

University Education

Doctor of Philosophy, 1992 Community Health, Syracuse University, Syracuse, NY

Master of Science, 1988 Health and Exercise Science, Syracuse University, Syracuse, NY

Bachelor of Fine Arts, 1986, Synaesthetic Education College of Visual and Performing Arts, School of Education, Syracuse University, Syracuse, NY

Fellowships, Professional Training, Certifications

Fellow of American Academy of Healthcare Providers in the Addictive Disorders 2012-present
Mindfulness Based Stress Reduction (MBSR) Teacher Certification Training

Teacher Development Intensive for MBSR, 2014, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School

MBSR in Mind Body Medicine, 2013, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School

Residential Practicum in MBSR 2012, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School

Mindfulness Tools for Living the Full Catastrophe, 2012, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School

International Institute on Alcohol, Drugs and Addiction, International School for Humanities and Social Sciences Universiteit van Amsterdam, Amsterdam, Netherlands 2007

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

University Employment

Assistant Professor Department of Public Health, Syracuse University, Syracuse, NY 2009–present
Courses: HTW 618/HTW 318 Dynamics of Addiction: Alcohol, Other Drugs, Sex & Gambling

HTW 605/HTW 405 Cognitive Behavioral Stress Reduction

HTW 612/HTW 412 Drug Policy in Global Perspective - European based study abroad course

HTW 608/HTW 408 Addictions in Cultural Context

HTW 611/HTW 411 Addictions in Cultural Context - European based study abroad course

HTW 402 Implementation and Evaluation of Health Programs

HTW 121 Personal Health and Wellness

Assistant Professor Department of Health and Wellness, Syracuse, NY 2006–2009
Research Director and Principal Investigator Bringing Theory to Practice Project: Civic Engagement, Engaged Learning and Mental Health 2005-2007

Associate Dean of Students Syracuse University Division of Student Affairs, Syracuse, NY
2001– 2006

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

Compliance oversight of Clery Disclosure of Campus Security Policy and Crime Statistics Act for reporting of non-consensual sexual activity and alcohol or other drug policy violations

Alcohol Other Drugs and Tobacco Policy compliance U.S. Department of Education Safe and Drug Free Schools Act

Director of University Rape: Advocacy Prevention and Education Center 2002–2006

Entailed the development of policies, educational programs, crisis intervention services, medical support and advocacy, judicial advocacy and academic advocacy for students who have experienced sexual assault; management of 24/365 on-call advocacy services, supervision of staff and coordination of campus sexual health education and violence prevention research and evaluation.

Director of Substance Abuse Prevention and Health Enhancement 1998– 2006

Director of the Options Program, a harm-reduction substance abuse counseling and intervention program serving over 350 students annually.

Adjunct Professor, Syracuse University, Syracuse, NY 1989–2003

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

PSY270/470 Multicultural Living Learning Community

PSY 270/470 Health Education and Leadership Program

Director of National Security Studies Wellness Program, Maxwell School of Citizenship and Public Affairs, Syracuse University, Syracuse, NY 1997-2000

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.

Health Enhancement Coordinator, Syracuse University, Syracuse, NY 1996-1998

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

Adjunct Professor, Health Sciences State University of New York Empire State College, Syracuse, NY 1995-1996
HSS 410 Exercise Physiology
HSS 310 Treatment and Care of Athletic Injuries

Adjunct Professor, Departments of Health and Education Cortland State University of New York Cortland, NY 1992-1994
HEA 500 Family Life and Sex Education

Research, Evaluation and Community Health Positions

Affiliated Investigator Syracuse Veterans Administration Medical Center, Center for Integrative Healthcare, Syracuse, NY 2014 - present

Research Appointment (WOC with out compensation) Syracuse Veterans Administration Medical Center, Syracuse, NY 2009 – 2014

Director of E-learning Health Research and Evaluation Outside The Classroom Inc. Boston, MA 2006 – 2008

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) 1994-1996

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

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

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

Publications

Book

Bergen-Cico, D. (2012). *War and Drugs: The Role of Military Conflict in the Development of Substance Abuse*. Boulder, CO: Paradigm Publishers.

