Rachel E. Myers, Ph.D., RN, CDCES

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ACADEMIC PREPARATION:

Institution	Degree	Major	Year
University of South Florida Tampa, FL	Ph.D.	Nursing	2010
George Mason University Fairfax, VA	Post-Graduate Certificate	Nursing Education	2000
George Mason University Fairfax, VA	M.S.	Nursing Administration	1999
Florida State University Tallahassee, FL	B.S.	Nursing	1990

CERTIFICATION: Qualified Mindfulness-Based Stress Reduction Teacher, Center for Mindfulness, UMass Medical School — 2018 - current

Certified *Meditation on the Soles of the Feet* Trainer, MacTavish Behavioral Health, LLC — 2017 – current

Certified Diabetes Educator (CDE), The National Certification Board for Diabetes Educators (NCBDE) — 1993 – current

LICENSURE: Florida - Registered Nurse – Active
Georgia – Registered Nurse – Active

ACADEMIA EXPERIENCE:

Aug. 2021 – present Professor and Associate Director of Undergraduate Programs, Kennesaw State University (KSU), WellStar School of Nursing (WSON), Kennesaw, Georgia
Provide input to the Director regarding issues related to the WSON; serve as ex-officio member on all BSN committees and teaching teams; serve on College and University Committees and Professional Boards as indicated; supervise and evaluate designated faculty and staff support services; plan and hold regular BSN faculty meetings; coordinate faculty assignments and clinical affiliations; participate in advisement of current and potential BSN students; serve as first-line referral for BSN faculty and student issues; participate in new faculty and student orientation; write/assist with writing reports as indicated (e.g., GA Board

of Nursing, accreditation); provide leadership in all matters pertaining to curriculum; teach, supervise, and mentor undergraduate and graduate nursing students.

July 2020–July 2021 Interim Associate Director of Undergraduate Programs, Kennesaw State University (KSU), WellStar School of Nursing (WSON), Kennesaw, Georgia
Provided input to the Director regarding issues related to the WSON; served as ex-officio member on all BSN committees and teaching teams; served on College and University Committees and Professional Boards as indicated; supervised and evaluated staff support services; planned and held regular BSN faculty meetings; coordinated faculty assignments and clinical affiliations; participated in advisement of current and potential BSN students; served as first-line referral for BSN faculty and student issues; participated in new faculty and student orientation; wrote/assisted with writing reports as indicated (e.g., GA Board of Nursing, accreditation); provided leadership in all matters pertaining to curriculum; taught, supervised, and mentored undergraduate and graduate nursing students.

2013 – July 2021 Associate Professor, Kennesaw State University (KSU), WellStar School of Nursing (WSON), Kennesaw, Georgia
Teach, supervise, and mentor nursing students in classroom, on-line, and clinical settings; mentor undergraduate Honors students by supervising Honors Contracts and Capstone Projects; mentor graduate students by serving as a research project supervisor, thesis chair and second reader on thesis committees, and as a member of dissertation committees; participate in research, professional service, administration, leadership, and community activities; serve on and chair department, college, and university committees; engage in collaborative activities with the KSU Academy for Inclusive Learning and Social Growth (the "Academy") such as in designing and instructing customized courses for "Academy" students.

2010 – 2011 Adjunct Faculty, University of South Florida (USF), Tampa, Florida
Taught on-line courses to nursing students enrolled in a graduate program at the USF College of Nursing.

2006 – 2007 Graduate Teaching Assistant, University of South Florida (USF), Tampa, Florida
Assisted faculty in teaching on-line courses to nursing students enrolled in a graduate program at the USF College of Nursing. Monitored Discussion Boards on Blackboard. Graded papers and other assignments. Administered exams. Assisted students as indicated.

COURSES TAUGHT AT KENNESAW STATE UNIVERSITY:

1. NURS 3209 Theoretical Basis for Holistic Nursing and Health, taught 6 times
2. NURS 3302 Professionalism and Ethics in Nursing, taught 24 times
3. NURS 4402 Nursing Research for Evidence-Based Practice, taught 5 times
4. NURS 3314 Mental Health Nursing, taught 13 times
5. NURS 4416 Leadership in Nursing, taught 2 times
6. NURS 4400 Directed Study, taught 2 times
7. NURS 8880 Leadership Role in Nursing Administration & Health Policy – Practicum 1, taught 1 time

8. NURS 7794 Advanced Leadership and Policy in a Multicultural World – taught 2 times
9. NURS 8852 Primary Care Residency III Clinical Option (Xalapa, Mexico 2018 Nurse Practitioner Practicum) – Study Abroad, taught 1 time

STUDENT SUPERVISION AT KENNESAW STATE UNIVERSITY:

Dissertation Supervision

1. Diane Keen, dissertation committee member, 09/14 to 07/17

Thesis/MSN Research Project Supervision

1. Jennifer Pass, thesis chair - 10/15 to 07/16; 2nd reader - 09/14 to 10/15
2. Tricia Gulasa-Shropshire, thesis chair, 09/14 to 12/16
3. Angel Cotton, research project chair, 11/18 to 12/19
4. Jeffrey Batcher, thesis chair, 09/17 to 05/20
5. Nelli Minor, research project chair, 11/18 to 05/20
6. Amanda Lee, research project chair, 10/19 to 12/20
7. Sheara Jones, research project chair, 10/19 to 12/20
8. Rajean Adams, research project chair, 11/20 to present

Preceptor of MSN Students

1. Emily Babione, preceptor for NURS 8874 Nurse Educator Practicum II (in my NURS 3302 Professionalism and Ethics in Nursing course), 05/19 to 07/19
2. Erin Ababiy, preceptor for NURS 8875 Nurse Educator Practicum III (in my NURS 3302 Professionalism and Ethics in Nursing course), 08/19 to 12/19
3. LaFortune Scott, preceptor for NURS 8874 Nurse Educator Practicum II (in my NURS 3302 Professionalism and Ethics in Nursing course), 05/20 to 07/20

