

# Dessa Bergen-Cico, Ph.D., CHES, CAS

Public Health, Falk College of Sport and Human Dynamics, Syracuse University  
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## University Education

1992, Syracuse University, School of Education, Syracuse, NY, Community Health, Ph.D.

1988, Syracuse University, School of Education, Syracuse, NY, Health and Exercise Science, M.S.

1986, Syracuse University, College of Visual and Performing Arts, School of Education,  
Syracuse, NY, Synaesthetic Art Education/Illustration, B.F.A

## Advanced Education and Training

2017, Chulalongkorn University, Bangkok Thailand, Peace Studies Post-Graduate Certificate

2016, University of Massachusetts Medical School, Center for Mindfulness In Medicine,  
Health Care and Society, Shrewsbury, MA, Mindfulness Based Stress Reduction, Certified  
Teacher

2015, Columbia University, Teachers College, New York, NY, Center for Benefits-Cost Studies  
Interventions in Educational Settings

2007, University of Amsterdam, Amsterdam, NL, Institute on Alcohol, Drugs & Addictions

## Fellowships

Fulbright Research Scholar U.S. State Department, Institute of International Education;  
Council for International Exchange of Scholars, Thailand, Cambodia 2019-2020

Fulbright Scholar U.S. State Department, Institute of International Education; Council for  
International Exchange of Scholars, Republic of Georgia 2015 -2016

Peace Fellow of the Rotary International Peace Studies Program; Bangkok, Thailand 2017

Fellow of American Academy of Healthcare Provider s in the Addictive Disorders 2012 to  
present.

## Certifications

Certified Mindfulness Based Stress Reduction (MBSR) Teacher – Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School, 2016

Certified Addiction Specialist American Academy of Health Care Providers in the Addictive Disorders (# C-4568)

Certified Health and Wellness Coach American College of Sports Medicine (#01832) Certified Health Education Specialist (CHES # 13561)

Auricular Acupuncture for Detoxification and Addictions (NADA Certification # 6057) New York State Rape Crisis Counselor Certification, 2003

Conflict Mediation and Negotiation Certification, Maxwell School, Syracuse University 1984

## Employment

2019 to present, **Professor** Department of Public Health, Syracuse University, Syracuse, NY

2018 to present **Research Affiliate**, Lerner Center for Public Health Promotion, Maxwell School, Syracuse University

2017 to present, **U.S. Coordinator**, Council of Europe's Pompidou Group Executive Education Training on Effective Governance of Coherent Drug Policies

2015 to 2019, **Associate Professor** Department of Public Health, Syracuse University, Syracuse, NY

2013 to present, **Neuroscience Faculty**, Syracuse University Neuroscience Integrated Learning Major and Graduate Program

2009 to 2015, **Assistant Professor** Department of Public Health, Syracuse University, Syracuse, NY

2008 to present **Coordinator Addiction Studies Program**, Curriculum oversight and advising graduate and undergraduate programs

2009 to 2015, **Assistant Professor** Department of Public Health, Syracuse University, Syracuse, NY

2015 to 2016, **Fulbright Scholar**, visiting Professor of Addiction Studies/Addictology and Mental Health/Traumatology, Ilia State University, Republic of Georgia

2009 to present, **Affiliated Investigator and Research WOC**, Syracuse Veterans Administration Medical Center, Center for Integrative Healthcare, Syracuse, NY

2010-2011 **U.S. Coordinator**, Council of Europe's Pompidou Group on the Trans-Atlantic Executive Education Training on Effective Governance of Coherent Drug Policies

2006 to 2008, **Assistant Professor**, Department of Health and Wellness, Syracuse University, Syracuse, NY

2006 to 2008, **Director of E-learning Health Research and Evaluation** Outside the Classroom Inc. Boston, MA

2001 to 2006, **Associate Dean of Students**, Syracuse University Division of Student Affairs, Syracuse, NY, Alcohol Other Drugs and Tobacco Policy compliance U.S. Department of Education Safe and Drug Free Schools Act, Compliance oversight of Clearly Disclosure of Campus Security Policy and Crime Statistics Act for reporting of non-consensual sexual activity and alcohol or other drug policy violations

2001 to 2006 **Director of Assessment for Student Life**, the Division of Student Affairs responsible for oversight and development of assessment, evaluation, research and accreditation for 22 departments in the Division of Student Affairs

1998 to 2006, **Director of Substance Abuse Prevention and Health Enhancement, Director of the Options Program**, a harm-reduction substance abuse counseling and intervention program serving over 350 students annually. Development, implementation and evaluation of population level alcohol/other drug prevention and harm reduction programs including universal alcohol education, social norms marketing and medical amnesty programs

2002 to 2006, **Director of University Rape: Advocacy Prevention and Education Center**, Entailed the development of policies, educational programs, crisis intervention services, medical support and advocacy, judicial advocacy, and academic advocacy for students who had experienced sexual assault; management of 24hr/365 day on-call crisis response and advocacy services; supervision of staff and coordination of campus sexual health education and violence prevention research and evaluation

1989 to 2003, **Adjunct Professor**, Syracuse University, Syracuse, NY, School of Education EDP/RCE/COU 520 Orientation to Substances of Abuse, Department of Health and Exercise Science HEA 100 Student Centered Holistic Wellness; HEA 332/532 Personal Health and Safety; HEA 335 Sexual Health, Department of Psychology PSY 270/470 Health Education and Leadership Program

1997 to 2000, **Director of Wellness Programs for National Security Studies**, Maxwell School of Citizenship and Public Affairs, Syracuse University, Syracuse, NY, Direct, develop, supervise and evaluate annual eight-week comprehensive health risk assessment and personalized exercise prescription programs for the United States Department of Defense employees participating in a residential Executive Education National Security Studies Institute at Syracuse University

1996 to 1998, **Health Enhancement Coordinator**, Syracuse University, Syracuse, NY Coordinate, develop and implementation of alcohol and other drug, STI/ HIV and sexual violence risk reduction, prevention and intervention programs and services for undergraduate and graduate students of Syracuse University. Coordinate peer education program with responsibilities for recruitment, training and supervision of peer health educators enrolled in Peer Sexuality, Peer Health Education and associated experience credit placements through PSY 270/470

