

Feylyn Mercedes Lewis, PhD

2912 Murray Circle, Nashville, TN 37216 | Feylyn.M.Lewis@Vanderbilt.edu | +1 615-818-6836
www.drfeilynlewis.com

EDUCATION

University of Birmingham **October 2013-September 2017**

Doctor of Philosophy in Social Work

Postgraduate Certificate in Advanced Research Methods and Skills

- Thesis title: "Who Am I?": An exploration of the identity development of young adult carers in the United Kingdom and United States
- Supervisors: Professor Saul Becker; Dr. Harriet Clarke

Regent University School of Psychology and Counseling **August 2010-May 2013**

Master of Arts in Community Counseling/Clinical Mental Health Counseling

- Accredited by the Counsel for Accreditation of Counseling and Related Educational Programs (CACREP)

Regent University School of Law **August 2009-May 2010**

Juris Doctor

- 30 credit hours of coursework

Vanderbilt University **August 2005-May 2009**

Bachelor of Arts in Psychology and English

- Honors: College of Arts and Science Dean's List

TEACHING EXPERIENCE

Lecture on African-American youth caregivers, Sankofa Summer School **2022**

Designed and delivered online lecture entitled, " 'Sometimes I feel like a motherless child'": Care and caregiving in the African-American youth experience" for Michelle B. Taylor ("Feminista Jones")'s Sankofa Summer School

Video lecture series on girl youth caregivers, Alliance for Girls **2022**

Designed and delivered virtual lecture and discussion seminar series on various topics affecting girl youth caregivers from an interdisciplinary approach

Seminar on the mental health experiences of young carers, University of Sussex **2018, 2019**

Designed and delivered lecture and discussion seminar for postgraduate Masters-level childhood and youth studies students

Lecture on young caregivers and reflexivity in international comparative research, Sarah Lawrence College **2018**

Designed and delivered lecture course for undergraduate social science students

Lecture on young adult carers and international comparative social policy research, University of Birmingham **2016**
Designed and delivered lecture course for postgraduate Masters-level social policy students

Lecture on young carers, University of Birmingham **2015**
Designed and delivered lecture course on young carers for graduate and postgraduate qualified social work practitioners for the post-qualifying programme in Social Care with Adults

Seminar leader in Introduction to Social Policy, University of Birmingham **2015**
For first year students. Groups of 15.

OTHER TEACHING & MENTORSHIP EXPERIENCE

PhD Dissertation committee member **2022-Present**

- Stephanie Young, School of Nursing, West Virginia University
- Thesis title: *The influence of spirituality on quality of life in older adult caregivers*

RESEARCH EXPERIENCE

University of Toronto **March 2022-Present**
Collaborator

- Named grant: *Recognizing, Identifying and Supporting the Engagement of Youth Providing Care: The RISE UP Project!*; Award amount: \$412,764 CAD, funded by the PSI Foundation
- This study seeks to understand how young carers interact with health system organizations including health care providers that care for their dependent family member and will also engage with young carers to identify types of support they might find helpful
- In my collaborator role, I function as an expert adviser on the execution of the project and help to examine emergent findings

Vanderbilt University **November 2021-Present**
Program Manager, Students for Health Equity (SHE), Nashville, Tennessee, USA

- Named grant: *Youth in the Kitchen: Promoting Healthy Eating through Cooking and Nutrition Programs for Youth and Families*; Award amount: \$77,589.40
- Designed and implemented a mixed methods research project on food security and nutrition education involving minority ethnic and refugee children in Nashville, TN; funded by the Cigna Foundation
- Created collaborative programing with community partners
- Administered surveys and evaluation tools, compiled and disseminated results
- Assisted with grant writing and grant submission process
- Managed supply purchasing, logistical details for all SHE projects, university travel and expense reporting
- Facilitated student worker hiring and training

National Alliance for Caregiving **March 2021- April 2021**
Hunt Research Director, Washington DC, USA.

- Served as the primary project director for NAC research studies, including the Caregiving in the U.S. series conducted with AARP and its secondary reports, relationships with outside vendors, funders, partnering organizations, advisory committees, and researchers
- Managed a comprehensive research strategy to support policies and initiatives for unpaid family caregivers across the aging, healthcare, disability, and long-term care sectors.
- Supervised a diverse and growing research team and oversaw professional development opportunities for research staff
- Leveraged qualitative and large-scale quantitative data to translate high-level research for broad audiences, writing superior quality papers, reports and presentations based on data analysis
- Represented NAC at high-level convenings, conferences, and meetings
- Guided the incorporation of racial and gender equity and intersectional frameworks/analysis in research study designs and written reports
- Ensured that NAC's *The Circle of Care Guidebook for Caregivers of Children with Rare And/Or Serious Illnesses* (in partnership with Global Genes) and *Diverse Caregivers in the United States 2021 National Report* was delivered on time, within scope, and within budget

University of Sussex

January 2019- June 2021

Research Lead, Brighton, UK.