Undergraduate Honors Students

1. Breanna Voyce, Supervising Instructor for an Honors Contract in a Non-Honors Course (NURS 3302), 08/14 to 12/14
2. Breanna Voyce, Capstone Project Supervisor, 01/15 to 05/15
3. Chanel Williams, Capstone Project Supervisor, 11/14 to 12/15
4. Jessica Grindley, Capstone Project Supervisor, 09/16 to 04/17
5. Kathryn Bruno, Supervising Instructor for an Honors Contract in a Non-Honors Course (NURS 3302), 01/17 to 05/17
6. Adaeze Okere, Supervising Instructor for an Honors Contract in a Non-Honors Course (NURS 3302), 01/17 to 05/17
7. Kathryn Bruno, Supervising Instructor for an Honors Contract in a Non-Honors Course (NURS 3314), 08/17 to 12/17
8. Adaeze Okere, Capstone Project Supervisor, 8/17 to 05/18

Directed Study

1. Christa Membis, 08/13 to 12/13
2. James Pass, 01/14 to 05/14

COURSES TAUGHT AT OTHER INSTITUTIONAL AFFILIATIONS:

1. NGR 6080 Health Promotion of Individuals, Families, and Populations, University of South Florida, taught 2 times

PROFESSIONAL EXPERIENCE:

2010 – 2013 Nursing Consultant, American Health and Wellness Institute (AHWI), Atlanta, Georgia
Provided organizational, individual, and system nursing consultation services in private and public sectors related to behavioral health and developmental disabilities. Provided on-going assessment of staff needs. Provided training and mentoring to hospital, community, and AHWI staff based on identified needs. Developed policies and procedures, assessment templates, forms, manuals, training materials, competency evaluations, and audit tools. Monitored implementation of services and service delivery. Participated in designing and testing electronic medical records. Assisted in writing reports, grant proposals, and contractual services proposals. Participated in research projects and data analysis.

2007 – 2009 Diabetes Educator, University of South Florida Diabetes Center, Tampa, Florida
Taught adults, adolescents, and children with diabetes about self-care and management of diabetes in classroom, individual appointment, and telephone settings. Assisted Education Coordinator in the development and annual review of curriculum for diabetes self-management training and programs for health professionals. Instructed USF students in the College of Medicine, Nursing, Public Health, and other health related fields. Participated in departmental research projects, community service activities, program marketing, and quality assurance projects.

2005 Director of Nursing, Oakwood Community Center, Somerset, Kentucky
Designed and oversaw nursing services and systems to enhance the lives of individuals with developmental disabilities residing at Oakwood. Planned, coordinated, and monitored implementation of nursing care activities through utilization of nursing supervisors and nursing staff. Developed and revised nursing practices, procedures, and competencies. Developed corrective action and performance improvement plans; facilitated, participated in, and monitored their implementation. Served as a role model and mentor for nursing staff.

2003 - 2004 Clinical Auditor, Corporate Compliance Office, Southeast Georgia Health System, Brunswick, Georgia
Developed Corporate Compliance Office Annual Audit Plan. Oversaw activities of external investigators and auditors. Conducted and facilitated internal investigations and audits. Collected, presented, reported, and analyzed data, and submitted audit reports. Developed corrective action plans; facilitated, participated in, and monitored their implementation. Co-Chaired hospital United Way Campaign.

2002 – 2003 Director of Performance Improvement and Research, Northern Virginia Mental Health Institute, Falls Church, Virginia
Assumed final responsibility for development, implementation, and direction of all hospital performance improvement and clinical research activities. Oversaw hospital readiness for external non-financial accreditation agency surveys and reviews. Study Coordinator for an international, multicenter, large simple clinical trial.

2000 – 2002 Director of Medical Staff Affairs, Northern Virginia Mental Health Institute, Falls Church, Virginia
Redesigned Medical Staff credentialing process and managed and reviewed credentialing files. Developed Medical Staff orientation, competency, and peer review processes. Developed Medical Emergency/Code Blue Response System. Established and coordinated clinical research program. Led performance improvement teams and HIPAA workgroup. Oversaw maintenance of Medical and Patient Libraries.

1999 – 2000 Staff Development Coordinator, Northern Virginia Mental Health Institute, Falls Church, Virginia
Directed all aspects of hospital and nursing orientation, competencies, training, and staff development. Oversaw reorganization and maintenance of Medical and Patient Libraries. Participated in hospital and nursing quality improvement activities.

CONSULTANT EXPERIENCE:

2019 Independent Consultant to the Education University of Hong Kong, Tai Po, Hong Kong
Invited to provide consulting services as part of a visiting professorship June 1 - 16, 2019. Co-presented two formal workshops on mindfulness. Provided additional consultation on mindfulness and on research projects related to mindfulness.

2013 – 2016 Independent Consultant to University of Georgia, Carl Vinson Institute of Government, Atlanta Georgia
Provided technical assistance to the Georgia Department of Behavioral Health and Developmental Disabilities' (DBHDD's) Policy Office by reviewing, analyzing, and revising policies in order to create consistency within all DBHDD hospitals.

2013 – 2015 Consultant to the Division of Developmental Disabilities, Department of Economic Security, Arizona
Provided statewide consultation in nursing services for people with intellectual and developmental disabilities in intermediate care facilities and group homes. Conducted site visits to observe, review, and evaluate the adequacy of various aspects of nursing care; develop and revise nursing policies, protocols, procedures, assessments, documentation forms, competencies, and peer review tools; assist in the development and implementation of educational and performance improvement activities; train and mentor staff.

2013 – 2014 Independent Consultant to State of Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD), Atlanta, Georgia
Developed, reviewed, and revised policies regarding nursing-related clinical and training issues; developed training plans and materials for new initiatives; reviewed, evaluated, and revised existing training materials and curricula; delivered training and provided ongoing staff mentoring; developed and reviewed/revised nursing-related monitoring tools; conducted audits, reviewed and analyzed audit data, made recommendations based on findings; participated in Nursing Leadership Council, Training Steering Committee, and Reengineering

Workgroup meetings; participated in developing and testing forms and reports in the Electronic Medical Record.

2010 — Expert Consultant to the U.S. Department of Justice, Civil Rights Division, Special Litigation Section, Washington, D.C., *Arkansas Human Development Centers*
Conducted site visits at Human Development Centers to observe, review, and evaluate the adequacy of various aspects of nursing care, other related ancillary staff, and nutrition management.

