

Population Served: University of Arkansas students and faculty
Topics: Effective supervision practices

Specialty Topic Practicum

6/23-7/23

Instructor: Jessica Fugitt, Ph.D.

Populations Served: University of Arkansas students and faculty
Topics: Addressing fatphobic beliefs in clinical practice

Diversity Practicum

1/23-5/23

Instructor: Lindsay Ham, Ph.D.

Population Served: University of Arkansas students
Topics: Cultural considerations for various populations in clinical work

Intervention Practicum

8/22-12/22

Instructor: Ana Bridges, Ph.D.

Population Served: University of Arkansas students and faculty
Services: Individual psychotherapy

Assessment Practicum

1/22-6/22

Instructor: Matt Judah, Ph.D.

Population Served: University of Arkansas students, local community members
Assessments: Intellectual and cognitive (e.g., WAIS), neurocognitive (e.g., COWA),
personality (e.g., PAI)

Psychological Clinic Assistant

8/21-8/22

Supervisor: Jennifer Veilleux, Ph.D.

Completed mental health screeners and managed staffing of cases to clinicians.

Clinical Intern at Conway Human Development Center

8/19-12/19

Supervisors: Richard Moore, Ed.D.; Penny Dedmond, M.S., Cassandra Ingram, M.S.

Observed clients in a residential environment for maladaptive behaviors and completed qualitative interviews with staff to assess reward strategies being implemented.

Research Experience

Diversity Research and Enhanced Access for Minorities Lab

Current

Lab Director: Ana J. Bridges, Ph.D.

Conduct research focused on understanding the barriers that minoritized and underserved populations experience when seeking mental health treatment. Attend separate, weekly meetings with undergraduate research assistants, lab director, and other graduate students. Participate in collaborative work on an acculturation measure. Also, assist in writing and editing peer-led publications (see below).

Productive Behavioral Health Clinicians Project

Current

Collaborators: Ana J. Bridges, Ph.D.; Anna Nguyen, M.A., CRC

Attend weekly, collaborative meetings and evaluate current literature for gaps in research. Acquire knowledge on the inner workings of Community Health of Central Washington in preparation for an upcoming consultation visit. The visit will include shadowing and providing recommendations on practices to implement to increase productivity. Manuscript to be produced on what professional and personal characteristics allow providers to thrive in primary care settings.

University of Arkansas for Medical Sciences, Psychiatric Research Institute 8/20-7/21

Lab Director: Melissa Zielinski, Ph.D.

Worked with the Health and the Legal Systems Lab, which focuses on improving emotional and behavioral health for those involved in the legal system. Managed monthly screeners for a longitudinal study tracking participants after utilizing state crisis stabilization units (ARCS Study); monitored weekly, state carceral system COVID-19 updates (CPP Study); evaluated the existing literature on the implementation of telehealth sexual assault examinations in emergency departments (TeleSANE Study); compiled lab updates for distributed and led weekly meetings.

Teaching Experience

Teaching Assistant

9/22-5/23

Graded assignments, attended weekly classes, held office hours, and consulted with students.

Pedagogical Assistant with the Norbert O. Schedler Honors College

1/20-5/20

Graded weekly assignments, led small group discussions, and assisted students with research and writing tasks.

Peer-Reviewed Publications

1. Mujica, C. A., **Allen, E. L.** & Bridges, A. J. Replication and Extension of the Acceptability of Racial Microaggressions Scale (ARMS). *Race Soc Probl* (2022). <https://doi.org/10.1007/s12552-022-09369-0>
2. Bridges, A., Diaz Benitez, D., Cochran, K., **Allen, E.** (in preparation). Skin Tone and the Subjective Well-Being of Latinx Adults: Discrimination as a Mediator and Ethnic Pride as a Buffer.
3. **Allen, E.**, Hartley, A., & Bridges, A. J. (under review). In Our Words: Patients Reports of PCBH Service Utility.

