

CURRICULUM VITAE

NAME: Margaret Swarbrick, PhD., FAOTA

E-MAIL ADDRESS: pswarbrick@cspnj.org; swarbrma@rutgers.edu

EDUCATION:

Undergraduate

Kean College of New Jersey
Union New Jersey
Bachelor of Science, Occupational Therapy 1991

Union County College
Associates in Applied Science, Occupational Therapy Assistant 1986

Graduate and Professional

New York University
New York City
Doctor of Philosophy Occupational Therapy 2005

New York University
New York City
Master of Arts, Occupational Therapy 1996

Post-Doctoral Training

Advanced Training and Research Fellowship
National Institute on Disability and Rehabilitation Research
(H133P050006) Rutgers School of Health-Related Professions (*formerly*
UMDNJ) Department of Psychiatric Rehabilitation and Counseling
Professions October 2005-September 2008

EMPLOYMENT/WORK EXPERIENCE:

Associate Director of the Center of Alcohol and Substance Use Studies
Rutgers University Graduate School of Applied and Professional Psychology
3/2021-present

Wellness Institute Director
Collaborative Support Programs of New Jersey, Inc. (CSPNJ)
Freehold, NJ, 1/2004-present

Director, Practice Innovation and Wellness
Rutgers University Behavioral Healthcare
Piscataway New Jersey, 5/2016-2/2021

Associate Director, CSPNJ, 7/2000-1/2005

Quality Improvement Director, CSPNJ, 1/1998-7/2000

Senior Occupational Therapist, Morristown Memorial Hospital, Morristown, NJ, 1993-1998

Staff Occupational Therapist, Marlboro Psychiatric Hospital, Marlboro, NJ. 1991-1996

Certified Occupational Therapy Assistant, Marlboro Psychiatric Hospital, Marlboro, NJ
1986-1991

CERTIFICATION:

Occupational Therapist, Certification # 585274
National Board for Certification in Occupational Therapy Inc.
Initial Certification: 2/27/1991 Renewal Date: 3/31/2024

ACADEMIC APPOINTMENTS:

Rutgers Graduate School of Applied and Professional Psychology,
Research Professor, March 2021-present

Rutgers School of Health Professions
Department of Psychiatric Rehabilitation and Counseling Professions

Adjunct Associate Professor, July 2016-February 2021

Clinical Associate Professor, July 2014-June 2016

Clinical Assistant Professor, October 2008-June 2014

Adjunct Faculty, 2002-2005

Union County College

Adjunct Faculty, Occupational Therapy Assistant Program, 1991-2003

Kean University

Adjunct Faculty, Occupational Therapy Program, 2000-2003

New York University

Teaching Fellow, Occupational Therapy Program, 1993-1994

SAMPLE OF RECENT COURSES

OTA 1051 (Rutgers University)—Principles and Practices: Wellness and Mental Health
Spring and Fall 2012-2016, 2020, 2022, 2023

PSRT 6101 (Rutgers University, MS Psychiatric Rehabilitation Leadership Track)—Independent Study in
Psychiatric Rehabilitation (sponsoring student project focused on sleep for people with mental disorders)
Fall 2021

PSRT 1103, (Rutgers University) Group Interventions for People with Disabilities, Spring 2022

PSRT4015/1102 (University of Medicine and Dentistry of New Jersey)—Wellness and recovery (combined
courses for 6 credits): Lead instructor for team teaching, 2004-2013

AFFILIATE:

Affiliate, Rutgers Center of Alcohol and Substance Use Studies
Graduate School of Applied and Professional Psychology
Rutgers, The State University of New Jersey
5/2019-2/2021

HONORS AND AWARDS:

Collaborative Support Programs of New Jersey, *Tribute Award*

For decades of innovation and dedication to the field of peer-led leadership in the behavioral health field,
November 10, 2020

New Jersey Association of Mental Health and Addiction Agencies, *Outstanding Leadership and Innovation*, October 2020

New Jersey Psychiatric Association, *Citizen of the Year*, November 16, 2014

National Alliance on Mental Illness (NAMI), *Lionel Aldridge Champion Award*, June 28, 2013

Fellow of the American Occupational Therapy Association (FAOTA)
American Occupational Therapy Association (AOTA), April 28, 2012

USPRA (now PRA), *Carol Mowbray Early Career Research Award*, June 14, 2010

New Jersey Psychiatric Rehabilitation Association (NJPRA), *Mort Gati Award*
To acknowledge a career embodying principles and values of Psychiatric Rehabilitation, November 14,
2008

Occupational Therapists of the Mental Health Partnership of New Jersey & Metropolitan New York
District, *Karen Stern Award for Advocacy in Mental Health*,
March 7, 2008

National Alliance on Mental Illness, New Jersey (NAMINJ), *Special Recognition Award*
For outstanding contribution to the inclusion and collaboration of consumers and family members in
gaining understanding of the challenges, meaning and values in implementing real transformation to a
recovery and wellness oriented mental health system in New Jersey
November 10, 2007

NJ Occupational Therapy Association (NJOTA), *2007 Award of Merit in Mental Health*
October 28, 2007

Mental Health Association in New Jersey, *Leadership Award*, Evening of Excellence June 2007

New Jersey Association of Mental Health Agencies, *Courage and Compassion Award, Leadership in
Fostering Recovery Award*, May 2, 2007

State of New Jersey Department of Human Services Division of Mental Health Services, *Certificate of
Appreciation, Wellness and Recovery Transformation Stakeholder Participation Process*, March 2007

NJPRA *Certificate of Recognition in Appreciation of Contribution and Commitment to the Field*
June 21, 2006

Morris County Public Forum for Consumers and Families, *Certificate of Appreciation*, May 31, 2006

Consumer Provider Association of New Jersey (CPANJ), *Appreciation Award*

For expanding the limits of our knowledge on consumer-run organizations through a doctoral dissertation
and for bringing the NJ consumer provider movement to international attention through publications and
presentations, March 2006

Coalition on Mental Health Consumer Organization of New Jersey (COMHCO), *Professional recognition
award*, In appreciation for dedication and inspiring work in wellness and recovery on behalf of the mental
health consumers in New Jersey, February 24, 2006

NJOTA, *Award in Recognition of Outstanding Contributions and Dedication to the Profession* (1986-1994), October 1994

NJOTA, *Certificate of Appreciation*, October 1994

RESEARCH GRANTS AND PROJECTS

Grants Submitted Not Funded:

Center for Research and Training for Aging Well with Serious Mental Illness
Dr Michelle Zechner PI; Role Co PI
Rehabilitation Research and Training Center (RRTC) on Aging Among Adults with Serious Mental Illnesses HHS-2023-ACL-NIDILRR-RTHF-0000 (Not funded)
Proposed Dates: 10/1/2023 - 09/30/2027
Total Funds Requested: \$875,000.00

The Development of a Personalized Feedback Program for Substance Use Disorder Risk
Dr Danielle Dick, PI; Role Co PI
Unchained Health, Inc. Funding Announcement: PA-22-178
Proposed Dates: 12/01/2023 - 11/30/2026
Total Funds Requested: \$2,114,200 (\$684,155 Rutgers Budget)

GSAPP Strategic Initiative Funds, Rutgers Addiction and Wellness Research Training Program for Undergraduate and Graduate Students
PI Swarbrick
7/1/2023-6/30/2024
\$500.000