2009 — Independent Consultant to American Health and Wellness Institute (AHWI), Atlanta, Georgia
Provided nursing consultation services in seven hospitals within the Georgia Department of Behavioral Health and Developmental Disabilities. Conducted baseline assessments of these hospitals' Nursing Departments. Developed a Medical Emergency Response System (MERS) which included policies, procedures, forms, training materials, learning activities, and competency evaluation measures. Provided training on the MERS to hospital staff using a Train-the-Trainer Model. Reviewed drafts of other hospital and nursing policies, procedures, and forms as requested and provided recommendations for revision.

2009 — Expert Consultant to the U.S. Department of Justice, Civil Rights Division, Special Litigation Section, Washington, D.C., *Ancora Psychiatric Hospital, New Jersey*
Conducted site visits at a psychiatric hospital to observe, review, and evaluate the adequacy of various aspects of nursing care, other related ancillary staff, and nutrition management.

2008 – 2010 — Independent Consultant to Woodward Resource Center, Woodward, Iowa
Evaluated nursing and other related services. Developed and revised facility and nursing policies, protocols, procedures, competencies, and peer review tools. Assisted in the development and implementation of educational and performance improvement activities. Trained and mentored staff.

2007 –2009 — Expert Consultant to Clover Bottom Developmental Center, Nashville, Tennessee
Developed and revised facility and nursing policies, protocols, procedures, competencies, and peer review tools. Assisted in the development and implementation of educational and performance improvement activities. Trained and mentored staff. Evaluated services in terms of its Settlement Agreement and Plan, which involved review and verification of (a) service delivery processes, (b) individualized outcomes, (c) facility-wide outcomes, (d) compliance with action steps as specified in the Plan, and (e) ongoing remedial activities.

2007 – 2009 — Independent Consultant to Glenwood Resource Center, Glenwood, Iowa
Evaluated nursing and other related services. Developed and revised facility and nursing policies, protocols, procedures, competencies, and peer review tools. Assisted in the development and implementation of educational and performance improvement activities. Trained and mentored staff.

2006 – 2016 Expert Consultant to the Court Monitor, *U.S. vs. State of Kentucky* (Civil Action No. 06-63-KKC), U.S. District Court for the Eastern District of Kentucky
Evaluated services of three developmental centers in terms of their Settlement Agreement and Plan, which involved review and verification of (a) service delivery processes, (b) individualized outcomes, (c) facility-wide outcomes, (d) compliance with action steps as specified in the Plan, and (e) ongoing remedial activities. Provided consultation in the development and revision of facility and nursing policies, procedures, competencies, audit tools, and performance improvement processes.

2004 – 2007 Expert Consultant to the Court Monitor, *U.S. vs. State of Louisiana* (Civil No. 04-15-D-M2), U.S. District Court for the Middle District of Louisiana
Evaluated services of two developmental centers in terms of their Settlement Agreement and Plan, which involved review and verification of (a) service delivery processes, (b) individualized outcomes, (c) facility-wide outcomes, (d) compliance with action steps as specified in the Plan, and (e) ongoing remedial activities.

2004 – 2006 Consultant to Oakwood Community Center, Somerset, Kentucky
Developed and revised facility and nursing practices, procedures, and competencies. Led a team to develop a state-of-the-art integrated assessment for individuals with developmental disabilities. Developed and revised the medical emergency response systems and practices. Led a team to develop a comprehensive medication variance and adverse drug reaction reporting system.

2001 – 2003 Expert Consultant to the U.S. Department of Justice, Civil Rights Division, Special Litigation Section, Washington, D.C., *U.S. vs. State of Kentucky*
Conducted site visits at a developmental center to observe, review, and evaluate the adequacy of various aspects of nursing care, direct care staff care, and nutrition management.

CLINICAL EXPERIENCE:

2004 – 2005 Registered Nurse, PRN Float Pool, Southeast Georgia Health System, Brunswick Campus, Brunswick, GA
Provided primary and team nursing care on several Medical/Surgical Units, the Transitional Care Unit, and the Behavioral Health Unit. Provided inpatient and outpatient diabetes education.

1997 – 1999 Assistant Nurse Manager, Medical/Surgical and Women's Health Units, Providence Hospital, Washington, D.C.
Assisted in management responsibilities for 60 nursing staff on both a Medical Surgical and Women's Health Unit, including: staff scheduling; payroll; staff monitoring, counseling and evaluation; staff development; interviewing; and unit orientation. Developed and implemented nursing staff diabetes competency program. Collected and analyzed restraints data for 12 nursing units; developed and implemented strategies that improved restraints documentation and reduced restraint episodes by 34% over a 6-month period. Designed and presented Improving Organizational Performance storyboards for JCAHO survey. Worked as bedside nurse. Provided inpatient and outpatient diabetes education.

1995 – 1997 RNII Unit-Based Educator, Medical/Surgical and Women's Health Units, Providence Hospital, Washington, D.C.
Responsible for staff development and competency validation for 60 nursing staff on both a Medical/Surgical and Women's Health Unit. Coordinated unit orientation for over 30 staff. Developed and implemented over 20 staff competencies. Conducted annual staff education needs assessments and developed education plans. Designed Improving Organizational Performance storyboards for JCAHO survey. Worked as bedside and resource nurse. Provided inpatient and outpatient diabetes education.

1993 – 1995 Diabetes Nurse Educator, American Diabetes Association Recognized Diabetes Control Program, Saint Thomas Hospital, Nashville, Tennessee
Coordinated, individualized, and implemented diabetes education for inpatients, outpatients, and nursing staff. Initiated and led diabetes community support group. Chaired Unit and Medical/Surgical Division Quality Improvement Councils. Quality Leadership Process trainer. Worked as bedside nurse.

1990 – 1993 Registered Nurse, Diabetes/Renal Unit, Saint Thomas Hospital, Nashville, Tennessee
Provided primary and team nursing care and diabetes education for up to 8 patients on a Diabetes/Renal Unit. Charge nurse, team leader, and preceptor. Chaired Unit Quality Improvement Council.

