

**CURRICULUM VITAE**  
**DR. JACQUELINE SMITH**  
**August 2023**

**PERSONAL DATA**

Name: Jacqueline M. Smith

Address: 1120 87 Ave SW  
Calgary, AB Canada  
T2V 0W1

Telephone: 403 220-3015 (office)  
403 681-1298 (cell)

Current Positions: Associate Professor  
Mental Health & Wellness Counsellor  
Faculty of Nursing  
University of Calgary  
[Jacqueline.smith1@ucalgary.ca](mailto:Jacqueline.smith1@ucalgary.ca)

Addiction & Family Wellness Counselling Services  
Private Practice (CRNA)  
Calgary, Alberta  
[familywellness@shaw.ca](mailto:familywellness@shaw.ca)

Research: Addiction & Mental Health Stigma  
Addiction & Mental Health  
Families Experiencing Addiction  
Trauma Informed Practice  
Mindfulness Based Stress Reduction  
Cannabis Legalization & Public Health Implications  
Cannabis Education for Emerging Adults

**EDUCATION**

2015 **Doctor of Philosophy (Nursing)**  
University of Calgary

2011	<b>Master of Nursing</b> (course work only – fast tracked into PhD) University of Calgary
2009	<b>Post Diploma Bachelor of Nursing</b> University of Calgary
1986	<b>Nursing Diploma</b> Foothills Hospital School of Nursing

## PROFESSIONAL MEMBERSHIPS

- College of Registered Nurses of Alberta (CRNA)
- Canadian Nurses Association (CNA)
- Canadian Counselling and Psychotherapy Association (CCPA)
- EMDR (Canada)
- EMDRIA (international)
- International Nurses Society of Addiction (IntNSA)
- Full Member of the Hotchkiss Brain Institute
- Mathison Centre of Mental Health Education & Research
- Alberta Children’s Hospital Research Institute (ACHRI)

## PROFESSIONAL WORK EXPERIENCE

2017 – Present	University of Calgary, Faculty of Nursing <b>Assistant Professor</b>
2019 - 2020	University of Calgary, Faculty of Nursing <b>Director of Mental Health &amp; Wellness</b>
2016 – Present	Independent Practice (CARNA), Calgary, Alberta <b>Certified EMDR Therapist &amp; Somatic Psychotherapist</b>
2015 – 2017	Alberta Adolescent Recovery Centre <b>Director of Community Education &amp; Research</b>
2007 – 2015	Alberta Adolescent Recovery Centre <b>Family Counsellor</b>
1989 – 2007	Alberta Children’s Hospital <b>Emergency Room &amp; Metabolic Clinic</b>
1986 – 1989	Foothills Hospital Medical Centre <b>Psychiatry, Cardiology &amp; Urology</b>

## FUNDED RESEARCH

- 2023 - 2024      Mental Health Commission of Canada: \$4000.00  
Structural Stigma in Healthcare Settings Scale (SSHSS) Pilot  
Principal Investigator: **Dr. Jacqueline Smith**  
Co-investigators: Dr. Stephanie Knaak, Dr. Eric Chan
- 2021 – 2026      Calgary Health Foundation: \$891,691.00  
A holistic approach to exploring mental health stigma in ER settings  
Principal Investigator: **Dr. Jacqueline Smith**  
Co-investigators: Dr. Andrew Szeto, Dr. Stephanie Knaak, Dr. Eric Chan, Dr. Rachel Grimminck
- 2020-2024      City of Calgary: \$55,200.00  
Change Can't Wait: Applied Suicide Intervention Skills Instructor Training  
Principal Investigator: **Dr. Jacqueline Smith**  
Co-investigators: Dr. Andrew Szeto, Dr. Aniela dela Cruz  
*Additional funding by: Campus Mental Health Strategy, University of Calgary, \$8,000 and Centre for Suicide Prevention \$3,000.00*
- 2018 – 2020      Health Canada Grant (SUAP): \$160,000.00  
Cannabis Café: Discussion & Education  
Principal Investigator: **Dr. Jacqueline Smith**  
Co-investigator: Dr. Andrew Szeto
- 2018 - 2019      Campus Mental Health Strategy: \$8500.00  
Moving Towards Wellness: Combatting Substance-related Addiction Stigma amongst Faculty  
Principal Investigator: Dr. Victoria Burns  
Co-investigators: Dr. Christine Walsh and **Dr. Jacqueline Smith**
- 2017 - 2019      Faculty of Nursing, University of Calgary, Special Call Operating \$25,000.00  
UCalgary Campus Experience with Cannabis Survey  
Principal Investigator: **Dr. Jacqueline Smith**  
Co- investigator: Dr. Andrew Szeto  
*Additional funding by: Faculty of Nursing University of Calgary, Top Up Grant \$20,000.00 and Calgary Police Service \$35,000.00*
- 2018 - 2020      Faculty of Nursing, University of Calgary, Endowment Grant \$15,000.00  
Exploring the Experience of Addiction and Mental Health among Faculty Members

Principal Investigators: **Dr. Jacqueline Smith**

Co- investigators: Dr. Dr. Andrew Szeto, Dr. Allan McLuckie, Dr. Peter Choate, Dr. Victoria Burns, Dr. Lauren Birks

2017 - 2018 Faculty of Nursing, University of Calgary, Seed Grant \$30,000.00  
 Mindfulness Based Stress Reduction for Parents of Youth with substance Use Disorders: A Feasibility study  
 Principal Investigator: **Dr. Jacqueline Smith**  
 Co- investigators: Dr. Gina Dimitropoulos, Dr. Rachael Crowder

2016 - 2018 Alberta Gambling & Liquor Commission \$10,000.00  
 Contingency Management (CM) to Treatment as Usual (TAU) to reduce gambling, University of Lethbridge  
 Principal Investigator: Dr. Darren Christensen  
 Co-investigators: **Dr. Jacqueline Smith**