Under Review

R24DA (grant number to be assigned)
National Patient Engagement Resource Center for Research on Trauma and Substance Use Disorders, Dick, Hien (MPI)
07/01/2024-06/30/2029
Total Costs: \$2,744,462 (\$1,748,065 direct costs)

GSAPP Strategic Initiative Funds, Wellness Innovation Lab (WinLab) PI Swarbrick
7/1/2024-6/30/2026
\$500.000

Funded

NJ DCF Wellness self-care program for Family Support Organizations (FSOs)
12/2022- 8/2023
\$134,000

NJ DMHAS – Transformation Transfer Initiative NASMHPD, Crisis Services Community of Practice (CSCoP)
1/2024- 10/2024
Total: 250.000

Farris Foundation, Wellness Training & Learning Collaborative (W-TLC) PI: Swarbrick
1/1/2022-12/30/2022
\$125,000

Rutgers University, co-Investigator, IDEA Innovation Grant Program, – Developing a Cultural Humility Toolkit for Mental Health Service Providers, was supported with funds from an Inclusion, Diversity, Equity, and Advocacy (IDEA) Innovation Grant through Rutgers University, Co-PI
11/21-5/22
\$2,500

GSAPP Strategic Initiative Funds, (2021-2022). The WinR Addiction Advocacy Internship/Fellowship Program (Co-PI) Swarbrick, Hien
7/1/2021-6/30/2022
\$225,000

AllIn Wellbeing First for Healthcare, Entertainment Industries Foundation Promoting Well-being by Expanding Peer Support Programs in a Multi Professional Academic Environment
PI: Dr. Brazeau. Co PIs: Drs. Chen, Ayala, & Swarbrick
9/1/22-8/31/23
\$119, 532

CIRCLE Peer Talk Discussion Groups (CIRCLE: Colleague Involved in Reaching Colleagues through Listening and Empathy). *Peer Support Approaches to Bolster Physician Well-Being during the COVID-19 Era and Beyond*. PI: Dr. Brazeau. Co PIs: Drs. Chen, Ayala, & Swarbrick June 2020- present

Healthcare Foundation of New Jersey *Comparing Peer Support Approaches to Bolster Physician Well-Being during the COVID-19 Era and Beyond* PI: Dr. Brazeau. Co PIs: Drs. Chen, Ayala, & Swarbrick September 2020-April 2021

Sandra and Arnold Gold Humanism Research Fund *Comparing Peer Support Approaches to Bolster Resident Physician Well-Being during the COVID-19 Era and Beyond* PI: Dr. Brazeau. Co PIs: Drs. Chen, Ayala, & Swarbrick January 2021-November 2021

Indivior, Wellness in Recovery (WinR)Self-Care Guide, development of a wellness self-care educational toolkit /resource to support long term substance use recovery Co PI: Swarbrick, Hien
9/1/2021-7/1/ 2022
\$20,000

NJ DMHAS – Transformation Transfer Initiative NASMHPD, Caregiver Wellness PI: Swarbrick
4/2017-12/2018
\$150,000

Development of Health Promotion Toolkit for Behavioral Health Homes for Peer Support Specialists and CT-R implementation and sustainability in BHHs, 2018-2019
\$150,000

Transformation Transfer Initiative (TTI), funded through the National Association of State Mental Health Program Directors (NASMHPD), “Development of Training for a Peer Specialist Role, Wellness Coach” December 2008-March 2010; April 2011-December 2011; March 2012-2014
\$150,000

Hispanic Center of Excellence grant (HRSA). Wellness Officer (2.5%) (PI: Dr Soto-Green), 7-22-6-2024 *Effects of Short-Term Self-Care Training on the Well-Being of Staff in an Applied Behavior Analysis Setting* PI: Dr. Massey; Co PIs: Drs. Frances, Paone, & Swarbrick
January 2021- 2022

Perceived Effectiveness of Online Teaching Strategies by Occupational Therapy Assistant Students PIs: Drs. Benaroya; McKernan, George, & Swarbrick
September 2021-2022

Effect of Traditional vs. Non-Traditional Psychosocial Fieldwork Placement on Occupational Therapy Assistant Students' Attitudes Towards Working with Individuals with Mental Illness

PI: Dr. Benaroya; Co PIs: Drs. Zechner, Murphy, Cimmino, & Swarbrick.

December 2020-2022

New Jersey Health Foundation (Grant Number 810364), Preventive Medical Services Amongst Persons in NJ Public Mental Health Programs, PI: Lois Rockson, 2012-2019

University Illinois Chicago (UIC)

National Institute on Independent Living and Rehabilitation Research, Administration for Community Living, Field-Initiated Projects Program (Research)

PI: Dr. Judith Cook; Co-Investigator: Dr. Swarbrick

RCT Enhancing Immune Health, September 2022-2024

UIC Rehabilitation Research and Training Center on Health and Function of People with Psychiatric Disabilities, funded by National Institute on Independent Living and Rehabilitation Research, Administration for Community Living

PI: Dr. Judith Cook; Co-Investigator & Co-Director of Solutions Suite: Dr. Swarbrick

September 2020-August 2025

- *Healthy ReStart: National Web Survey on the Status of Adults with Psychiatric Disabilities, Intervention Development, & Pilot RCT, October 2020-September 2022*
- *Healthy ReStart to Life After COVID-19 and Beyond, October 2021-September 2024*
- *Promoting a Healthy Lifestyle: On the Road to a Tobacco-Free Life, October 2023 to September 2025*
- *Peer Telehealth Navigator Manual, October 2023 to September 2025*

Co-Investigator. UIC Center on Mental Health Services Research and Policy, Field-Initiated Projects Program (Research), funded by the National Institute on Independent Living and Rehabilitation Research, Administration for Community Living

Testing an Intervention to Promote Financial Wellness among Adults with Psychiatric Disabilities, PI: Dr. Cook, September 2020-August 2023

Co-Director of the UIC Solutions Suite. UIC Center on Self-Directed Recovery and Integrated Health Care, funded by the National Institute on Independent Living and Rehabilitation Research, Administration for Community Living, PI: Dr. Cook, October 2015 to September 2022

Co Investigator. UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions, funded by the National Institute on Disability, Independent Living, and Rehabilitation Research, Administration for Community Living

PI: Dr. Judith Cook; Co-Investigator, *Use of Health Screening Data to Create a Risk Profile of Medical Co-Morbidities Among Public Mental Health Clients*, Dr. Swarbrick

October 2010 to September 2015

Yale University

Consultant. R34 Peer Wellness Enhancement for Patients with Serious Mental Illness and High Medial Costs, funded by NIMH, Grant Number: 5R34MH117188-02, PI: Dr. Bellamy, 2018-June 2021

Co-Investigator/Consultant. *Increasing Healthcare Choices and Improving Health Outcomes Among Persons with Serious Mental Illness*, I.D. #IH-1304-7294 *Patient Centered Outcomes Research Institute*, PI: Dr. Bellamy, 2013-2016

Columbia University

Co-Investigators. Perspectives on the International Classification of Diseases (11th revision); Using lived experience to improve mental health diagnoses in the United States: *INCLUDE – US Study*. (Report on mental health service users' perceptions for the World Health Organization 10/17- 2019

UMDNJ (Rutgers)

Co-Investigator. New Jersey Health Foundation (Grant Number 810364), *Preventive Medical Services Amongst Persons in NJ Public Mental Health Programs*, PI: Lois Rockson, 2012-2019

University of Medicine and Dentistry of NJ (UMDNJ) Foundation: Exploring the subjective experience of non-adherence to prescribed psychiatric medication, 2007-2009

Co-Investigator/Mentor

Rutgers University, Contemplative Practices for Inclusiveness and Equanimity, Co-PI, with Dr Tracy Chang, PI 2024

Yale, Yale Letslead Mentorship Program, 7/2022-11/2023

Kean University, Exploring the Feasibility and Impact of a Sleep-Based Intervention for Individuals Experiencing Sleep Disturbances. Alexis Faria, Samantha Fisch, Claire Hunter, Alexa Montalvo Kristina Malkin, Diana Miszczuk, Cynthia Reyes, Sara Orbe, Elizabeth Wynne. Co mentor with Dr Jennifer Gardner, 2023-2024

Rutgers University, Elizabeth Chan, PhD, K Mentorship Team, 11/2023-present

Rutgers University, Meghan Deshais, PhD, supporting her work on her research agenda that aims to develop a Wellness Approach to Contingency Management for people with substance use challenges, 2023-present.