1990 Graduate Nurse, Neuro-Surgical Unit, Baptist Medical Center, Jacksonville, Florida
Provided primary and team nursing care for up to 11 patients on a Neuro-Surgical Unit.

1988 – 1990 Nurse Extern, Post-Partum/Newborn Nursery Unit, Tallahassee Memorial Regional Medical Center, Tallahassee, Florida
Provided patient care under RN direction on a Post-Partum/Newborn Nursery Unit.

AWARDS AND HONORS:

Selection into year two of the Provost's Faculty Leadership Fellows Program, Kennesaw State University, Kennesaw, Georgia 2021

Selection into the 2020-2021 Provost's Faculty Leadership Fellows Program, (inaugural cohort), Kennesaw State University, Kennesaw, Georgia 2020

The *Atlanta-Journal Constitution's* Nursing Excellence Awards Nominee, Atlanta, Georgia 2020

Connie Graves Award for Nursing Leadership Nominee, Northwest Metro Chapter of Georgia Nurses Association 2017

Recipient of a Tampa Bay Organization of Nurse Executives (TBONE) Scholarship 2008

Poster Presentation Third Place Award, with Williams, J. E., American Psychiatric Nurses Association Meeting 2001

Outstanding Nurse Award, Providence Hospital 1999

Clinical Excellence Poster Presentation Award, with Hall, J., Blaine, A., & Bowles, L., Providence Hospital Professional Sharing Day 1997

Clinical Excellence Poster Presentation Award, with the Providence Hospital Nursing Research Committee, Providence Hospital Professional Sharing Day 1997

Innovations in Clinical Practice/Technology Poster Presentation Award, with Johnson, J., Brown, W., Handy, M., & Jocson, M., Providence Hospital Professional Sharing Day 1997

Poster Presentation First Place Award, with the Providence Hospital 6 East Nursing Staff, Providence Hospital Professional Sharing Day 1995

Sigma Theta Tau International Honor Society of Nursing 1990

PUBLICATIONS:

Refereed Journal Articles

Varagona, L., **Myers, R.,** & Wilson, A. (2021). Weekly e-mail reminders increase nursing students' use of empathic communication: A randomized controlled trial. *Nurse Educator*. Advance online publication. doi:10.1097/NNE.0000000000000978

Singh, N. N., Lancioni, G. E., Medvedev, O. N., Hwang, Y-S., & **Myers, R. E.** (2021). Real-time telehealth treatment team consultation for self-injury by individuals with autism spectrum disorder. *Advances in Neurodevelopmental Disorders, 5,* 170-182. doi: https:/doi.org/10.1007/s41252-021-00192-z

Singh, N. N., Lancioni, G. E., Medvedev, O. N., Hwang, Y-S., **Myers, R. E.**, & Townshend, K. (2020). Using mindfulness to improve quality of life in caregivers of individuals with intellectual disabilities and autism spectrum disorder. *International Journal of Developmental Disabilities, 66*(5), 370-380. doi: 10.1080/20473869.2020.1827211

Singh, N. N., Lancioni, G. E., Medvedev, O. N., Hwang, Y-S., & **Myers, R. E.** (2020). A component analysis of the mindfulness-based positive behavior support (MBPBS) program for mindful parenting by mothers of children with autism spectrum disorder. *Mindfulness*. Advance online publication. doi: 10.1007/s12671-020-01376-9

Singh, N. N., Lancioni, G. E., Medvedev, O. N., **Myers, R. E.**, Chan, J., McPherson, C. L., Jackman, M. M., & Kim, E. (2020). Comparative effectiveness of caregiver training in mindfulness-based positive behavior support (MBPBS) and positive behavior support (PBS) in a randomized controlled trial. *Mindfulness, 11,* 99-111. doi: 10.1007/s12671-018-0895-2

Singh, N. N., Lancioni, G. E., Karazsia, B. T., **Myers, R. E.**, Kim, E., Chan, J., Jackman, M. M., McPherson, C. L., & Janson, M. (2019). Surfing the urge: An informal mindfulness practice for

the self-management of aggression by adolescents with autism spectrum disorder. *Journal of Contextual Behavioral Science, 12,* 170-177. doi: 10.1016/j.jcbs.2018.10.003

Singh, N. N., Lancioni, G. E., Karazsia, B. T., **Myers, R. E.,** Hwang, Y-S., & Anãlayo, B. (2019). Effects of mindfulness-based positive behavior support (MBPBS) training are equally beneficial for mothers and their children with autism spectrum disorder or with intellectual disabilities. *Frontiers in Psychology, 10,* 1-13. doi: 10.3389/fpsyg.2019.00385

Singh, N. N., Lancioni, G. E., Medvedev, O. N., Sreenivas, S., **Myers, R. E.,** & Hwang, Y-S. (2018). Meditation on the Soles of the Feet practice provides some control of aggression for individuals with Alzheimer's disease. *Mindfulness.* Advance online publication. doi: 10.1007/s12671-018-1075-0

Singh, N. N., Lancioni, G. E., Nabors, L., **Myers, R. E.**, Felver, J. C., & Manikam, R. (2018). Samatha meditation training for students with attention deficit/hyperactivity disorder: Effects on active academic engagement and math performance. *Mindfulness*. Advance online publication. doi: 10.1007/s12671-018-1014-0

Singh, N. N., Lancioni, G. E., **Myers, R. E.**, Karazsia, B. T., McPherson, C. L., Jackman, M. M., Kim, E., & Thompson, T. (2018). Effects of SOBER breathing space on aggression in children with autism spectrum disorder and collateral effects on parental use of physical restraints. *Advances in Neurodevelopmental Disorders, 2*(4), 362–374. doi: 10.1007/s41252-018-0073-5

Myers, R. E., Karazsia, B. T., Kim, E., Jackman, M. M., McPherson, C. L., & Singh, N. N. (2018). A telehealth parent-mediated mindfulness-based health wellness intervention for adolescents and young adults with intellectual and developmental disabilities. *Advances in Neurodevelopmental Disorders, 2*(3), 241-252. doi: 10.1007/s41252-018-0060-x

