

Sabrina Marie Todaro

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EDUCATION

2019-2020	Rutgers University – Camden M.A. Psychology <i>Expected December 2020</i> GPA: 4.0	Camden, NJ
2016	The College of New Jersey B.A. Psychology and Minor in Deaf Studies GPA: 3.3	Ewing, NJ

THESIS PROJECT

2020	The Effect of Substance Use Treatment Activity Utilization on Change in Risk and Protective Factors Across Treatment <i>Rutgers University - Camden</i> Mentor: Jennifer F. Buckman, Ph.D. <u>Principal Investigator</u> <i>This thesis project is a secondary analysis of data collected from a substance use treatment center as part of a program evaluation. Data collection systems were implemented to track progress and engagement in the treatment program. The current project will examine whether utilization of the program's treatment activities affects outcomes measured as protective and risk factors for substance use.</i>	Camden, NJ
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RESEARCH EXPERIENCE

2016-Present	Addiction Treatment Center Program Evaluation & Research <i>Rutgers University - Center of Alcohol Studies</i> Project Director: Jennifer F. Buckman, Ph.D. <i>This project aimed to assess existing record keeping and implement improved data collection systems to track the treatment progression and outcomes of patients in a residential inpatient program for substance use.</i> <u>Graduate Research Assistant</u> <ul style="list-style-type: none">• Inventory and evaluate client record systems (e.g., admission assessments, daily activity tracking, quality of life measures)• Implement data collection systems to track the utilization of treatment activities• Manage data and perform statistical analyses• Present yearly progress reports to CEO and clinical director	Piscataway, NJ
2016-Present	Athlete Health and Neuroscience Laboratory <i>Rutgers University - Center of Alcohol Studies</i> Laboratory Director: Jennifer F. Buckman, Ph.D. <i>This laboratory focuses on health behavior, wellness, and lifestyle, with a specific interest in concussion risk and recovery in athletes. Additional projects are linked to informing university substance use policies and programs.</i> <u>Graduate Research Assistant</u> <ul style="list-style-type: none">• Manage data from six databases for 764 NCAA Division I athletes (e.g., medical, cognitive, behavioral, vestibular, cardiovascular, health, and concussion data)• Collect alcohol admissions data from emergency department medical records	Piscataway, NJ

- Analyze physiological, medical, and psychosocial data using SAS and Excel
- Co-develop manuscripts for publication

2016-Present

Cardiac Neuroscience Laboratory

Rutgers University - Center of Alcohol Studies

Laboratory Director: Marsha E. Bates, Ph.D.

Piscataway, NJ

This laboratory assesses how the brain interacts with cardiologic and respiratory systems to influence substance use and addiction, using a paced breathing intervention, physiology measures, and brain imaging.

Research Assistant

- Manage administrative laboratory tasks including Institutional Review Board continuing reviews and amendments
- Recruit, screen, and schedule study participants (control and clinical samples)
- Participant testing for fMRI research projects
- Review application materials and interview potential candidates for the undergraduate volunteer program

2016-2018

Addiction Education Program

Rutgers University - Center of Alcohol Studies

Interim Director: Jennifer F. Buckman, Ph.D.

Piscataway, NJ

This program provides addiction education through a wide range of capacities such as seminars for continuing education credit, community outreach, and specialized trainings.

Project 1: Summer School of Addiction Studies

New Jersey state-supported, intensive, multiday professional development program for drug and alcohol counselors that offers lectures and courses instructed by experts in the addiction field.

Educational Program Assistant

- Created, edited, and compiled event documents (e.g., class materials, evaluation surveys, program brochures/flyers, class descriptions, instructor biographies)
- Provided needs support for students and instructors prior to event
- Coordinated executive decisions (e.g., venue selection, event layout, menu pricing, event logos, staff materials, post-event feedback)
- Served as an event administrator (e.g., event registration, fielded student concerns, assigned continuing education credits)
- Managed program evaluation data following the event

Project 2: Fetal Alcohol Spectrum Disorders Education & Awareness Training

CDC-funded subcontract to disseminate information and train healthcare providers on the current research on Fetal Alcohol Spectrum Disorders.

Outreach Program Assistant

- Coordinated scheduling and provided technological support for program meetings
- Managed private online portal (e.g., compiled relevant FASD references, monitored member access)
- Awarded certificates for 'Champions of FASD' project

Project 3: CAPTAIN (Certificate for Advanced Police Training on Addiction Interventions) Train-the-Trainer Program

Law enforcement outreach program to promote evidence-based community policing efforts around addiction interventions.

