative Methodology Department, University of Maryland, College Park

Role: Head Undergraduate Research Assistant (RA)

Principal Investigators: Kenneth Rubin, Ph.D. & Andrea Chronis-Tuscano, Ph.D.

NIMH-funded R01 grant: *Multi-Component Early Intervention for Inhibited Preschool Children*

- Assisted with a 5-year, NIMH funded grant (R01) examining early intervention programs for behaviorally inhibited preschool-age children and their parents
- Completed independent senior thesis on peer friendship quality as a moderator for internalizing outcomes as a result of insecure attachments
- Used Parent Child Interaction Therapy (PCIT) CDI skills while working one-on-one with child participants
- Independently ran participant visits at pre-, mid-, and post-treatment
 - Implemented parent-child interaction observation protocol, with tasks including clean-up, free play, structured play, and a separation
- Trained incoming RAs in research protocol procedures
- Oversaw RAs and tracked completion of lab tasks
- Served as point of contact between RAs, graduate students, research staff, and principal investigators
- Coded parent-child interaction protocol using the Parent Child Interaction (PCI) coding system
- Actively engaged in weekly lab meetings by discussing and presenting relevant research

VOLUNTEER EXPERIENCE

The National Center for Children and Families

July 2018 – Present

Role: Volunteer

Volunteer Supervisor: Dahlia Levin

- Volunteer with children living at the New Beginnings Temporary Family Shelter in Washington, D.C.
- Assist children and adolescents with homework and basic organizational skills to foster school readiness and success

LEADERSHIP EXPERIENCE

Department of Psychology, University of Maryland, College Park

Jan 2018 – May 2018

Role: Undergraduate Teaching Assistant

Course: Child Psychopathology

Supervisor: Lea Dougherty, Ph.D.

- Assisted in the planning and preparation of two weekly lectures
- Graded student exams, essays, and group work
- Met one-on-one with undergraduate students to answer questions and provide feedback on course work

Psi Chi: The International Honors Society in Psychology

May 2017 – May 2018

University of Maryland, College Park

Role: Secretary of the Executive Board

- Maintained record of member attendance
- Planned and lead Psi Chi events
- Assisted in organization aspects of the society
- Recorded the number of events attended by each society member

The National Society of Leadership and Success

June 2016 – May 2018

University of Maryland, College Park

Role: Member

- Selected by campus administration to participate in a leadership program incorporating training in success skills, time management, and goal setting
- Actively participated in peer-based development teams
 - Received coaching and provided feedback to other students during training sessions
- Collaborated with a small group of students to identify and accomplish personal and team goals

PUBLICATIONS

- Bakalar, J. L., Barmine, M., **Druskin, L.**, Olsen, C. H., Quinlan, J., Sbrocco, T., & Tanofsky-Kraff, M. (2018). Childhood adverse life events, disordered eating, and body mass index in U.S. Military service members. *International Journal of Eating Disorders*. doi:10.1002/eat.22851
- Godoy, L., Hodgkinson, S., Robertson, H. A., Sham, E., **Druskin, L.**, Wambach, C. G., Beers, L. S., & Long, M. (under review) Primary care-based family navigation to increase mental health engagement. *Pediatrics*.

POSTER PRESENTATIONS

- Druskin, L.**, Smith, K. A., & Rubin, K. H. (under review). *Profiles of attachment and friendship quality predicting internalizing symptoms across the high school transition*. Poster submitted to the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Smith, K. A., **Druskin, L.**, & Rubin, K. H. (under review). *Associations between extraversion, agreeableness, and conscientiousness and peer-reported social behaviors*. Poster submitted to the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.

PROFESSIONAL MEMBERSHIPS

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| <i>Student Affiliate</i> , Association for Psychological Science (APS) | Nov 2016 – Present |
| <i>Student Member</i> , Psi Chi: The International Honors Society in Psychology | Oct 2016 – Present |

PROFESSIONAL SERVICES

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| <i>Peer Co-Reviewer</i> | June 2017 – April 2018 |
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- Reviewed manuscripts for:
 - *Appetite*
 - *Eating Behaviors, An International Journal*
 - *The Journal of Adolescent Health*

RELEVANT TRAINING & SKILLS

Proficiencies: AcqKnowledge, Noldus Media Recorder, Observer, REDCap, R Studio, and SPSS

Research Skills: Lab managing, data analysis, IRB application/amendment writing & continuing review completion, protocol creation, survey administration, participant recruitment and coordination, school observation, data entry, incentive handling, NIH/DSMB report completion