

LINDSAY R. DRUSKIN

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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, coding schemes, 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 – 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
- 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
- Conduct literature searches and assist with manuscript preparation
- Enter participant records into REDCap software

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

Oct 2018 – Jan 2019

Role: Volunteer Therapist/Co-Facilitator

Clinical Supervisor: Heather Loffredo, Psy.D.

- Co-facilitate three fourteen-week social competency programs for middle school through college-aged students with high functioning Autism Spectrum Disorders based on the Resiliency Builder model
- Take 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

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

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

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 organizational aspects of the society

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

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. (2018). Primary care-based family navigation to increase mental health engagement. *Pediatrics*.

POSTER PRESENTATIONS

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

PROFESSIONAL MEMBERSHIPS

<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

Peer Co-Reviewer

- 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