Rutgers University, Psychiatric Rehabilitation Department Mentorship program, Michal Bunuan 2022-present

Boston University: Advisor for Jill Broderick, Boston University OTD program
Improving occupational performance in clients with stress related conditions: using self-regulation skills and biofeedback to enhance executive function and engagement in adult roles.
2022- 2023 (defending May, 2023).

Rutgers University: Vincent Digioia-Laird, Rutgers University, Social Work program social work fieldwork mentor, 2021-4/2023

Rutgers University Psychiatric Rehabilitation Department Mentorship program, Rita Cronise, 2018-present

Rutgers University Psychiatric Rehabilitation Department Mentorship program, Tiffany Benaroya, 2018-present

Rutgers University School of Social Work, Vincent Digioia-Laird, focused on exploration of recovery houses, 2021-2023.

Rutgers University, Department of Psychiatric Rehabilitation Committee member for Sean Karyczak, *candidate*, Social Support and Physical Activity for People with Mental Illness (defended August 2023). 2021-2023

Rutgers University, School of Nursing, serving as a member of dissertation committee for Angela Alberti, PhD candidate, *Intrapersonal adaptation, stress, and health outcomes in parents of children diagnosed with autism spectrum disorder*, 2021-present

Rutgers University, Gardner Fellow, Raisa Rubin-Stankiewicz, focused on examination of peer led wellness respite programs, 1/2023-8/2023.

Rutgers University, Primary mentor for Dr. Crystal Brandow, as scholar in our WinR fellowship program: Brandow, C., Asadi, H., Myrick, K., Brice, G., Pitts, S., Canuteson, M., Wilson, I., Swarbrick, M., & Warrick, J. (2022, November). The well-being model for young Black adults. Piscataway, New Jersey: Center of Alcohol & Substance Use Studies, Graduate School of Applied and Professional Psychology, Rutgers University, 2021-2022

Kean University, Improving Sleep Assessments: Examining Sleep from the Occupational Therapy Perspective. Julia Coyle, Meghan Donnelly, Serina Figueiras, & Giovanna Garcia. Co mentor with Dr Jennifer Gardner, 2021-2022

Kean University, Exploring Sleep Habits and Routines for Individuals with Mental Illness During COVID-19. Kayla Allen, OTS, Petra Calderon, OTS, Aimee Joffe, OTS, Rebekah Lopez, OTS, and Monique Schulmann, OTS. Co mentor with Dr Jennifer Gardner, 2020-2021

Kean University, The Effectiveness of Using Pedometers to Increase Physical Activity Among Individuals with Serious Mental Illness. Molly Grainger, OTS, Danielle Hicks, OTS, Alexis Kessariss, OTS, Moriah NesSmith, OTS, Melissa Scammacca, OTS. Co mentor with Dr Jennifer Gardner, 2018-2019-

Rutgers University, Mc Nair Program advisor for Kierra Pean, 2018

Rutgers University, Independent study advisor for Sarah Singer, School of Health Professions 2021-present

Columbia University, Perspectives on the International Classification of Diseases (11th revision); Using lived experience to improve mental health diagnoses in the United States: *INCLUDE – US Study*. Co-investigators: Drs. Pike & Swarbrick (Report on mental health service users' perceptions for the World Health Organization., 10/017- 10/19.

Grant Consultant/Advisor

Rutgers School of Public Health, New Jersey Safe Schools, presented modules on the wellness sin 8 dimensions for Instructional Strategies for School Counseling and Student Services and Instructional Strategies for Awareness & Exploration Phases of Work-Based Learning in Career & Technical Education project (Dr. Derek Shendell, PI), and serving as collaborator to explore new initiatives, 6/2023- present

From Hardship to Hope: A Peer-Led Program to Foster Financial Wellness and Prevent Suicide, PI: Jimenez Solomon, Columbia University, 2021-present

Self-care projects for the Northeast & Caribbean Mental Health Technology Transfer Center (MHTTC), Rutgers School of Health Professions Substance Abuse and Mental Health Administration (SAMHSA) funded TA center. PI: Dr. Ann Murphy & Dr. Ken Gill, 1/21-12/21

National Institute of Mental Health Administrative Supplement to Peer-led Healthy Lifestyle Program in Supportive Housing (3R01MH104574-03S1); PI: Cabassa, 2016-/2017

Comparative Effectiveness of Adaptive Pharmacotherapy Strategies for Schizophrenia, Stakeholder Advisory Committee of the PCORI-funded project, PI: Scott Strop, 2015-2018

A Peer-Led, Medical Disease Self-Management Program for Mental Health Consumers, Member of The Data Safety and Monitoring Committee for NIMH funded project, PI: Dr. Druss, June 2011-2017

UMDNJ Foundation; Peer Employment Support Study, 2008- 2011

UMDNJ Foundation; Illness Management and Recovery, 2006- 2009

RAISE: Recovery After Initial Schizophrenia Episode, National Institutes of Mental Health, HHSN-271-2009-00019-C, PI: Kim Mueser, 2009

Treating Internalized Stigma in Adults with Severe Mental Illness, NIMH R 34, 2008-2009

Ethical Issues in Behavioral Health Research, The Center for Health Care Ethics at Saint Louis University, 2002-2004

International Collaboration

Co-developed Meeting of the Minds, an international collaboration with Dr. Bonnie Teague, Head of Research – Norfolk and Suffolk NHS Foundation Trust, Associate Professor in Mental Health Services Research – University of East Anglia and Dr. Corinna Hackmann, Research development lead for adult services, Research and Development Department, Norfolk, and Suffolk Foundation Trust. 2021-2022.

SERVICE ON NATIONAL GRANT REVIEW PANELS, STUDY SECTIONS, COMMITTEES

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS). Invited participant, Recovery Ready Workplace and Employment Summit. July 19-20, 2023

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS). Invited Panelist and participant, Recovery Research Technical Expert Panel, June 15-16, 2023

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS). RECOVERY NOW: SAMHSA Recovery Summit 2022, August 9-10, 2022

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS). Older Adults Living with Serious Mental Illness Expert Panel: Strategies to Address Behavioral Health Workforce Needs. May 16, 2018.

National Research Council of the National Academies, Division of Behavioral and Social Sciences and Education Board on Behavioral Cognitive and Social Sciences. Committee on the Science of Changing Behavioral Health Social Norms. Opportunities and Strategies to Promote Behavior Change in Behavioral Health Workshop. Invited panel presenter: *Peer Counselor: Wounded Healer Please Apply*. April 15, 2015.

