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Allison N. Herman, M.Ed., MPH

Columbia-Bassett Program

One Atwell Road

Cooperstown, NY 13326

Tel: (607) 547-6650

Fax: (607) 547-7634

Email: allison.herman@bassett.org

PERSONAL DATA

Birthplace: Meadowbrook, PA

Citizenship: USA

ACADEMIC APPOINTMENTS, HOSPITAL APPOINTMENTS, AND OTHER WORK EXPERIENCE

ACADEMIC APPOINTMENTS

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|-------------------|---|
| 1-2018 to present | Research Coordinator, Columbia-Bassett Program, Bassett Medical Center, Cooperstown, NY |
| 1-2017 to 12-2018 | Senior Research Associate, Center for Obesity Research and Education, College of Public Health, Temple University, Philadelphia, PA |
| 1-2015 to 9-2015 | Research Associate, Dean's Office of Research, College of Public Health, Temple University, Philadelphia, PA |
| 9-2012 to 2-2013 | Research Coordinator, Center for Obesity Research and Education, College of Public Health, Temple University, Philadelphia, PA |

HOSPITAL APPOINTMENTS

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| 2-2013 to 12-2014 | Clinical Research Coordinator, Healthy Weight Program, the Children's Hospital of Philadelphia, Philadelphia, PA |
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OTHER WORK EXPERIENCE

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| 9-2015 to 12-2016 | Mental Well-Being Program Coordinator, Wellness Resource Center, Division of Student Affairs, Temple University, Philadelphia, PA |
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EDUCATION

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| 8-2010 to 5-2012 | MPH, Temple University, College of Public Health, Philadelphia, PA |
| 8-2007 to 1-2009 | M.Ed. (in Human Development), Lehigh University, College of Education, Bethlehem, PA |
| 8-2004 to 5-2006 | BA, Psychology, Temple University, College of Liberal Arts, Philadelphia, PA |
| 8-2002 to 5-2004 | Lafayette College, Easton, PA |

TRAINING

1 to 6-2021	Deepening Trauma Awareness, Lakeside Global Institute, North Wales, PA (Twelve 2.5-hour sessions over 24 weeks)
9 to 12-2019	Enhancing Trauma Awareness, Lakeside Global Institute, North Wales, PA (Six 2.5-hour sessions over 12 weeks)
6-2016	Basic Psychological First Aid training, Rowan University, Glassboro, NJ
3-2016	Safe Zone training (LGBTQIA ally training), Temple University, Philadelphia, PA

HONORS & AWARDS

2006	Graduated summa cum laude, Temple University, Philadelphia, PA
2006	Temple University President's Scholar (distinguished scholarship), Philadelphia, PA
2002-2004	Marquis Scholar (merit-based scholarship for distinguished academic achievement, leadership, and intellectual curiosity), Lafayette College, Easton, PA

EDUCATIONAL CONTRIBUTIONS

During my time as the Mental Well-Being Program Coordinator with the Wellness Resource Center at Temple University (2015-2016), I co-facilitated the "Brief Motivational Interviewing" (BMI) training (2-hour training, offered approximately once per month) that we offered to university faculty and staff to better manage challenging student behavior. I facilitated follow-up monthly lunches for participants in the BMI training. During the final months of my position, I also co-facilitated follow-up sessions with specific academic departments. In this position, I also supervised two students who worked as assistants to the Mental Well-Being Program Coordinator, as well as served as the staff supervisor to two student groups, People for Positivity and Active Minds. I also supervised the graphic design student who developed all the social marketing materials for the Wellness Resource Center. The Wellness Resource Center offers a 3-credit course to students interested in becoming certified peer health educators. During my time at the Wellness Resource Center, I taught the mental health content during one class session each semester (spring 2016, fall 2016). Additionally, I co-facilitated the Body Project (fall 2016) with the university dietician for a small group of female students around body image, societal expectations, and self-acceptance. Finally, I gave presentations campus-wide, as requested, around the following general areas: mental health, positive psychology, and brief motivational interviewing.

In my role as Research Coordinator with the Columbia-Bassett Program (2018-present), we work with two to three Columbia University medical students every summer, who participate in our lab's ongoing research projects. I provide training and mentorship to the students, including instruction in the following: research design, methods, and ethics; qualitative data analysis; conducting effective literature searches and reference management; concise and effective scientific writing; and manuscript submission and revision.

