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EDUCATION

PhD (expected May 2019)	School of Social Work, University of Missouri
Master of Social Work	School of Social Work, University of Missouri
Master of Arts	Regent College, Vancouver, BC, Canada
Bachelor of Arts	Judson University, Elgin, IL

PROFESSIONAL LICENSURE

- Licensed Master Social Worker, State of Missouri #2012041166 (2012 – current)

RESEARCH INTERESTS

- Stress and Trauma
- Community Disasters
- Resilience and Coping
- Measurement and Intervention Research

PUBLICATIONS

Peer Reviewed Journal Articles

Houston, JB, Spialek, M, **First, J** (2018). Disaster Media Effects: A Systematic Review and Synthesis Based on the Differential Susceptibility to Media Effects Model. *Journal of Communication*. DOI:10.1093/joc/jqy023. ISI 5-year impact factor (2016): 5.377, Google h5-index: 50

- First, J**, Cheak-Zamora, N, Teti, M, Maurer-Batjer, A, First, N. (2018). Youth Perceptions of Stress and Coping When Transitioning to Adulthood with Autism: A Photovoice Study. *Qualitative Social Work*. DOI: 10.1177/1473325018757078. ISI 5-year impact factor (2016): 1.235, Google h5-index: 20
- First, J**, First, NL, Stevens, J, Mieseler, VL, Houston, JB (2017). Post-traumatic growth 2.5 years after the 2011 Joplin, Missouri tornado. *Journal of Family Social Work*. DOI: 10.1080/10522158.2017.1402529. Google h5-index: 10, News appearances in: MU News Bureau, Joplin Globe, Psychology Today, Science Daily, Columbia Missourian
- Houston, JB, Spialek, ML, **First, J**, Stevens, J, First, NL (2017). Individual perceptions of community resilience following the 2011 Joplin tornado. *Journal of Contingencies and Crisis Management*. DOI: 10.1111/1468-5973.12171. ISI 5-year impact factor (2016): 1.723, Google h5-index: 18
- First, J**, First, NL, Houston, JB. (2017). Intimate partner violence and disasters: A framework for empowering women experiencing violence in disaster settings. *Affilia: Journal of Women and Social Work*. DOI: 10.1177/0886109917706338. ISI 5-year impact factor (2016): .847, Google h5-index: 15
- First, J**, First NL, Houston, JB (2017). Resilience and Coping Intervention (RCI): A group intervention to foster college student resilience. *Social Work with Groups*. DOI: 10.1080/01609513.2016.1272032. Google h5-index: 11
- Houston, J.B., **First, J.**, Spialek, M.L., Sorenson, M.E., Mills-Sandoval, T., Lockett, M., First, N.L., Nitiéma, P., Allen, S.F., & Pfefferbaum, B. (2017). Randomized controlled trial of the resilience and coping intervention (RCI) with undergraduate university students. *Journal of American College Health*, 65, 1-9. doi: 10.1080/07448481.2016.1227826. ISI 5-year impact factor (2016): 2.366, Google h5-index: 33
- Houston, JB, **First, J**, Spialek, M, Sorenson, M, Koch, M. (2016). Public disaster communication and child and family disaster mental health: A review of theoretical frameworks and empirical evidence. *Current Psychiatry Reports*, 18(6) DOI: 10.1007/s11920-016-0690-5. ISI 5-year impact factor (2016): 4.041, Google h5-index: 41
- First, J**, Cheak-Zamora, NC, and Teti, M. (2016). A qualitative study of stress and coping when transitioning to adulthood with autism spectrum disorder. *Journal of Family Social Work*, 19(3): 220-236. DOI:10.1080/10522158.2016.1185074. Google h5-index: 10, News appearances in: MU News Bureau, KBIA news (NPR affiliate), Science Daily, Medical Express, Science Newsline Medicine, Latest Technology
- Houston JB, Spialek ML, Stevens J, **First J**, Mieseler VL, Pfefferbaum B. (2015). 2011 Joplin, Missouri tornado experience, mental health reactions, and service utilization: Cross-sectional assessments at approximately 6 months and 2.5 years post-event. *PLOS*

Currents Disasters, 26(1).