2017 Faculty of Nursing, University of Calgary, Interdisciplinary Grant \$10,000.00  
 Principal Investigator: **Dr. Jacqueline Smith**

2017 Faculty of Nursing, University of Calgary, Research Assistant Funding Grant for UCalgary Campus Experience with Cannabis \$50,000.00

2017 Faculty of Nursing Dean's office, University of Calgary, Enhancement Grant \$3,500.00 (Cannabis Conference, Toronto Ontario)

## SCHOLARSHIPS

2014 Graduate Entrance Scholarship. Awarded by Faculty of Nursing, University of Calgary \$30,000.00

2014 Addiction Conference Scholarship. Awarded by the Alberta Family Wellness Initiative \$3,000.00

2013 Graduate Entrance Scholarship. Awarded by Faculty of Nursing, University of Calgary \$30,000.00

2012 Graduate Entrance Scholarship. Awarded by Faculty of Nursing, University of Calgary \$30,000.00

2012 Addiction Conference Scholarship. Awarded by the Alberta Family Wellness Initiative \$3,000.00

2012	International Studentship Award. <u>Awarded by the University of Calgary</u> <b>\$800.00</b>
2011	Queen Elizabeth Nursing Scholarship. <u>Awarded by the University of Calgary</u> <b>\$10,000.00</b>
2011	Addiction Conference Scholarship. <u>Awarded by the Alberta Family Wellness Initiative</u> <b>\$3,000.00</b>
2010	Addiction Conference Scholarship. <u>Awarded by the Alberta Family Wellness Initiative</u> <b>\$3,000.00</b>
2010	Faculty of Graduate Studies Scholarship. <u>Awarded by the University of Calgary</u> <b>\$1,340.00</b>
2010	Faculty of Nursing -Canadian Federation of University Women Scholarship. <u>Awarded by the Canadian Federation of University Women Scholarship,</u> <b>\$1,500.00</b>

## PEER REVIEWED PUBLICATIONS

Liu, A., Smith, J., **Smith, J.M.** (Accepted June, 2023). Feasibility and Impact of Incorporating the Applied Suicide Intervention Skills Training Program into Nursing Education. *Undergraduate Research Journal*.

**Smith, J.M.**, Smith, J., Cho, S., Olson, R., & dela Cruz, A. (2023). A commentary on suicide prevention training: The process of implementing an ASIST pilot in post-secondary nursing education. *Teaching and Learning in Nursing*. [https://doi: 10.1016/j.teln.2023.02.011](https://doi.org/10.1016/j.teln.2023.02.011)

Mader, J., **Smith, J.M.**, Smith, J., Arria, A. M., Bugbee, B. A., Afzal, A., Winters, K. C. (2022). Correlates of Perceived Harmfulness of Regular Cannabis Use among Canadian University Students Before and After Legalization. *Cannabis*, 5(3), 23-35. [https://doi: 10.26828/cannabis/2022.03.003](https://doi.org/10.26828/cannabis/2022.03.003)

**Smith, J.M.**, Smith, J., McLuckie, A., Szeto, A., Choate, P., Birks, L., Burns, V., & Bright, K. (2022). Exploring mental health and wellbeing among university faculty members: A qualitative study. *Journal of Psychosocial Nursing and Mental Health Services*. [https://doi: 10.3928/02793695-20220523-01](https://doi.org/10.3928/02793695-20220523-01)

**Smith, J.M.**, Szeto, A., Knaak, S., Chan, E., Smith, J., (2022). From Individuals to Systems: Methodological Considerations for Addressing Stigma Holistically. *International Journal of Mental Health & Addiction*. <https://doi.org/10.1007/s11469-022-00801-5>

**Smith, J.M.**, Lind, C., Nowell, L., Chalhoub, S., McMillan, C., Jackson, J., Smith, J., dela Cruz, A. (2022). A Dog with an Office: The Process of Embedding a Wellness Dog Intervention in a University Setting, *Issues in Mental Health Nursing*.  
[https://doi: 10.1080/01612840.2022.206727](https://doi.org/10.1080/01612840.2022.206727)

**Smith, J.M.**, Smith, J., Mader, J., Guestier, G., Conn, L., & Maddigan, J. (2021). An Exploration of Self-reported Medicinal Cannabis Use Among a Sample of Eastern Canadian Post-Secondary Students. *The Journal of Behavioral Health Services & Research*. [https://doi:10.1007/s11414-021-09763-3](https://doi.org/10.1007/s11414-021-09763-3)

Burns, V., Walsh, C., & **Smith, J.** (2021). A Qualitative Exploration of Addiction Disclosure and Stigma among Faculty Members in a Canadian University Context. *International Journal of Environmental Research and Public Health, Special Issue "Psychosocial Factors and Health at Work: Evaluation and Intervention"*, 18, 7274-7290. [https://doi:10.3390/ijerph18147274](https://doi.org/10.3390/ijerph18147274)

**Smith, J.M.**, Mader, J., Smith, J., Smith, J., Winters, K.C. (2020) University of Calgary's Cannabis Café: Education and Harm Reduction Initiative – Facilitator's Guide. Calgary, AB: University of Calgary. <https://live-ucalgary.ucalgary.ca/sites/default/files/teams/148/cannabis-cafe-guide.pdf>

Arria, A. M., Bugbee, B. A., Mader, J., **Smith, J. M.**, & Winters, K. C. (2020). Post-discharge Outcomes of Adolescents Attending a Long-term Addiction Treatment. *Addictive Disorders and Their Treatment*. [https://doi:10.1097/ADT.0000000000000227](https://doi.org/10.1097/ADT.0000000000000227)

Weisbeck, S.J., Bright, K., Ginn, C, S., **Smith, J.M.**, Hayden, A.K., Ringham, C. (2020). Perceptions about cannabis use in the perinatal period: A rapid best-framework qualitative synthesis. *Canadian Journal of Public Health*. [https://doi:10.17269/s41997-020-00346-x](https://doi.org/10.17269/s41997-020-00346-x)