Books and Book Chapters

1. Bridges, A.J., Dueweke, A., & **Allen, E.** (in preparation). *Serving Diverse Populations with Primary Care Behavioral Health: Considerations from the Front Line?*
2. Mujica, C., Bridges, A.J., & **Allen, E.** (2023). Introduction and the Need for Nuanced Research on Racial/Ethnic Discrimination. In *Horizontal and Vertical Racial/Ethnic Discrimination* (pp.1-11). Springer. [10.1007/978-3-031-33058-2_1](https://doi.org/10.1007/978-3-031-33058-2_1)

Professional Presentations

- 2024 Ward, W., McCloud, W., Bridges, A. J., & **Allen, E.** (September 2024). *An Interprofessional Education Workshop Focused on Behavioral Health*. Presentation at Nexus Summit 2024, virtual.
- 2024 **Allen, E.**, Ho, J., Benitez, D., Mujica, C., Fradley, M., Miller, G., Berry, M., Iandolo, M., Eureste, E., Hartley, A., & Bridges, A. J. (August 2024). *Time Changes Things? Patients Reports of PCBH Benefits Across Sessions*. Poster presentation at the American Psychological Association's Convention, Seattle, WA.
- 2024 Hartley, A., Berry, M., Iandolo, M. **Allen, E.**, & Bridges, A. J. (April 2024). *An Experimental Test of Mental Health Help-Seeking Intentions as a Function of Demographics and Disorder Type*. Poster presentation at the Mid-South Psychology Conference, Memphis, TN.
- 2024 Eureste, E., Ho, J., Hartley, A., Rivas, M., Berry, M., Iandolo, M., Miller, G., **Allen, E.**, Fradley, M., Bridges, A. J. (April 2024). *Behavioral Health Symptoms and Behavioral Health Service Utilization in Primary Care Patients*. Oral presentation at the Mid-South Psychology Conference, Memphis, TN.
- 2023 **Allen, E.**, & Bridges, A. J. (November 2023). *Understanding Motivations and Ideologies for Improving Intergroup Relationships*. Presentation for the University of Arkansas' Counseling and Psychology Services employees, Fayetteville, AR.
- 2023 **Allen, E.**, Hartley, A., Benitze, D., Mujica, C., Fradley, M., Miller, J.G., Berry, M., Iandolo, M., Eureste, E., Ho, J., Bridges, A.J. (October 2023). *In our words: Patient reports of PCBH service utility*. Poster presentation at the Collaborative Family Healthcare Association's Annual Conference, Phoenix, AZ.
- 2023 Allen, E. (August 2023). *University Recreation Keynote Address*. Presentation at the University of Arkansas' University Recreation Annual Training, Fayetteville, Arkansas.
- 2023 **Allen, E.** & Bridges, A. J. (August 2023). *Reason for referral vs. focus of session: Does concordance between medical and behavioral health providers predict patient attrition in integrated primary care*. Poster presentation at the American Psychological Association's Convention, Washington, DC.
- 2023 **Allen, E.** & Bridges, A.J. (July 2023). *Understanding motivations and ideologies for improving intergroup relationships*. Presentation at the University of Arkansas' Equity Matters, Fayetteville, Arkansas.

- 2019 **Allen, E.**, Breeding, M., & Sandusky, J. (December 2019). *Student-instructor rapport and the first day of class*. Poster presented at the Arkansas Symposium for Psychology Students, Conway, Arkansas.
- 2019 **Allen, E.** (April 2019). *The south shall rise again: The role of memory in the formation of contrasting southern beliefs*. Presentation at Issues in the Public Square, Conway, Arkansas.

Mentoring Experience

Undergraduate Honors Student Mentoring

2023-2024

Student: Alyssa J. Hartley

Supporting an undergraduate RA through her honors thesis project, including assistance with project development, literature collection, IRB submission, and data collection. We are now preparing for her defense. Additionally, we collaborated and presented a conference poster in October 2023. I also provided application guidance for the nationally competitive Student Undergraduate Research Fellowship (SURF) program, which Alyssa received.