Singh, N. N., Lancioni, G. E., **Myers, R. E.**, Karazsia, B. T., Courtney, T. M., & Nugent, K. (2017). A mindfulness-based intervention for self-management of verbal and physical aggression by adolescents with Prader-Willi Syndrome. *Developmental Neurorehabilitation, 20*(5), 253-260. doi: 10.3109/17518423.2016.1141436

Myers, R. E. (2017). Cultivating mindfulness to promote self-care and well-being in perioperative nurses. *AORN Journal, 105,* 259 - 266. doi: 10.1016/j.aorn.2017.01.005

Singh, N. N., Lancioni, G. E., Karazsia, B. T., & **Myers, R. E.** (2016). Caregiver training in mindfulness-based positive behavior supports (MBPBS): Effects on caregivers and adults with intellectual and developmental disabilities. *Frontiers in Psychology, 7,* 1 – 11. doi: 10.3389/fpsyg.2016.00098

Singh, N. N., Lancioni, G. E., Karazsia, B. T., Felver, J. C., **Myers, R. E.,** Nugent, K. (2016). Effects of Samatha meditation on active academic engagement and math performance of students with attention deficit/hyperactivity disorder. *Mindfulness, 7*, 68 – 75. doi: 10.1007/s12671-015-0424-5

Singh, N. N., Lancioni, G. E., Karazsia, B. T., **Myers, R. E.,** Winton, A. S. W., Latham, L. L., & Nugent, K. (2015). Effects of training staff in MBPBS on the use of physical restraints, staff stress and turnover, staff and peer injuries, and cost effectiveness in developmental disabilities. *Mindfulness, 6,* 926-937. doi: 10.1007/s12671-014-0369-0

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Karazsia, B. T., **Myers, R. E**., Latham, L. L., & Singh, J. (2014). Mindfulness-based positive behavior support (MBPBS) for mothers of adolescents with autism spectrum disorder: Effects on adolescents' behavior and parental stress. *Mindfulness, 5,* 646-657. doi: 10.1007/s12671-014-0321-3

Singh, N. N., Lancioni, G. E., **Myers, R. E.,** Karazsia, B. T., Winton, A. S. W., & Singh, J. (2014). A randomized controlled trial of a mindfulness-based smoking cessation program for individuals with mild intellectual disability. *International Journal of Mental Health & Addiction, 12,* 153-168.

Singh, N. N., Lancioni, G. E., Karazsia, B. T., Winton, A. S. W., **Myers, R. E.,** Singh, A. N. A., Singh, A. D. A., & Singh, J. (2013). Mindfulness-based treatment of aggression in individuals with intellectual disabilities: A waiting-list control study. *Mindfulness, 4,* 158-167.

Myers, R. E. (2010). Promoting healthy behaviors: How do we get the message across? *International Journal of Nursing Studies, 47,* 500-512.

Thorn, S. H., Pittman, A., **Myers, R. E.**, & Slaughter, C. (2009). Increasing community integration and inclusion for people with intellectual disabilities. *Research in Developmental Disabilities, 30,* 891-901.

Singh, N. N., Singh, S. D., Sabaawi, M., **Myers, R. E.**, & Wahler, R. G. (2006). Enhancing treatment team process through mindfulness-based mentoring in an inpatient psychiatric hospital. *Behavior Modification, 30,* 423-441.

Myers, R. E., & Shepard-White, F. (2004). Evaluation of adequacy of reading level and readability of psychotropic medication handouts. *Journal of the American Psychiatric Nurses Association, 10,* 55-60.

Singh, N. N., Wahler, R. G., Adkins, A. D., **Myers, R. E.**, & The Mindfulness Research Group. (2003). Soles of the feet: A mindfulness-based self-control intervention for aggression by an individual with mild mental retardation and mental illness. *Research in Developmental Disabilities, 24,* 158-169.

Singh, N. N., Wechsler, H. A., Curtis, W. J., Sabaawi, M., **Myers, R. E.**, & Singh, S. D. (2002). Effects of role-play and mindfulness training on enhancing the family friendliness of the admissions treatment team process. *Journal of Emotional and Behavioral Disorders, 10,* 90-98.

Williams, J. E., & **Myers, R. E.** (2001). Relationship of less restrictive interventions with seclusion/restraints usage, average years of psychiatric experience, and staff mix. *Journal of the American Psychiatric Nurses Association, 7,* 139-144.

Non-Refereed Articles

Payne, C., & **Myers, R.** (2015, April). Innovation in the classroom: Textbook transformation project. *Aspire, 1*(1), 15.

Myers, R. E. (2014, Spring). Collaborative efforts between the WellStar School of Nursing and the Academy for Inclusive Learning and Social Growth. *Excellence, 14*(2), 16.

Refereed Chapters in Books

Singh, N. N., Lancioni, G. E., Cheung, R. Y. M., Medvedev, O. N., Hwang, Y-S, & **Myers, R. E.** (in press). Mindfulness and family aggression and violence. In P. Sturmey (Ed.), *Violence in Families: Integrating Research into Practice.* New York: Springer.

Singh, N. N., Lancioni, G. E., Hwang, Y-S, & **Myers, R. E.** (in press). Mindfulness: Therapeutic applications for individuals with autism spectrum disorder. In J. L. Matson & P. Sturmey (Eds.), *Handbook of Autism and Pervasive Developmental Disorders.* New York: Springer.

Singh, N. N., Lancioni, G. E., & **Myers, R. E.** (2021)**.** Teaching mindfulness to parents, caregivers, and school teachers. In N. N. Singh & S. D. Singh Joy (Eds.), *Mindfulness-based interventions with children and adolescents: Research and practice.* (pp. 179-202). London, UK: Routledge.

Myers, R. E. (2016). Mental health nursing services. In N. N. Singh, J. W. Barber, & S. Van Sant (Eds.), *Handbook of recovery in inpatient psychiatry* (pp. 259-277). New York: Springer.

Myers, R. E., Winton, A. S. W., Lancioni, G. E., & Singh, N. N. (2014). Mindfulness meditation in developmental disabilities. In N. N. Singh (Ed.), *Psychology of meditation* (pp. 209-240)*.* New York: Nova Science.