Book Chapters

Bergen-Cico, D, Scholl, S. Invanshvili, N., & Cico, R. (2015 in press). Opioid prescription drug abuse and its relation to heroin trends. In Victor Preedy (Ed.) *The Neuropathology Of Drug Addictions And Substance Misuse*. Volume 1. Philadelphia, Academic Press.

Bergen-Cico, D, Wolf-Stanton, S., Filipovic, R. & Weisman, J., (2015 in press). Trauma and neurological risks of addiction. In Victor Preedy (Ed.) *The Neuropathology Of Drug Addictions And Substance Misuse*. . Volume 3. Philadelphia, Academic Press.

Bergen-Cico, D & McClurg, K. (2015 in press). Kratom use, abuse and addiction. *The Neuropathology Of Drug Addictions And Substance Misuse*. Volume 3. Philadelphia, Academic Press.

Bergen-Cico, D & Cico, R. (2015 in press) *Age as a Predictor of Cannabis Use*. In Victor Preedy (Ed.) *The Handbook of Cannabis and Related Pathologies: Biology, Diagnosis, Treatment, and Pharmacology*. Philadelphia, Academic Press.

Bergen-Cico, D, & Bylander, J. (2011) *Student Well-Being and Psychosocial Development*. In Donald W. Harward (Ed.) *Revisioning and Revising Undergraduate Education: Initiating and Sustaining Transformative Change on Our Campuses: Theory That Compels and Practices That Succeed*. Lanham, MD. Rowan and Littlefield Publishing.

Peer Reviewed Journal Publications

Bergen-Cico, D., Razza, R., & Timmins, A. (in press) Fostering mindfulness and self-regulation through curriculum infusion of mindful yoga: a pilot study of efficacy and feasibility. *Journal of Child and Family Studies*.

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

Pigeon, W., Posematto, K., Treatman, S. & Bergen-Cico, D.K. (2014) Feasibility and acceptability of a brief mindfulness program for veterans in primary care with posttraumatic stress disorder. *Mindfulness*. Online First 1-10, doi 10.1007/s12671-014-0340-0.

Bergen-Cico, D, Haygood-El, A., Jennings-Bey, T. & Lane, S.D., (2014) 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

- Bergen-Cico, D, & Cheon, S. (2014) Mediating role of mindfulness and self-compassion in reducing trait anxiety. *Mindfulness*. 5(5) 505-519. doi:10.1007/s12671-013-0205-y.
- Razza, R. Bergen-Cico, D.K. & Raymond, K. (2013) Enhancing preschoolers' self-regulation via mindful yoga. *Journal of Child and Family Studies*, online first p. 1-14. doi.org/10.1007/s10826-013-9847-6
- Bergen-Cico, D, (2013) 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.
- Bergen-Cico, D, Possemato, K. & Cheon, S. (2013) 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.
- Bergen-Cico, D & Lape, M. (2013) 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.
- Bergen-Cico, D. & Viscomi, J. (2013) Exploring the association between campus co-curricular involvement and academic achievement. *College Student Retention: Research, Theory & Practice*. 14(3) 329-343.
- Bergen-Cico, D & Kilmer, J. (2010) Variance and reliability of self-reported alcohol consumption: implications for clinical and programmatic assessment and outcome measures. *Journal of Alcohol and Drug Education*. 54(2) 72-84.
- Bergen-Cico, D. & Viscomi, J. (2008) Civic aspirations as a protective factor against college students' abuse of alcohol. *Journal of College and Character* 10(2) 1-14.
- Horacek T, Salomon J, & Bergen-Cico D. (2006) Clients improve disease prevention behaviors through lifestyle-oriented nutrition counseling provided by dietetic students and interns. *Topics in Clinical Nutrition*. 21(4) 268-283.
- Bergen-Cico, D., Urtz, A. & Barretto, C. (2004) 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.
- Borsari, B., Bergen-Cico, D.K., & Carey K. (2003) Self-reported drinking-game participation of incoming college students. *Journal of American College Health*, 51(4) 149-154.
- Bergen-Cico, D., (2000) Substance abuse and attrition among first-year college students. *Journal of the First-Year Experience & Students in Transition*, 12(1), 61-76.
- Bergen-Cico, D. & Short, S. (1992) A nutritional assessment of peri-pubescent cross-country runners. *Journal of American Dietetic Association*, 92 (5) 611-612.