- Named grant: *Young Carers Aiming High: Young Adult Carers Access to Higher Education*; Funded by the Sussex Learning Network; Award amount: £6577
- Principal investigator of a mixed methods research project jointly managed with the Carers Centre of Brighton and Hove on the barriers to higher education for young carers
- Performed advanced, complex quantitative analysis and conducted qualitative, semi-structured interviews, and focus groups within the framework of Youth Participatory Action Research and co-production

University of Sussex

January 2018- June 2021

Post-Doctoral Research Fellow, Brighton, UK.

- Named grant: *Psychosocial Support for Promoting Mental Health and Well-being Among Adolescent Young Carers in Europe*; Funded by the European Union's Horizon 2020 Research and Innovation programme; Award amount: €3.9 million
- Leader of United Kingdom team for mixed methods research project designed to strengthen the resilience of adolescent young carers (AYCs), improve their mental health and well-being, and mitigate the negative influences of psychosocial and environmental factors in Italy, Netherlands, Slovenia, Sweden, Switzerland, United Kingdom.
- Responsible for the financial management of the UK budget of \$620,000 (£450,000); recruitment and supervision of multi-national based staff; survey design of first-ever European cross-national profile of AYCs; research partnerships with schools and colleges UK-wide.
- Led as the UK clinical trial manager for the project's randomized control trial.
- Conducted cross-national policy analysis and drafted policy briefs; shared policy recommendations in invited keynote speech at the European Parliament.

JOURNAL PUBLICATIONS

Hanson, E., Barbabella, F., Magnusson, L., Brolin, R., Svensson, M., Hlebec, V., Bolko, I., Boccaletti, L., Casu, G., Hoefman, R., H De Boer, A., De Roos, S., Santini, S., Socci, M., D'Amen, B., Van Zoest, F., De Jong, N., Nap, H. H., De Jong, Y., Bouwman, T., **Lewis, F.**, Parkhouse, T., Leu, A., Phelps, D., Guggiari, E., Yghemonos, S., Centola, F., Morgan V., Joseph, S., Becker, S. (2022). Research and innovation for and with young carers to influence policy and practice—the European Union funded “ME-WE” project. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph19169932>

Lewis, F., Becker, S., Parkhouse, T., Joseph, S., Hlebec, V., Rakar, T., Mrzel, M., Brolin, R., Casu, G., Boccaletti, L., Santini, S., D'Amen, B., Socci, M., Hoefman, R., de Jong, N., Leu, A., Phelps, D., Guggiari, E., Magnusson, L., Hanson, E. (2022). *The first cross-national study of adolescent young carers aged 15-17 in six European countries*. *International Journal of Care and Caring*. <https://doi.org/10.1332/239788222X16455943560342>

Leu, A., Berger, F., Heino, M., Nap, H. H., Untas, A., Boccaletti, L., **Lewis, F.**, Phelps, D., Becker, S. (2022). *A cross-national and comparative classification of in-country awareness and policy responses to ‘young carers’*. *Journal of Youth Studies*. <https://doi.org/10.1080/13676261.2022.2027899>

Lewis, F. (2021). “Youth Caregivers—Before, After, and During the Pandemic.” *Generations Journal* 45, no. 3. (Fall 2021). <https://generations.asaging.org/youth-caregivers-and-pandemic>

Leu, A., Guggiari, E., Phelps, D., Magnusson, L., Nap, H. H., Hoefman, R., **Lewis, F.** ; Santini, S.; Socci, M.; Boccaletti, L.; Hlebec, V.; Rakar, T.; Hudobivnik, T.; Hanson, E. (2021). Cross-national analysis of legislation, policy and service frameworks for adolescent young carers in Europe. *Journal of Youth Studies*. <https://doi.org/10.1080/13676261.2021.1948514>

Santini, S., Socci, M., D'Amen, B., Di Rosa, M., Casu, G., Hlebec, V., **Lewis, F.**, Leu, A., Hoefman, R., Brolin, R., Magnusson, L., & Hanson, E. (2020). Positive and Negative Impacts of Caring among Adolescents Caring for Grandparents. Results from an Online Survey in Six European Countries and Implications for Future Research, Policy and Practice. *International journal of environmental research and public health*, 17(18), 6593. <https://doi.org/10.3390/ijerph17186593>

Nap, H.H., Hoefman, R., de Jong, N., Lovink, L., Glimmerveen, L., **Lewis, F.**, Santini, S., D'Amen, B., Socci, M., Boccaletti, L., Casu, G., Manattini, A., Brolin, R., Sirk, K., Hlebec, V., Rakar, T., Hudobivnik, T., Leu, A., Berger, F., Magnusson, L., Hanson, E. (2020). The awareness, visibility and support for young carers across Europe: a Delphi study. *BMC Health Services Research*, 20, 921. <https://doi.org/10.1186/s12913-020-05780-8>

JOURNAL PUBLICATIONS UNDER REVIEW

Brolin, R., Hanson, E., Magnusson, L., **Lewis, F.**, Parkhouse, T., Hlebec, V., Santini, S., Hoefman, R., Leu, A., Becker, S., (2022). Adolescent young carers who provide help and support to friends. *Journal of Adolescence*.

