

Sabrina Marie Todaro

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EDUCATION

2016 **The College of New Jersey** Ewing, NJ
B.A. Psychology and Minor in Deaf Studies
GPA: 3.3

RESEARCH EXPERIENCE

2016-Present **Athlete Health and Neuroscience Laboratory** Piscataway, NJ
Rutgers University - Center of Alcohol Studies
Laboratory Director: Jennifer F. Buckman, Ph.D.

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.

Research Assistant

- Manage data from six databases for 764 NCAA Division I athletes
- Collect alcohol admissions data from emergency department medical records
- Analyze physiological, medical, and psychosocial data
- Co-develop manuscripts for publication

2016-Present **Ambrosia Treatment Center Program Evaluation** Piscataway, NJ
Rutgers University - Center of Alcohol Studies
Project Director: Jennifer F. Buckman, Ph.D.

This project is developing an overview of the clinical program's strengths and limitations for the ultimate goal of prospectively tracking rates of sustained recovery and irregular discharge.

Project Coordinator

- Inventory and evaluate client record systems
- Implement data collection systems for the residential inpatient program
- Perform data entry and statistical analyses
- Create yearly progress reports

2016-Present **Cardiac Neuroscience Laboratory** Piscataway, NJ
Rutgers University - Center of Alcohol Studies
Laboratory Director: Marsha E. Bates, Ph.D.

This laboratory assesses how the heart, brain, and lungs interact to influence substance use and addiction, using a paced breathing intervention, physiology measures, and brain imaging.

Research Assistant

- Manage Institutional Review Board continuing reviews and amendments for the protection of human subjects in research
- Recruit, screen, and schedule study participants
- Perform study assessments for fMRI research projects
- Transcribe laboratory meeting minutes
- Coordinate schedules and training for undergraduate research assistants
- 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 a range of addiction education outlets such as seminars for continuing education credit, community outreach, and specialized trainings.

Project 1: Summer School of Addiction Studies

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

Educational Program Assistant

- Managed program evaluation data
- Assisted in class registration and event administration
- Edited event documents

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 technological support
- Updated online resource portal
- Administered 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
- Conducted relevant literature reviews on collective rumination, mindfulness, and emotion regulation
- Presented a research poster at the Celebration of Student Achievement

Instructional Intern (Teaching Assistant)

- Scheduled and administrated seminar research project
- Provided assignment feedback and office hours for students
- Tracked student attendance and participation

HONORS

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

PUBLICATIONS

- 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. (ePub ahead of print). *Clinical Journal of Sport 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.
- 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.
- deSouza N., Esopenko, C., Conway, F.N., **Todaro, S.M.**, & Buckman, J.F. (*submitted for publication*). Patterns of health behaviors affecting mental health in collegiate athletes.
- Esopenko, C., deSouza N., Conway, F.N., **Todaro, S.M.**, & Buckman, J.F. (*submitted for publication*). Bigger necks are not enough: An examination of neck circumference in incoming college athletes.

PRESENTATIONS

- 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, Minnesota.
- 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.
- 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.
- 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.
- 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.

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.

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.

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.

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