**Smith, J. M.**, Bright, K., Mader, J., Smith, J., Afzal, A., Patterson, C., Dimitropoulos, G., Crowder, R. (2020). A pilot of a mindfulness-based stress reduction intervention for female caregivers of youth who are experiencing substance use disorders. *Addictive Behaviors*.  
[https://doi:10.1016/j.addbeh.2019.106223](https://doi.org/10.1016/j.addbeh.2019.106223)

Mader, J., **Smith, J.M.**, Smith, J., Christensen, D.R. (2020). Protocol for a feasibility study investigating the UCalgary's Cannabis Cafe: education and harm reduction initiative for post-secondary students. *BMJ Open*. [https://doi:10.1136/bmjopen-2019-032651](https://doi.org/10.1136/bmjopen-2019-032651)

Mader, J. **Smith, J. M.**, Afzal, A., Szeto, A. C. H., Winters, K. (2019). Correlates of Lifetime Cannabis Use and Cannabis Use Severity in a Canadian University Sample. *Addictive Behaviors*.  
[https://doi:10.1016/j.addbeh.2019.06.004](https://doi.org/10.1016/j.addbeh.2019.06.004)

**Smith, J. M.,** Mader, J., Szeto, A. C. H., A. C., Arria, Winters, K.C., & Wilkes, T.C. (2019). Cannabis Use for Medicinal Purposes among Canadian University Students. *The Canadian Journal of Psychiatry* 64(5). <https://doi:10.1177/0706743718818420>

**Smith, J.,** Estefan, A., & Caine, V. (2017). Mothers' Experiences of Supporting Adolescent Children through Long-Term Treatment for Substance Use Disorders. *Quality Health Research*, 1-12. <https://doi:10.1177%2F1049732317747554>

Arria, A. M., **Smith, J. M.,** Bugbee, B. A., Mader, J., & Winters, K. C. (2017). A unique model for adolescent addiction treatment: A description of the Alberta Adolescent Recovery Centre. *Addictive Disorders and Their Treatment*, 16(3), 129-137. <https://doi:10.1097/ADT.0000000000000110>

**Smith, J.,** & Estefan, A. (2014). Families Parenting Adolescents with Substance Abuse—Recovering the Mother’s Voice: A Narrative Literature Review. *Journal of Family Nursing*,1-27. <https://doi:10.1177/1074840714554397>

**Smith, J.,** & Lokhorst, D. (2009). Infection Control: Can Nurses Improve Hand Hygiene Practices. *Journal of Undergraduate Nursing Scholarship*. [juns.nursing.arizona.edu/articles/.../infection%20conrol.htm](http://juns.nursing.arizona.edu/articles/.../infection%20conrol.htm)

## **PUBLISHED ABSTRACTS**

Hilton, E., **Smith, J.M.,** Szeto, A., Knaak, S., Chan, E., Grimminck, R., Smith, J., Horn, S., & Mustapha, W. (2023). Exploring Mental health Barriers in Emergency Rooms (EMBER). *Canadian Journal of Emergency Nursing, Supplement: Emergency Strategic Clinical Network Quality Improvement Forum Abstracts*, 46(1). doi: 10.29173/cjen209

## **MANUSCRIPTS UNDER REVIEW**

**Smith, J.M.,** Knaak, S., Smith, J., Horn, S., & Mustapha, W., Hilton, E., Brudnyi, S., & Sass, S. (2023, under review). A holistic exploration of mental health and addiction stigma in an emergency. *International Journal of Mental Health & Addiction*

Chan, E. C., Bretton, H., **Smith, J.M.,** Grimminck, R., Fedwick, J., Hilton, E. (2023, under review) Decreasing mental health stigma in emergency department settings. *Canadian Journal of Emergency Nursing (CJEN)*.

## **INVITED ADDRESSES**

**Smith, J.M.** (2023, April). Exploring Spiritual, Emotional & Physical Self Reliance.

LDS Relief Society, Okotoks, Alberta

**Smith, J.M.** & Szeto, A. (2022, Nov 1). EMBER Study presentation to AHS Zone Department of Emergency Medicine, Alberta Health Services.

**Smith, J.** (Spring, 2021). Mental Health & Wellness in Nursing. CARNA Webinar

**Smith, J.** (2021). Emotional Wellness - Navigating the Highs & Lows: LDS Foothills Stake Webinar. Calgary, Alberta

**Smith, J.M.** & Smith, J. (2021, April 20). *Cannabis Café Session for Professionals* [Online national conference]. Weed Out the Risk 4:20 Conference.

**Smith, J.** (Fall, 2020). Webinar Presentation - Emotional Wellness for families & Caregivers: Navigating the Emotional Waves of addiction & mental illness. Alberta Adolescent Recovery Centre, Calgary Alberta

**Smith, J.** (Summer, 2020). Webinar Presentation – Parental Support for Youth Amid COVID. Conversations about Substance Use. Drug Free Kids Canada. [www.drugfreekidscanada.org](http://www.drugfreekidscanada.org)

**Smith, J.** (Summer, 2020). Webinar Presentation - Emotional Wellness: Learning how to be attentive to both positive and negative feelings. University of Calgary – Summer Wellness Series <https://www.youtube.com/watch?v=bGX7aCkTMI&feature=youtu.be>

**Smith, J.** (Spring, 2020). Addiction & Family: Emotional Wellness during COVID. Podcast for Covid Community Website – University of Calgary

**Smith, J.** (January 2020). *Understanding Anxiety & Depression*. LDS Calgary Community Calgary, AB

**Smith, J.** & Luk, D. (Fall 2019). Imposter Syndrome: Self-Doubt vs. Self-compassion. Uflourish Week – University of Calgary

**Smith, J.** (May 2019). *Emotional Wellness*. LDS Calgary Stake Relief Society Calgary, AB

**Smith, J.** (2018). *Cannabis: What We Know & Don't Know – Implications for Public Health & the Workplace*. Alberta Nursing Education Administration (ANEA). McEwan University. Edmonton, Alberta.