Guggiari, E., Fatton, M., Becker, S., **Lewis, F.**, Hoefman, R., Hanson, E., Santini, S., Boccaletti, L., Casu, G., Nap Hermann, H., Hlebec, V., Leu, A. (2022). Visibility as a key dimension to better health-related quality of life: results of the European Union funded “ME-WE” project for adolescent young carers in Switzerland. *International Journal of Environmental Research and*

JOURNAL PUBLICATIONS IN PROGRESS

Lewis, F., Becker, S., Parkhouse, T., Joseph, S., Hlebec, V., Mrzel, M., Brolin, R., Casu, G., Boccaletti, L., Santini, S., D'Amen, B., Socci, M., Hoefman, R., de Jong, N., Leu, A., Phelps, D., Guggiari, E., Magnusson, L., Hanson, E. (2022). *What are the preferences for informal and formal support of European adolescent young carers?*. Manuscript in preparation.

Hanson, E., Barbabella, F., Hoefman, R., **Lewis, F.**, Leu, A., Hlebec, V., Casu, G., Boccaletti, L., Bolko, I., Becker, S., Magnusson, L. (2022). Ethical considerations when conducting pan-European research with and for adolescent young carers. *Ethics and Social Welfare*. Manuscript in preparation.

ONLINE PUBLICATIONS & FEATURED INTERVIEWS

Sizemore, S. (2022). "Squeeze the Day: Mother-Daughter Duo Share Their Journey From Birth to Caregiving So Others Can Learn". *Fifty Forward: Squeeze the Day*. [Podcast]. <https://fiftyforward.org/podcasts/squeeze-the-day-mother-daughter-duo-share-their-journey-from-birth-to-caregiving-so-others-can-learn/>

Larkin, M. (2022). "Ground-breaking study documents pressures, harms among adolescent caregivers in Europe." *Reuters Health*. <https://www.mdalert.com/news/article/ground-breaking-study-documents-pressure-harms-among-adolescent-caregivers-in-europe>

Lewis, F. (2022). "Now is the Time to Act for Youth Caregivers." : American Society on Aging, *Generations Now*. <https://generations.asaging.org/now-time-act-youth-caregivers>

Kingsberry, J. (2022). "How it Started, How it's Going: See how 6 Women's Lives have Changed in the Pandemic." *Washington Post*. <https://www.washingtonpost.com/lifestyle/2022/03/05/two-years-pandemic-women-lives-changed/>

Lewis, F. (2022). "Youth Caregivers: Black and Brown Young People Cared for Relatives During COVID". *Teen Vogue*. <https://www.teenvogue.com/story/youth-caregivers-pandemic-oped>

Hooker-Fortman, J. (2022). "Child Caregivers". *Relationships Matter* [Television show]. Available online: <https://www.youtube.com/watch?v=sVkRx-SVbBE&t=3s>

Erickson, S. (2021). "Young Caregivers and the Power of Our Youth." *Plan for Aging Well with Stephanie Erickson* [Web series]. Available online: <https://www.linkedin.com/video/live/urn:li:ugcPost:6798229911690584064/>

Lewis, F. (2021). "How to Ease the Transition Back to School for Young Carers." *Schools Week*. Available online: <https://schoolsweek.co.uk/how-to-ease-the-transition-back-to-school-for-young-carers/>

Lewis, F. (2020). "Young Carers are Struggling Immensely during Coronavirus and There is No Support". *The Huffington Post*. Available online: <https://www.huffingtonpost.co.uk/entry/coronavirus-young-carers-support-family->

[illness_uk_5e8f2a10c5b6458ae2a53b6e?guccounter=2](https://www.bbbsemo.org/2019/05/28/youth-and-care-mental-health/)

Lewis, F. (2019). "As a Young Carer I felt Isolated and Alone—Now I'm Researching Ways to Help Others." *Metro*. Available online: <https://metro.co.uk/2019/01/31/as-a-young-carer-i-felt-isolated-and-alone-now-im-researching-ways-to-help-others-8384127/>

