

Spenser M. Wright

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EDUCATION

University of Colorado Denver, Denver, CO 2020 – present

PhD student in Health and Behavioral Sciences

- Student Coordinator, Qualitative Research Working Group (August 2020 – present)
- Student Coordinator, Journal Club (August 2021 – present)

Tufts University, Medford, MA 2009 – 2013

Bachelor of Arts Degree, Anthropology and Women's Studies | cum laude

- Senior Honors Thesis: *An Investigation of the DSM-IV Definition of Anorexia Nervosa and Recovery* | High Thesis Honors
- Co-President, Tufts Student Anthropology Collective (September 2012 – May 2013)
- Study Abroad: School for International Training, Cusco, Peru (Fall 2011): Conducted an independent research project titled, *Andean Women's Participation in Politics as Negotiated with Andean Ideas of Gender Complementarity: A Case Study*

WORK AND VOLUNTEER EXPERIENCE

Brandeis University, Waltham, MA

Project Manager. March 2021 – present

- Work on a multidisciplinary team of researchers, designers, and business professionals to develop and test a modified version of the original WorkingWell application in a study titled, *Adapting WorkingWell™ for Autistic Individuals in the Workplace (WW-ASD)*

Entrepreneurial Lead June 2021 – July 2021

- Conducted over 100 customer discovery interviews and participated in intensive business and product development training as part of the WorkingWell research team at the National Science Foundation's Bay Area I-Corps program

University of Colorado Denver, Denver, CO October 2020 – March 2021

Research Assistant

- Worked with P.I. Dr. Karen Spencer on research study titled *Examining the Unfulfilled Promise of Hospice and the Paradox of Underutilization*
- Conducted semi-structured interviews with hospice and palliative care patients and their primary caregivers on their experiences using healthcare services and making medical decisions

LittleJohn's Produce Box Project, Denver, CO August 2020 – June 2021

Volunteer Delivery Driver

- Deliver food from restaurant suppliers and small local businesses to families in Denver and Longmont

Eating Recovery Center, Denver, CO

Lead Behavioral Health Counselor April 2019 – April 2020

- Provide care to patients as a Behavioral Health Counselor (BHC) as well as training and performance evaluation to direct report BHCs on Eating Recovery Center's Intensive Treatment Unit (ITU)
- Participate in weekly clinical team planning, patient safety, and BHC supervision meetings
- Serve as a liaison between patients, BHCs, Program Managers, psychiatrists, therapists, dietitians, nurses, and clinical leadership
- Assist Program Managers in managing staffing needs and problem-solving programming challenges
- Assisted in process of transitioning approximately 40 inpatient and residential patients to a newly-built facility, including participating in logistical planning and support, preparing patients for the move, and facilitating their acclimation to the new location

Behavioral Health Counselor September 2018 – April 2019

- Provided coaching and redirection to patients to better manage negative behaviors, urges, and thoughts

- Collaborated with clinical teams, nurses, and fellow BHCs to support patients in adhering to their individualized treatment plans and goals
- Planned and facilitated weekly group therapy sessions on topics including mindfulness and coping skills
- Attended weekly BHC meetings and individual meetings with Program Manager to discuss milieu management, problem-solve challenges, receive training, and address personal career development goals
- Communicated clinical information and observations to patients' clinical teams
- Provided training in safety protocols, meal coaching and redirection, and documentation procedures to new BHCs

National Eating Disorders Association (NEDA), New York City, NY

Remote Helpline Volunteer

September 2014 – January 2019

- Provided eating disorder treatment referrals, information, and support to Helpline clients via instant message
- Appropriately addressed clients' psychiatric and medical emergencies
- Generated written reports of conversations with clients and submitted requests for additional information and referrals using Salesforce

Summer Helpline Intern

June 2012 – August 2012

- Provided eating disorder treatment referrals, information, and support to Helpline clients by phone/email
- Moderated NEDA's social media accounts and collaborated in the development of new corporate social media policies and procedures
- Trained interns and volunteers in moderating NEDA's social media accounts and operating the Helpline

Dartmouth-Hitchcock Medical Center, Lebanon, NH

Associate Research Coordinator for ISCAP

February 2018 – July 2018

- Initiated *Improving Sleep in Cancer Patients: A Feasibility Trial* alongside Principal Investigator
- Developed study procedures, documents, data collection instruments, and recruitment materials
- Authored detailed study management guide and provided onboarding training for new study staff
- Maintained proper study documentation and communication with institutional review boards
- Coordinated scheduling with participants, fellow study staff, and oncology clinical staff

Associate Research Coordinator for WorkingWell

October 2016 – January 2018

- Developed and executed the pilot and field trial phases of the study *WorkingWell: Developing a Mobile Employment Support Tool for Individuals with Psychiatric Disabilities* with Principal Investigator and Research Assistant
- Performed quality assurance-related testing and worked closely with application developers to improve the usability and function of preliminary versions of the *WorkingWell* mobile phone application
- Developed study procedures, data collection instruments, and participant support materials
- Maintained communication with participants and facilitated their participation in study procedures
- Collected, managed, and analyzed qualitative and quantitative data
- Prepared and maintained records of regulatory documents submitted to study sponsors and internal review boards in accordance with ethics and reporting requirements
- Managed communication and billing with vendors such as phone network providers and online application hosting platforms to ensure quality and consistency of service
- Provided managerial support and training to Research Assistant
- Assisted in the preparation and writing of research manuscripts