**Smith, J.,** & Mader, J. (2018). *Cannabis in the Workplace*. Lunch & Learn Presentation: Kids Cancer Care Foundation of Alberta. Calgary, Alberta

**Smith, J.** (2018). *Implications for Family Based Intervention*. Advances in Adolescent Addiction Treatment Conference: Implications for Clinical Practice & Policy. University of Calgary, Alberta.



**Smith, J.** (2018). *Addiction & Mental Health: Enhancing Meaningful Change Through Community Engagement*. University of Calgary Alumni Presentation: Vancouver & Victoria, British Columbia.

**Smith, J.** (2018). *Addiction & mental Health: Enhancing Meaningful Change Through Community Engagement*. Philanthropic breakfast group. Calgary, Alberta.

**Smith, J.** (2018). Breakfast Lecture Series: University of Calgary. *Youth Addiction and Mental Health: Where's the Parent?* Calgary, Alberta.

**Smith, J.** (2017). *The Impact of Addiction: The Rotary Club (Calgary South)*. Calgary, Alberta

**Smith, J.** (2017). Community Education Series: *Marijuana Legalization & Adolescents: What Parents Need to Know*. Alberta Children's Hospital – Alberta Health Services, Calgary, Alberta

**Smith, J.** (2017). Stakeholder/Presenter representing the Alberta Adolescent Recovery Centre. *Child and Youth Advocacy Act Review*. Legislature. Edmonton, Alberta

## **ACADEMIC PRESENTATIONS**

**Smith, J.M.** (April, 2023). Workshop: Emotional Freedom Technique (Tapping). Faculty of Nursing – Mental Health & Wellness Clinic, University of Calgary.

**Smith, J.M.** & Knaak, S. (2022, Nov). Trauma Resiliency Informed Practice (TRIP) Lunch & Learn, Faculty of Nursing, University of Calgary.

**Smith, J.M.** (2022, Nov). *Individuals to Systems*. International Nurses Society on Addiction (IntNsa).

Liu, A., **Smith, J.M.**, Smith, J. (2022, July). Feasibility and Impact of ASIST on Faculty of Nursing at the University of Calgary. Centre for Suicide Prevention.

**Smith, J.M.**, & Liu, A. (2022, June). Collaborating for the Promotion of Suicide Prevention Training: An Experiential Learning Opportunity. Healthy Campus Alberta Wellness Summit 2022.

**Smith, J.M.**, Szeto, A., Chan, E., Knaak, S., Grimminck, R., Hilton, E., Smith, J., Horn, S., & Mustapha, W. (2022, May 6). *Understanding & Addressing Mental Illness Stigma Holistically*. [Online national symposium]. EMBER Study, Calgary Health Foundation, & The Mathison Centre.

**Smith, J.M.**, Smith, J., & Luk, D. (2021, November 16). A mindfulness-based stress reduction intervention for caregivers of those who are experiencing substance use disorders. *Addiction &*

Mental Health Knowledge Bites, Lunch & Learn Series. Alberta Health Services, Provincial Addiction & Mental Health.

**Smith, J.M.** & Smith, J. (2021, November 1). Cannabis Café Research. AHS Cannabis Scientific Research Working Group Meeting.

**Smith, J.M.**, Winters, K., Mader, J., & Smith, J. (2020, November 24). *Cannabis Café Town Hall* [Online national presentation]. University of Calgary & The Mathison Centre.  
<https://www.youtube.com/watch?v=RG1qs4UprdM>

Hamill, A., Sanzone, R., Garner, G., **Smith, J.**, Kroeker, T., Mader, J., Buchman, D., Cane, C., Bishop, A., Flogan, S. (2020). *The Legalization of Cannabis in Canada: Reflections on Stigma in Nursing*. Sigma Theta Tau International Nursing Research Congress. Abu Dhabi. (Changed to virtual due to COVID-19).

**Smith, J.** (2018). Accepted abstract for October 2018 presentation. *Medical Cannabis Use among University Students: Findings from the UCalgary Campus Experience with Cannabis Survey*. Canadian Society of Addiction Medicine CSAM). Vancouver, British Columbia.

**Smith, J.**, & Wallace, E. (2017). Issues of Substance Abuse Conference (CCSA): *Trauma Informed Treatment of Families Parenting Teens with Substance Use disorders*. Calgary, Alberta.

**Smith, J.**, (2017). Conference Presentation: International Nurses Society of Addiction. *Exhausted Confused & Desperate: Parenting a Child with Addictions*. Orlando, Florida.

**Smith, J.**, & Wilkes, C. (2017). Interdisciplinary Collaborative Presentation. *Cannabis and Adolescents*: Alberta Children's Hospital- Department of Psychiatry, Calgary, Alberta

**Smith, J.**, & Wallace, E. (2017). Shifting Perspectives Conference. *Adolescent Addiction: Treating the Family as the Client*. Mount Royal University, Calgary, Alberta

**Smith, J.**, & Wallace, E. (2017). Workshop Presenter: An Addiction Symposium. *Adolescents, Family & Addiction: Difficult Conversations*. Cummings School of Medicine, University of Calgary

**Smith, J.** (2016). Conference Presentation. International Nurses Society on Addiction (IntNSA). *Recovery from Silence: Understanding Addiction through the Lens of Four Mothers*. Montreal, Canada

**Smith, J.** (2014). *The Impact of Addiction on the Family*. Canadian Doctoral Nursing Network Conference. Faculty of Nursing, University of Regina.