PUBLICATIONS

PUB#

- 18 Whitaker RC, Dearth-Wesley T, **Herman AN**, Block AE, Holderness MH, Waring NA, Oakes JM. The interaction of adverse childhood experiences and gender as risk factors for depression and anxiety disorders in US adults. *BMC Public Health*. 2021;21:2078. DOI: 10.1186/s12889-021-12058-z
- 17 Whitaker RC, **Herman AN**, Dearth-Wesley T. Death from COVID-19 as context for early childhood education. *JAMA Pediatr*. 2021;175(11):1176-1178. DOI: 10.1001/jamapediatrics.2021.2348.
- 16 Nagel KE, Dearth-Wesley T, **Herman AN**, Smith HG, Whitaker RC. Diabetes distress and glycaemic control in young adults with type 1 diabetes: associations by use of insulin pumps and continuous glucose monitors. *Diabet Med*. 2021;38:e14660. DOI: 10.1111/dme.14660
- 15 Whitaker RC, Dearth-Wesley T, **Herman AN**. The association of daily spiritual experiences with depression among Head Start staff. *Early Child Res Q*. 2021;56:65-77. DOI: 10.1016/j.ecresq.2021.03.001
- 14 Whitaker RC, Dearth-Wesley T, **Herman AN**. Childhood family connection and adult flourishing: associations across levels of childhood adversity. *Acad Pediatr*. 2021;21(8):1380-1387. DOI: 10.1016/j.acap.2021.03.002
- 13 Nagel KE, Dearth-Wesley T, **Herman AN**, Smith HG, Gandica RG, Golden LH, Weil HFC, Whitaker RC. The association between dispositional mindfulness and glycemic control in type 1 diabetes during early adulthood: differences by age and adverse childhood experiences. *Pediatr Diabetes*. 2020;21(4):681-691. DOI: 10.1111/pedi.13000
- 12 Whitaker RC, Dearth-Wesley T, **Herman AN**, Nagel KE, Smith HG, Weil HFC. Association of childhood family connection with flourishing in young adulthood among those with type 1 diabetes. *JAMA Netw Open*. 2020;3(3):e200427. DOI:10.1001/jamanetworkopen.2020.0427.
- 11 **Herman AN**, Whitaker RC. Reconciling mixed messages from mixed methods: a randomized trial of a professional development course to increase trauma-informed care. *Child Abuse Negl*. 2020;101:104349. DOI: 10.1016/j.chiabu.2019.104349 [Epub ahead of print]
- 10 Whitaker RC, **Herman AN**, Dearth-Wesley T, Hubbell K, Huff R, Heneghan LJ, Rowe PC. The association of fatigue with dispositional mindfulness: relationships by levels of depressive symptoms, sleep quality, childhood adversity, and chronic medical conditions. *Prev Med*. 2019;129:105873. DOI: 10.1016/j.ypmed.2019.105873 [Epub ahead of print]
- 9 Whitaker RC, Dearth-Wesley T, **Herman AN**, Oakes JM, Owens JA. A quasi-experimental study of the impact of school start time changes on adolescents' mood, self-regulation, safety, and health. *Sleep Health*. 2019;5(5):466-469. DOI: 10.1016/j.sleh.2019.06.011