DOI:10.1371/currents.dis.18ca227647291525ce3415bec1406aa5. Google h5-index: 15

Houston, J.B., Spialek, M.L., Cox, J., Greenwood, M., & **First, J.** (2015). The centrality of media and communication in fostering community resilience: A framework for assessment and intervention. *American Behavioral Scientist*, 59(2), 270-283. DOI: 10.1177/0002764214548563. ISI 5-year impact factor (2016): 2.518, Google h5-index: 46

Cheak-Zamora, NC, Teti, M, **First, J.** (2015). “Transitions are scary for our kids, and they're scary for us”: Family member and youth perspectives on the challenges of transitioning to adulthood with autism. *Journal of Applied Research in Intellectual Disabilities*. DOI:10.1111/jar.1215. ISI 5-year impact factor (2016): 1.874, Google h5-index: 24

Manuscripts Under Review and In Preparation

Houston, JB, **First, J.**, Danforth, L (under review). Effects of Disaster Media Coverage on Students: A Qualitative Study of School Staff Perceptions

First, J., Butauski, MC, Houston, JB (data analysis) Use of the Resilience and Coping Intervention (RCI) with LGBTQ undergraduate students to identify stress, coping, and resilience

First, J., Bonifay, W, Houston, JB (in preparation) Posttraumatic Stress Disorder Screening After a Major Disaster: A Differential Item Functioning Analysis of the Impact of Event Scale-Revised (IES-R) across Gender and Age

First, J., Yu, M, Carnahan, M, Houston, JB (in preparation). Unmet Needs of Disaster Survivors at 6 Months and 2.5 Years Post-disaster

First, J. & Houston, JB (in preparation). Posttraumatic Stress Symptoms after the Fatal Shooting of Michael Brown and Civil Unrest in Ferguson, Missouri: A Structural Equation Model

Intervention Manuals and Invited Publications

Houston, JB & **First, J.** (2017). The mental health impact of major disasters like Harvey and Irma. *The Conversation*, September 11, 2017 (top story). Available at <https://theconversation.com/the-mental-health-impact-of-major-disasters-like-harvey-and-irma-83764>
News appearances in: Salon, Chicago News Tribune, USA Today, WUSF news NPR affiliate

First, J. (2017). *Protecting women and girls from violence in disasters*. UNISDR Prevention Web, Expertise Services, DRR Blog. Available at <https://www.preventionweb.net/experts/oped/view/56044>

First, J & Houston, JB (2016). Helping children and youth cope with disaster media coverage. *Dom Prep Journal*. 12 (3), 32-36. Available at <https://www.domesticpreparedness.com/resilience/helping-children-youths-cope-with-disaster-media-coverage/>

First, J., Mills-Sandoval, T., Czapinski, H., First, N. L., Houston, J.B. (2016). *Disaster media intervention: Helping students cope with disaster media coverage—a guide for teachers and school staff*. Columbia: Disaster and Community Crisis Center at the University of Missouri. Available at <http://tdc.missouri.edu>

First, J, Mills-Sandoval, T., First, N.L., Houston, J.B. (2016). *Picturing Resilience Intervention: Using photovoice for youth resilience*. Columbia: Disaster and Community Crisis Center at the University of Missouri. Available at <http://tdc.missouri.edu>

GRANT FUNDING, SCHOLARSHIPS AND AWARDS

Co-Investigator

University of Missouri, Patient Centered Outcomes Research Grant, 01/02/18- 01/02/19

- *Assessing and Promoting Health-Related Independence in Youth with Autism Spectrum Disorder*, Principal Investigator: Nancy Cheak-Zamora
- Role: Assist with the development and validation of a health-related independence measure for young adults with ASD
- \$5,000, in process