Cha, E. (2019). "A Little Sister with Big Responsibilities: Youth Caregiving and Support". Big Brothers Big Sisters of Eastern Missouri. Available online: <https://www.bbbsemo.org/2019/05/28/youth-and-care-mental-health/>

Dylan-Robbins, S. (2018). "Millennials Stepping Up: How Will We Take Care Of Our Parents?" *NBC Left Field*. Available online: <https://www.nbcnews.com/leftfield/leftfield/millennials-stepping-how-will-we-take-care-our-parents-ncna872311>

Januta, A. (2018). "Five Ways Millennial Caregivers Can Find Help." *Reuters*. Available online: https://money.usnews.com/investing/news/articles/2018-02-22/five-ways-millennial-caregivers-can-find-help?src=usn_tw

Lewis, F. (2017). "18 Years Ago, Caregiving Forced My Brother to Drop Out of College. But Today, He Finally Graduates." *The Huffington Post*. Available online: https://www.huffingtonpost.com/entry/18-years-ago-caregiving-forced-my-brother-to-drop_us_590d1dace4b0f711807244bc

Kavanaugh, C. (2017). "The Effects of Caregiving When You are Young & Advocacy for Caregiving Youth". *The After Life*. Available online: <https://colleenkavanaugh.com/theafterlife/feylynlewis>

Span, P. (2017). "I get so angry and jealous...": Young caregivers watch helplessly as others move on." *The Miami Herald*. Available online: <https://www.miamiherald.com/news/nation-world/national/article138288468.html>

Span, P. (2017). "Pressed Into Caregiving Sooner Than Expected." *The New York Times*. Available online: <https://www.nytimes.com/2017/03/10/health/elder-care-caregiving.html>

Lewellen, D. (2017). "Children Who Give Care Are Overlooked". *Health Progress: Journal of the Catholic Health Association of the United States*. Available online: <https://www.chausa.org/docs/default-source/health-progress/children-who-give-care-are-overlooked.pdf?sfvrsn=4>

Lewis, F. (2017). "How Can Young Caregivers Self-Advocate?". *Christine M. Valentin, LCSW, LLC*. Available online: <http://www.christinemvalentin.com/blog/guest-blog-post-how-can-young-caregivers-self-advocate>

Lewis, F. (2016). "3 Things to Know about Caregiving Youth during the Holidays." *The Huffington Post*. Available online: http://www.huffingtonpost.com/feylyn-lewis/3-things-to-know-about-ca_b_13593498.html

Lewis, F. (2016). "America's Forgotten Youth: National Family Caregivers Month." *The Huffington Post*. Available online: http://www.huffingtonpost.com/feylyn-lewis/americas-forgotten-youth-_b_13101014.html

Lewis, F. (2016). "Ambiguous Loss: When the Loss Doesn't End." *Losing A Puzzle Piece*. Available online: <http://www.losingapuzzlepiece.com/blog/2016/7/12/ambiguous-loss-when-the-loss-doesnt-end>

Lewis, F. (2016). "Caregiving During Public Tragedy" *The Huffington Post*. Available online: http://www.huffingtonpost.com/entry/caregiving-during-public-tragedy_us_5783d996e4b0f06648f571a1?

Lewis, F. (2016). "Millennial Caregivers: What You Didn't Know." *Working Daughter*. Available online: <http://www.workingdaughter.com/1542-2/>

Lewis, F. (2016). "Do All Caregivers Matter?" *The Huffington Post*. Available online: http://www.huffingtonpost.com/feylyn-lewis/do-all-caregivers-matter_b_9755472.html

Lewis, F. (2016). "Caregiving During Young Adulthood." *The Huffington Post*. Available online: http://www.huffingtonpost.com/feylyn-lewis/caregiving-during-young-adulthood_b_9371176.html#comments

Panarites, J. (Producer). (2016, May 12). *Episode 47: Hidden Lives*. [Audio podcast]. Retrieved from: <http://agewyz.com/episode-47-hidden-lives/>

Shea, K. (Producer). (2016, May 5). *Young Caregivers*. [Audio podcast]. Retrieved from: <http://www.blogtalkradio.com/caregiverscommunity/2016/05/03/caregiver-talk-live-with-kim-shea-of-shea-companions>

Lewis, F. (2016). "Speaking Up for Young Adult Caregivers." *Lacuna Loft*. Available online: <https://lacunaloft.org/speaking-up-for-young-adult-caregivers/>

Lewis, F. (2016). "Who am I?: A Look at Identity, Young Adulthood, and Caregiving." *The Caregiver Space*. Available online: <http://thecaregiverspace.org/who-am-i-a-look-at-identity-young-adulthood-and-caregiving/>

Lewis, F. (2016). "The Rising Generation of Millennial Caregivers and How We Can Support Them." *What Millennials Want*. Available online: <http://www.whatmillennialswant.com/wmw/millennial-caregivers>