1994 to 1996, **Assistant Director Alcohol and Drug Abuse Prevention Education Program and Youth at Risk**, NY State Office of Alcoholism and Substance Abuse Services (OASAS) and Onondaga Cortland Madison Board of Cooperative Educational Services (BOCES)

1992 to 1994, **Adjunct Professor**, Departments of Health and Education Cortland State

1992 to 1993, **Coordinator of Education, Adolescent Chemical Dependency Inpatient Unit** Onondaga Cortland Madison Board of Cooperative Educational Services and Crouse Hospital, Syracuse, NY

1991 to 1992, **Regional Coordinator, Health Education Services Network** New York State Department of Education Syracuse, NY

1988 to 1989, **Director of Health Promotion** YWCA of Onondaga County Syracuse, NY

## Publications

[Research Gate Publications Link](#)   [My NCBI Profile](#)

### Book

2012, **Bergen-Cico, D.** *War and Drugs: The Role of Military Conflict in the Development of Substance Abuse*. New York: Routledge.

### Scholarly Publications

2019 Costa, M., **Bergen-Cico, D.**, Grant, T., Herrero,R., Navarro, J., Razza, R. & Wang, Q., Nature inspired scenes for guided mindfulness training: presence, perceived restorativeness and meditation depth. *Self-regulatory Strategies to Augmented Cognition*. Switzerland, Springer.

2019 **Bergen-Cico, D.**, Kilaru, P., Rizzo, R. & Buore, P., Stress and wellbeing of first responders. In Ronald Burke & Silvia Pignata *Stress and Wellbeing in the Public Sector*. Chettenham, U.K. Edward Elgar Publishing.

2018, **Bergen-Cico, D.**, Smith, Y., Gooley, C., Hannon, K., Spicer, M., Woodruff, R., Wolford, K., & Gump, B., Dog ownership and training reduces posttraumatic stress and increases self-compassion among veterans: results of a longitudinal control study. *Journal of Alternative and Complementary Medicine*. 24(12), 1166-1175, doi10.1089/acm.2018.0179

2018, **Bergen-Cico, D.**, Lane, S., Keefe, R., Larsen, D., Salaam Jennings-Bey, N, Panasci, A., Jennings-Bey, T, & Rubinstein, R., Community gun violence as a social determinant of elementary school achievement. *Journal of Social Work in Public Health*. 33(7-8), 439-448.

2018, Owora, A., Salom-Bey, N., Lane, S., Rubinstein, R. Jennings-Bey, T, & **Bergen-Cico, D.**, Culturally congruent mentorship can reduce disruptive behavior among elementary school students. *Pilot and Feasibility Studies*, 4 (147) doi: 10.1186/s40814-018-0339-8.

2018, Surguladze, S., Chikovani, G., Revazishvili, T., Dzadzamia, N., Razmadze, T., Iashvili, N., & **Bergen-Cico, D** Mindfulness as a mediating factor between empathy and burnout in people of caring professions. *International Journal of Psychology and Psychoanalysis*.4(1), 1-6 doi: 10.23937/2572-4037.1510023

2018, Hirshfield, L.M., **Bergen-Cico, D.**, Costa, M. Jacob, R.J.K., Hincks, S, & Russell M. , Measuring the neural correlates of mindfulness with functional near-infrared spectroscopy. p. 117-145 In *Empirical Studies of Contemplative Practices*. Editors D. Grimes, Wang, Q., New York; Nova Science Publishers.

2018, **Bergen-Cico, D.**, & Proulx, J., Mindfulness and contemplative practices for diverse cultures. p. 145-164 In *Empirical Studies of Contemplative Practices*. Editors D. Grimes, Wang, Q., New York; Nova Science Publishers

2018, Costa MR, **Bergen-Cico, D.**, Herrero, R., Navarro, Razza, R. & Wang, Q., xR-based systems for mindfulness based training in clinical settings. p.31-39 In Chen J., G Gragomeni, G. (eds.) *Virtual, Augmented and Mixed Reality: Applications in Health, Cultural Heritage, and Industry*. Volume 1. Switzerland, Springer. doi: 10.1007/978-3-319-91584-5\_3

2018, Proulx, J, Croff, R., Oken, B., Aldwin, C.M., Fleming, C., **Bergen-Cico, D.**, Le, T., & Norrani, M., Considerations for research and development of culturally relevant mindfulness interventions in American minority communities. *Mindfulness*. 9(2), 361-370. doi: 10.1007/s12671-017-0785-z

2017, **Bergen-Cico, D.**, Otiashvili, D., Kirtadze, I., Zebransky, T. & Tsertsvadze V., Cost analysis of the country of Georgia's street level drug testing policy. *Journal of Drug Policy Analysis*. 10(2), 1-22 doi: 10.1515/jdpa-2017-0003

2017, Lane, S., Rubinstein, R., **Bergen-Cico, D.**, Jennings-Bey, T, Stone Fish, L., Larsen, D., Fullilove, M., Reichert Shimpff, T., Animashaun Ducre, K., Robinson, J.A., (2017). Neighborhood trauma due to violence: a multilevel analysis. *Journal of Health Care for the Poor and Underserved*. 28, 446-462.

2017, Otiashvili, D., Kirtadze, I., & **Bergen-Cico, D.**, Exploring the new phenomena of home-made extraction and injection of Ephedra plant product in Georgia. *Substance Use and Misuse*. 52(6), 826-829. doi: 10.1080/10826084.2016.1263664

2017, **Bergen-Cico, D**, Sikharulidze, K., Ivanashvili, N., Ivanishvili, M., & Keshelava, T. Hepatitis C risk and protective factors associated with drug policies in the Republic of Georgia. *World Medical and Health Policy*, 9(1), 45-64.

2017, **Bergen-Cico, D** & Cico Rizzo, R. Age as a predictor of cannabis use. p 43-53 In Victor Preedy (Ed.) *The Handbook of Cannabis and Related Pathologies: Biology, Diagnosis, Treatment, and Pharmacology*. London, Academic Press.

