

## CURRICULUM VITAE

**Lindsay R. Druskin, B.A.**

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**EDUCATION**

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**B.A. Psychology, Minor in Human Development** May 2018

University of Maryland, College Park, MD

Cumulative GPA: 3.5/4.0

*Undergraduate Thesis: Does adolescent friendship quality moderate the relation between mother- and father-child attachment and internalizing symptoms?***HONORS & AWARDS**

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May 2016 – May 2018 Dean's List, University of Maryland, College Park

June 2016 – Aug 2017 *Bright Futures Internship* Scholarship Recipient (Total cost: \$1,000)June 2016 *Jeffrey A. McLean Foundation* Scholarship Recipient (Total cost: \$6,000)**RESEARCH & CLINICAL EXPERIENCE**

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**Students Understanding College Choices Encouraging & Executing Decisions for Success****(SUCCEEDS) Program**

Feb 2019 – Present

University of Maryland, College Park

*Role:* Therapist in training*Supervisors:* Andrea Chronis-Tuscano, Ph.D. & Michael Meinzer, Ph.D.

- Training to provide evidence-based individual therapy and academic coaching for college students with ADHD to improve time management, organization, motivation, goal identification, and activity planning
- Participate in weekly group supervision
- Case load: 1 patient/week

**Laboratory for the Study of Child & Family Relationships**

April 2018 – Present

Human Development &amp; 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
- Trained to criterion for reliability used in the Brain-Body Center to edit and evaluate inter-beat-interval (IBI) data prior to heart rate variability analysis using both the CardioEdit and CardioBatch software
- Serve as project coordinator for a study examining how, and whether a comparison group of children's play behavior in their preschool classroom 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
  - Prepare and organize all progress reports and continuing reviews of study, ensuring adherence to all deadlines

*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 over 100 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 coding schemes
  - Oversee coding and input of data, as well as other research tasks

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

Oct 2017 – Present

*Role:* Volunteer Therapist/Co-Facilitator

*Clinical Supervisors:* Veronica Raggi, Ph.D. & Kelly O'Brien, Ph.D.

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

- Aid in the implementation of an eight-week behavioral program for 4 through 15-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
- Use Child Directed Interaction (CDI) Skills to promote and reinforce positive social behaviors and increase children's self-esteem receiving live supervision from a clinical psychologist

*Clinical Supervisor:* Heather Loffredo, Psy.D.

Oct 2018 – Jan 2019

*Resilience Builder Program<sup>®</sup>*

- Co-facilitated three fourteen-week social competency programs for middle school through college-aged students with high functioning Autism Spectrum Disorders based on the Resilience Builder model
- Took notes on functioning and progress of each participant to assess progress throughout the program as well as provide feedback to parents
- Independently led a lesson focusing on optimism and positivity
  - Create appropriate lesson content related to optimistic thinking for each age group

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

Aug 2017 – Present

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

*Role:* Research Intern

*Principal Investigator:* Lee Beers, M.D.

*Mental Health Integration in Pediatric Primary Care*

*Principal Investigator:* Leandra Godoy, Ph.D.

*Klingenstein Third Generation Foundation-funded grant: Linking Primary Care to Community Based Mental Health Resources via Family Navigation Support*

- Assist with a Quality Improvement project aimed at improving mental health screening practices in pediatric primary care and improving provider comfort identifying and addressing mental health issues
- Assist with a randomized pilot study examining the role of family navigation programs in improving engagement from primary care referral to community-based mental health providers as well as child mental health outcomes
  - Independently lead follow up interviews with families about their experiences accessing mental health care through the DC Collaborative for Mental Health in Pediatric Primary

Care (DC Collaborative; a public-private partnership aimed at improving the integration of mental health in pediatric primary care for youth in the District of Columbia)

- Analyze verbatim interview transcripts with Dedoose qualitative data analysis software
  - Aid in the creation of coding scheme to assess
  - Independently code transcribed family interviews
- Contacted over 300 local mental health centers and clinicians to obtain updated information for an interactive mental health resource guide for the DC Collaborative
- Conduct literature searches and assist with manuscript preparation
- Enter 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
- Leading 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

**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

- o 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 Parental Warmth and Control Scale

**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
  - o 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

## **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

- Planned and lead Psi Chi events
- Assisted in organizational aspects of the society

**PUBLICATIONS**

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Godoy, L., Gordon, S., **Druskin, L.**, Long, M., Baiyewu, M., Beers, L., Kelly, K. P. (under review).

Implementing routine mental health screening into pediatric primary care. *Pediatrics*.

Godoy, L., Hodgkinson, S., Robertson, H. A., Sham, E., **Druskin, L. R.**, Wambach, C. G., Beers, L. S., & Long, M. (2019). Increasing mental health engagement from Primary Care: The potential role of family navigation. *Pediatrics*. doi:10.1542/peds.2018-2418

Bakalar, J. L., Barmine, M., **Druskin, L. R.**, 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

**POSTER PRESENTATIONS**

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**Druskin, L. R.**, Smith, K. A., Novick, D. R., Barstead, M. G., Danko, C. M., Badders, R., Wagner, N. J., Dougherty, L. R., Chronis-Tuscano, A., Rubin, K. H. (2019, November). *The moderating effects of parent and child anxiety on the association between physiological regulation and parental accommodation*. Poster to be presented at the 53<sup>rd</sup> Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention, Atlanta, GA.

Willing, L., Godoy, L., **Druskin, L. R.**, Long, M., Pustilnik, S., Bostic, J., & Latif, F. (under review). *Role of child psychiatric access programs in suicide screening and assessment*. Poster submitted to the 66<sup>th</sup> American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting, Chicago, IL.

**Druskin, L. R.**, Barstead, M. G., Novick, D. R., Smith, K. A., Fleece, H. M., Wagner, N. J., Danko, C. M., Chronis-Tuscano, A., & Rubin, K. H. (2019, May). *Parasympathetic control moderates inhibited children's susceptibility to parental influences on play behaviors*. Poster to be presented at the 31st Association for Psychological Science (APS) Annual Convention, Washington, D.C.

Smith, K. A., **Druskin, L. R.**, & Rubin, K. H. (2019, March). *Associations between extraversion, agreeableness, and conscientiousness and peer-reported social behaviors*. Poster presented at the Biennial Meeting of the Society for Research in Child Development (SRCD), Baltimore, MD.

## MANUSCRIPTS IN PREPARATION

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Smith, K. A., Barstead, M. G., Novick, D. R., **Druskin, L. R.**, & Rubin, K. H., (in preparation). Social and emotional correlates of introversion trajectories across adolescence.

Smith, K. A., **Druskin, L. R.**, & Rubin, K. H. (in preparation). Extraversion, agreeableness, and conscientiousness as predictors of peer-reported social behaviors.

## PROFESSIONAL AFFILIATIONS

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Association for Behavioral and Cognitive Therapies (ABCT), *Member*

- Student Membership Committee; Diversity/Inclusivity Subcommittee

Association for Psychological Science (APS)

Psi Chi: The International Honors Society in Psychology, *Member*

Society for Research in Child Development (SRCD), *Member*

## PROFESSIONAL SERVICES

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*Peer Co-Reviewer*

March 2017 – April 2018

- Reviewed manuscripts for
  - *Appetite*
  - *Eating Behaviors, An International Journal*
  - *The Journal of Adolescent Health*

## RELEVANT TRAINING & SKILLS

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*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, physiological data collection, school observation, data entry, incentive handling, NIH/DSMB report completion