INVITED TALKS

"Family Caregiving Across the Life Span" 2022

Invited panel presenter for Vanderbilt University School of Nursing's Clinical and Community Partnerships department event on family caregiving given on March 22, 2022

"The ME-WE project: Supporting the Mental Health Well-Being of European AYC's" 2021

Talk given for the Share4Carers "Children of parents with mental health problems: recommendations from European young carers and good practices for prevention and support" webinar (virtually) on June 30, 2021

"The Hidden Young Carers Experience" 2020

Talk given for the online NHS England "Commitment to Carers" Mind The Gap Project Launch

on hidden groups of young carers on September 7, 2020

“The State of Young Carers in the USA” 2019
Keynote speech given for the End of Project Conference on young carers by Careum Research on November 12, 2019 in Zurich, Switzerland

“Profiles, Needs, and Preferences of Adolescent Young Carers” 2019
Keynote speech given for the Eurocarers’ Interest Group on Carers in the European Parliament on September 25, 2019 in Brussels, Belgium

“1st Colloquium on Young Carers in France” 2019
Invited participant at the first national conference on young carers on June 24, 2019 in Paris, France

“Impact of Caring onto Mental Health & the Importance of a Life Alongside Caring” 2019
Keynote speech given for Carers Trust Wales’ Carers in Education and Employment conference on June 14, 2019 in Bangor, Wales, UK

“Youth and Young Caregivers in the USA, UK, and Europe: Research, Practice, and Policy Developments” 2019
Keynote speech given for The American Association of Caregiving Youth’s Caregiving Youth Institute Conference on April 4, 2019 in Boca Raton, Florida, USA

“Supporting Young Adult Carers at University” 2018
Keynote speech given for Carers Trust Wales University Roundtable Event on September 12, 2018 in Cardiff, Wales, UK

“Moving Forward for Young Carers” 2018
Keynote speech given for the Imago Young Carers’ “National Young Carers Awareness Day” on January 25, 2018 in Maidstone, Kent, England, UK

“International Exploratory Workshop on Swiss Carers” 2017
Invited participant on the international expert scoping committee for the development of a Swiss Caregiving Survey on February 23-24, 2017 at Careum Research in Zurich, Switzerland

“I was a Young Carer: How Lived Experience Transforms Into Advocacy” 2016
Keynote speech given for the Carers Leeds’ “Annual Carers Rights Day” on November 28, 2016 in Leeds, England, UK

“Identity and the young adult carer: Looking at the transition to adulthood” 2015
Talk given at “Young Adult Carers—Access to Education, Training, and Employment” research seminar on March 19, 2015 at the Department of Business, Innovation, and Skills in London, England, UK

“Young Carers and Mental Health” 2015
Invited participant on roundtable discussion for “NHS England’s Commitment to Carers” event on February 26, 2015 at the Park Crescent Conference Centre in London, England, UK

PRESENTATIONS

“Promoting Mental Health and Wellbeing Among Adolescent Young Carers: The ME-WE European Project” 2022

Paper presented on May 19, 2022 (virtually) at the National Alliance for Caregiving’s World Carers Conversation 2022

“The ME-WE Project: Impact on Mental Health and Well-Being Through Co-Production with European Adolescent Young Carers” 2022

Paper to be presented on September 30th-October 1st, 2022 at the National Center on Family Support’s 2nd Bi-annual Conference on Caregiving Research, Building Bridges: Advancing Family Caregiving Research Across the Lifespan in Pittsburgh, PA

“Youth Caregivers: Before, During, and After the COVID-19 Pandemic”. 2022

Paper to be presented October 16-17th 2022 at the National Caregivers Conference in Philadelphia, PA

“Young Carers: Views on Child Labour and Family Caregiving” 2022

Paper [virtually presented](#) on January 26, 2022 at the Children and Work Research Series for the Children and Work Network

“Diverse Caregivers in the US: Implications for Caregiving Across the Life Span” 2021

Paper presented on November 10, 2021 at the Gerontological Society of America Annual Scientific Meeting in Phoenix, AZ (virtually)

“Aiming High!: Educational Aspirations of Young Carers”

2021

Paper presented on May 6, 2021 at the International Young Carers Conference in Brussels, Belgium (virtually)

“Results from the ME-WE Study: A Cross-National Profile of the Mental Health Well-Being of European Adolescent Young Carers”

2021

Paper presented on May 3, 2021 at the International Young Carers Conference in Brussels, Belgium (virtually)

“Research Activities on Young Carers and Young Adult Carers in the UK”

2019

Paper presented on September 26-27, 2019 at the Eurocarers Research Working Group meeting in Ancona, Italy