**Smith, J.** (2012). AGM keynote speaker for the Canadian Federation of University Women. *The Impact of Addiction on the Family: A Personal Narrative*. Calgary, Alberta

## MEDIA/SOCIAL MEDIA PRESENTATIONS

- Fall 2021 Collaborating for change: How patients' experience is shaping the future for mental health (Dec 13, 2021). Calgary Health Foundation News. <https://www.calgaryhealthfoundation.ca/our-blog/collaborating-for-change/>
- Fall 2021 UCalgary study on mental-illness stigma in health care is first of its kind (Nov 25, 2021). UToday. <https://ucalgary.ca/news/ucalgary-study-mental-illness-stigma-health-care-first-its-kind>
- Fall 2021 Self-medication with substances to reduce stress and anxiety during COVID-19/How stigma shames and isolates people. **Dr. Jacqueline Smith**. Drug Free Kids Canada (Webinar).
- Summer 2021 UCalgary Nursing Wellness Dog program cancelled due to COVID. UToday Story. <https://nursing.ucalgary.ca/news/ucalgary-nursing-wellness-dog-program-cancelled-due-covid>
- Fall 2020 Drug Free Kids Canada – Youth & Mental Wellness in Challenging Times – A Conversation with Dr. Jacqueline Smith <https://youtu.be/UBKUDOVbhRs>
- Summer 2020 Living Works Podcast – Putting Care in Healthcare with - **Dr. Jacqueline Smith** and Dr. Chey May Long. An International Podcast on Suicide Prevention in Health Professions. <https://livingworks.podbean.com/e/putting-care-in-healthcare>
- Summer 2020 University of Calgary Summer Wellness Series with **Dr. Jacqueline Smith** Emotional Wellness: Learning how to be attentive to both Positive & Negative Feelings. <https://www.youtube.com/watch?v=bGX7aCkTMI&feature=youtu.be>
- Summer 2020 **Smith, J.M.** & Smith, J. University of Calgary's Cannabis Café: Education and Harm Reduction Initiative – Four Part Webinar Series. August 2020. <https://www.youtube.com/playlist?list=PL1QuNu-pegJxLVeIDjTcUTaZzv0zZnu8>
- Summer 2020 Published Interview with the Gauntlet Magazine – Webinar Recap. Regulating mental and emotional wellness <https://thegauntlet.ca/2020/08/12/webinar-recap-regulating-mental-and-emotional-wellness-draft-w-photo/>
- Spring 2020 Wellness dog part of Nursing's mental health and wellness initiative. UToday Story. <https://nursing.ucalgary.ca/news/wellness-dog-part-nursings-mental-health-and-wellness-initiative>

Winter 2020	Faculty of Nursing Mental Health & Wellness Initiative Team. <i>UCalgary Nursing Mental Health &amp; Wellness Initiative Town Hall</i> . Faculty of Nursing, University of Calgary
Winter 2020	Bridge City News Lethbridge, Alberta – <i>The Pros &amp; Cons of Cannabis Edibles</i> <a href="https://www.bridgcitynews.ca/news/pros-and-cons-of-using-cannabis">https://www.bridgcitynews.ca/news/pros-and-cons-of-using-cannabis</a>
Summer 2019	Bielefeld, Germany Research Video – The Impact of Addiction on the Family <a href="https://drive.google.com/file/d/1LkR6DiNkD3npx5P5YAMhVQ830CXRjQPG/view?usp=sharing">https://drive.google.com/file/d/1LkR6DiNkD3npx5P5YAMhVQ830CXRjQPG/view?usp=sharing</a>
Summer 2018	Arete Podcast – Canadian youth use cannabis and what legalization could mean for them.
Summer 2018	Conversation Canada – The Truth about Cannabis on Canadian Campuses. <a href="https://theconversation.com/the-truth-about-cannabis-on-canadian-campuses-99674">https://theconversation.com/the-truth-about-cannabis-on-canadian-campuses-99674</a>
Summer 2018	The National Post – The Truth about Cannabis on Canadian Campuses. <a href="https://nationalpost.com/pmnl/news-pmnl/the-truth-about-cannabis-on-canadian-campuses">https://nationalpost.com/pmnl/news-pmnl/the-truth-about-cannabis-on-canadian-campuses</a>
Summer 2018	Cannatech Today - The Truth about Cannabis on Canadian Campuses. <a href="https://cannatechtoday.com/the-truth-about-cannabis-on-canadian-campuses/">https://cannatechtoday.com/the-truth-about-cannabis-on-canadian-campuses/</a>
Summer 2018	CBC Radio (Calgary). Radio interview re: The Truth about Cannabis on Canadian Campuses.
Summer 2018	Canadian Public Association Newsletter. The Truth about Cannabis on Canadian Campuses.
Summer 2018	Interview with Charles Adler Tonight (Corus Radio 770). The Truth about Cannabis on Canadian Campuses.
Summer 2018	Global News TV Interview: Calgary students use medical marijuana for “diverse” reasons.
Summer 2018	Interview with Danielle Smith 770 CHQR Global News Radio – Student use Cannabis for Mental Health.
Summer 2017	Contribution to the Cannabis Kit. Know How to Talk to Your Kids about Cannabis Drug Free Kids Canada. <a href="https://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf">https://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf</a>

## AWARDS & DISTINCTIONS

- 2023            Nominated - Graduate Teaching Excellence Award, University of Calgary, Faculty of Nursing Pursuit of Excellence Awards
- 2018            *Nominated* - Undergraduate Teaching Award, University of Calgary, Faculty of Nursing Pursuit of Excellence Awards
- 2017            Calgary Police Chief's Award – Exceptional Recognition for Community Service
- 2017            Nominated by Dr. Karen Benzies for the University of Calgary Community Service Award
- 2015            Awarded the Covenant Health Faculty of Nursing, Outstanding Graduate Student, University of Calgary

## PROFESSIONAL SERVICE EXPERIENCE

- 2023- Present    Mental Health & Wellness Counsellor – Faculty of Nursing Mental Health & Wellness Clinic
- 2021- present    Team Lead for Faculty of Nursing TL Committee for Mental Health & Wellness, University of Calgary
- 2019-2022        University of Calgary TL Subcommittee for Mental Health in Curriculum
- 2019-2022        University of Calgary Healthy Champions Committee for Mental Health Werklund School of Education
- 2018-2021        Member of the Substance Abuse Network Team: University of Calgary Student Union Wellness Centre
- 2018-Present     Faculty of Nursing Graduate Certificate Subcommittee – Addiction & Mental Health
- 2017-2022        Faculty of Nursing Mental Health & Wellness Engagement Committee