2017, **Bergen-Cico, D** & Krishna Kumar, A., Examining the processes of change associated with Mindfulness-based meditation and reductions in trait anxiety. *Journal of Depression and Anxiety Disorders*. 1 (1): 1-11.

2016, Possemato, K., **Bergen-Cico, D.**, Treatman, S., Allen, C., Wade, M., & Pigeon, W., A randomized clinical trial of primary care brief mindfulness training for Veterans with PTSD. *Journal of Clinical Psychology*, 72(3), 179-193. doi: 10.1002/jclp.22241.

2016, **Bergen-Cico, D**, Scholl, S. Invanshvili, N., & Cico, R., Opioid prescription drug abuse and its relation to heroin trends. p 878-890 In Victor Preedy (Ed.) *The Neuropathology of Drug Addictions and Substance Misuse*. Volume 1. London, Academic Press.

2016, **Bergen-Cico, D**, Wolf-Stanton, S., Filipovic, R. & Weisberg, J., Trauma and neurological risks of addiction. p 61-70. In Victor Preedy (Ed.) *The Neuropathology of Drug Addictions and Substance Misuse*. Volume 1. London, Academic Press.

2016, **Bergen-Cico, D** & McClurg, K. Kratom use, abuse and addiction. p 903-911 In Victor Preedy (Ed.) *The Neuropathology of Drug Addictions and Substance Misuse*. Volume 3. London, Academic Press.

2015, Jennings-Bey, T, Lane, S., Rubinstein, R., **Bergen-Cico, D.**, Haygood-El, A., Hudson, H., Sanchez, S., & Fowler, F., The trauma response team: a community intervention for gang violence. *Journal of Urban Health*. 92(5), 947-954 doi 10.1007/s11524-015-9978-8.

2015, **Bergen-Cico, D.K**, Lane, S., Thompson, M. Wozny, S., Zajdel, M., Barduhn, M & Noce, N., Examining the impact of posttraumatic stress on first responders: analysis of cortisol, anxiety, sleep impairment and pain. *Journal of Paramedic Practice*, 5(3), 42-52.

2015, Pigeon WR, Allen C, Possemato K, **Bergen-Cico D.**, & Treatman S., Feasibility and acceptability of a brief mindfulness program for veterans in primary care with posttraumatic stress disorder. *Mindfulness*, 6(5), 986-995. doi 10.1007/s12671-014-0340-0.

2015, **Bergen-Cico, D.**, Razza, R., & Timmins, A., Fostering mindfulness and self-regulation through curriculum infusion of mindful yoga: a pilot study of efficacy and feasibility. *Journal of Child and Family Studies*. 24(11), 3448-3461. doi 10.1007/s10826-015-0146-2

2015, Razza, R. **Bergen-Cico, D.K.** & Raymond, K., Enhancing preschoolers' self-regulation via mindful yoga. *Journal of Child and Family Studies*, 24(2), 372-385. doi.org/10.1007/s10826-013-9847-6

2015, **Bergen-Cico, D.** & L'Apple, A., Examination of safe crack use kit distribution from a public health perspective. *World Medical and Health Policy*, 7(4), 349-367.

2014, **Bergen-Cico, D.**, Possemato, K. & Pigeon, W, Reductions in cortisol associated with a primary care mindfulness-based intervention for veterans with PTSD. *Medical Care*, 52: S25-S31

2014, **Bergen-Cico, D.**, Haygood-El, A., Jennings-Bey, T. & Lane, S.D., Street addiction: a proposed theoretical model for understanding the draw of street life and gang activity. *Journal of Addiction Research and Theory*. 22(1) 15-26. doi: 10.3109/16066359.2012.759942

2014, **Bergen-Cico, D.** & Cheon, S. Mediating role of mindfulness and self-compassion in reducing trait anxiety. *Mindfulness*. 5(5), 505-519. doi: 10.1007/s12671-013-0205-y

2013, **Bergen-Cico, D.**, Perspectives of US drug policy: observations and advice from drug policy administrators in emerging democracies in Central and Eastern Europe. *World Medical & Health Policy*, 5(4), 362-389.

2013, **Bergen-Cico, D.**, Possemato, K. & Cheon, S., Examining the efficacy of a brief mindfulness based stress reduction (Brief MBSR) program on psychological health. *Journal of American College Health*. 61(6), 348-360.

2013, **Bergen-Cico, D.** & Lape, M. Age of first use as a predictor of current alcohol and marijuana use among college-bound adolescents. *Journal of Child and Adolescent Substance Abuse*. 22: 235-253.

2013, **Bergen-Cico, D.** & Viscomi, J. Exploring the association between campus co-curricular involvement and academic achievement. *College Student Retention: Research, Theory & Practice*. 14(3), 329-343.

2010, **Bergen-Cico, D** & Kilmer, J. Reported changes in students' alcohol consumption following a brief education of what constitutes a standard drink. *Journal of Alcohol and Drug Education*. 54(2), 72-84.

2008, **Bergen-Cico, D.** & Viscomi, J., Civic aspirations as a protective factor against college students' abuse of alcohol. *Journal of College and Character* 10(2), 1-14.

2006, Horacek T, Salomon J, & **Bergen-Cico D.**, Clients improve disease prevention behaviors through lifestyle-oriented nutrition counseling provided by dietetic students and interns. *Topics in Clinical Nutrition*. 21(4), 268-283.

2004, **Bergen-Cico, D.**, Urtz, A. & Barretto, C., Longitudinal assessment of the effectiveness of environmental management and enforcement strategies on college student substance abuse behaviors. *Journal of Student Affairs Research and Practice (NASPA Journal)*, 41(2), 235-262.

2003, Borsari, B., **Bergen-Cico, D.K.**, & Carey K., Self-reported drinking-game participation of incoming college students. *Journal of American College Health*, 51(4), 149-154.

2000, **Bergen-Cico, D.**, Substance abuse and attrition among first-year college students. *Journal of the First-Year Experience & Students in Transition*, 12(1), 61-76.