Reports and Other Publications

Bergen-Cico, D. (2012, January 18) Reexamining the history and experience of heroin addiction among Vietnam veterans. *Points: The Blog of the Alcohol and Drugs History Society*.
<http://pointsadhsblog.wordpress.com/2012/01/18/the-lee-robins-study-and-its-legacy-part-two/>

Horacek T, Grimwade A, Bergen-Cico D, & Decker E, Walsh J. (2010) 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. (refereed abstract)

Bergen-Cico, D & DeJong, W. (2008) *AlcoholEdu for High School*. National Registry for Evidence based Prevention Programs. Substance Abuse and Mental Health Service Administration (SAMHSA)
<http://nrepp.samhsa.gov/ViewIntervention.aspx?id=4>

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

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

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

Film

Partners in Parenting: You Can't Afford to Be Clueless about Drugs and Alcohol (2008) writer, researcher, videographer and content expert. DVD 15 minutes used in over 200 school districts. This DVD was a collaborative project involving Prevention Network of Central New York, PBS/WCNY, and Onondaga County District Attorney's Office.

Street Addiction (2013) My role in this film entailed writing, documentary design, videographer, content expert and editing. This film was developed at the request of the Journal of Addiction Research and Theory to complement my 2013 journal publication titled "*Street Addiction: A Proposed Theoretical Model for Understanding the Draw of Street Life and Gang Activity.*"

Dissertation

Bergen-Cico, D. (1992) Dietary intakes, energy expenditures, and anthropometric characteristics of adolescent female cross-country runners. Ph.D. Dissertation Department of Health and Exercise Science, School of Education, Syracuse University

Grant Funding Principal Investigator or Co-Investigator

Total Grant Funding to date \$1,255,000; PI funding \$620,000; To date Co-PI/Co-I funding \$635,000

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. & Clazton, B. (Co-Investigators)
 Dates: 2015-2016 Amount: \$15,000

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: Gump, B. and Wolford, K.
 Bergen-Cico, D., Dykas, M., Glatt, S., Reihman, J. & Alford, K. (Co-Investigators)
 Dates: 2014-2016 Amount: \$248,984

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: 2014-2015 Amount: \$10,000

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: 2014-2015 Amount: \$5,000

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: 2013-2014 Amount: \$35,000

Funder: Falk College Research Center
 Title: **Enhancing at-risk children's self-regulation via mindfulness and yoga: A pilot study**
 PI: Bergen-Cico, D. and Razza, R.
 Dates: 2012-2013 Amount: \$7,000

Funder: U.S. Veterans Healthcare Administration Center of Excellence
 Title: **Mindfulness Based Stress Reduction for Primary Care Veterans with PTSD Symptoms**
 PI: Possemato, K and Pigeon, W.
 Bergen-Cico, D. (Co-Investigator)
 Dates: 2011 – 2012 Amount: \$55,200

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: 2011-2012 Amount: \$9,500

Funder: National Science Foundation (NSF) Research Education for Undergraduates (REU) program
 Title: **Training Veterans to Conduct Trauma Research with Fellow Veterans**
 PI: Gump, B.
 Wolford, K., Bergen-Cico, D., Dykas, M., Glatt, S., (Co-Investigators)
 Dates: 2011-2013 Amount: \$248,984