- 8 Whitaker RC, **Herman AN**, Dearth-Wesley T, Smith HG, Burnim SB, Myers EL, Saunders AM, Kainz K. Effect of a trauma-awareness course on teachers' perceptions of conflict with preschool-aged children from low-income urban households: a cluster randomized clinical trial. *JAMA Netw Open*. 2019;2(4):e193193. DOI: 10.1001/jamanetworkopen.2019.3193
- 7 Owens JA, Dearth-Wesley T, **Herman AN**, Whitaker RC. Drowsy driving, sleep duration, and chronotype in adolescents. *J Pediatr*. 2019;205:224-229. DOI: 10.1016/j.jpeds.2018.09.072
- 6 Owens JA, Dearth-Wesley T, **Herman AN**, Oakes JM, Whitaker RC. A quasi-experimental study of the impact of school start time changes on adolescent sleep. *Sleep Health*. 2017;3(6):437-443. DOI: 10.1016/j.sleh.2017.09.001
- 5 Fisher JO, Wright G, **Herman AN**, Malhotra K, Serrano EL, Foster GD, Whitaker RC. "Snacks are not food": low-income, urban mothers' perceptions of feeding snacks to their preschool-aged children. *Appetite*. 2015;84:61-67. DOI: 10.1016/j.appet.2014.09.007.
- 4 Whitaker RC, Becker BD, **Herman AN**, Gooze RA. The physical and mental health of Head Start staff: the Pennsylvania Head Start Staff Wellness Survey, 2012. *Prev Chronic Dis*. 2013;10:E181. DOI: 10.588/pcd10.130171. PMID: PMC3816599.
- 3 Malhotra K, **Herman AN**, Wright G, Bruton Y, Fisher JO, Whitaker RC. Perceived benefits and challenges for low-income mothers of having family meals with preschool-aged children: childhood memories matter. *J Acad Nutr Diet*. 2013;113(11):1484-1493. DOI: 10.1016/j.jand.2013.07.028s.
- 2 **Herman AN**, Malhotra K, Wright G, Fisher JO, Whitaker RC. A qualitative study of the aspirations and challenges of low-income mothers in feeding their preschool-aged children. *Int J Behav Nutr Phys Act*. 2012;9:132. DOI: 10.1186/1479-5868-9-132.
- 1 O'Dell SM, Vilardo BA, Kern L, Kokina A, **Ash AN**, Seymour KJ, Castrantas LM, Kollar RB, Wagner AM, Bartholomew A, Thomas LB. JPBI 10 years later: trends in research studies. *J Posit Behav Interv*. 2010 (first published online December 14, 2010). DOI: 10.1177/1098300710385346.

MANUSCRIPTS UNDER REVIEW

1. Whitaker RC, Dearth-Wesley T, **Herman AN**, van Wingerden ASN, Winn DW. The association between family connection and flourishing among adolescents in 26 countries.
2. **Herman AN**, Dearth-Wesley T, Whitaker RC. The association between workplace spirituality and turnover among early childhood education professionals.

REPORTS

1. **Herman AN**, Dearth-Wesley T, Whitaker RC. "Implementation Evaluation of First Up's Spring 2021 Foundation Series: Attendance Summary Report." Report submitted to First Up. Columbia-Bassett Research Program, Cooperstown, NY, July 2021.
2. **Herman AN**, Dearth-Wesley T, Whitaker RC. "Implementation Evaluation of First Up's Spring 2021 Trauma Foundation Series: Baseline Characteristics of Registered Participants." Report submitted to First Up. Columbia-Bassett Research Program, Cooperstown, NY, April 2021.
3. Whitaker RC, **Herman AN**, Dearth-Wesley T, Smith HG. "Evaluation of Professional Development Courses to Increase Trauma-Awareness." Report submitted to United Way of Greater Philadelphia and Southern New Jersey, Columbia-Bassett Research Program, Cooperstown, NY, January 2018.
4. Whitaker RC, Gooze RA, **Herman AN**, Becker BD. "The Pennsylvania Head Start Staff Wellness Survey: Final Report." Philadelphia, PA, Temple University, January 2013.

PUBLISHED ABSTRACTS

1. Nagel KE, Dearth-Wesley T, **Herman AN**, Smith H, Gandica RG, Golden LH, Weil HFC, Whitaker RC. The association of dispositional mindfulness and adverse childhood experiences with glycemic control among young adults with type 1 diabetes. *Diabetes* 2018 Jul; 67(suppl 1): DOI: 10.2337/db18-218-OR (abstract 218-OR).
2. Fisher JO, Wright G, **Herman AN**, Malhotra K, Serrano EL, Foster GF, Whitaker RC. Snacks are not food: low-income mothers' definitions and feeding practices around child snacking. *FASEB J.* 2013;27:231.1. (abstract 231.1)

INVITED AND/OR PEER-SELECTED PRESENTATIONS AT INTERNATIONAL, NATIONAL, OR REGIONAL LEVELS

PAPER PRESENTATIONS

1. The association of dispositional mindfulness and adverse childhood experiences with glycemic control among young adults with type 1 diabetes. Nagel KE, Dearth-Wesley T, **Herman AN**, Smith H, Gandica RG, Golden LH, Weil HFC, Whitaker RC. The American Diabetes Association, 78th Scientific Sessions, Orlando, FL, June 24, 2018.
2. Snacks are not food: low-income mothers' definitions and feeding practices around child snacking. Fisher JO, Wright G, **Herman AN**, Malhotra K, Serrano EL, Foster GF, Whitaker RC. Experimental Biology Meetings, Boston, MA, April 20, 2013.
3. What influences low-income mothers' feeding decisions with their preschoolers? **Herman A**, Malhotra K, Wright G, Fisher JO, Whitaker RC. College of Health Professions and Social Work Research Day, Temple University, Philadelphia, PA, April 26, 2012. (poster)