1999, **Bergen-Cico, D.**, Syracuse University case study. A Report of successful programs for HIV prevention in colleges and universities. *National Association of Student Personnel Administrators*, 26-27.

1992, **Bergen-Cico, D.** & Short, S. A nutritional assessment of peri-pubescent cross-country runners. *Journal of American Dietetic Association*, 92(5), 611-612.

### Reports and Other Publications

2019, Costa, M., **Bergen-Cico, D.**, Grant, T., Herrero, R., Navarro, J., Razza, R., Wang, Q., Inspired scenes for guided mindfulness training: presence, perceived restorativeness and meditation depth. *Self-regulatory Strategies to Augment Cognition, Human Computer Interaction*.

2018, Costa, M.R., **Bergen-Cico, D.**, Navarro, J., Razza, R., Wang, Q., & Herrero, R. *XR-based systems for mindfulness based training in clinical settings*. Human Computer Interaction International 2018 Conference. Conference Proceedings. Las Vegas.

2018, Stanton, S.D. & **Bergen-Cico, D.**, *A relational model of the psychological and physiological trauma response: redefining trauma typology*. American Family Therapy Academy, 40<sup>th</sup> Annual Meeting and Conference. Conference Proceedings. Austin, TX.

2016, Javakhishvili, J., Otiashvili, D., Tabatadze, M., & **Bergen-Cico, D.**, *The Drug Situation in Georgia, Annual Report 2014*, ISBN 978-9941-0-7851-4, Tbilisi, Georgia.



2016, Brann L, Razza R, **Bergen-Cico D**. Evaluating the success of a pilot mindfulness-based intervention with preschool children: lessons learned. FNCE Annual Meeting Boston, MA. *Journal of Academy of Nutrition and Dietetics* 116(9): A17

2015, **Bergen-Cico, D**, Haygood-El, A., Jennings-Bey, T. & Lane, S.D., Street addiction: a proposed theoretical model for understanding the draw of street life and gang activity. *Journal of Behavioral Addictions* 4(1); 8.

2012, **Bergen-Cico, D**. Reexamining the history and experience of heroin addiction among Vietnam veterans. *Points: The Blog of the Alcohol and Drugs History Society*.

2010, Horacek T, Grimwade A, **Bergen-Cico D**, & Decker E, Walsh J. Participatory research with college students identifies quality of life and stress as key issues for obesity prevention. *Journal of the American Dietetic Association*. 11(9) A28.

2008, **Bergen-Cico, D** & DeJong, W. AlcoholEdu for High School. National Registry for Evidence based Prevention Programs. Substance Abuse and Mental Health Service Administration (SAMHSA)

2008, Luteran C, Carey K, & **Bergen-Cico, D** Drinking behavior and attitudes distinguish completers of an online alcohol education program. *Clinical and Experimental Research* 32(6) p 244A.

1999, **Bergen-Cico, D.**, Syracuse University case study. A Report of successful programs for HIV prevention in colleges and universities. *National Association of Student Personnel Administrators*, 26- 27.

1996 **Bergen-Cico, D**. Point counterpoint a game of academic controversy. *Family Life Educator Journal*, Winter 1995-1996; 32-34.

## Grant Funding

Principal Investigator, Co-PI or Co-Investigator

Funder: National Institutes of Health and National Center for Complimentary and Integrative Health R34 AT009678-01

Title: **VA Primary Care Brief Mindfulness Training**

PI: Possemato, K. Role: Bergen-Cico, D Co-Investigator

Dates: 2018 to 2020

Funder: Syracuse University Small Equipment Grant Competition

Title: **Using Functional Near-Infrared Spectroscopy (fNIRS) to Measure Cognition and Changes in Neural Networks**

PI: Bergen-Cico, D. Co I's Hirschfield, L., Costa, M., Razza, R. & Wang, Q.

Dates: 2019

Funder: Community Foundation of Western and Central New York

Title: **Trauma Resiliency in Urban Environments (TRUE)**

PI: Bergen-Cico, D.

Dates: 2018-2019

Funder: Syracuse University Collaboration for Unprecedented Success and Excellence (CUSE) Grant

Title: **Mechanisms of Change Associated with Mindfulness Training for People with Posttraumatic Stress: Triangulating Neural Networks, Biomarkers, Cognition and Behaviors.**

PI: Bergen-Cico, D Co I's Hirschfield, L., Costa, M., Razza, R. & Wang, Q.

Dates: 2018-2020

Funder: Syracuse University Collaboration for Unprecedented Success and Excellence (CUSE) Grant

Title: **Historical and Cross-Cultural Perspectives on Post-9/11 Veterans' Reintegration: Interdisciplinary Social Science Research for Understanding Veterans' Transition Experiences**

PI: Rubinstein, R. and Zoli, C. Role: Bergen-Cico, D. (Co-Investigator)

Dates: 2018-2020

Funder: Syracuse University Collaboration for Unprecedented Success and Excellence (CUSE) Grant

Title: **Population Health Mini-Conference and Seminar Series**

PI: Monnat, S. Role: Bergen-Cico, D. (Co-Investigator)

Dates: 2018-2020

Funder: Onondaga County Department of Children and Family Services

Title: **Community Engagement Initiative for Justice Involved Juveniles**

PI: Lane, S., Bergen-Cico, D. (Co-Investigator)

Dates: 2016 to 2018

Funder: National Science Foundation (NSF) Research Education for Undergraduates (REU)

Title: **Collaborative Research: Training Diverse Undergraduate Teams of Veterans and Non-Veterans to Conduct Trauma Research with Veterans**

PI: Gump, B. and Wolford, K. Bergen-Cico, D. (Co-Investigator)

Dates: 2016 to 2018

Funder: Community Foundation of Central New York and John Snow Foundation

Title: **Mindful Yoga as Primary Prevention in Head Start Programs**

PI: Razza, R. Role: Bergen-Cico, D. (Co-Investigator)

Date: 2016 to 2017

Funder: Community Foundation of Central New York and John Snow Foundation

Title: **In This Together: Trauma Victims and Community Violence**

PI: Stone Fish, L.