Funder: Research Center, Falk College
 Title: **Job Strain and Health Outcomes Among Emergency First Responders**
 PI: Thompson, M.
 Bergen-Cico, D. (Co-Investigator)
 Dates: 2010-2011 Amount: \$5,000

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: 2009-2010 Amount: \$5,000

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: Levy, L. and Bergen-Cico, D.
 Dates: 2006-2008 Amount: \$250,000

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: 2005-2008 Amount: \$95,000

Agency: National Association of Student Personnel Administrators (NASPA)
 Title: **Community-Level Indicators Longitudinal Assessment Project**
 PI: Bergen-Cico, D.
 Dates: 2005-2006 Amount: \$7,000

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: 2005-2006 Amount: \$3,000

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: 2002-2004 Amount: \$110,000

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: 2001-2003 Amount: \$20,000

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**

PI: Bergen-Cico, D.

Dates: 2000-2001 Amount: \$105,000

Agency: New York State Office of Alcoholism and Substance Abuse Services

Title: **Social Norms Misperception Project**

PI: Bergen-Cico, D.

Dates: 1998-1999 Amount: \$10,000

Select Invited Professional Presentations
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Fostering Self-Regulation Through Mindfulness Based Practices Association of New York State Youth Bureaus Annual Training Conference. Liverpool, NY, 2014

Posttraumatic Stress Disorder: Science and Experience International Drug Policy Reform Conference, Denver, CO, October 2013.

The Complexities of Wellbeing Bringing Theory to Practice Conference on Student Psychosocial Wellbeing, Washington, DC, September 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, July, 2013

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

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

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

The State of Education and Training for Professionals in the Addictions Field in the United States. Council of Europe Executive Training for Drug Policy, Zurich, Switzerland, December, 2010

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.

Bringing Theory to Practice Association of American Colleges and Universities Annual Meeting, New Orleans, LA, January, 2007

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

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

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.

Peer Reviewed Presentations

Street Addiction: A Proposed Theoretical Model for Understanding the Draw of Street Crime and Gang Activity. 2nd International Conference on Behavioral Addictions, Budapest, Hungary 2015.

Fostering Adolescent Self-Regulation through Mindfulness Skills Integrated into English

Language Arts Curricula Society for Research in Child Development Biennial Meeting, Philadelphia, PA, 2015

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, 2015

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, April, 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, April, 2014

Enhancing Children's Self-Regulation via Mindful Yoga: A Pilot Study for Feasibility and Effectiveness. Society for Research in Child Development Special Topic Meeting: Strengthening Connections Among Child and Family Research, Policy and Practice, Alexandria, VA, April, 2014.

The Mediating Effects of Mindfulness on Trait Anxiety. International Conference on Mindfulness Rome, Italy, May, 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, April,, 2013

Training Veterans to Conduct Research with Fellow Veterans as Part of a NSF Research Education for Undergraduates (REU) Site: Lessons Learned. Eastern Psychological Association Meeting New York, NY, March, 2013

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

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

Early Use of Alcohol and Marijuana predict Late Adolescents' Substance Use Behaviors. Association for Psychological Science Convention, Washington, DC, March 2011.

Participatory Research with College Students Identifies Quality of Life and Stress as Key Issues for Obesity Prevention. American Dietetic Association's (ADA) Food and Nutrition Conference in Boston, MA, November, 2010.

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 AlcoholEdu 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

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

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

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.