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS). BRINGING RECOVERY SUPPORTS TO SCALE, *Technical Assistance Center Strategy (BRSS TACS)*, Invited expert for the Virtual Expert Panel on *Peer Roles in Integrated Primary and Behavioral Health Care Settings*, July 23-24, 2013.

U.S. Department of Health and Human Services, SAMHSA, CMHS.

Building on Common Ground for Wellness -Prevention, Recovery, and Resilience Communities Coming Together, Bethesda, MD, April 24-25, 2013.

U.S. Department of Health and Human Services, SAMHSA, CMHS. *A Dialogue on Psychopharmaceuticals in Behavioral Healthcare*, Rockville, MD, October 11-12, 2012.

National Association of State Mental Health Program Directors (NASMHPD)
Medical Directors Technical Report Meeting on *Consumer Involvement in State Operated Behavioral Health Services*, Arlington, Virginia, June 21-22, 2010.

U.S. Department of Health and Human Services, SAMHSA, CHMS.
Wellness, Prevention, and Self Care Dialogue Meeting, Bethesda, MD, December 15-16, 2009.

U.S. Department of Health and Human Services, SAMHSA, CMHS.
Training, Recovery, Transformation and Public Service Psychiatry, Rockville, MD, October 5-6, 2009.

U.S. Department of Health and Human Services, SAMHSA, CMHS. *Invited Contributor for Building Bridges, Mental Health Consumers and Employers In Dialogue*, Bethesda, MD, September 23-24, 2008.

National Association of State Mental Health Program Directors Research Institute, Inc., and U.S. Department of Health and Human Services, SAMHSA, CMHS.
Primary Care Assessment and Wellness Indicators, Alexandria, Virginia, June 17-18, 2008.

U.S. Department of Health and Human Services, SAMHSA, CMHS. Planning Committee Members and Presenters for the *National Wellness Summit for People with Mental Illnesses*, Rockville, MD, September 17-18, 2007.

National Institute on Disability and Rehabilitation Research (NIDRR). Invited Expert Participant for the Adult Mental Health Panel, May 30, 2007.

U.S. Department of Health and Human Services, SAMHSA, Grant Reviewer, Community Action Grants, 1998-2002.

UNIVERSITY SERVICE

- GSAPP, Rules of Procedures, 2023-present
- GSAPP, Promotion and Appointments, 2022-present
- Vice Provost for Faculty Affairs Taskforce, November 2023-present
- Member, Scarlet Well, October 2022- May 2023
- Member, RBHS Student Wellness Strategic Planning Group, 7/2021-1/2024
- Member, Future of Work Employee Well-Being Workgroup, 2021-2022
- Advisement to Dr. James Hill, Associate Dean for Student Affairs, NJMS to embed a wellness approach and philosophy into the student affairs programming to assist students on their journey through medical school, 7/2021- 12/2021

SERVICE ON JOURNALS/PUBLICATIONS

Associate Editor, *American Journal of Psychiatric Rehabilitation*, 2015-2022

Editorial Boards

Journal of Psychosocial Nursing and Mental Health Services 2008-2013

Psychiatric Rehabilitation Journal, 2006 –present

Occupational Therapy in Mental Health, 2022- present

AdHoc Reviewer

Psychiatric Services, 2010- present
American Journal of Psychiatric Rehabilitation, 2006-2015
Occupational Therapy in Mental Health, 2021-2022

Co- Editor

Words of Wellness, a publication of Collaborative Support Programs of New Jersey, Wellness Institute. A monthly publication designed to bring useful information to readers, whether pursuing recovery themselves, supporting recovery, helping to administer and change our mental health and related services system, or researching the field and educating future practitioners; 2008-present.

Peer Connections, a quarterly e-newsletter, developed by CSPNJ and MHANJ, designed to connect persons in recovery, public, and private mental health provider agencies, government officials, and policy makers to issues surrounding the creation of a peer workforce and its impact on the transformation of the mental health service delivery system; 2009-2012.

In Progress:

Gamble, A., & Swarbrick, M. Sports: A Natural Activity to Promote Wellness Habits for Young Adults. *Journal of Community and Applied Social Psychology*.

Brazeau, C., Swarbrick, M., Soto-Green, M., Culturally tailored pathways to wellbeing across medical education. *Academic Medicine*.

Under Review in Journal:

Swarbrick, M., Di Bello, A., Eissentat, S., Nemeč, P., Hien, D., & Gill, K. Factor Structure, Reliability, and Construct Validity of the Wellness Inventory. *Psychiatric Services*.

Swarbrick, M., Brazeau, C. M. L. R., Ayyala, M. S., Chen, P.H. An Interprofessional Peer Support Program. *Journal of Wellness*.

Brazeau, C. M. L. R., Ayyala, M. S., Chen, P.-H., & Swarbrick, M. Having support at work 'is different' and important: A Qualitative Study of Virtual Peer Discussion Groups with Medical School Faculty. *Academic Medicine*.

Spiro, L., & Swarbrick, M. Unique and Essential Components of Peer-Run Respite. *Psychiatric Services*.

Accepted:

Gutman, S., Choi, A., Kearney, A., Swarbrick, M. Understanding the Needs of Gender Diverse Youth and Young Adults and Their Staff Members in Homeless Shelters and Supported Housing. *Occupational Therapy International*.

Grainger, M., Gardner, J., Moran, M. & Swarbrick, M. Pedometers as an Intervention to Increase Physical Activity Among Individuals with Mental Illness: A Feasibility Study. *American Journal of Psychiatric Rehabilitation*.

Swarbrick, M., Spagnolo, A., Castellano, C., Vogel, M., Valovcin, D. Reciprocal Peer Support Wellness (RPS-W) Model: A Model for Virtual Peer Support. *American Journal of Psychiatric Rehabilitation*.

Published Original Article in Journal:

Swarbrick, M., Middleton, A. (2023) Yoga Practices for Self-Care, *Occupational Therapy in Mental Health*, DOI: [10.1080/0164212X.2023.2210851](https://doi.org/10.1080/0164212X.2023.2210851)

Swarbrick, M., Middleton, A. (2023). Yoga Practice: The Role of Nursing in Promoting Workforce Wellness. *Journal of Psychosocial Nursing and Mental Health Services*, 2023;0(0):1–3. Published Online: March 05, 2023 <https://doi.org/10.3928/02793695-20230222-03>

Santiago PS., López-Castro, T., **Swarbrick, M.**, Paul, L., Stanley, D., Bauer, A., COVID-Dynamic Team, & Hien, D. (2023). Alcohol, cannabis, and nicotine use have common and distinct associations with COVID-19 pandemic-related experiences: A Bayesian network analysis across two timepoints. *Drug and Alcohol Dependence*.

Jordan, A., Nich, C., **Swarbrick, M.**, Babuscio, T., Wyatt, J., O'Connell, M., Guy, K., Blackman, K., Anderson, R., Reis, G., Ocasio, L., Crespo, M., Bellamy, C. (2023). Breaking Through Social Determinants of Health: Results from Imani Breakthrough, a Community Developed Substance Use Program for Black and Latinx People. *Journal of Substance Abuse Treatment*.

Swarbrick M, Kuebler C, Treitler P, Estes A, Digioia-Laird V, Moosvi K, Nemeč P. Co-Production: Journey to Wellness Guide. *J Psychosoc Nurs Ment Health Serv*. 2023 Sep;61(9):24-30. doi: 10.3928/02793695-20230321-02. Epub 2023 Mar 30. PMID: 36989482.