Role: Bergen-Cico, D. (Co-Investigator)

Dates: 2015 to 2016

Funder: Mind and Life Institute, Francisco J. Varela Research Award

Title: **Is Mindful Meditation Effective and Culturally Relevant for Native People**

PI: Proulx, J., Bergen-Cico, D. & Claxton, B. (Co-Investigators)

Dates: 2015 to 2016

Funder: National Science Foundation (NSF) Research Education for Undergraduates (REU) program

Title: **Training Diverse Undergraduate Teams of Veterans and Non-Veterans to Conduct Trauma Research with Veterans**

PI's: Gump, B. and Wolford, K., Bergen-Cico, D. (Co-Investigator)

Dates: 2014 to 2016

Funder: John Engelhard Foundation and the Association of American Colleges and Universities Bringing Theory to Practice Social Wellbeing Initiative

Title: **From Self to Civic**

PI: Lopez, G., Bergen-Cico, D. and Pauline, J. (Co-Investigators)

Dates: 2014 to 2015

Funder: Falk College Research Center

Title: **Development and evaluation of a mind-body awareness intervention to enhance self-regulation as a mechanism to promote healthy weight among young children**

PI: Brann, Lynn, Bergen-Cico, D. and Razza, R. (Co-Investigators)

Dates: 2014 to 2015

Funder: Substance Abuse Mental Health Services Administration (SAMHSA)

Title: **Service to Science Honor the Code Substance Abuse Prevention**

PI: Prevention Network, Bergen-Cico, D. (Co- Investigator)

Dates: 2013 to 2014

Funder: Falk College Research Center

Title: **Enhancing at-risk children's self-regulation via mindfulness and yoga: A pilot study**

PI's: Bergen-Cico, D. and Razza, R.

Dates: 2012 to 2013

Funder: U.S. Veterans Healthcare Administration Center of Excellence

Title: **Mindfulness Based Stress Reduction for Primary Care Veterans with PTSD Symptoms**

PI's: Possemato, K and Pigeon, W. Bergen-Cico, D. (Co-Investigator)

Dates: 2011 to 2012

Funder: Global Gateway Foundation

Title: **Comparison of Self-guided Audio Technology and Practitioner-guided Mindfulness Based Stress Reduction Strategies for Veterans with PTSD**

PI: Bergen-Cico, D.

Dates: 2011to 2012

Funder: National Science Foundation (NSF) Research Education for Undergraduates (REU) program Title: **Training Veterans to Conduct Trauma Research with Fellow Veteran**

PI: Gump, B., Wolford, K., Bergen-Cico, D., Dykas, M., Glatt, S., (Co-Investigators)

Dates: 2011 to 2013

Funder: Research Center, Falk College

Title: **Job Strain and Health Outcomes Among Emergency First Responders**

PI: Thompson, M., Bergen-Cico, D. (Co-Investigator)

Dates: 2010 to 2011

Funder: Research Center College of Human Ecology

Title: **Structured Mindfulness Based Stress Reduction for the Prevention and Intervention of PTSD and Alcohol and Other Drug Abuse among Veterans**

PI: Bergen-Cico, D.

Dates: 2009 to 2010

Funder: U.S. Department of Education Safe and Drug Free Schools Model Substance Abuse Prevention Program

Title: **Mentors in Violence Prevention: Sexual Violence Prevention among High Risk College Students**

PI's: Bergen-Cico, D. and Levy, L.

Dates: 2006 to 2008

Funder: John Engelhard Foundation and the Association of American Colleges and Universities

Title: **Bringing Theory to Practice Civic Engagement, Engaged Learning and Mental Health**

PI: Bergen-Cico, D.

Dates: 2005 to 2008

Agency: National Association of Student Personnel Administrators (NASPA)

Title: **Community-Level Indicators Longitudinal Assessment Project**

PI: Bergen-Cico, D.

Dates: 2005 to 2006

Agency: John Engelhard Foundation and the Association of American Colleges and Universities

Title: **Wellness Model at Syracuse University: Where Theory Meets Practice**

PI: Bergen-Cico, D.

Dates: 2005 to 2006

Funder: U.S. Department of Health & Human Services - Substance Abuse Mental Health Service Administration and the Center for Substance Abuse Prevention (SAMHSA-CSAP)  
Title: **Syracuse University's Twelve Point Plan for Substance Abuse Prevention and Health Enhancement**  
PI: Bergen-Cico, D.  
Dates: 2002 to 2004

Funder: NASPA Foundation  
Title: **Longitudinal Assessment of the Effectiveness of Environmental Management and Enforcement Strategies on College Student Substance Abuse Behaviors**  
PI: Bergen-Cico, D.  
Dates: 2001 to 2003

Funder: U.S. Department of Education Safe and Drug Free Schools Model Substance Abuse Prevention Program  
Title: **Syracuse University's Twelve Point Plan for Substance Abuse Prevention and Health Enhancement**  
Dates: 2000 to 2001

Agency: New York State Office of Alcoholism and Substance Abuse Services  
Title: **Social Norms Misperception Project**  
PI: Bergen-Cico, D.  
Dates: 1998 to 1999

## Select Presentations

Bergen-Cico, D. (2019) *Are we meeting the specific needs of boys and young men in substance use prevention, harm reduction and treatment?* Council of Europe's Pompidou Group 2019 Module II Executive Training on Drug Policy. Tel Aviv, Israel.

Bergen-Cico, D. (2019) *Mindfulness-based practices for effective prevention and sustainable recovery.* From Research to Recovery Conference. Virginia Tech University, Richmond, VA.

Bergen-Cico, D. (2019) *Sex differences in drug use: an international analysis.* Council of Europe's Pompidou Group 2019 Module I Executive Training on Drug Policy. Amsterdam, NL.

Bergen-Cico, D. (2018) *Trauma Informed Mind-Body Practices for Prevention and Sustainable Recovery.* International Society of Substance Use Professionals, National Authority for the Campaign Against Alcohol and Drug Abuse and African Union Conference, Nairobi, Kenya.