“The Experience of Blended Learning Networks as a Way to Actively Engage Young Carers in an Innovative European Project (ME-WE)” 2019

Paper presented on June 27, 2019 at the “Collaboration, Creativity, and Complexities: Developing networks and practices of co-production with children and young people” conference in Manchester, England, UK

“Core Findings from the ME-WE Project Online Survey” 2019

Symposium co-presented on May 14, 2019 at the inaugural “It Takes a Village” conference in Oslo, Norway

“Children Who Care: Young Carers Research, Policy, and Practice” 2019

Paper co-presented on February 25, 2019 at the CIRCY and CSWIR seminar at the University

of Sussex in Brighton, England, UK

“Finding Oneself Through Caregiving: Multiple Identities and Roles in Emerging Adult Caregivers” 2017

Paper accepted for the 8th biannual Society for the Study of Emerging Adulthood Conference in Washington, D.C., USA, UK

“Exploring Identity and Negotiating Life Paths: The Experiences of Young Adult Carers in the United Kingdom and the United States” 2017

Paper presented on October 5, 2017 at the 7th annual International Carers Conference in Adelaide, Australia

“Children and Young Adults Who Care: The Forgotten Generation of Caregivers” 2017

Paper accepted for the 2nd annual National Caregiving Conference in Chicago, Illinois, United States

“Young Adult Carers in the United Kingdom and United States: Identity, Choices, & Life Paths” 2017

Paper presented on May 29-31, 2017 at the 2nd annual International Young Carers Conference in Malmö, Sweden

“Hear Me, See Me: Voices of Identity from Caregivers during Emerging Adulthood” 2015

Poster presented on October 14-16, 2015 at the Society for the Study of Emerging Adulthood 7th Annual Conference, in Miami, Florida, United States

From Child to Young Adult Carer: Identities and Transitions 2015

Paper presented on September 3-6, 2015 at the 6th annual International Carers Conference in Gothenburg, Sweden

“What about us?” Young caring in New Zealand and the United States 2015

Symposium co-presented on September 3-6, 2015 at the 6th annual International Carers Conference in Gothenburg, Sweden

““Who Am I?”: Exploring the Identity Development of the Young Adult Carer” 2015

Poster accepted for presentation on August 6-9, 2015 at the American Psychological Association Annual Convention in Toronto, Canada

“Comparative social policy research & its potential to contribute to policy change” 2015

Symposium presented on July 6-8, 2015 at the annual Social Policy Association Conference in Belfast, Northern Ireland, UK

“Exploring the Identity Development of the Young Adult Carer and its Implications for Therapeutic Practice” 2015

Poster presented on May 15-16, 2015 at the annual British Association for Counselling and Psychotherapy Research Conference in Nottingham, England, UK

““I know what I do but do I know who I am?”: The exploration of identity development in young adult carers living in the United Kingdom and United States” 2015

Paper presented on April 22-24, 2015 at the annual European Social Work Research Association Conference in Ljubljana, Slovenia

- “Young Adult Carers: The Stigma to Speak out, Seek out, and Be Seen”** **2014**
Poster presented on December 14, 2014 at the Economic and Social Research Council seminar “Stigma and Youth Mental Health” in Nottingham, England, UK
- “International and Comparative Social Policy Studies”** **2014**
Symposium presented on November 6, 2014 at the Economic and Social Research Council Festival of Social Science in Birmingham, England, UK
- “Young Adult Carers and the Ethics of Care”** **2014**
Paper presented on October 22, 2014 at the Roles Sexuality and Gender Forum in Birmingham, England, UK
- “The Invisible Workforce: The Impact of Physically Disabled Parents on Identity Formation for Late Adolescence Children”** **2013**
Paper presented at the Cultural Diversity Luncheon Series at Regent University in Virginia Beach, Virginia, United States
- “Identity Formation of Young Adult Carers in the US”** **2012**
Paper presented at the Virginia Counselors Association Convention in Fredericksburg, Virginia, United States
- “The Psychosocial Development of Late Stage Adolescent Children in the Midst of Caring”** **2012**
Paper accepted at the Tennessee Counseling Association Conference, United States
- “The Invisible Workforce: The Impact of Physically Disabled Parents on Identity Formation for Late Adolescence Children”** **2012**
Paper presented at the Virginia Association for Counselor Education and Supervision Graduate Student Conference in Lynchburg, Virginia, United States

OTHER WORK EXPERIENCE

Caregiving.com **November 2021-Present**
Caregiving Champion, Nashville, Tennessee, USA

- Represented unpaid family caregivers in Nashville and surrounding counties
- Identified and assessed emerging gaps in the fields of caregiving, aging, and disability, and collated potential innovations, opportunities, and resources for publication
- Served as a spokesperson at local Caregiving.com events and networking meetings, acting as the primary contact for city, county, and state government representatives
- Created dissemination materials (videos and blog articles) and publicized caregiving resources via popular press and social media channels