2017-Present	Faculty of Nursing – Liaison to the University of Calgary, Campus Mental Health Strategy
2016-Present	Member of the Advisory Committee: Drug Free Kids Canada, Toronto, Ontario
2016-Present	Member of the Canadian Research Initiative in Substance Misuse (CRISM)
2018-2020	President – Canadian Chapter: International Nurses Society on Addiction
2018-2019	Member of the Board of Directors – Calgary Fetal Alcohol Network
2017-2018	Member of the Addition & Mental Health Research Network: Alberta Health Services
2017-2018	University of Calgary Representative for Council of Champions – United Way, City of Calgary
2016-2017	Vice-President – Canadian Chapter: International Nurses Society on Addiction

## **EDUCATIONAL LEADERSHIP ACTIVITIES**

2021-present	Faculty of Nursing Team Lead - Mental Health & Wellness Learning Community
2020	National Dissemination of the Cannabis Café: Facilitator’s Guide
2019-2020	Faculty of Nursing – Director of Mental Health & Wellness
2018	Presentation to Dr. Elizabeth Cannon and the University of Calgary Executive Leadership Team – “UCalgary Campus Experience with Cannabis Survey”
2018	Faculty of Social Work Sessional Instructor (Workshop): Homeless Foundation Certificate in Addiction & Mental Health, Alberta Health Services
2018	Team Lead for the Faculty of Nursing Stackable Certificates – Addiction & Mental Health. University of Calgary
2017	Member of the Planning Team for Faculty of Nursing, Stackable Certificates – Addiction & Mental Health, University of Calgary

2014	Research Site Coordinator to Dr. Amelia Arria & Dr. Ken Winters. Retrospective Outcome Study: Alberta Adolescent Recovery Centre, University of Maryland, Washing D.C.
2011	Facilitator for the Inter-professional Communication Education Series. Faculty of Nursing and Faculty of Medicine, University of Calgary.
2010	Facilitator for the Professional Addiction Development Curriculum. Faculty of Nursing, University of Calgary.

## ACADEMIC TEACHING & COURSE DESIGN

Year/ Course #	Course Title	Role
2023 (Fall - in preparation) University of Calgary	NURS 612 Understanding Comorbidity: Advanced Assessment, Screening, and Practice Implications	Course Instructor
2022 (Fall) University of Calgary	NURS 612 Understanding Comorbidity: Advanced Assessment, Screening, and Practice Implications	Course Instructor
2022 (Summer) University of Calgary	NURS 618 Specialized Practice Demonstration (ADMH)	Course Instructor
2022 (Spring) University of Calgary	NURS 550 Promoting Health in Vulnerable Populations	Course Instructor
2021 (Fall) University of Calgary	NURS 612 Understanding Comorbidity: Advanced Assessment, Screening, and Practice Implications	Course Instructor
2021 (Summer) University of Calgary	NURS 618 Specialized Practice Demonstration (ADMH)	Co-Instructor with Sandy Strachan
2020 (Fall) University of Calgary	NURS 612 Understanding Comorbidity: Advanced Assessment, Screening, and Practice Implications	Course re-design Partial instruction due to medical leave
2020 (Fall) University of Calgary	NURS 603.03 IGS Designing a Graduate Research Proposal	Independent Course Design Co-Instructor with Dr. Andrew Estefan
2020 (Spring) University of Calgary	NURS 616 Addiction & Mental Health- Professional Practice Integration	Team Lead & Course Instructor
2019 (Fall) University of Calgary	NURS 612 Addiction & Mental Health Understanding Comorbidity: Advanced Assessment, Screening & Practice Implications	Team Lead & Course Instructor
2018 (Winter, Spring, Fall) Stackable	Addiction & Mental Health 612, 614, 616, 618	Team Lead - Course Design Addiction & Mental Health

Certificate Course Design		
2017 (Fall) University of Calgary	NURS 503.89 Addiction & Mental Health	Course Instructor
2016 (Spring) University of Calgary	NURS 705 Philosophical Foundations and Advanced Nursing Practice	Co - Instructor with Dr. Andrew Estefan

### ACADEMIC TEACHING EXPERIENCE (Invited guest lecturer)

Year/Date	Course	Topic
2020 (Spring) University of Calgary	Nurse Practitioner Seminar for Clinical Practice Guidelines	Cannabis: What we Know & Don't Know: Implications for Clinical Practice Guidelines
2020 (Winter) University of Calgary	NURS 614 – Therapeutic Practices Counselling Treatment Planning and Sustaining Recovery	EMDR – introduction to a trauma practice (video)
2019 (Spring)	NURS 650 – Nurse Practitioner Practicum IV	<i>Making Sense of Cannabis</i> - an invited lecture based on CARNA's recent decision to allow NP's authorization of cannabis
2019 (Spring)	CORE 569 Recovery Model: Mental Health & Disability. Community Rehabilitation & Disability Studies	Impact of addiction on the Family
2019 (Spring) Bielefeld, Germany. University of Applied Sciences, Bielefeld	International Week for Applied Sciences	The Impact of Addiction on the Family. Pre-recorded video lecture
2018 (Spring) Brigham Young University (Provo, Utah)	Graduate Level Community Health & Addiction Master of Science Family Nurse Practitioner Degree	Marijuana Legalization: Implications for Public Health Cannabis legalization & public health implications
2018 (Spring) Mount Royal University	Undergraduate Nursing & Public Health Community Health Nursing	Cannabis Legalization: Implications for Public Health & Nursing Practice
2017 (Spring) University of Calgary	Nursing 503.49 Addiction & Mental Health	Harm Reduction in Addiction & Mental Health