Enich M., Treitler P., **Swarbrick M.** Hillis, M., & Crystal, S. (2023). A qualitative study of participant experiences working with peer health navigators after release from state prison (PS-20220310). *Psychiatric Services*.

Gardner, J., **Swarbrick, M.**, & Kitzinger, R. H. (2022). Sleep is something, not nothing: an interprofessional approach to sleep assessment and treatment to support substance use recovery. *Journal of Social Work Practice in the Addictions*, 23 (1), 39-51. doi: 10. 1080/1533256X.2022.2159643

Swarbrick, M., Nemeč, P., Gould Fogerite, Spagnolo, A, Zechner, M., Lundquist, MC., & Townsend, M., (2023). Self-Care for All During the Pandemic. *American Journal of Psychiatric Rehabilitation* 23 (3-4).

Lopez-Castro, T., Papini, S., Bauer, A., **Swarbrick, M.**, Paul, L. K., Nizzi, M. -. C., Stanley, D., & COVID-Dynamic Team, and Denise Hien. (2022). Posttraumatic stress disorder symptom trajectories in a 16-month COVID-19 pandemic period. *Journal of Traumatic Stress* 36(1), 180-192, 2023/2 <https://doi.org/10.1002/jts.22899>

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Swarbrick, M. (2024). Chapter 63: Providing Wellness-Oriented Occupational Therapy Services for Persons with Mental Health Challenges., *Willard & Spackman Occupational Therapy*, 14th Edition. (Eds) Gillen & Brown. Lippincott Williams & Wilkins.

Swarbrick, M. & Knis, L. (2024). Chapter 50: **The Role of Occupational Therapy in Health Management.** *Willard & Spackman Occupational Therapy*, 14th Edition. (Eds) Gillen & Brown. Lippincott Williams & Wilkins.

Knis-Matthews, L & **Swarbrick, M.** (2023). **Chapter 5:** Compartmentalizing evaluation information to understand how activities and occupations relate to a person's story. In L Knis-Matthews (Ed), *Matthews Model of Clinical Reasoning: A systematic guide to occupation-based evaluation and intervention.* Routledge Taylor & Francis Group.

Knis-Matthews, L & **Swarbrick, M.** (2023). **Chapter 6:** Putting it all together to identify occupational performance issue(s). In L Knis-Matthews (Ed), *Matthews Model of Clinical Reasoning: A systematic guide to occupation-based evaluation and intervention.* Routledge Taylor & Francis Group.

Knis-Matthews, L & **Swarbrick, M** (2023). **Chapter 10:** Overview to intervention planning: Spiraling the top-middle-bottom occupational performance issues across the intervention plan continued. In L Knis-Matthews (Ed), *Matthews Model of Clinical Reasoning: A systematic guide to occupation-based evaluation and intervention.* Routledge Taylor & Francis Group.

Knis-Matthews, L & **Swarbrick, M** (2023). **Chapter 11:** Strategizing the beginning-middle-ending of the specific intervention plan. In L Knis-Matthews (Ed), *Matthews Model of Clinical Reasoning: A systematic guide to occupation-based evaluation and intervention.* Routledge Taylor & Francis Group.

Knis-Matthews, L & **Swarbrick, M.** (2023). **Chapter 12:** Strategizing how to create change during the intervention plan. In L Knis-Matthews (Ed), *Matthews Model of Clinical Reasoning: A systematic guide to occupation-based evaluation and intervention.* Routledge Taylor & Francis Group.

Swarbrick, M. (2019). Chapter 30: Peer-led Services. In *Occupational Therapy in Mental Health: A Vision for Participation Second Edition.* (Eds). Brown, T. Stoffel, G. & Munoz, J.P. FA Davis.

Swarbrick, M. (2019). Chapter 48: Wellness. In *Occupational Therapy in Mental Health: A Vision for Participation Second Edition.* (Eds). Brown, T. Stoffel, G. & Munoz, J.P. FA Davis.

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Swarbrick, M., & Drake, R. (2013). Supported Housing, Socialization Education and Employment. In Eds. K. Yeager, D., Cutler, D. Svendsen, G. Sill, *Modern Community Mental Health: An Interdisciplinary Approach.* Oxford Press.

Ramsey, R., & **Swarbrick, M.** (2013). Providing Occupational Therapy Services for Persons with Psychiatric Disabilities. In eds Barbara A. Boyt Schell, *Willard & Spackman Occupational Therapy*, Twelfth Edition. Lippincott Williams & Wilkins.

McMahon, J., Hickey, M., & **Swarbrick, M.** (2012). Helping Couples Deal with Aging. In *Cognitive and Rational-Emotive Therapy for Couples*. Ed. A. Vernon. Springer.

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Swarbrick, M. (2011). The lived Experience: Narratives through the Lens of Wellness. In *Serious Mental Illness: Patient Centered Approaches*. (Eds). Rudnick, A & Roe, D. Radcliffe Publishing.

Swarbrick, M. (2011). Self-help and Peer-delivered Services. In *Serious Mental Illness: Patient Centered Approaches*. (Eds). Rudnick, A & Roe, D. Radcliffe Publishing.

Solomon, P., Schmidt, L., **Swarbrick, M.**, & Mannion, E. (2011). Chapter 22. Innovative Programs for Consumer with Psychiatric Disabilities. In *Service Delivery for Vulnerable Populations: New Directions in Behavioral Health*, Eds. Steven A. Estrine, S., Hettenbach, R., Messina, M. *Springer Publishing*.

Swarbrick, M. (2010). People in Recovery as Leaders and Innovators. In *People in Recovery as Providers of Psychiatric Rehabilitation Services: Building on the Wisdom of Experience*. Swarbrick, M., Schmidt, L., & Gill, K. United States Psychiatric Rehabilitation Association.

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Swarbrick, M. (2010). Chapter 3: Occupational focused Community Health and Wellness Programs. In *Occupational Therapy in Mental Health: Considerations for Advanced Practice*. (Ed). Scheinholtz, M. American Occupational Therapy Association (AOTA) Self-Paced Clinical Course.

Swarbrick, M. (2010). Chapter 15: Lived Experience: Recovery and Wellness Concepts for Systems Transformation. In *Occupational Therapy in Mental Health: Considerations for Advanced Practice*. (Ed). Scheinholtz, M. American Occupational Therapy Association (AOTA) Self-Paced Clinical Course.

Swarbrick, M. (2010). Consumer-operated Services. In *Occupational Therapy in Mental Health: A Vision for Participation*. (Eds). Brown, T. & Stoffel, G.

Swarbrick, P., Skelton, E., & Baron, R. (2007). Community Resources. In Salzer, M. *Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook*. United States Psychiatric Rehabilitation Association.

Reports and Manuals

Bauer, A., Jenkins, T., Bazan, C., Howard, L., **Swarbrick, M.**, & Ji, M. (2022). *Building Bridges: Resources to Center Cultural Humility*. Piscataway, New Jersey: Center of Alcohol & Substance Use Studies, Graduate School of Applied and Professional Psychology, Rutgers University.

Swarbrick, M. (2022). *Journaling: A Wellness Tool, Collaborative Support Programs of New Jersey* Wellness Institute.

Swarbrick, M., Cook, J. A., & Jonikas, J. A. (2022). *Wellness Activity Manual- Revised*. Freehold, NJ: Collaborative Support Programs of New Jersey Inc., Wellness Institute.