Christian Psychotherapy Services **August 2012-May 2013**
Masters-level Counseling Intern, Virginia Beach, Virginia, USA

- Served as the main therapist for children aged 3-18, in addition to providing counseling services to adults
- Specialized in autism, Asperger’s Disorder, Attention-Deficit Disorder/Hyperactivity Disorder, self-esteem issues, body image, and eating disorders

- Facilitated a weekly psychotherapy group for children with ADHD, behavioral issues, and Asperger's Disorder

Regent University School of Undergraduate Studies **August 2011-May 2013**

Graduate Assistant, Virginia Beach, Virginia, USA

- Acted as a liaison for the Language and Literature Department Chair and external contacts
- Updated course syllabi and corresponded with students through Blackboard
- Maintained department website and budget reports
- Researched scholarly articles for the Department Chair and other professors

Family Redirection Institute, Inc. **January 2011-April 2011**

Practicum Counseling Intern, Chesapeake, Virginia, USA

- Participated in individual and group counseling with elementary school-age children with focus on anger management and behavior modification
- Led a weekly counseling group for 6th grade girls on self-esteem and body image
- Co-facilitated intake interviewing with clients and their parents
- Wrote weekly reports on client progress and co-coordinated treatment plans

UNIVERSITY SERVICE

Vanderbilt Leadership Enrichment **2022-2023**

Class 04, Vanderbilt University

Faculty VUceptor **2022-2023**

First-year student orientation programming leader, Vanderbilt University

Centre for Innovation and Research in Wellbeing **2018-2021**

Member; University of Sussex

Centre for Innovation and Research in Childhood and Youth **2018-2021**

Member; University of Sussex

Informal and Formal Caregiving Research Network **2015-2021**

Young Carers and Young Adult Carers Lead; University of Birmingham

Family Potential Research Centre **2014-2017**

Member; University of Birmingham

Electronic Nottingham Quarterly for Ideas, Research, and Evaluation (ENQUIRE) **2013-2014**

Served on editorial team for peer reviewed online journal for the social sciences

International Centre for Public and Social Policy **2013-2014**

Member; University of Nottingham

Well-Being, Health, and Social Care **2013-2014**

Member; University of Nottingham

Children and Childhood Network 2013-2014
Postgraduate Member; University of Nottingham

COMMUNITY LEADERSHIP

Majority Leaders Program 2022-Present
Supermajority Education Fund

Sibling Leadership Network 2022-Present
Diversity, Equity, and Inclusion committee member

Junior League of Nashville 2022-Present
Provisional member

American Association of Caregiving Youth 2021-Present
National Advisory Council member

The Carers Centre for Brighton and Hove 2018-Present
Board of Trustee member

Student Christian Movement 2018-2020
Chair of Board of Trustees; Black and Minority Student Representative

American Association of Christian Counselors (AACC) 2011-2013
Student Chapter President, Regent University, USA

Black Law Students Association (BLSA) 2009-2010
Student Chapter President, Regent University, USA

IMAGE (Eating Disorders & Body Image) 2008-2009
Vice-President, Vanderbilt University, USA

VUcept 2008-2009
Orientation Leader for first-year students, Vanderbilt University, USA

PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS

Gerontological Society of America 2021-Present

Eurocarers 2018-Present

National Prevention Science Coalition to Improve Lives 2017-Present

Social Policy Association 2015-Present

Society for the Study of Emerging Adulthood 2014-2017

American Psychological Association 2010-2013

National Certified Counselor, USA

2013-2015

ADVISORY & CONSULTANCY WORK

PCORI Advisory Panel on Healthcare Delivery and Disparities Research **2022-2025**

- Panel member, Washington D.C.

Understanding and Advancing Family Caregiver Mental Health Wellbeing; National Alliance for Caregiving **2022-Present**

- Advisory Committee Member; Washington D.C., USA

Who Cares Campaign **2020-Present**

- Young Carers Policy Working Group Member; Salford, UK

ACL Addressing Diversity, Equity, and Inclusion in Senior Medicare Patrol's State Programs—Research Merit Review **2022**

- Administration for Community Living (ACL) panel reviewer for senior Medicare research grants; Washington D.C.

ACL Innovations in Nutrition Programs and Services—Research Merit Review **2022**

- Administration for Community Living (ACL) and Administration on Aging (AoA) panel reviewer for nutrition services research grants; Washington D.C.