Bergen-Cico, D. – Discussant (2018) *Challenges for the Treatment and Rehabilitation Workforce* International Society of Substance Use Professionals, National Authority for the Campaign Against Alcohol and Drug Abuse and African Union Conference, Nairobi, Kenya.

Bergen-Cico, D. (2018) *Use of Biomarkers and Neuro-Imaging to Measure Outcomes from Mindfulness and Contemplative Programs across Cultures*. Mind & Life International Symposium on Contemplative Research. Phoenix, AZ.

Bergen-Cico, D., & Proulx, J. (2018) *Cultural Considerations for Using Biomarkers and Neuro Imaging to Measure Outcomes from Mindfulness and Contemplative Programs*. Mind & Life Summer Research Institute, Garrison, NY.

Costa, MR, Bergen-Cico, D., Herrero, R., Navarro, J., Razza, R. & Wang, Q. (2018) *xR-based Systems for Mindfulness Based Training in Clinical Settings*. Extended reality technologies for clinically driven and self-guided health and wellness applications. Human Computer Interaction International Conference, Las Vegas.

Stanton, S.D. & Bergen-Cico, D., (2018) *A Relational Model of the Psychological and Physiological Trauma Response: Redefining Trauma Typology*. American Family Therapy Academy, 40<sup>th</sup> Annual Meeting and Conference, Austin, TX.

Reid, S., Razza, R. A., & Bergen-Cico, D. (2018) The efficacy of a mindful yoga program on mindfulness, stress response and awareness among urban elementary school students. Poster presented at the International Association of Yoga Therapists (IAYT) Symposium on Yoga Research, Kripalu Institute, Stockbridge, MA.

Razza, R. A., Reid, S., & Bergen-Cico, D. (2018) The benefits of mindfulness for promoting resiliency among at-risk adolescents: Results from the Inner Strength teen program. Poster presented at SRCD Promoting Character Development Among Diverse Children and Adolescents themed conference, Philadelphia, PA.

Reid, S. Razza, R. A., & Bergen-Cico, D. (2018) Exploring the efficacy of mindfulness in promoting self-compassion and stress management among inner-city youth. Poster presented at SRCD Promoting Character Development Among Diverse Children and Adolescents themed conference, Philadelphia, PA.

Bergen-Cico, D., (2018) *Examining the role of war and trauma in the development of substance abuse and addictive behaviors*. Upstate Addiction Psychiatry Conference, Invite Keynote Speaker, Syracuse, NY.

Bergen-Cico, D., (2018) *Evaluating the development, implementation and impact of legalized recreational and medical cannabis in the United States*. Council of Europe's Pompidou Group 2018 Executive Training on Drug Policy. Lisbon, Portugal. By invitation.

Bergen-Cico, D., (2018) *Evaluating the development, implementation and impact of drug policy*. Council of Europe's Pompidou Group 2018 Executive Training on Drug Policy. Venice, Italy. By invitation.

Bergen-Cico, D. *Mindfulness for Prevention of Traumatic Stress and Addictive Behaviors*. 19th International Congress on Addictions: Dual Disorders and Comorbidity Associated with Substance Use, Cancun, Mexico, 2017

Bergen-Cico, D. *New Psychoactive Substances (NPS) Trends and in the in the United States*. 19th International Congress on Addictions: Dual Disorders and Comorbidity Associated with Substance Use, Cancun, Mexico, 2017

Bergen-Cico, D. *New Psychoactive Substances (NPS) Trends and Demand Reduction Responses in the in the United States*. Council of Europe Executive Training on Drug Policy. Alicante, Spain, May 2017

Bergen-Cico, D., Otiashvili, D., & Kirtadze, I., 2017 Emerging Drug Use Trends: Exploring the new phenomena of home-made extraction and injection of ephedra plant product in Georgia. College on Problems of Drug Dependence (CPDD) 79th Annual Scientific Meeting, Montreal.

Reid, S., Razza, R. A., Linsner, R., & Bergen-Cico, D. 2017, *The effects of prolonged participation in a mindfulness-based school program: Implications for schools and developers*. Poster presented at the Biennial Conference for the Society for Research in Child Development, Austin, T.X.

Razza, R. A., Linsner, R., Bergen-Cico, D., Carlson, E., & Reid, S. 2017, *The feasibility and effectiveness of mindful yoga for Head Start preschoolers*. Poster presented at the International Association of Yoga Therapists Conference, Stockbridge, MA

Reid, S., Razza, R. A., Linsner, R., & Bergen-Cico, D. 2017, *The efficacy of a mindful yoga program on stress response and awareness among urban elementary school students*. Poster presented at the International Association of Yoga Therapists conference, Stockbridge, MA

Reid, S., Razza, R. A., Linsner, R., & Bergen-Cico, D. 2017,. *The effects of prolonged participation in a mindfulness-based school program: Implications for schools and developers*. Poster presented at the Biennial Conference for the Society for Research in Child Development, Austin, TX.

Razza, R. A., Grimes, D., & Bergen-Cico, D. *Mindfulness and contemplative studies minor: Interdisciplinary curriculum infusion of contemplative practice*. Poster presented at the Association for Contemplative Mind in Higher Education (ACMHE) Conference, Transforming Higher Education: Fostering Contemplative Inquiry, Community, and Social Action, University of Massachusetts Amherst, Amherst, MA, October 2016.



Grimes, D., Razza, R. A., & Bergen-Cico, D. *Assessing the outcomes of contemplative pedagogy with Syracuse University's TLC*. Poster presented at the Association for Contemplative Mind in Higher Education (ACMHE) Conference, Transforming Higher Education: Fostering Contemplative Inquiry, Community, and Social Action, University of Massachusetts Amherst, Amherst, MA.

Razza, R. A., Brann, L., Bergen-Cico, D., Russo, A., Exy, P., Raymond, K., & Martin, R. *Development and evaluation of a mind-body awareness intervention to enhance self-regulation and promote healthy weight among young children*. Poster presented at the International Association of Yoga Therapists (IAYT) Symposium on Yoga Research, Kripalu Institute, Stockbridge, MA.