Swarbrick, M. Cook, J., & Jonikas, J. (2022). *Physical Wellness for Work - Revised*. Freehold, NJ: Collaborative Support Programs of New Jersey Inc., Wellness Institute.

Jonikas, J., **Swarbrick, M. A.**, Arnold, K., Brice, G. H. Jr., Cook, J. A. & Nemece, P. B. (2021) *Enhancing immune health*. Chicago, IL: University of Illinois at Chicago Center on Mental Health Services Research and Policy and Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M., Lundquist, M. C., Nemece, P., Gould Fogerite, S., & Zechner, M. Pilch, E, Tonwsend, M. (2020). *Self-Care Program Implementation Manual*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M. A., & Nemece, P. B. (2020). *PROUD 2B Well Manual- revised*. Freehold, NJ: Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M.A., & Nemece P. (2019). *Peer Support Wellness Promotion Toolkit-Revised*. Piscataway, NJ: Rutgers University Behavioral Health Care, Department of Practice Innovation and Wellness.

Lundquist, M. C., **Swarbrick, M.**, Gould Fogerite, S., Nemece, P., & Pilch, Ed. (2019). *A Self-Care Guide for Professional Caregivers*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Jonikas, J., Swarbrick, M. A., Cook, J. A. & Nemece, P. B. (2019) *Building Financial Wellness*. Chicago, IL: University of Illinois at Chicago Center on Mental Health Services Research and Policy and Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M.A., & Nemece, P. B. (2018). *Peer Support Specialist Health Promotion Toolkit*. Piscataway, NJ: Rutgers University Behavioral Health Care, Department of Practice Innovation and Wellness.

Cummings, C., **Swarbrick, M.**, McGrellis, K., Lacy, D., Mader, P., Tommasi, M. Wilson, B. (2018). *Training and Technical Assistance Report*. Piscataway Township, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M. (2018). *Peer Health Navigator Training Manual- Intensive Recovery Treatment Support (IRTS)*. Piscataway Township, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M., Gould Fogerite, S., and Verni, K. (2017). *Caregiver wellness: A self-care program focused on wellness, mindfulness, and gentle yoga*. Piscataway Township, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M., Jonikas, J., Yudof, J., Kenny, M., Cohn, J., Serrano, C., Yost, C., Razzano, L., & Cook, J. (2014). *Promoting Wellness for People in Mental Health Recovery A Step-by-Step Guide for Planning and Conducting a Successful Health Fair*. http://www.integration.samhsa.gov/health-wellness/wellness-strategies/UIC_CSPNJ_Health_Fair_Manual.pdf. University of Illinois at Chicago Center on Psychiatric Disability and Co-Occurring Medical Conditions and Collaborative Support Programs of New Jersey.

National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Technical Report "Consumer Involvement in State Operated Behavioral Health Services" (2010). Park, J., Allen, J., Radke, A. & technical writers Ruter, T & Swarbrick, M.

Cook, J., Burke-Miller, J., Jonikas, J., **Swarbrick, M.** (2010). *Asset Development Feasibility Project: Individual Development Account Programs for People with Psychiatric Disabilities*. Substance Abuse and Mental Health Services Administration.

Swarbrick, M. (2014). *Health Screening Module for Parachute New York City*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. & Nemece, P. (2013). *Health Literacy Training Manual*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. (2013). *Introduction to Wellness Coaching*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. (2013). *Health Navigator Training for Parachute New York City*. Collaborative Support Programs of New Jersey Inc.

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Stengel, L., Mathai, C., Jiminez, O., & **Swarbrick, M.** (2012). *We Can Save: A Provider's Guide to Promoting Economic Self-Sufficiency, A Recovery-Oriented Approach*. New York Association of Psychiatric Rehabilitation Services & New York State Office of Mental Health.

Jiminez, O., Mathai, C., Stengel, L., **Swarbrick, M.**, Duffy, M., & Yudof, J. (2011). *We Can Save: A Workbook for People in Recovery Seeking Economic Self-Sufficiency*. New York Association of Psychiatric Rehabilitation Services & New York State Office of Mental Health.

Swarbrick, M., Parks, J., & Reidy, W. (October, 2011). *Behavioral Health Medications in Primary Care Settings*. Dialogue on Psychopharmaceuticals in Behavioral Healthcare, SAMHSA, CMHS.

Swarbrick, M. (2010). *Wellness Coaching Supervisor Manual*. Collaborative Support Programs of New Jersey.

Swarbrick, M., Garafano, J., Brice, G.H. Jr. (2007). *Recovery Network Resource Manual*. Collaborative Support Programs of New Jersey.

Swarbrick, M. & Garafano, J. (2007). *Peer Employment Support Train the Trainer Manual*. Collaborative Support Programs of New Jersey.

Other Publications

Swarbrick, M. & Brown, J. (2013). Forward for *Mental Health First Aid USA Manual*-revised edition. Mental Health Association of Maryland and National Council for Behavioral Health.

Swarbrick, M. (2006). Book Review- On *Our Own Together: Peer Programs for People with Mental Illness*, Sally Clay, Vanderbilt University Press (2005). *Psychiatric Rehabilitation Journal*, 30, (2), 158-59

Berg, J., Burkhardt, A., & **Swarbrick, M.** (June 5, 1997). A wellness model for cancer recovery. *OT Week*, 16-17.

Swarbrick, M. & Keenan (1992, July). A wellness model in acute care psychiatry. *International Occupational Therapy Trends Worldwide Conference Proceedings*. Dublin, Ireland: Laceyprint Publications.

Swarbrick, M. (April 17, 1989). Newest side of AIDS: Aids Dementia Complex (ADC). *Advance for Occupational Therapists*.

SAMPLE PRESENTATIONS:

Sample of Invited Keynotes

Swarbrick, M. (May 11, 2023). Wellness Tools for Supported Employment and Education, and Wellness Coaching. Tennessee Department of Mental Health and Substance Use Treatment, Office of Wellness and Employment.

Swarbrick, M. (November 18, 2022). Wellness: A Model for Personal and Professional Self Care and Practice. New Jersey Association of Mental Health and Addiction Agencies Intensive Case Management Conference.

Swarbrick, M. (October 19, 2022). Wellness: A Model for Personal and Professional Self Care and Practice. 27th Annual Conference of the National Association of Case Management, Atlantic City, NJ.

Swarbrick, M. (August 3, 2022). *The Journey to Wellness* Guide: A New Recovery Tool. Michigan Peer Conference Michigan Department of Health and Human Services. Michigan Disability Rights Association.

Swarbrick, M. (August 19, 2021). Wellness Self-Care for Peer Supporters and to Ensure Social Justice, Washington Peer Workforce Alliance, Washington State Health Authority.

Swarbrick, M. (August 18, 2021). Wellness in 8 D: A Framework for to Transform Lives, Services and Communities, RI Learning Communities: The Imani Breakthrough Recovery Project, Strengthening System of Care for People with HIV and Opioid Use Disorders.

Swarbrick, M. (July 22, 2021). Wellness Self-Care for Peer Supporters and to Ensure Social Justice, 15th Annual NYC Conference for Working Peer Specialists.

Swarbrick, M. (June 17, 2021). *The 8 Dimensions of Wellness: A Model to Enhance Recovery*, Oregon Center of Excellence for Assertive Community Treatment (OCEACT), **2021 Annual Statewide OCEACT Conference**.