STAY SAFE Project: Awareness raising and training tools for women with psychosocial disability and professionals **2021-2022**

- Expert Advisory Committee Member; Brussels, Belgium

Open Signs, Closed Doors: The Experiences of Diverse Caregivers in the United States; National Alliance for Caregiving **2020-2022**

- Advisory Committee Member; Washington D.C., USA

Care4Dem Online Dementia Carer Support Group Program; Eurocarers **2019-2021**

- Advisory Committee Member; Brussels, Belgium

Caregivers in the US 2020 Report; National Alliance for Caregiving **2019-2021**

- Advisory Committee Member; Washington D.C., USA

Sandwich Generation Caregiver Report; National Alliance for Caregiving **2018-2019**

- Advisory Committee Member; Washington D.C., USA

Westminster Briefing: Supporting the Wellbeing of Young Carers **2018**

- Panel Chair, London, England, UK

Caregiving Youth Institute Conference **2017**

- Panel Chair, Boca Raton, Florida, USA

Society for the Study of Emerging Adulthood Conference **2015; 2017**

Served as a peer reviewer of proposals submitted for the "Identity Issues" sub-theme for the Society for the Study of Emerging Adulthood Conference

FURTHER TRAINING

Strong Brains Tennessee Training for Trainers **2022**

- Selected to participate in a state-sponsored training program on early brain development, toxic stress and Adverse Childhood Experiences, and resiliency in children and youth

Talk NERDY to Me Certificate, Alliance for Aging Research **2021**

- Selected to participate in a patient-centered outcomes research course focused on the needs of older patients and their family caregivers. Topics include research study design, best practices for patient engagement in healthcare research, and how to develop research questions meaningful to older adults.
- Currently serve as a patient and caretaker advocate through the Talk NERDY to Me Network, working with patients, caregivers, researchers, policymakers, and funders to promote meaningful patient engagement in health care research.

The Children's Society and Carers Trust "Making a step change for young carers and their families: Prevention, intervention, and partnership" Event **2015**

- Training seminars on the impact of the changes to the Care Act and the Children and Families Act on young carers and their families and the service providers that support them

Small Group Teaching **2015**

- Participated in day course run by Centre for Academic Learning and Development at the University of Birmingham for postgraduate researchers to learn the skills needed to run small group seminars

Introduction to Learning and Teaching **2015**

- Participated in day course run by Centre for Academic Learning and Development at the University of Birmingham for postgraduate researchers to learn about the theoretical foundations of teaching

Talent Pool **2015**

- Participated in a week-long course run by Entrepreneurship and Innovation at the University of Birmingham for postgraduate researchers to enhance enterprise skills towards the application of starting a consultancy business

Making a Difference for Vulnerable Families: Evidence into Policy and Practice **2014**

- Training workshops with practitioners, researchers, and policy-makers on the best practices for supporting vulnerable families

Early Career Researcher Knowledge Exchange and Impact Residential **2014**

- Three-day training course on developing strategies for knowledge exchange and impact early in the research process, offered through the Social Care Evidence in Practice project led by the Personal Social Services Research Unit at the London School of Economics and the National Institute for Health Research School for Social Care Research

- Introduction to Community Organising** **2014**
- Two-day training course on building relational communities and negotiation techniques, offered through Nottingham Citizens UK

CONFERENCES ORGANIZED

Practitioner-Scholar Conference at Hampton Roads **2012**
Organized as part of a team of twenty. The conference provided opportunities for students and professionals to participate in advanced training in empirically based interventions and professional development across mental health disciplines. Collaborated on planning, inviting speakers, raising publicity, food catering, and chairing discussion at Regent University, USA

Panhellenic New Members Eating Disorders Educational Workshop **2009**
Coordinated three student eating disorder survivors and a representative from the Eating Disorder Coalition of Middle Tennessee to share their recovery stories and designed their PowerPoint presentations. The purpose of the workshop was to educate new members of Panhellenic sororities (over 1,500 in attendance) on eating disorder awareness and sensitivity at Vanderbilt University, USA

“Healthy Holidays” **2006-2009**
Arranged for a Vanderbilt University Medical Center nutritionist to serve as the guest speaker and advertised her presentation through campus media. The annual event focused on ways to eat healthily during the holiday season and emphasized self-care and stress management for students at Vanderbilt University, USA

“Body Image and the Media” **2006-2009**
Arranged for a Vanderbilt University sociology professor to present her research on the ways the body is represented in popular media, Vanderbilt University, USA

AWARDS

University of Birmingham Public Engagement Research Bi-annual Award **2016**

Regent University School of Psychology & Counseling Outstanding Graduate Award **2013**

Who's Who Among Students in American Universities and Colleges Award **2013**

Hampton Roads Counseling Association Graduate Student of Excellence Award **2013**

Regent University Council of Graduate Students Leadership Scholarship **2012-2013**

Regent University School of Psychology and Counseling Dean’s Leadership Scholarship **2010-2013**