Outreach Program Assistant

- Promoted program through advertisement development and direct communication with local police departments
- Supported scheduling for trainings
- Administered certificates for program completion

2015-2016

Clinical Outcomes & Processes Laboratory

The College of New Jersey

Advisor: Ashley Borders, Ph.D.

Ewing, NJ

This laboratory conducts research studies on the clinical impact of collective rumination, particularly among minority groups and college students.

Undergraduate Research Assistant

- Managed and facilitated experiments on rumination in groups about a shared concern (e.g., “catcalling” for women, campus issues for college students such as dining services and campus construction)
- Conducted relevant literature reviews on collective rumination, mindfulness, and emotion regulation
- Conducted an independent study on collective rumination to gather new materials for a future course
- Presented a co-authored research poster synthesizing 5 independent seminar projects on collective rumination at the Celebration of Student Achievement

MENTORSHIP & TEACHING

2016-Present

Cardiac Neuroscience Laboratory

Rutgers University - Center of Alcohol Studies

Piscataway, NJ

Volunteer Program Leader

- Supervise individual student research projects by providing conceptual guidance and written feedback on research questions, data analysis, and poster presentations
- Create and present a seminar series for undergraduate volunteers to foster success in the laboratory and in future careers (e.g., “How to get the most out of CNL”, “Graduate School and the Future”. “How to Create a Research Poster”)

2017-2019

Athlete Health and Neuroscience Laboratory

Rutgers University - Center of Alcohol Studies

Piscataway, NJ

Research Mentor

- Supervised processing of physiology data by undergraduate researchers
- Held weekly meetings with undergraduates to solidify the understanding of concepts, respond to questions, and advance progress on the project
- Mentored an undergraduate research assistant in contributing to the development of laboratory publications

2016-2019

Addiction Treatment Center Program Evaluation & Research

Rutgers University - Center of Alcohol Studies

Piscataway, NJ

Research Mentor

- Created and taught a data entry and management protocol to a team of undergraduate research assistants
- Managed a team of research assistants on data entry, management, and analysis of program evaluation data

Instructional Intern (Teaching Assistant)

- Scheduled and administrated a seminar research project on collective rumination about campus issues
- Provided assignment feedback and office hours for students
- Tracked student attendance and participation during class

PUBLICATIONS

Peer Reviewed

Esopenko, C., deSouza N., Conway, F.N., **Todaro, S.M.**, & Buckman, J.F. (2020). Bigger necks are not enough: An examination of neck circumference in incoming college athletes. *Journal of Primary Prevention*, 41, 421-429. doi: 10.1007/s10935-020-00600-5.

deSouza N., Esopenko, C., Conway, F.N., **Todaro, S.M.**, & Buckman, J.F. (2019). Patterns of health behaviors affecting mental health in collegiate athletes. *Journal of American College Health*, epub ahead of print. doi: 10.1080/07448481.2019.1682591.

Conway, F.N., Domingues, M., Monaco, R., Lesnewich, L., Ray, A.E., Alderman, B.L., **Todaro, S.M.**, & Buckman, J.F. (2018). Concussion symptom underreporting among incoming National Collegiate Athletic Association Division I College Athletes. *Clinical Journal of Sport Medicine*, ePub ahead of print. doi: 10.1097/JSM.0000000000000557.

In Review

Saalfield, J., Esopenko, C., Weismiller, S.A., Brostrand, K., Bates, M.E., Conway, F.N., Todaro, S.M., & Buckman, J.F. (in revision). Characterizing cognitive performance using digital neuropsychological assessments: Comparisons to published paper-and-pencil tests. Submitted to: *The Clinical Neuropsychologist*.

In Preparation

Conway, F.N., **Todaro, S.M.**, Lesnewich, L., deSouza N., & Buckman, J.F. (*in preparation*). Off-field aggression among athletes: A systematic review of empirical studies.

Saalfield, J., Piersol, K., Womack, J., Weismiller, S.A., **Todaro, S.M.**, Monaco, R., & Buckman, J.F. Comparison of balance assessment strategies in uninjured NCAA Division I athletes. To be submitted to: *Clinical Journal of Sports Medicine*.

Todaro, S.M., Conway, F.N., Brostrand, K., Brush, C.J., Olson, R., Alderman, B.L., Womack, J., & Buckman, J.F. (*in preparation*). Inconsistencies in concussion self-report measures.

Conway, F.N., **Todaro, S.M.**, Patel, R., Brostrand, K., Muzumdar, N., Brush, C.J., Olson, R., Alderman, B.L., & Buckman, J.F. (*in preparation*). Characterizing resting heart rate variability profiles in college athletes during pre-participation physicals.