Dissertation

Myers, R. E. (2010). *Moderating the effectiveness of messages to promote physical activity in type 2 diabetes* (Doctoral dissertation). Available from ProQuest Dissertations and Theses database. (UMI No. 3425693)

Book Reviews

Myers, R. E. (2012). [Review of the book *A practitioner's guide to prescribing antiepileptics and mood stabilizers for adults with intellectual disabilities,* by J. de Leon (Ed.)]. *Journal of Child and Family Studies, 21,* 1050-1051. doi:10.1007/s10826-012-9661-6

Myers, R. E. (2004). [Review of the book *TV or no TV?: A primer on the psychology of television,* by F. B. Steuer & J. T. Hustedt]. *Journal of Child and Family Studies, 13,* 511-513.

Myers, R. E. (2003). [Review of the book *Stepparenting: Creating and recreating families in America today,* by S. H. Cath & M. Shopper (Eds.)]. *Journal of Child and Family Studies, 12,* 375-377.

RESEARCH ACTIVITIES:

Co-Investigator with Varagona, L. (2016 – 2018). *Increasing nursing students' use of therapeutic communication.* Kennesaw State University, Kennesaw. GA.

Co-Principal Investigator with Payne, C. (2014 – 2015). *Textbook transitions research*, a component of the Affordable Learning Grant. Kennesaw State University, Kennesaw, GA.

Co-Principal Investigator with Singh, J. (2011 – 2012). *Community wellness needs assessment.* American Health and Wellness Institute.

Myers, R. E. (2010). *Moderating the effectiveness of messages to promote physical activity in type 2 diabetes*. Doctoral dissertation, University of South Florida, Tampa, FL.

Organizer of and facilitator for the University of South Florida College of Nursing Doctoral Student Journal Club. (2007). University of South Florida, Tampa, FL.

Study Coordinator for Pfizer Pharmaceuticals Phase IV Clinical Trial. (2002 – 2003). *ZODIAC study: An international, multicenter, large simple trial (LST) to compare the cardiovascular safety of Ziprasidone and Olanzapine.* Fairfax, VA: Northern Virginia Mental Health Institute.

Williams, J. E., & **Myers, R. E.** (2001). *Relationship of lesser restrictive interventions with seclusion/restraints usage, average years of psychiatric experience, and staff mix.* Masters research project, George Mason University, Fairfax, VA.

GRANTS AND CONTRACTS:

Funded Projects as CoPI

Textbook Transformation Project, Payne, C., & **Myers, R.**, Affordable Learning Georgia, $10,793.73, September 2014.

Funded Research (General)

Myers, R., Georgia Board of Regents, $10,000, received upon hire to Kennesaw State University WellStar School of Nursing in January 2013 to support program of research.

Competitive Projects Funded as CoPI

Community Wellness Needs Assessment, Singh, J., & **Myers, R.** with American Health and Wellness Institute, Florida Developmental Disabilities Council, Inc., $55,000, 2011-2012.

Proposals Submitted but not Funded as PI

The Relationship of Trait Mindfulness to Self-Compassion, Perceived Stress, Compassion Satisfaction and Compassion Fatigue, and Well-being in Nurses by Subspecialty, **Myers, R.**, Kennesaw State University, $14,700, April 2019.

Moderating the Effectiveness of Messages to Promote Physical Activity in Type 2 Diabetes, **Myers, R.**, American Nurses Foundation, $3500, April 2009.

SELECTED PROFESSIONAL PRESENTATIONS:

Barkers, G., **Myers, R. E.,** Rawls, K., & Chatman, F. (2021, Mar. 18th; 2020, Sept. 10th & 24th). *Nursing conversations in black and white.* Webinar (invited) hosted by Georgia Nurses Association.

Myers, R. E. (2020, July). *Mindfulness.* Webinar (invited) as part of a series on Wellness and Self-Care with CIFAL Atlanta, a Kennesaw State University Center in Kennesaw, Georgia.

Myers, R. E. (2019, Oct.). *Mindfulness in nursing*. Podium presentation (invited) at the 2019 Georgia Association of PeriAnesthesia Nurses State Conference in Atlanta, Georgia.

Myers, R. E., Medvedev, O. N., & Singh, N. N. (2019, Sept.). *A randomized controlled trial of a telehealth parent-mediated mindfulness-based health wellness program for adolescents with intellectual disabilities.* Podium presentation (invited) at the Assistive Technology and Disabilities Second International Conference in Rome, Italy.

Singh, N. N., & **Myers, R. E.** (2019, June). *Training in Mindfulness-Based Positive Behavior Support (MBPBS).* Workshop presentation (invited) at the Education University of Hong Kong as part of a visiting professorship in Tai Po, Hong Kong.

Singh, N. N., & **Myers, R. E.** (2019, June). *Practitioner training in Meditation: Soles of the Feet (SoF) for managing aggressive and other emotionally arousing behaviors.* Workshop presentation (invited) at the Education University of Hong Kong as part of a visiting professorship in Tai Po, Hong Kong.

Myers, R. E. (2019, May). *Mindfulness in nursing.* Presentation (invited) at a Northwest Metro Chapter of Georgia Nurses Association Chapter Meeting in Marietta, Georgia.

Myers, R. E., & Wagner, V. D. (2019, Mar.). *The mindful nurse in practice.* Podium presentation (invited) at the 2019 Sigma Mu Phi Research Day in Atlanta, Georgia.

Singh, N. N., & **Myers, R. E.** (2017, Oct.). *A telehealth parent-mediated health wellness intervention for adolescents and adults with intellectual disabilities.* Podium presentation (invited) at the Assistive Technology and Disabilities First International Conference in Rome, Italy.

Singh, N. N., & **Myers, R. E.** (2017, Oct.). *Telehealth technology and intervention on aggression*. Podium presentation (invited) at the Assistive Technology and Disabilities First International Conference in Rome, Italy.

Payne, C., & **Myers, R. E.** (2016, Feb.). *Exploring digital alternatives to reduce textbook costs.* Podium presentation at the Georgia Association for Nursing Education, Inc. (GANE) 2016 Annual Conference, Jekyll Island, GA.