Co-Investigator

Boone County Children Services Grant via Boys and Girls Club of Columbia, Missouri, 01/01/17-12/31/17

- *Picturing Resilience Intervention* (Year 2), Principle Investigator: J. Brian Houston
- Role: Assist with the implementation and evaluation of a resilience building intervention for youth
- \$20,000, completed

Co-Investigator

Boone County Children Services Grant via Boys and Girls Club of Columbia, Missouri, 01/01/17-12/31/16

- *Picturing Resilience Intervention* (Year 1), Principle Investigator: J. Brian Houston
- Role: Assist with the implementation and evaluation of a resilience building intervention for youth
- \$20,000, completed

Program Manager

Substance Abuse and Mental Health Services Administration, 10/01/12-09/30/16

- Disaster and Community Crisis Center, National Child Traumatic Stress Initiative Grant. Principle Investigator: J. Brian Houston,
- \$2,400,000, completed

Graduate Student Conference Travel Scholarships

- University of Missouri, School of Social Work, Columbia, MO. Fall 2016, Spring, 2017, Fall, 2017
- \$900, total awarded

Graduate Teaching Scholarship

- University of Missouri, School of Social Work, Columbia, MO. Spring, 2016
- \$4,000, awarded

Outstanding Ph.D. Student Award

- University of Missouri, School of Social Work Alumni Organization, 2018

PRESENTATIONS

Peer Reviewed Conference Presentations

First, J & Danforth, L (2018). Identifying disaster-related needs following the 2011 Joplin, Missouri tornado. Council on Social Work Education Annual Program Meeting, Orlando, Florida.

Danforth, L & **First, J** (2018). Individual and Social Network Correlates of Racial "Colorblindness" among Social Work Students. Council on Social Work Education Annual Program Meeting, Orlando, Florida.

First, J, Houston, JB, First, NL (2018). Post-Traumatic Growth 2.5 Years after the 2011 Joplin, Missouri Tornado. Annual Conference of the Society for Social Work and Research, Washington D.C.

Pelts, M, Freese, R, Danforth, L, **First, J** (2018). Lessons Learned in Social Work Intervention Research with Diverse and Marginalized Populations: A Discussion about Planning, Theory, Adaptability, and Dissemination. Annual Conference of the Society for Social Work and Research, Washington D.C.

First, J, Yu, M, Carnahan, M, Houston, JB (2018). Disaster-Related Needs Reported at 6 Months and 2.5 Years after the 2011 Joplin, Missouri Tornado. Annual Conference of the Society for Social Work and Research, Washington D.C.

Houston, JB, **First, J**, Danforth, L (2017). Effects of Disaster Media Coverage on Students:

- School Staff Perceptions of Student Reactions and Communicative Coping. National Communication Association Annual Convention, Dallas, TX.
- Houston, JB, Thorson, E, Frisby, C, Galarza, R, **First, J** (2017). Protest Communication Ecology and Community Racial Crisis: The Case of the Michael Brown Shooting Death and Subsequent Civil Unrest. Annual Conference of the International Communication Association, San Diego, CA.
- First, J**, Cheak-Zamora, N. & Maurer-Batjer, A, Teti, M. (2017) Using Photovoice to Identify Factors That Support Resilience Among Youth Living with Autism Spectrum Disorder. Annual Conference of the Society for Social Work and Research, New Orleans, LA.
- First, J.** (2017) “Am I Not Human?”: Using Photovoice to Examine Homeless Women's Experiences of Coping with Social Stigma. Annual Conference of the Society for Social Work and Research, New Orleans, LA.
- Thompson, E., Connors, K., **First, J.**, & Dunn, J. (2016) “No Justice, No Peace”: Supporting communities to become sustainably trauma informed and resilient. National Child Traumatic Stress Network Annual Conference, Washington, D.C.
- First, J.** (2016) Picturing Resilience: Using Photovoice to Promote Youth Resilience. National Child Traumatic Stress Network Conference, Washington, D.C.
- First, J.**, Houston, B., & Danforth, L. (2016) Teacher and School Staff Perspectives on the Effects of Disaster Media Coverage on Students. Annual Conference of the Society for Social Work and Research, Washington, D.C.
- First, J.** & Cheak-Zamora, N. (2016) “Becoming an Adult Is a Big Step for Me”: Youth and Caregiver Perspectives on Coping with the Challenges of Transitioning to Adulthood with Autism. Annual Conference of the Society for Social Work and Research, Washington, D.C.
- Anderson, K., Danforth, L., & **First, J.** (2016) Nonviolent Adult Sons of Abused Mothers: Ending the Cycle of Violence. Annual Conference of the Society for Social Work and Research, Washington, D.C.
- First, J.** (2015). Enhancing Resilience in Children and Adolescents using the Resilience and Coping Intervention (RCI). Annual Pathways to Resilience III Conference, Halifax, Nova Scotia, Canada.
- Anderson, K., King, L., & **First, J.** (2015) Nonviolent Adult Sons of Abused Mothers: Ending the Cycle of Violence. Council on Social Work Education Annual Program Meeting, Denver, CO.
- Houston, J.B., Spialek, M.L., Cox, J., Greenwood, M., & **First, J.** (2014) Community