INVITED LECTURES

NATIONAL

1. The Head Start workforce: from trauma in childhood to flourishing with adversity at work in adulthood. Office of Head Start. Mental Health Workgroup of the Head Start National Training and Technical Assistance Centers (via conference call), July 15, 2021. Whitaker RC, **Herman AN**, Dearth-Wesley T.
2. Evaluation of the *Enhancing Trauma Awareness* professional development course. Mental Health Workgroup of the Head Start National Training and Technical Assistance Centers (via conference call), March 9, 2020. Whitaker RC, **Herman AN**, Dearth-Wesley T.
3. Addressing the health and well-being of Head Start staff: the role of trauma awareness. National Head Start Association Winter Leadership Institute, Washington, DC, January 23, 2018. Whitaker RC, **Herman AN**.
4. The Pennsylvania Head Start Staff Wellness Survey: a successful academic and community partnership. The National Head Start Association Winter Leadership Health Institute, Washington, DC, January 29, 2013. Whitaker RC, Gooze RA, **Herman AN**, Becker BD.

LOCAL AND REGIONAL

1. An international study of family connection and flourishing in adolescents. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, September 21, 2021. Whitaker RC, Dearth-Wesley T, **Herman AN**.
2. Depression and anxiety disorders in US adults: the interaction of gender and childhood trauma as risk factors. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, October 20, 2020. Whitaker RC, Dearth-Wesley T, **Herman AN**.
3. Improving relationships with children and families: finding your trauma lens. The School District of Philadelphia, Philadelphia, PA, April 10, 2019. Whitaker RC, **Herman AN**, Dearth-Wesley T.
4. A randomized trial of a professional development course to increase trauma-informed care. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, March 19, 2019. Whitaker RC, **Herman AN**, Dearth-Wesley T.
5. An evaluation of “Enhancing Trauma Awareness” in the School District of Philadelphia’s early childhood education programs. Lakeside Global Institute, North Wales, PA, November 9, 2018. Whitaker RC, **Herman AN**, Dearth-Wesley T.
6. An evaluation of “Enhancing Trauma Awareness” in the School District of Philadelphia’s early childhood education programs. United Way of Greater Philadelphia and Southern New Jersey, Philadelphia, PA, October 2, 2018. Whitaker RC, Dearth-Wesley T, **Herman AN**.
7. An evaluation of “Enhancing Trauma Awareness” in early childhood education. Institute for Family Professionals, Lakeside Global Institute, Philadelphia, PA, November 15, 2017. Whitaker RC, **Herman AN**, Dearth-Wesley T.

8. Suicide prevention: passive and active awareness campaigns. Pennsylvania Higher Education Suicide Prevention Coalition (Mental Health Awareness Endeavors on Campus Session), 1st Annual Conference, Philadelphia, PA, March 7, 2016. **Herman AN**, Persaud C.
9. Meaningful feeding: understanding the role of mothers' childhood memories. North, Inc. (The Philadelphia WIC Program), Philadelphia, PA, October 16, 2012. Whitaker RC, **Herman AN**.

GRANT SUPPORT

Title: **An evaluation of a professional learning series for early childhood educators about trauma**

Source: First Up

Role: Project Director (PI: Robert C. Whitaker, MD, MPH)

Goals: To conduct an implementation evaluation of a three-class learning series for early childhood education professionals about developmental trauma

Period of support: 1/01/2021 – 12/31/2021

Total costs: \$25,000

Title: **A random assignment evaluation of trauma-awareness training for teachers of low-income preschool-aged children**

Source: United Way of Greater Philadelphia and Southern New Jersey (17958)

Role: Project Coordinator (PI: Robert C. Whitaker, MD, MPH)

Goals: To evaluate, using a random assignment design, the impact of a trauma-awareness training on teacher-children relationship quality among classroom teachers of low-income preschool-aged children

Period of support: 1/01/2018 – 12/31/2018

Total costs: \$100,000