## STUDENT SUPERVISION, EXAMINATION & MENTORSHIP

### Principal Student Supervision

Dates	Role	Student	Level	Title/Details
2021-2025	Shadow Co-Supervision with Dean Davidson	Betty M	PhD	<i>Registered nurses facing regulatory misconduct related to substance use: participatory action for alternative to discipline approaches in Canada.</i>
2021/2022	Principal Supervisor	Emily H	Master's Thesis	<i>Advanced Practice in Mental Health Nursing</i> Medical withdrawal 2021. Readmission 2022
2018-2023	Principal Supervisor	Louise G	Course-based Master's	<i>Uncovering the significance of including nutrition in the educational training of undergraduate nursing students.</i> <b>Successfully graduated in Spring 2023</b>
2019-2022	Principal Supervisor	Wafa M	Master's Thesis	<i>How Nurses are Making Sense of their Role in Relation to the Recent Changes to the Mental Health Act of Alberta</i>
2017-2021	Principal Supervisor	Carlina J	Master's Thesis	<i>Nurses' Experience of the Clinical Opioid Withdrawal Scale</i> <b>Successfully graduated in 2021</b>

### Supervisory Committee

Dates	Role	Student	Level	Title/Details
2023- 2026	Supervisory Committee Member (Dr. Carla Ginn)	Athena L	Master's Thesis Faculty of Nursing	<i>Suicide Prevention and Mental Health.</i>
2022-2024	Supervisory Committee (Dr. Sandra Hirst)	Debra S	Master's Thesis Faculty of Nursing	<i>The experience of visitor restrictions for families during the COVID-19 pandemic</i>
2020-2022	Content Expert Advisory Committee (Dr. Sally St. George)	Chloe W	PhD Faculty of Social Work	<i>What aspects of functioning as a family unit are most important to families with a child in out of home care for mental health?</i>

2020-2022 (completed)	Supervisory Committee Member (Dr. Graham McCaffrey)	Glennis P	Master's Thesis Faculty of Nursing	<i>How Undergraduate Nursing Students Cope with Stress during the COVID 19 Pandemic</i>
2019-2021 (completed)	Supervisory committee member (Dr. Candace Lind – supervisor)	Kome O	Master's Thesis Faculty of Nursing	<i>Examining the Mental Health and Well-Being of Undergraduate Nursing Students</i>

### **Examining Committee/Chair**

<b>Dates</b>	<b>Role</b>	<b>Student</b>	<b>Level</b>	<b>Title</b>
2023 (Spring)	External Examiner Dr. Tam Donnelly	Kulveer Sandhu	Master's Couse Based - Project (Faculty of Nursing)	An Information Package on Medical Cannabis: Enhancing Nurses' Knowledge and Care for Oncology and Palliative Patients
2022 (Summer)	External Examiner (Dr. D. McGrath- supervisor)	Braydon S	MSc (Dept. of Psychology)	<i>Co-morbid drinking and gambling</i>
2022 (Winter) successfully defended	Neutral Chair	Jon V	PhD Thesis (Faculty of Nursing)	<i>Caregivers Experiences of how Music facilitates Communication for People with Dementia</i>
2021 (Spring) successfully defended	Neutral Chair	Tammy P	Master's Thesis (Faculty of Nursing)	<i>Building Enhanced Outcomes to Support Patients with Cancer</i>
2019 (Spring) successfully defended	Neutral Chair	Evelyn A	Master's Thesis	<i>Understanding Cultural Competence from the Perspectives of Registered Nurses working in Community Health Care Settings</i>
2019 successfully defended	External Examiner (Dr. Sandra Goldsworthy - supervisor)	Amanda H	Masters	<i>How Does the Workplace Environment Affect the Health &amp; the Decision of Registered Nurses to Remain in Critical Care?</i>
2017 successfully defended	External Examiner (Dr. Dorothy Badry- supervisor)	Devin A	Master's Thesis Faculty of Social Work	<i>Exploring Perspectives of Social Workers on Female Perpetrated Sexual Abuse</i>

**Studentship (Awarded for summer studentship in research lab)**

<b>Dates</b>	<b>Student</b>	<b>Level</b>	<b>Award</b>	<b>Amount</b>	<b>Title/Details</b>
<b>2023-present</b>	Sarah S	Undergraduate Summer Student	Mental Health Commission of Canada	\$4000.00	<i>Structural Stigma Evaluation Pilot</i>
2021-Present	Athena L	Undergraduate Summer Student	PURE Award-Alberta Innovates	\$3750	<i>Working with the ASIST Study Team: data analysis, writing, KT</i>
2019-Present	Candace C	4 <sup>th</sup> year Undergraduate Nursing Student; Alumni	SU Grant	\$55,200	<i>ASIST Project - post-secondary suicide prevention education Mentoring as a co-author for manuscript currently in process</i>
2019	Gabrielle G	2 <sup>nd</sup> year Undergraduate Nursing Student	PURE Award-8-week research experience	\$3600	<i>Cannabis Research Project Also, mentored as a co-author in a published manuscript</i>

**Student Mentorship**

<b>Dates</b>	<b>Student</b>	<b>Level</b>	<b>Title/Details</b>
2023	Sarah S	Undergraduate EMBER Study	Structural Stigma in Healthcare Settings Scale (SSHSS) Pilot
2022	Sarah S	Undergraduate EMBER Study Volunteer	<i>Working with the EMBER Study Team: data analysis, writing, KT</i>
2022-Present	Sherry B	Undergraduate EMBER Study Volunteer	<i>Working with qualitative data transcription &amp; analysis. Monthly mentorship meetings.</i>
2021-Present	Tithi P	ASIST Workshop Volunteer	<i>Supporting ASIST Workshops &amp; research data collection</i>
2021-Present	Thien T	ASIST Workshop Volunteer	<i>Supporting ASIST Workshops &amp; research data collection</i>
2019	Hafsah S	ASIST Workshop Volunteer	<i>Variable (Mentor/Undergrad summer student)</i>
2020	Harper G	Undergrad Student Volunteer	<i>Wellness dog initiative: Literature review, program evaluation</i>
2019	Lauren C	2nd year Undergraduate Health	Variable July-Aug 2019 Preceptor