Bergen-Cico, D., Razza, R. A., & Timmins, A., 2016, *Curriculum infusion of yoga fosters self-regulation and mindfulness among adolescents*. Poster presented at the International Association of Yoga Therapists (IAYT) Symposium on Yoga Research, Kripalu Institute, Stockbridge, MA

Razza, R. Brann, L., Bergen-Cico, D., Russo, A., Exy, P., Raymond, K., & Martin, R. , 2016, . *Development and evaluation of a mind-body awareness intervention to enhance self-regulation and promote healthy weight among young children*. Poster presented at the American Psychological Society, Chicago, IL.

Brann, L., Bergen-Cico, D. & Razza, R., 2016, *Evaluating the Success of a Pilot Mindfulness-Based Intervention with Preschool Children: Lessons Learned*. 2016 Food and Nutrition Conference Boston, MA.

Bergen-Cico, D. & Razza, R. , 2016, Evidence-Based Mindfulness Programs in Schools to Foster Self-Regulation. New York State School Social Worker Association Annual Conference, Syracuse, NY

Bergen-Cico, D. , 2016, The Use of Biomarkers in Conjunction with Psychometric Measures in Social Sciences Research. Social Sciences: New Challenges in Transitional Societies. Georgia Institute of Public Affairs Tbilisi, Georgia

Bergen-Cico, D. , 2016, War, Drugs and the Post-Soviet Era. Works in Progress Forum. Caucasus Research Resources Center, American Councils for International Education, and the American Research Institute in the South Caucasus. Tbilisi, Georgia.

Bergen-Cico, D. ,2015, Neuroscience of Addiction. Republic of Georgia Education and Science Ministry Tbilisi Georgia.

Bergen-Cico, D., 2015, Mindfulness Based Strategies for Recovery from Trauma and Addiction. Georgian Psycho- traumatologists Association, Tbilisi Georgia.

Bergen-Cico, D. ,2015,Treatment Trajectories. (Discussant) Ninth Annual Conference of the International Society for the Study of Drug Policy, Ghent Belgium.

Bergen-Cico, D. ,2015, The Neuroscience of Mindfulness Based Practice for Trauma Recovery and Resiliency Trauma Across the Lifespan, Onondaga Community College, Syracuse, NY

Bergen-Cico, D. ,2015, Street Addiction: *A Proposed Theoretical Model for Understanding the Draw of Street Crime and Gang Activity*. Second International Conference on Behavioral Addictions, Budapest, Hungary.

Lane, S., Rubinstein, R. Bergen-Cico, D., Jennings-Bey, N. & Haygood-El, A., 2015, Trauma Response Team: A Community Participatory Intervention for Gang Violence. Society for Applied Anthropology Annual World Meeting, Pittsburgh, PA.

Bergen-Cico, D , 2015, Changes in Mindfulness from an online National Science Foundation (NSF-REU) Training Diverse Teams of Veterans and Non-Veterans to Research Trauma: Student Success and Research Endeavors. Eastern Psychological Association Philadelphia, PA.

Timmins, A, Bergen-Cico, D., & Razza, R. A., 2015, Fostering Adolescent Self-Regulation through Mindfulness Skills Integrated into English Language Arts Curricula. Harvard Graduate School of Education Research Conference, Cambridge, MA.

Razza, R. A., Bergen-Cico, D., & Timmins, A., 2015, *Fostering adolescent self-regulation through mindfulness skills integrated into English Language Arts curricula*. Poster presented at the Biennial Conference for the Society for Research in Child Development, Philadelphia, PA.

Razza, R. A., Raymond, K., Bergen-Cico, D., Evans Orr, D., & Kelly, D. , 2014, *Enhancing children's self-regulation via mindful yoga: A pilot study for feasibility and effectiveness*. Poster presented at the 2014 SRCD Special Topic Meeting: Strengthening Connections Among Child and Family Research, Policy and Practice, Alexandria, VA.

Bergen-Cico, D., & Razza, R. A., 2014, Fostering Self-Regulation Through Mindfulness Based Practices Association of New York State Youth Bureaus Annual Training Conference. NY.

Bergen-Cico, D., 2014, Longitudinal Changes in Cortisol Associated with a Brief Mindfulness Intervention among Veterans with PTSD Investigating and Integrating Mindfulness in Medicine, Health Care, and Society 12th Annual International Scientific Conference Boston, MA.

Bergen-Cico, D. , 2014, The Mediating Effects of Mindfulness on Trait Anxiety Investigating and Integrating Mindfulness in Medicine, Health Care, and Society 12th Annual International Scientific Conference Boston, MA.

Bergen-Cico, D. , 2014, The Neuro-Cognitive Effects of Toxic Stress and Trauma on Children, Communities in Trauma, Syracuse University

Bergen-Cico, D., 2013, The Mediating Effects of Mindfulness on Trait Anxiety. International Conference on Mindfulness Rome, Italy.

Bergen-Cico, D., 2013, Perspectives of US drug policy: observations and advice from drug policy administrators in emerging democracies in Central and Eastern Europe. Annual Forum on Drug Policy and the Political Science Association Meeting, Chicago, IL.

Bergen-Cico, D. , 2013, Posttraumatic Stress Disorder: Science and Experience International Drug Policy Reform Conference, Denver, CO.

Bergen-Cico, D. , 2013, The Complexities of Wellbeing Bringing Theory to Practice Conference on Student Psychosocial Wellbeing, Washington, DC.

Bergen-Cico, D. ,2013, War and Drugs: The Role of Military Conflict in the Development of Substance Abuse, The University of Amsterdam International Summer Institute on Addictions, Amsterdam, Netherlands,

Bergen-Cico, D. , 2013, Current Trends in U.S. Drug Use: The Emerging Opiate Epidemic, the European Monitoring Center for Drugs and Drug Addiction (EMCDDA), Lisbon, Portugal

Bergen-Cico, D. , 2013, War and Drugs: The Role of Military Conflict in the Development of Substance Abuse, The European Monitoring Center for Drugs and Drug Addiction (EMCDDA), Lisbon, Portugal.

Bergen-Cico, D. , 2013, Public Health Based Drug Policies, Leading the Way: Toward a Public Health & Safety Approach to Drug Policy in New York, Baldy Center for Law and Social Policy Buffalo, NY.