Myers, R. E. (2015, Nov.). *Surviving the editing process.* Presentation (invited) at a WellStar School of Nursing Faculty Lunch & Learn, Kennesaw State University, Kennesaw, GA.

Payne, C., **Myers, R. E.**, & Hold, J. L. (2015, Nov.). *Facilitating scholarship success through a collaborative faculty group*. Podium presentation at the Sigma Theta Tau International Honor Society of Nursing 43rd Biennial Convention, Las Vegas, NV.

Myers, R. E. (2015, June). *Effects of caregiver training in mindfulness-based positive behavior support on caregivers and adults with intellectual and developmental disabilities.* Podium presentation at the Mindfulness and Compassion: The Art and Science of Contemplative Practice Conference, San Francisco, CA.

Payne, C., & **Myers, R. E.** (2015, Apr.). *NURS 4402: Nursing Research for Evidence-Based Practice.* Presentation (invited) as part of the Affordable Learning Georgia (ALG) Grantee Panel: Reflections on the grant writing and course creation process at the Open Educational Resources (OER) Summit, Rome, GA.

Myers, R. E., Hold, J. L., & Payne, C. (2015, Feb.). *Creative strategies to engage students in the classroom.* Podium presentation at the Georgia Association for Nursing Education, Inc. (GANE) 2015 Annual Conference, Buford, GA.

Latham, L. L., Singh, N. N., & **Myers, R. E.** (2014, Oct.). *Mindfulness-based positive behavior support (MBPBS) training assists support staff to reduce the use of physical restraints for challenging behaviors in disability services*. Podium presentation at the Evidence-based Practice in Disability Disciplines Conference, Flagstaff, AZ.

Myers, R. E. (2014, Mar.). *Effectiveness of a mindfulness-based smoking cessation program for individuals with mild intellectual disability*. Presentation (invited) at a WellStar School of Nursing Faculty Lunch & Learn, Kennesaw State University, Kennesaw, GA.

Myers, R. E. (2013, May). *Effectiveness of a mindfulness-based smoking cessation program for individuals with mild intellectual disability*. Podium presentation at the First International Conference on Mindfulness, Sapienza University of Rome, Italy.

Myers, R. E., & Singh, N. N. (2010, December). *A randomized control trial of mindfulness-based treatment of aggression*. Podium presentation at the International Conference on Recent Advances in Cognitive Science, Banaras Hindu University, Varanasi, India.

Myers, R. E. (2008, October). *Teaching and learning principles: Diabetes self-management education.* Podium presentation at the Basics of Diabetes 2008 course at the University of South Florida, Tampa, FL.

Myers, R. E. (2004, March). *Evaluation of adequacy of reading level and readability of psychotropic medication handouts.* Podium presentation at the Research Day of the Sigma Theta Tau International Rho Psi Chapter, Savannah, GA.

Myers, R. E., & Cantwell, E. (2001, October). *Healthcare operations HIPAA Workgroup: Northern Virginia Mental Health Institute.* Presentation at the meeting of the Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services Central Office, Richmond, VA.

Myers, R. E. (1998, September). *How can the quality of nursing practice be measured?* Podium presentation at the Japanese Nursing Workshop at Providence Hospital, Washington, DC.

Myers, R. E. (1997, September). *Continuous quality management in medical/surgical nursing.* Podium presentation at the Japanese Nursing Workshop at Providence Hospital, Washington, DC.

Myers, R. E. (1994, May). *Where are the bubbles? Effective patient education for insulin administration for low vision patients.* Podium presentation at the Nursing Management of Diabetes conference at Saint Thomas Hospital, Nashville, TN.

SELECTED POSTER PRESENTATIONS:

Research

Varagona, L. M., **Myers, R. E.,** Wilson, A., & Harkins, V. (2019, July). *Improving nursing students' therapeutic communication via low-cost interventions*. Poster presentation at the Sigma 30th International Nursing Research Congress 2019, Calgary, Alberta, Canada.

Myers, R. E., Hold, J., & Payne, C. (2019, April). *Enhancing ethical and professional development in nursing students through an experiential project.* Poster presentation at the ATI Nursing Education 2019 National Nurse Educator Summit, Savannah, Georgia.

Payne, C., & **Myers, R. E.** (2018, April). *Creating innovation: Exploring digital alternatives to textbooks.* Poster presentation at the ATI Nursing Education 2018 National Nurse Educator Summit, Salt Lake City, Utah.

Singh, N. N., Lancioni, G. E., **Myers, R. E.**, Karazsia, B. T., Courtney, T. M., Latham, L. L., & Nugent K. (2015, Mar.). *A mindfulness-based intervention for self-management of verbal and physical aggression by adolescents with Prader-Willi syndrome*. Poster presentation (invited) at the Prader-Willi Syndrome Mental Health Research Strategy Workshop, Bethesda, MD.

Myers, R. E., & Williams, J. E. (2001, October). *Relationship of lesser restrictive interventions with seclusion/restraints usage, average years of psychiatric experience, and staff mix.* Poster presentation at the annual meeting of the American Psychiatric Nurses Association, Reno, NV.

Non-research

Myers, R. E., Letourneau, S., & Levine, L. (2000, June and August). *Integration of psychosocial rehabilitation.* Poster presentation at Northern Virginia Mental Health Institute, Falls Church, VA.

Myers, R. E. et al. (1998). *Restraints reduction program.* Poster presentation during the JCAHO survey at Providence Hospital, Washington, DC.

Myers, R. E., Johnson, J., Brown, W., Handy, M., & Jocson, M. (1997, April). *Patient safety: Everybody's business.* Poster presentation at the annual Professional Sharing Day at Providence Hospital, Washington, DC.

Myers, R. E., & the Providence Hospital Nursing Research Committee (1997, April). *The utilization of restraint alternatives: A comparative study.* Poster presentation at the annual Professional Sharing Day at Providence Hospital, Washington, DC.

Myers, R. E., & the Providence Hospital 2 East Nursing Staff (1995, November). *Bridging the gap from quality control to improving organizational performance.* Poster presentation at the annual Professional Sharing Day at Providence Hospital, Washington, DC.

Myers, R. E. et al. (1995). *Improving organizational performance.* Poster presentation during the JCAHO survey at Providence Hospital, Washington, DC.