Walden Behavioral Care, Residential Eating Disorder Unit, Waltham, MA

Lead Mental Health Counselor

April 2016 – August 2016

- Served as primary point of contact for Mental Health Counselors (MHCs) during shift for crisis management, problem solving, and communication with on-call doctors and administrators, in addition to performing all of the duties of an MHC
- Trained and supervised MHCs in therapeutic group facilitation, behavioral redirection, emergency protocols, and admissions/discharge policies

- Met with fellow Lead Mental Health Counselors, Program Director, and Program Coordinator on a weekly basis to address clinical, logistical, personnel, and training concerns

Mental Health Counselor

September 2015 – April 2016

- Coached residents to minimize eating disorder and self harm behaviors and manage negative thoughts
- Planned and facilitated daily group therapy sessions for residents; topics included relapse prevention, distress tolerance, and eating disorder education
- Facilitated admissions and discharges for residents and their families, including completing proper documentation, searching and storing patient belongings, and communicating policies and objectives
- Conducted risk assessments, crisis prevention plans, and trauma assessments of residents upon admissions, discharges, and changes in mental status
- Actively managed medical and psychiatric crises calmly and according to protocol to ensure patient safety
- Collaborated closely with program directors, clinicians, dietitians, medical doctors, nurses, nurse practitioners, and fellow Mental Health Counselors to ensure the highest quality of care to residents

Massachusetts General Hospital, Neuroendocrine Unit, Boston, MA

Clinical Research Coordinator II

November 2013 – September 2015

- Collaborated with doctors, nurses, and researchers to organize and execute clinical research studies on topics including body composition, bone density, anorexia nervosa, and the physiological effects of calorie deprivation
- Interacted directly with human subjects through recruitment, preliminary screening, evaluations, administering questionnaires, scheduling appointments, accompanying subjects on study visits, and addressing questions and concerns
- Presented information at weekly meetings with principal investigators, co-investigators, and fellow research coordinators to review study progress and safety monitoring
- Trained and supervised interns and new hires in study operation, data entry, and IRB procedures
- Maintained appropriate documentation of study procedures and correspondence with IRB, FDA, internal safety monitors, and pharmaceutical companies
- Independently designed and implemented a new website for the Neuroendocrine Unit's research program

Massachusetts Healthy Families Evaluation Project, Medford, MA

Qualitative Data Analyst

February 2011 – August 2011

- Used coding software to identify trends in transcribed interviews of teenage mothers
- Verified and made corrections to coding performed by research assistants and fellow analysts

PUBLICATIONS

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- Fazeli PK, Lun M, Kim SM, Bredella MA, **Wright S**, Zhang Y, Lee H, Catana C, Klibanski A, Patwari P, Steinhauser ML. (2015). FGF21 and the late adaptive response to starvation in humans. *The Journal of Clinical Investigation*, 125(12):4601–4611. doi:10.1172/JCI83349
- Nicholson J, **Wright SM**, Carlisle AM. (2018). Pre-post, mixed-methods feasibility study of the WorkingWell mobile support tool for individuals with serious mental illness in the USA: a pilot study protocol. *BMJ Open*, 2018;8:e019936. doi: 10.1136/bmjopen-2017-019936
- Nicholson J, **Wright SM**, Carlisle AM, Sweeney MAG, McHugo GJ. (2018). The WorkingWell Smartphone App for Individuals with Serious Mental Illnesses: A Proof-of-Concept, Mixed Methods Feasibility Study. *JMIR Ment Health* 2018;5(4):e11383. doi: 10.2196/11383
- Nicholson, J., **Wright, S.M.**, & Carlisle, A.M. (2018). WorkingWell User Guide. *BMJ Open*, 8:e019936. doi: 10.1136/bmjopen-2017-019936. Supplementary file 1: bmjopen-2017-019936-SP1.pdf
- Hasson C, Yoder G, **Wright S**, Jaime C. (2022, October 18-27). *Dating in the Time of COVID-19: An Exploratory Study*. APHA Annual Meeting, Denver, CO, United States.
- Moura I, **Wright S**, Caplan R, Nicholson J. (2022, March 17). *WorkingWell 2.0: Assistive Technology for Autistic Workers* [conference presentation]. CSUN Assistive Technology Conference, Anaheim, CA, United States.

SKILLS AND CERTIFICATIONS

- Language: Proficient in Spanish
- Computer: SPSS, SAS, Qualtrics, REDCap, Dedoose, Comm100, Epic, Hootsuite, InDesign, Insight, JMP, Salesforce, TIER, EMR
- Certifications: Collaborative Institutional Training Initiative's Social and Behavioral Research (2021), Health Information Privacy and Security (2021), and Social and Behavioral Responsible Conduct of Research (2021)

GRANTS AND FELLOWSHIPS

- National Science Foundation Graduate Research Fellowship (2021)