Honors and Awards

- 2023 Poster Award for Meritorious Student Research and Evaluation. Awarded by Collaborative Family Healthcare Association.
- 2023 Outstanding Poster Presentation Award. Awarded by APA Society for Health Psychology (Division 38).
- 2023 Mental Health and Substance Abuse Services (MHSAS) Doctoral Fellow. Awarded by the American Psychological Association.
- 2022 Mental Health and Substance Abuse Services (MHSAS) Doctoral Fellow Alternate. Awarded by the American Psychological Association.
- 2021-present University of Arkansas Distinguished Doctoral Fellow. Awarded by the University of Arkansas.
- 2021-present University of Arkansas Bridge to Doctorate Scholar. Awarded by the University of Arkansas.
- 2018-2020 Presidential Scholar Award. Awarded by the University of Central Arkansas.
- 2018 Most Reliable Academy Volunteer. Awarded by City of Hope Outreach (CoHO).
- 2017-2020 Arkansas Governor's Distinguished Scholar Award. Awarded by the State of Arkansas.
- 2017-2020 Norbert O. Schedler Honors Scholar. Awarded by the University of Central Arkansas.
- 2017 Dean's List Recognition. Awarded by the University of Central Arkansas.
- 2017 Twilla D. Hardin Scholar for Educational Excellence

Professional Trainings

- 2024 *Trauma-Focused Cognitive Behavioral Therapy*, The Medical University of South Carolina
- 2024 *Topamax: The Silent Medication-Assisted Treatment*, American Psychological Association

- 2024 *Psychologists' Roles in Helping to Treat Opioid-Use Disorders and Prevent Overdoses*, American Psychological Association
- 2024 *Treatment of Substance Use Disorders in the Real World*, American Psychological Association
- 2024 *MAT: Medication Assisted Treatment*, NAADAC, the Association for Addiction Professionals
- 2024 *SBIRT: Screening, Brief Intervention and Referral to Treatment for Health and Behavioral Health Professionals*, HealthKnowledge
- 2023 *Brief Motivational Interviewing with Gabe Turner*, Simmersion
- 2023 *40-Hour Parent Child Interaction Therapy Training*, University of Arkansas
- 2022 *Anti-Racism Training*, Diversity and Resiliency Institute of El Paso

Professional Service

Service to the Department & University:

- 2024 *Fulbright College Inclusive Excellence Council*, University of Arkansas.
- 2022 *Faculty Search Committee*, University of Arkansas Department of Psychological Science.
- 2020 *Honors Upperclassmen Focus Group*, Norbert O. Schedler Honors College (UCA). October 29, 2020.
- 2020 *Research Paper Workshop Services*, Norbert O. Schedler Honors College (UCA)

Service to the Discipline:

- 2023-current Conference Co-Coordinator
Serving Diverse Populations with Primary Care Behavioral Health: Considerations from the Front Line Conference
- 2023-current Editorial Board Member
Family, Systems, and Health Journal
- 2020-2021 HEALS Lab Recorder
UAMS Psychiatric Research Institute
- 2017-2020 Research Lab Participant
Psychology Department University of Central Arkansas

Service to the Community:

- 2020 *CoHO Trunk or Treat*. October 31, 2020. (Contributor).
- 2020 *CoHO Combating COVID*. Fundraiser. April-May, 2020 (Volunteer).
- 2020 *CoHO Office and School Supply Drive*. February 2020. (Organizer).
- 2020 *CoHO Tacos 4 Life Event*. Fundraiser. March 11, 2020. (Organizer).
- 2018-2019 *After School Academy*, City of Hope Outreach. (Volunteer).
- 2018 *Lucie's Place Benefit Activity*, Honors Core III: Rainbow Rights. Fundraiser. November 28, 2018. (Volunteer).
- 2018 *Academy Snack Drive*, City of Hope Outreach. Fundraiser. (Volunteer).

Research Interests

Generational Trauma
 Racism and Discrimination
 Integrated Behavioral Healthcare

Health Disparities
 Criminal Justice System

Professional Affiliations

American Psychological Association
American Psychological Association's Division 38, Society for Health Psychology
American Psychological Association's Division 45, Society for the Psychological Study of Culture, Ethnicity and Race
American Psychological Association's Division 56, Trauma Psychology
American Psychological Association's Division 56 I DARE (Inclusion, Diversity, Anti-Racism, and Equity) Task Force
Arkansas Psychological Association
Black Women Scholars and Professionals
Black Graduate Student Association
Collaborative Family Healthcare Association
National Latinx Psychological Association
Norbert O. Schedler Honors College
Psi Chi, International Honor Society of Psychology
Society of Leadership and Success, National Honor Society

Software & Technical Training

REDCap
 SPSS
 Monday.com
 R

Clinical Research Administration (CLARA)
 Qualtrics
 Box and Dropbox
 Titanium – electronic medical record software