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
National Meeting on Alcohol, Other Drugs and Violence Prevention in Higher Education Annual Conference, Pittsburgh, PA, October, 2000

Trends in Substance Abuse among College Freshman. National Conference for the Freshman Year Experience, Columbia, SC, March, 1998

HIV Prevention in Higher Education. Association of American Colleges and Universities Conference, Buffalo, NY, December, 1997

Student Triage for Early Prevention of Substance Abuse. Department of Higher Education National Meeting on Violence, Alcohol and Other Drugs in Higher Education, San Antonio, TX, October, 1997
New York State Conference on Substance Abuse Prevention in Higher Education Office of Alcoholism and Substance Abuse Services, Albany, NY, April, 1997

Female Adolescent Nutrition and Peri-Pubescent Development. American Association of Health Educators Annual Conference, San Francisco, CA, April, 1991

University and Community Presentations and Workshops

The Physical and Psychological Effects of Traumatic Stress. A Community in Trauma: How it Affects Children and Families, Syracuse University, March, 2014

A Matter of Compassion: New York State's Proposed Medical Marijuana Legislation Multiple Sclerosis Resources of NY, March 2013

Youth, Gangs and Family Structure: Drugs and Crime A Community Dialogue, Syracuse, NY, February 2014

Dialogue on Deconstructing War Zones, The African Initiative, Syracuse, NY, January, 2013

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.

Courses Taught

Undergraduate

HTW 318 Alcohol Other Drugs, Gambling and Sex: Dynamics of Addiction (n=220/semester)

HTW 408 Addictions in Cultural Context (n=40/semester)

HTW 411 Amsterdam Study Abroad Addictions in Cultural Context (n=10/course)

HTW 412 Drug Policy in Global Perspective – S.U. Study Abroad Netherlands, France, Italy, Portugal, England (n=10/course)

HTW 402 Implementation and Evaluation of Health Programs (n=30/semester)

HTW 405 Cognitive Behavioral Stress Reduction (n=30/semester)

HTW 121 Personal Health and Wellness (n=60/semester)

PSY 270/470 Training and Application in Peer Health Education (n=20/semester)

HTW 100 Wellness in Our Living Learning Community (n=20/semester)

EDU/PED 420 Personal Health and Safety (n=30/semester)

EDU/PED 310 Sexual Health (n=30/semester)

Graduate

HTW 618 Alcohol Other Drugs, Gambling and Sex: Dynamics of Addiction (n=19/semester)

HTW 608 Addictions in Cultural Context (n=10/semester)

HTW 611 Amsterdam Study Abroad Addictions in Cultural Context (n=4/course)

HTW 612 Drug Policy in Global Perspective – S.U. Study Abroad Netherlands, France, Italy, Portugal (n=7/course)

HTW 605 Cognitive Behavioral Stress Reduction (n=10/semester)

EDU /COU 575 Orientation to Substances of Abuse (n=30/semester)

EDU/PED 620 Personal Health and Safety (n=30/semester)

EDU/HED 610 Curriculum Infusion of Sex Education for Teachers (n=35/semester)

Editorial Boards and Journal Reviewer

Editorial Boards

Annals of Public Health and Research 2013 - present

The Journal of Addiction, Recovery, and Aftercare 2013 - present

Ad-hoc Journal Reviewer

Addictions

Cyberpsychology Behavior, and Social Networking

Health Promotion Practice

Journal of American College Health

Journal of Health Education and Behavior

Mindfulness

Public Affairs in Health

Substance Abuse

World Health and Population

Professional Associations

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

National Acupuncture Detoxification Association 2003 – present

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

Phi Kappa Phi Honor Society 1996 – present

Society of Public Health Education 2005-2013

Society for Study of Contemplative Mind in Society 2008-present

National Advisory Boards and Committees

National Board of Medical Examiners, Joining Forces Exam Writing Committee

Develop exam items for medical board exams for healthcare providers working in the Veterans Healthcare Administration. 2013 - present

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

National Advisory Board for Bringing Theory to Practice: Psychosocial Wellbeing, Engelhard Foundation and the Association of American Colleges and Universities, 2011-present

National Advisory Board for Bringing Theory to Practice: A Project Addressing Depression and Substance Abuse among Student through Engaged Learning, Engelhard Foundation and the Association of American Colleges and Universities, 2004-2010