Bergen-Cico, D. , 2013, Dialogue on Deconstructing War Zones, The African Initiative, Syracuse University.

Possematto, K. & Bergen-Cico, D. The Promise of Mindfulness Based Strategies for the Treatment of Veterans with PTSD: Examining Research on Programs Tailored for Residential, Outpatient and Primary Care Settings. Association for Behavioral and Cognitive Therapies, Washington, DC. Discussant, November, 2012

Bergen-Cico, D. Mindfulness Based Stress Reduction for Treatment of PTSD among Veterans. Association for Behavioral and Cognitive Therapies, Washington DC, November, 2012

Bergen-Cico, D. Epidemiology of Current Drug Use in the United States, Council of Europe Executive Training for Drug Policy, Budapest, Hungary, September, 2011.

Bergen-Cico, D. What Structures Support the Development, Mental Health and Well-being of the Whole Student? Higher Education President's Symposium, Association of American Colleges and Universities, Washington, DC. April 2011.

Bergen-Cico, D. Faculty Involvement in Substance Abuse Prevention and Consistency with the Academic Mission of Higher Education Student Mental Health and Alcohol Abuse: Prevention: Intervention and Collaboration. Tampa, FL, January, 2008.

Bergen-Cico, D. & Lape, M. Early Use of Alcohol and Marijuana predict Late Adolescents' Substance Use Behaviors. Association for Psychological Science Convention, Washington, DC, March 2011.

Computer -Based Interventions for College Drinking: Potential and Pitfalls Association of Behavioral Cognitive Therapies Convention Orlando, FL, October, 2008.

Profiles of Non-completers of an Online Alcohol-Education Program: A Replication Study Association of Behavioral Cognitive Therapies Convention Orlando, FL, October, 2008

Transitional Alcohol Usage Patterns Among First-Year College Students U.S. Department of Education's Annual National Meeting on Alcohol and Other Drug Abuse and Violence Prevention in Higher Education St. Paul, Minnesota, October, 2008.

Using Alcohol Edu to Identify High Risk Populations of First Year Students, National Conference for the Freshman Year Experience, Dallas, TX, October, 2008 February, 2007.

Exploring the Association between Campus Co-Curricular Participation and Academic Success Association for Institutional Research Forum, Chicago, IL, April, 2006.

The Important Role of Sex Education in Effective Substance Abuse Prevention in Higher Education 20th Annual Florida Statewide Prevention Conference, Orlando, FL, October, 2006.

Student Engagement and Experiential Learning as Prevention and Intervention for Substance Abuse Among College Students. Association of American Colleges and Universities Bringing Theory to Practice Retrieval Conference, Washington DC, April, 2006.

Perspectives from Institutions with Different Cultures and Missions: The Theory, the Issues and the Strategies. Association of American Colleges and Universities Annual Meeting - Liberal Education in an Era of Global Competition, Anti-Intellectualism, and Disinvestment, Washington, DC, February, 2006.

Brief Clinical Interventions and Effective Health Policies to Reduce High Risk Drinking and Substance Abuse among College Students American College Health Association National Conference, San Diego, CA, May, 2005.

What is Higher Education's Role in Promoting Student Health and Development? Association of American Colleges and Universities Annual Meeting, San Francisco, CA, January, 2005.

Identifying and Adapting What Works Elsewhere, Substance Abuse Programs on Diverse Campuses. Bringing Theory to Practice Second Annual Working Conference Association of American Colleges and Universities, Bethesda, MD, 2005.

Sexual Assault Prevention, Intervention and Advocacy on College Campuses Centers for Disease Control Third National Sexual Violence Prevention Conference, Building Leadership and Commitment to End Sexual Violence, Los Angeles, CA, April, 2004.

Bringing Theory to Practice: Addressing Depression and Substance Abuse among Youth. Association of American Colleges and Universities, Chicago, IL, April, 2004.

Current Trends in Designer and Prescription Drug Abuse. New York State Nurse Practitioners Association Conference, Syracuse, NY, April, 2003.

Self-reported drinking game participation of incoming college students. 15th U.S. Department of Education's Annual National Meeting on Alcohol and Other Drug Abuse and Violence Prevention in Higher Education, Washington, DC, October, 2003.

Current Trends in Substance Abuse among College Students and Young Adults. Grand Rounds State University of New York Upstate Medical Center, Syracuse, NY, March, 2001.

The Twelve-Point Plan: A Shared Governance Approach to Substance Abuse Prevention, Association of College Personnel Administrators Annual Conference Boston, MA, January, 2001 American Society of Judicial Affairs Annual Conference Clearwater, FL, February, 2001.

Syracuse University's Twelve Point Plan for Substance Abuse Prevention, National Meeting on Alcohol, Other Drugs and Violence Prevention in Higher Education Annual Conference, Pittsburgh, PA, October, 2000.

## Editorial Boards and Journal Reviewer

Addictions

Cyber psychology Behavior, and Social Networking

Frontier in Psychiatry - Guest Editor

Health Promotion Practice

International Journal of Drug Policy

Journal of Alternative and Complementary Medicine

Journal of Health Education and Behavior

Mindfulness

Public Affairs in Health

Substance Abuse

World Health and Population

## Professional Associations

International Consortium of Universities for Drug Demand Reduction 2017-present

International Society of Substance Use Professionals 2017-present

Georgian Association of Traumatologists 2015 - present

Georgian Association of Addictologists 2015 to present

American Academy of Health Care Providers in the Addictive Disorders 2008 to present

National Acupuncture Detoxification Association 2003 to present

National Certified Health Education Specialists 1993 to 2000; 2006 to present

Society for Study of Contemplative Mind in Society 2008 to present

## Advisory Boards and Committees

Onondaga County Opioid Drug Task Force 2016 - present

Onondaga County Task Force Subcommittee for Harm Reduction 2017 - present

National Board of Medical Examiners, Joining Forces Exam Writing Committee 2013 to 2015.

American Academy of Healthcare Providers in the Addictive Disorders Examination Committee 2009 to present.