Swarbrick, M. (May 27, 2021). *The 8 Dimensions of Wellness: A Model to Enhance Resilience* Consumer Family Member Action Team (CFMAT) 1st Annual Peer Empowerment Conference.

Swarbrick, M. (October 28, 2020). *Secret Sauce: How Peer Support Specialists Can Enhance Individualized Placement and Support (IPS) Fidelity*, Oregon Supported Employment Center for Excellence, IPS Conference.

Swarbrick, M. (September 18, 2020). *Wellness Benefits of Work*, Tennessee Individualized Placement and Support (IPS) Conference, Tennessee Department of Mental Health and Substance Use Treatment, Office of Wellness and Employment.

Swarbrick, M. (December 5, 2019). *8 Dimensions of Wellness*, National Alliance on Mental Illness New Jersey (NAMINJ) Annual Conference.

Sample of Invited Panels

Swarbrick, M. (October 20, 2023). Research Co-Production: Framework and Practice in the Field of Health and Wellness. School of Management and Labor Relations, DEI Learning Circle. New Brunswick NJ. In Person.

Swarbrick, M. (June 14, 2022). Community Engaged Scholarship: Embracing Wellness & Co-production. (June 14, 2022). Community Engaged Scholarship: Best Practices to Promote Health Equity. New Brunswick NJ. In Person.

Swarbrick, M., Smullen-Theiling, A. (October 6, 2021). NJ DMHAS 6th Annual Suicide Prevention Conference, *Trauma: The Hidden Face of Suicide*. Invited panelists for Unmaking the Trauma of Suicide. NJDMHAS. Virtual.

Invited Learning Collaborative

Swarbrick, M. (October 6, 2023). Presented on the intersection of the Wellness and SDOH at the Virtual learning community on the social determinants of mental health. SMI Adviser, American Psychiatric Association, **1 hour virtual**

Posters

Brazeau, C, Ayyala, M, Chen, P, **Swarbrick, M.** (October 11-13, 2023). “Having Support at Work “is Different” and Important”: A Qualitative Study of Peer Discussion Groups Conducted Via Virtual and Text-based Platforms. American Conference on Physician Health, Palm Desert, CA.

DiGioia-Laird, V., Baker, P., Chrone, C., **Swarbrick, M.** (June 14, 2023). Journey to Wellness Workshop. Center of Alcohol and Substance Use Studies Annual Summer Symposium, Piscataway NJ.

Richardson, D., Aranda, F., Spees, C., **Swarbrick, M.,** Cook, J. (November 2022). Responses to the Consequences of the COVID-19 Pandemic: How individuals with behavioral health challenges cope. Poster submitted for the 13th Annual Department of Psychiatry Research Forum Extravaganza 2022. UIC, Center for Mental Health Services Research and Policy. Chicago, IL.

Shimoni, N., Perez, H., Porter, J., Shapiro, K., O'Dowd, M., Gracias, V., **Swarbrick, M.** (Rutgers University). A Time Like No Other: Differences in Healthcare Student Anxiety From 2020 to 2022. https://www.acha.org/ACHA/Events_and_Education/Virtual_Posters/Porter.pdf

Lopez-Castro, T., Bauer, A., Nizzi, M.C., Papini, S., Paul, L., & **Swarbrick, M.** (2021). A Year Like No Other: Longitudinal Trajectories of PTSD Symptoms in the COVID-Dynamic Study. Poster presented at the 37th Annual Meeting of the International Society for Traumatic Stress Studies

Brazeau, C, Ayyala, M, Chen, P, **Swarbrick, M:** Creating a Culture of Peer Support for Physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups, International Conference on Physician Health, Virtual Conference, April 26-30, 2021.

Boss, K., Steigman, P.J., **Swarbrick, M.,** Nemeck, P., & Cook, J.A. (2020, September 30). Symptoms of Generalized Anxiety & Depression in Response to COVID-19 among Individuals with Serious Mental Illness. Poster presentation. University of Illinois Chicago Department of Psychiatry 2020 Annual Research Forum, Chicago, IL.

Vega, M., Johnson, S., Jonikas, J.A., Swarbrick, P., Nemeck, P., & Cook, J.A. (2020, September 30). The Impact of the COVID-19 Pandemic on Mental Health and Well-Being: The Role of Employment. Poster presentation. University of Illinois Chicago Department of Psychiatry 2020 Annual Research Forum, Chicago, IL.

Richardson, D., Aranda, F., Spees, C., **Swarbrick, M.** & Cook, J. (2022, November 2). Responses to the Consequences of the COVID-19 Pandemic: How Individuals with Behavioral Health Challenges Cope.

Poster presentation. University of Illinois Chicago Department of Psychiatry 2022 Annual Research Forum, Chicago, IL.

Invited Seminars

Swarbrick, M., & McKernan-Ace, D. (October 13, 2023). Managing student mental health challenges in OT/OTA programs. AOTA Academic Leadership Council Meeting. 3 hour Virtual.

Swarbrick, M. (July 18, 2023). Wellness: A Model for Personal Growth, Practice and Research. Translational Research Training in Addictions for Racial/Ethnic Minority Program, City University and Columbia University Medical Center (CUMC). 3 hours Virtual.

Swarbrick, M. & Spagnolo, Amy (June 8, 2023). Wellness Self Care Resources. New Jersey Division of Mental Health and Addiction Services Quarterly Provider Meeting. Virtual.

Swarbrick, M., Pasalis, E., Rosenthal, H. (November 8, 2022). **The Eighth Dimension of Wellness: Spirituality as a Tool to Build Resilience.** *Crisis*, New York Association of Psychiatric Rehabilitation Practitioner Academy, Albany, NY.

Brandow, C., Bauer, A., Digioia-Laird, V., & **Swarbrick, M.** (March 3, 2022). Culturally Driven Research Partnerships to Promote Wellness and Recovery Outcomes. Center of Alcohol & Substance Use Studies Education and Training Conference.

Invited Podcast

Swarbrick, M & Vogelgesang, K. (October 19, 2022). Episode 1: What is Wellness? The 8-Dimensions of Wellness Model for Personal and Professional Practice. Iowa University Scanlan Center for Mental Health.

Sample of Invited Webinars

Swarbrick, M. (November 22, 2023). Winter Wellness Planning. New Jersey Coalition to End Domestic Violence, NJ.

Swarbrick, M. (November 3, 2023). Wellness and Social Determinants of Health (SDOH): Prevention, Treatment, and Recovery Supports. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M. Chrone, A., Brice G., Jones, N. (September 28, 2023). Supporting Your Mental Health Through Building Financial Wellness. National Alliance on Mental Illness Ask the Expert series.

Swarbrick, M. (June 27, 2023). When Recovery is Work: Promoting Wellness in Peer Support Roles. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS) GAINS Center.

Swarbrick, M. (September 21, 2023). A Wellness Model for Personal & Professional Practice. Rutgers Biomedical and Health Sciences Suicide Prevention Month Initiative.

Swarbrick, M. (June 9, 2023). New and Improved Wellness Tools. New Jersey Psychiatric Rehabilitation Association Sixth Annual Spring Conference.

Swarbrick, M. (May 12, 2023). Wellness Coaching: Benefits Fidelity and Innovation . Tennessee Department of Mental Health and Substance Use Treatment, Office of Wellness and Employment.

Swarbrick, M. (May 11, 2023). Accessing Wellness Tools to Enhance Recovery Outcomes. Tennessee Department of Mental Health and Substance Use Treatment, Office of Wellness and Employment.