Alcohol Strategies Conference National Advisory and Planning Committee, Chair Certified Health Education Specialist Continuing Education Committee 2007 -2008

Program on Health and Higher Education: Integrating Health into the Curriculum National Advisory Board Association of American Colleges and Universities (AAC&U) Program on Health and Higher Education (PHHE), 2004-2007

National Advisory and Planning Committee 1997 U.S. Department of Education National Meeting on Alcohol, Other Drugs and Violence Prevention in Higher Education San Antonio TX, Chair Marketing Committee 1996-1997

Honors, Awards and Achievements

Fellow of the American Academy of Health Care Providers in the Addictive Disorders 2012 - present
National Prevention Excellence Award Outside the Classroom 2006
Senior Vice President Student Affairs Award for Excellence in Assessment and Evaluation Syracuse University Division of Student Affairs Peer Nomination Awards 2004, 2006
Senior Vice President Student Affairs Award for Excellence in Innovation Syracuse University Division of Student Affairs Peer Nomination Awards 2002
Substance Abuse Mental Health Service Administration and Center for Substance Abuse Prevention (SAMHSA-CSAP) Syracuse University's Twelve Point Plan for Substance Abuse Prevention and Health Enhancement 2003
U.S. Department of Health and Human Services, Center for Substance Abuse Prevention Promising Practices Award for Syracuse University's Twelve Point Plan for Substance Abuse Prevention and Health Enhancement 2000
U.S. Department of Education Safe and Drug Free Schools as a Model Substance Abuse Prevention Program, Syracuse University's Twelve Point Plan for Substance Abuse Prevention and Health Enhancement 2000
National Student Personnel Administrator's Health Education and Leadership Program (HELP) Model Program for HIV Prevention 1997
Women's Athletic Hall of Fame Syracuse University 1992
Black Belt Tae Kwon Do 2002
Golden Key National Honor Society
Phi Kappa Phi National Honor Society 1995
Verhulst Women's Leadership Award Syracuse University 1986
MVP Cross County and Track and Field Syracuse University 1984, 1985, 1986
Outstanding Citizenship Award WTVH 5 1985
All-East Division I Track and Field 1985
All Big East Track 1985
All Big East Cross Country 1986

Select Media Appearances and Interviews

What Does Your Craving Mean (2014) Fiterazzi
Fresno's Illegal Needle Exchange Program Booms Despite Law. (2011) ABC News Health
Betty Ford: A Pioneer Who Redefined the Role of First Lady (2011) ABC News Health and ABC News Radio
Amy Winehouse: Career Shadowed by Manic Depression (2011) ABC News Health.
Rolling Into the ER: Ecstasy Hospitalizations Spike, Spur Spring-Break Fears (2011) ABC News Health.
Imagination Diet: Thinking About Eating Kills Cravings. ABC News Health (2010)
Sudden Sniffing Death Syndrome' on the rise as young teens turn to inhalants for cheap high. (2010) ABC News Health
DWI Prevention in Higher Education (2005) Good Morning America ABC Network Good Morning America film crew came to Syracuse University to film a novel and effective program I developed called Virtual Intoxication Golf Cart Navigation.
Alcohol 101 Now a Required Course As Colleges Battle Binge Drinking (2005) MTV News
Women on a Binge: Many teen girls are drinking as much as boys. More college women regularly

get drunk. Is this a case of girl power gone awry? (2002) Time Magazine.
Bergen-Cico, D. Letter to the Editor (2002) Time Magazine
I Survived Crystal Meth (2004) YM Magazine.
Teenage Girls, College Women Drinking More (2002) The Prevention Researcher. Methamphetamine
Drug Lab found in SMU Building (2003) Dallas Morning News
DEA Chief Discusses Drug War (2002) Knight Ridder Newspapers
Spring Break Boozing Not What Doctor Ordered (2002) New York Times
Drinking Games in College .(2002)WTVH 2005 News feature.
Prescription Drug Abuse among Youth and College Students (2005). WIXT TV 9 News feature. The
Agony of Ecstasy Time Warner Cable News Television 2001.