Conway, F.N., **Todaro, S.M.**, Patel, R., Brostrand, K., Muzumdar, N., Brush, C.J., Olson, R., Alderman, B.L., & Buckman, J.F. (*in preparation*). The use of a slow paced breathing task to improve heart rate variability assessments in college athletes.

PRESENTATIONS

****Award received*

Main Presenter

Todaro, S.M., Uhouse, S.G., Morgano, J.A., Pawlak, A.P., Bates, M.E., & Buckman, J.F. (2020, March). *Individual and Contextual Differences in a Breathing-Based iPhone App Intervention in Women with SUD*. Presented at American Psychopathological Association Annual Meeting, New York, NY.

Todaro, S.M., Morgano, J.A., Bates, M.E., & Buckman, J.F. (2019, May). *Encoding Self-Reported Situations: The Use of an iPhone App-Based Breathing Intervention in Women with SUD*. Presented at the 6th Annual Center of Alcohol Studies Poster Session, Piscataway, NJ.

Todaro, S.M., Helton, S.G., Morgano, J.A., Lesnewich, L.M., Bates, M.E., & Buckman, J.F. (2019, April). *Experiencing Medical Problems Promotes the Use of an iPhone App-Based Breathing Intervention*. Presented at the Collaborative Perspectives on Addiction Meeting, Providence, RI.

Todaro, S.M., Morgano, J.A., Conway, F.N., Buckman, J.F., & Bates, M.E. (2018, April). *Triggers for Substance Use Influence Use of an iPhone App Intervention*. Presented at the 19th Annual Department of Psychiatry Poster Session, Piscataway, NJ.

*****Todaro, S.M.**, Conway, F.N., & Buckman, J.F. (2017, May). *Tracking Treatment Outcomes: Planning a Program Evaluation of a Private Substance Abuse Treatment Center*. Presented at the 4th Annual Center of Alcohol Studies Poster Session, Piscataway, NJ.

Co-Author

Muzumdar, N., Vaschillo, E.G., Jacko, A.L., **Todaro, S.M.**, Vaschillo, B., Bates, M.E., Buckman, J.F. (2020, March). *Tracking Cannabis and Alcohol Use During College Transitions: Prevalences, Sex Differences, and Stress Relief*. Presented at American Psychopathological Association Annual Meeting, New York, NY.

***Helton, S.G., Pawlak, A.P., **Todaro, S.M.**, Morgano, J.A., Buckman, J.F., & Bates, M.E. (2019, June). *Factors that Predict Client Use of a Technology-Based Paced Breathing Adjunct to Substance Use Treatment as Usual*. Presented at Research Society on Alcoholism Scientific Meeting, Minneapolis, MN.

Helton, S.G., **Todaro, S.M.**, Lesnewich, L.M., Morgano, J.A., Buckman, J.F., & Bates, M.E. (2019, April). *Cognitive Performance Predicts Use of a Paced Breathing iPhone Application in Women with Substance Use Disorders*. Presented at the Collaborative Perspectives on Addiction Meeting, Providence, RI.

Mentor

*****Brahmachari, S.**, Helton, S.G., **Todaro, S.M.**, Buckman, J.F., & Bates, M.E. (2019, May). *Difficulties in Emotion Regulation and Drinking Behaviors*. Presented at the 6th Annual Center of Alcohol Studies Poster Session, Piscataway, NJ.

Jacko, A.L., **Todaro, S.M.**, Buckman, J.F., & Bates, M.E. (2019, May). *Collaborative HRV International Research Project: Public Health Initiative*. Presented at the 6th Annual Center of Alcohol Studies Poster Session, Piscataway, NJ.

Tschoe, J., Menon, V., **Todaro, S.M.**, Lesnewich, L.M., Buckman, J.F., & Bates, M.E. (2018, May). *The Effect of Recent Marijuana Use on Alcohol Use Behavior*. Presented at the 5th Annual Center of Alcohol Studies Poster Session, Piscataway, NJ.

AWARDS & HONORS

2017	Rutgers University - Center of Alcohol Studies 4 th Annual Poster Session - Research Trainee Award
2015	The College of New Jersey Dean's List

MEMBERSHIPS

2018-Present	Society of Addiction Psychology – American Psychological Association Division 50
2016-2017	Association for Psychological Science

CERTIFICATIONS & SKILLS

- Collaborative Institutional Training Initiative (CITI) - Human Subjects Research
 - National Institutes of Health (NIH) - Protecting Human Research Participants
 - Proficient in SAS, SPSS, Qualtrics, and Microsoft Office
 - American Sign Language
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REFERENCES

Jennifer F. Buckman, Ph.D.
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