		& Society Cumming School of Medicine Student	
2019	33 students Faculties of: Psychology, Social Work & Nursing	Cannabis Café Student Discussion Leaders	All students were mentored and trained as Cannabis Café discussion leaders

## PROFESSIONAL DEVELOPMENT

- 2022 EDI in Health Professions Education: Identity, Intersectionality, and Praxis. Taylor Institute for Teaching & Learning, University of Calgary
- 2022 Understanding Microaggressions: Strategies for the Classroom. Taylor Institute for Teaching & Learning, University of Calgary
- 2022 Guidance for Supervising Graduate Students – Conducting Systematic/Scoping/Integrative Reviews. Faculty of Nursing, UCalgary.
- 2021 Cannabis: Friend of Foe? An evidence-based debate. CannTelAviv
- 2021 Anti-racism workshop: Introduction to anti-racism and understanding what it is. Faculty of Nursing, University of Calgary
- 2021 Indigenous cultural safety collaborative learning series: Webinar #1: Setting the Context for Indigenous Cultural Safety: Facing Racism in Health. Provincial Health Services Authority of British Columbia.
- 2021 Indigenous cultural safety collaborative learning series: Webinar #2: Racism and Privilege in the Everyday. Provincial Health Services Authority of British Columbia.
- 2021 Courageous Conversations: Decolonization, Disciplines, and Indigenous Knowledges in the University. University of Calgary
- 2021 Mental Health Check-in: Gearing Up for a New Academic Year, Taylor Institute for Teaching & Learning, University of Calgary
- 2021 Diversity in Mental Health on Post-Secondary Campuses, Taylor Institute for Teaching & Learning, University of Calgary

- 2021 Trauma-informed Teaching and Learning Practices Post-COVID, Taylor Institute for Teaching & Learning, University of Calgary
- 2020 Somatic Psychology & EMDR: enhancing Embodiment in Trauma Treatment with Dr. Arielle Swartz
- 2020 Mindfulness Based Stress Reduction Basic Training (50hrs). Mimentra Mindfulness Training (Derek Luk)
- 2020 Making Mindfulness Work- Online Course (NICAMB)
- 2020 Acute Stress Syndrome Stabilization (ASSYST) Remote training workshop
- 2020 Healthy Campus Alberta Virtual Workshop: Social determinants of health and what it means to move upstream in mental health promotion and prevention on postsecondary campuses.
- 2019 Cognitive Behavioural Therapy – Tools for Thinking Differently (CTRI)
- 2019 Mental Health & Wellness in Course Design: Taylor Institute for Teaching and Learning, University of Calgary.
- 2019 Mindfulness with Dr. Todd Hill: Taylor Institute for Teaching and Learning, University of Calgary.
- 2019 Soaring to New Heights in Teaching and Learning Innovations, University of Calgary
- 2019 Mood Day Conference: University of Calgary, Faculty of Medicine.
- 2019 Planet Youth: Reducing Substance Use Among Youth. United Way Council of Champions. Calgary, Alberta
- 2018 Teaching On-Line Program: Taylor Institute for Teaching and Learning, University of Calgary (30 hours).
- 2018 Mindfulness Based Stress Reduction Certificate: Taylor Institute for Teaching and Learning, University of Calgary (30 hours)
- 2018 Women’s Mental Health Day Conference. Cummings School of Medicine, University of Calgary (8 hours)
- 2018 Calgary Symposium on Substance Abuse: A Community Response to Creating Lasting Solutions, Calgary, Alberta (8 hours).

- 2017      New Investigators: Finding and Applying for Funding Outside Tri-Councils, University of Calgary (3 hours).
- 2017      Marijuana at Work Conference. Toronto, Ontario (16 hours)
- 2017      The Effective Academic: Success in Research Workshop, University of Calgary (8 hours).
- 2017      Instructional Skills Workshop: Taylor Institute for Teaching and Learning, University of Calgary (24 hours).
- 2017      The Drinking Diaries: Why women drink too much, what we can do about it, University of Calgary
- 2017      Plagiarism: Moving from Punitive to Progressive Approaches, Taylor Institute for Teaching and Learning, University of Calgary (1.5 hours)
- 2017      Contemplative Pedagogy and Curriculum Practices, Taylor Institute of Teaching and Learning, University of Calgary (16 hours)
- 2017      Mental Health First Aide (pilot) – University of Calgary, Mental Health Commission of Canada (12 hours)
- 2017      Working Mind Workshop – Mental Health, Stigma & Resilience, Mental Health Commission of Canada (4 hours)
- 2017      Prioritizing Personal Resiliency & Self-Care (Marty Heeg), University of Calgary (4 hours).
- 2017      Preparing a Proposal to Become a “Best Practice Spotlight Organization” with speaker V. Grdisa, Faculty of Nursing, University of Calgary (2 hours).

## **CERTIFICATIONS**

- 2023      Heart Math in Trauma (Certification)
- 2023      Low Energy Neuro Feedback (Certification)
- 2023      Somatic EMDR Psychotherapy (Certification)
- 2021      Leadership in Patient Oriented Research: Pragmatic Trials (Certificate Course)

- 2020 ASIST (Applied Suicide Intervention Skills Training) Certificate
- 2020 Eye Movement and Desensitization Reprocessing (EMDR) Certificate (Trauma Psychotherapy)
- 2019 CTRI Crisis & Trauma Response Certification
- 2019 Emotional Intelligence EQ-i 2.0 + EQ 360 Certification
- 2016 Brain Story Certificate: Palix Foundation, Calgary, Alberta
- 2015 Motivational Interviewing: Series 2 Core Skills