SERVICE TO PROFESSIONAL JOURNALS:

Associate Editor, *Mindfulness*	2019 - present
Manuscript Reviewer, *Advances in Neurodevelopmental Disorders*	2018 - present
Associate Editor, *Journal of Child and Family Studies*	2014 – 2019
Manuscript Reviewer, *Mindfulness*	2013 – 2019
Manuscript Reviewer, *Journal of Child and Family Studies*	2012 – 2014
Statistics Editor, *Journal of Child and Family Studies*	2010 – 2016
Manuscript Reviewer, *Research in Developmental Disabilities*	2005
Editorial Assistant, *Journal of Child and Family Studies*	2002 – 2008

SERVICE TO PROFESSIONAL ORGANIZATIONS:

Georgia Nurses Association, Treasurer (Board of Directors)	2019 - present
Georgia Nurses Foundation, Finance Committee (Member)	2018 - present
Georgia Nurses Foundation, Scholarship Committee (Member)	2017 - 2020
Georgia Nurses Foundation, Board of Trustees (Member)	2016 – present
Mu Phi at-Large Chapter, Sigma Theta Tau International, Director of Research (Board of Directors)	2017 – May 2020
Mu Phi Chapter, Sigma Theta Tau International, Governance Committee Chair (Board of Directors)	2016 – 2017
Georgia Nurses Association, Legislative Committee (Member)	2015 - 2017
Northwest Metro Chapter of Georgia Nurses Association, Past-Chairperson (Board of Directors)	2015 – 2016
Georgia Nurses Association, 2015 Elections Committee (Member)	2015
Northwest Metro Chapter of Georgia Nurses Association, Legislative Committee (Member)	2014 - 2016
Georgia Nurses Association, Membership Development Committee (Member)	2014 – 2015
Northwest Metro Chapter of Georgia Nurses Association, Chairperson (Board of Directors)	2014 – 2015
Mu Phi Chapter, Sigma Theta Tau International, Secretary (Board of Directors)	2013 – 2016
Northwest Metro Chapter of Georgia Nurses Association, Director of Communications (Board of Directors)	2013 – 2014

PROFESSIONAL MEMBERSHIPS:

Georgia Nurses Political Action Committee (GN-PAC; full member)	2015 - present
Georgia Nurses Association (active member)	2011 - present
American Diabetes Association (active member)	2007 – present
American Nurses Association (active member)	2003 – present
Association of Diabetes Care & Education Specialists (active member)	1993 – present
Sigma Theta Tau International Honor Society for Nursing (active member)	1990 – present
Southern Nursing Research Society	2009 – 2010
Georgia Nurses Association	2003 – 2005
Jacksonville Association of Diabetes Educators	2003 – 2005
Health Care Compliance Association	2003 – 2004
Capitol Association of Diabetes Educators	1993 – 1995

KENNESAW STATE UNIVERSITY PROFESSIONAL SERVICE:

University

KSU Foundation Award Committee: Diversity and Inclusion Award	Aug. 2020 – present
MEDLIFE Registered Student Organization, KSU Chapter, faculty advisor	2018 – Sept. 2020
KSU Faculty Development and Awards Committee, member	2018 - 2020
National Conference on Undergraduate Research (NCUR) 2019, abstract reviewer, Kennesaw State University, Kennesaw, GA	2018
Library Committee, member, Graduate representative for the WellStar CHHS	2014 – 2016

College

WellStar CHHS, Promotion and Tenure Committee	Aug. 2021 – present
WellStar CHHS, Faculty Awards Ad Hoc Committee	Sept 2020 – Jan 2021
WellStar CHHS, Dean Search Committee	Jan. – Dec. 2020
WellStar CHHS, Executive Director of the Academy for Inclusive Learning and Social Growth Search Committee, Chair	2018
WellStar CHHS, Associate Dean of Administration Search Committee	2017

Department or Program

WSON, Diversity Committee, member	2017 - July 2020
WSON, Promotion & Tenure Committee, member	2018 - July 2020
WSON, MSN Student Advisory Committee, member	2017 - 2019
WSON, Culture of Health and Wellness BSN Workgroup, member	2017
WSON, Faculty Development Committee, member	2013 – 2017
WSON, Undergraduate Assessment – Survey Committee, Chair	2013 - 2017
WSON, Undergraduate Program Evaluation Committee, member	2014 - 2016

COMMUNITY SERVICE:

Volunteer for Purr Nation Cat Alliance, Marietta, GA	2019 - present
Volunteer at KSU Day of Service at Heaven's Gait Therapeutic Riding Center Woodstock, GA	2017
Volunteer at GNA Legislative Day, Atlanta, GA	2016
Volunteer for KSU Day of Service at KSU Care Center, Kennesaw, GA	2015
Volunteer for Mercy Kitchen, Belize, Central America	2014
Volunteer for KSU Day of Service at Alive Ministries, Marietta, GA	2014
Faculty volunteer at KSU Health Fair	2013, 2014
Volunteer at Hosea Feed the Hungry and Homeless, Atlanta, GA	2013
Volunteer for Camp Twin Lakes, Atlanta, GA	2012
Volunteer at SafeHouse Outreach, Atlanta, GA	2011, 2012
Tampa Bay Super Bowl volunteer, Tampa, FL	2009
Miles for Moffitt volunteer (cancer race), Tampa, FL	2007, 2008
Tampa Bay Community Cancer Network volunteer, Tampa, FL	2007 – 2008
AmeriCorps volunteer as a Diabetes Collaborative Educator, Tampa, FL	2007
Community Health Fairs	2003, 2004, 2007
National Junior Disability Championships volunteer, Tampa, FL	2006
Certified American Heart Association Basic Life Support Instructor	1995 – 2006
Co-chair United Way 2004 Campaign, Southeast Georgia Health System, Brunswick, GA	2003 – 2004
Planner for annual Women's Health Week conference at Providence Hospital, Washington, DC	1996, 1997, 1998

The Edge Ministry, Secretary	1994 - 1995
Mission work, Ecuador	1993
Mission work, Mountain T.O.P., Tennessee	1990, 1991