Service

University Committees

Executive Committee of the Integrated Graduate Neuroscience Concentration 2013 – present
Mindfulness and Contemplative Sciences Committee 2013 - present
Graduate Admissions Committee Department of Public Health 2011 - present
University Wellness Sustainable Benefits Committee 2010 – 2012
University Wellness and Contemplative Practices Committee 2009-2011
Addictions Certification Curriculum Development Committee 2007 – present
University Worksite Wellness Committee 2007- 2008
University Wellness Leadership Team, Chair 2004-2006
Nonconsensual Sexual Activity Protocol Committee 2002-2006
Student Affairs Assessment Committee (**Chair**) 2002-2006
Co-curricular Learning Assessment Committee (**Co-Chair**) 2002-2006
All University Assessment Council 2002-2006
University Wellness Task Force 2003-2006
University Rape: Advocacy, Prevention and Education Center Advisory Council (**Co-Chair**) 2002-
2006
Syracuse University Co-curricular Learning Assessment Committee (**Chair**) 2002-2006
Campus-Community Coalition to Prevent Substance Abuse 1998-2003
Chancellor's Commission on Campus Safety and Substance Abuse Prevention 1998-2003
Chancellor's Subcommittee on Substance Abuse Prevention Education and Student
Development (**Chair**) 1998-2000
Chancellor's Subcommittee on Student Support and Counseling Services 1998-2000
Chair Division of Student Affairs Committee on Strategic Planning for Interdisciplinary
Wellness Initiatives (**Chair**) 2000-2001
Women of Color Health Issues Conferences, Syracuse University (**Co-Chair**) 1997-1998

Curriculum Development

Undergraduate Minor in Mindfulness and Contemplative Studies
Credentialing Curriculum Specialist for National Certified Addictions Specialist
Credentialing Curriculum Specialist for New York State Credentialed Alcoholism and Substance
Abuse Counselor
Credentialing Curriculum Specialist for New York State Certified Prevention Specialist
Masters in Addiction Studies
Undergraduate Minor in Addiction Studies Prevention
Undergraduate Minor in Addiction Studies Counseling

Graduate Certificate of Advanced Studies in Addiction Studies

Courses Developed for Addictions Curriculum

HTW 318/618 Alcohol Other Drugs, Gambling and Sex: Dynamics of Addiction
HTW 406/606 Clinical Evaluation and Assessment of Addictions
HTW 405/605 Cognitive-Behavioral Approaches to Stress Reduction
HTW 407/ 607 Wellness Counseling and Coaching Strategies for Behavior Change
HTW 408/ 608 Addictions in Cultural Context
HTW 409/ 609 The Impact of Addictions on Families and Relationships
HTW 410/610 Addictions Treatment Planning and Referral
HTW 411/611 Addictions in Cultural Context – Studying Dutch Drug Policy in Amsterdam
HTW 412/612 Drug Policy in Global Perspective
HTW 321/621 Prevention in Addiction Services
HTW 437/637 Ethical and Professional Ethics

Graduate Certificate in Trauma Studies

Courses Developed for Trauma Studies

HTW 603 Introduction to Trauma Studies

Community Service

Syracuse City School District Trauma Informed Schools Committee 2014 – present
Clear Path for Veterans 2013 - present
Site Evaluator U.S. Department of Education Safe and Drug Free Schools Model Programs Grants
2005
Co-Chair Fayetteville Manlius Community Coalition to Prevent Substance Abuse 2005 - 2007
Partners in Parenting, Contributing Journalist, Syracuse Newspapers 1995 – 2004
Anorexia Bulimia Support of Central New York, Vice-President: Board of Directors 1993-1996
United Way, Liaison for Anorexia Bulimia Support of Central New York Inc. 1992-1993