Swarbrick, M. Chrono, A., Brice G., Jones, N. (April 14, 2023). Supporting Your Mental Health Through Building Financial Wellness. Mental Health America.

Jonikas, J.A. & Swarbrick, M. (November 10, 2022). Enhancing Immunity to Build Resilience: An Innovative Preventative Health Program. Invited webinar, National Alliance on Mental Illness, Ask the Expert Webinars.

Swarbrick, M. (October 19, 2022). Wellness in 8 D: Resources and Strategies to Build Resilience. 27th Annual Conference of the National Association of Case Management, Atlantic City, NJ.

Swarbrick, M. & Middleton A. (September 22, 2022). Embodied Leadership - Stories and Strategies: Conscious Innovation: Explore How Your Embodied Ideas Can Help Move Others to Action, *Crisis*, New York Association of Psychiatric Rehabilitation Annual Conference, New York.

Jonikas, J.A. & **Swarbrick, M** (July 27, 2022). Supporting the Behavioral Health Workforce: Enhancing Immune Health and Wellness. Invited webinar, National Association of State Mental Health Program Directors, Technology Transfer Centers Information Exchange.

Swarbrick, M. Chrono, A., Brice G., Jones, N. (June 15, 2022). From the Bottom all the Way to the Top: Building Financial Wellness. 2022 Annual Statewide OCEACT Conference.

Swarbrick, M. & McKernan Ace, D. (April 28, 2022). Creative Tools and Sensory Approaches to Build Wellness Pennsylvania Association of Psychiatric Rehabilitation Conference

Dick, L., & Swarbrick, M. (April 15, 2022). Whimsical Wellness Strategies for Youth. Community Care Behavioral Health Organization. Virtual.

Brandow, C., Bauer, A., Digioia-Laird, V., & Swarbrick, M. (April 29, 2022). Culturally Driven Research Partnerships to Promote Wellness and Recovery Outcomes. Center of Alcohol & Substance Use Studies Education and Training Conference.

Swarbrick, M. (January 27 2022). Wellness in 8D: A Lens to Build Resilience Magellan.

Swarbrick, M. (February 4, 2022). Building a workplace wellness culture [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Nemec, P. & Swarbrick, M. (January 7, 2022). Creating and sustaining wellness routines for work and home [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (December 3, 2021). Winter wellness planning [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (July 21, 2021). The 8 dimensions of wellness and social determinants of health: Prevention, treatment and recovery supports [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (July 14, 2021). You're muted: Engaging through telecommunication technologies [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Brazeau, C, Ayyala, M, Chen, P, Swarbrick, M. (April 26-30, 2021). *Creating a Culture of Peer Support for Physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups*, International Conference on Physician Health, Virtual Conference.

Swarbrick, M., & Brice, G., Jr. (April 14, 2021). Environmental wellness (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (March 18, 2021). Emotional wellness: It's more than mood (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (March 4, 2021). Emotional wellness: It's more than mood (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (February 18, 2021). Social wellness: Connecting is critical to health (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (February 4, 2021). Social wellness: Connecting is critical to health (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (January 21, 2021). Intellectual wellness through a range of activities (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (January 7, 2021). Intellectual wellness through a range of activities (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (December 17, 2020). Spiritual wellness: A path to peace and contentment [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M. (February 4, 2022). Building a workplace wellness culture [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Nemecek, P. & Swarbrick, M. (January 7, 2022). Creating and sustaining wellness routines for work and home [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (December 3, 2021). Winter wellness planning [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M. & Leitch, J. (October 30, 2020). *Best Practices for Recruiting and Retaining a Vibrant Peer Support Workforce*, New Jersey Association of Mental Health and Addiction Agencies Annual Conference: Reimagining Healthcare.

Swarbrick, M. & Luna, V. (October 29, 2020). *Financial Wellness*, New Jersey Association of Mental Health and Addiction Agencies Annual Conference: Reimagining Healthcare.

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (December 3, 2020). Winter wellness planning [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (November 19, 2020). Occupational wellness: The value of work and productive activity (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (November 5, 2020). Occupational wellness: The value of work and productive activity (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (October 15, 2021). Financial wellness: An achievable goal (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (October 1, 2021). Financial wellness: An achievable goal (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick M., Spagnolo, Smullen-Thieling A. (November 2021) Self-Care & Compassion for Our Everyday Lives. New Jersey Association of Mental Health and Addiction Agencies Annual Conference: IMCS Conference.

Swarbrick, M. (November 2021). The 8 Dimensions of Wellness & Social Determinants of Health: Prevention, Treatment and Recovery Supports. New Jersey Psychiatric Rehabilitation Association Conference.

Swarbrick, M. (October 2021). The 8 Dimensions of Wellness & Social Determinants of Health: Prevention, Treatment and Recovery Supports. New Jersey Association of Mental Health and Addiction Agencies Annual Conference.

Swarbrick, M., & Dick. (August 19, 2021). Self-Care for Peer Supporters: Creative Approaches to Build Wellness. Washington Peer Workforce Alliance, Washington State Health Authority.

Swarbrick, M., & Nemecek, P. (July 21, 2021). The 8 dimensions of wellness and social determinants of health: Prevention, treatment and recovery supports [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (July 14, 2021). You're muted: Engaging through telecommunication technologies [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M. & Tindle, J. (July 25, 2021). Self-Care for Peer Supporters: Creative Approaches to Build Wellness. Louisiana Association of Substance Abuse and Counselor Training (LSACT'21) Virtual Conference.

Swarbrick, M., & Dick, L. (July 22, 2021). Self-Care for Peer Supporters: Creative Approaches to Build Wellness. 15th Annual NYC Conference for Working Peer Specialists.

Swarbrick, M. (June 25, 2021). Creating Wellness in Your Work and Life. Community Health Worker, Community Health Worker Association & Rhode Island College.

Swarbrick, M. & Armstrong, J. (June 17, 2021). *Structured and Creative Tools to Enhance Wellness*, OCEACT, 2021 Annual Statewide OCEACT Conference.

Swarbrick, M. & Brandow, C. (Sept 25, 2020). *Take Charge! of Your Goals with Wellness Coaching*, New York Association of Psychiatric Rehabilitation Practitioners Conference.

Swarbrick, M., & Nemeck, P. (July 17, 2020). *Fidelity to the Wellness Coaching Model*, [Community Care Behavioral Health Organization](#) Behavioral Health Home Plus Conference.

Swarbrick, M., & Nemeck, P. (July 10, 2020). *Addressing the social determinants of health through the 8 dimensions of wellness*, [Community Care Behavioral Health Organization](#) Behavioral Health Home Plus Conference.

Swarbrick, M., Nemeck, P., Brice, G. (June 5, 2020). *Wellness A Framework for Our Work & Lives*, Pennsylvania Association of Psychiatric Rehabilitation Conference.

Swarbrick, M., & Nemeck, P. (April 21, 2020). *Wellness Self-Care During Crisis*, New York Association of Psychiatric Rehabilitation Practitioner Spring Conference.

Swarbrick, M. (April 15, 2020). *Wellness During Crisis*, National Alliance on Mental Illness New Jersey (NAMINJ).

Swarbrick, M., Nemeck, P., & Brice, G., Jr. (September 17, 2020). Overview of wellness coaching [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States](#). Swarbrick, M., & Nemeck, P. (September 3, 2020). Wellness: A lens to build resilience [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States](#).

A listing of invited keynotes, workshops, and panels prior to 2020 is available upon request.