resilience: A public relations and strategic communication approach to community well-being in the face of crisis. Annual Convention of the National Communication Association, Chicago, IL.

Cheak-Zamora, N.C., Teti, M. & **First, J.** (2012) "Transitions are scary for our kids and they're scary for us": Family member and youth perspectives on the challenges of transitioning to adulthood with autism. American Public Health Association. San Francisco, CA.

Invited Presentations and Workshops

Houston, J.B. & **First, J.** (2015). School Disasters and Mental Health: Reactions and Resources. Safe Schools and Colleges Conference, Missouri School Board Association, Osage Beach, MO.

Houston, J.B. & **First, J.** (2014) Resilience and Coping Intervention (RCI), Best Practices Booths at the Children and Youth in Disasters Summit: Shaping the Future of Missouri, Columbia, MO.

First, J. & Houston, J.B. (2014). Effects of Media Coverage of Disasters on Children and Youth. Presentation at the Missouri Department of Mental Health's Spring Training Institute, Osage Beach, MO.

First, J. (2014) Preparing and Responding to Disasters: Helping Students and Families Cope with Traumatic Events presentation for Columbia Public Schools, Early Childhood Special Education Department, Columbia, MO

Houston, J.B., Perreault, M., Spialek, M., Czapinski, H., **First, J.** & Seboldt, B. (2014) Community and Youth Resilience: Communication Perspectives and Intervention Department of Communication Spring Colloquium Series, University of Missouri, Columbia, MO.

First, J. & Williams, S. (2014) Disaster Mental Health: An Introduction, Continuing Education Workshop at the National Social Workers Association (NASW), Kansas City and St. Louis, MO.

First, J. (2013) Domestic Violence and Natural Disasters. Missouri Coalition Against Domestic Violence and Sexual Assault Annual Conference, Columbia, MO.

PROFESSIONAL EXPERIENCE

Mental Health Program Manager

Disaster and Community Crisis Center, Columbia, Missouri (2013 - current)

- Developed, implemented, and evaluated mental health resources and interventions; administered group intervention activities (e.g., training, consultation, implementation, evaluation, and product development); supervise students and staff; and assisted with evaluation and research projects.

Counselor and Case Manager

Women's Emergency Shelter, St. Louis, Missouri (2011-2013)

- Provided case management and counseling to women and children experiencing homelessness and poverty; administered psychosocial assessments and community agencies referrals; and presented program training sessions on trauma-informed services for homeless shelters.

Women's Advocate

True North Shelter, Columbia, Missouri, (2009).

- Role: Provided victim advocacy to women experiencing domestic violence and sexual assault; provided information on legal services related to assisting in protection orders, victim's compensation, and court appearances; assisted in training and coordinating volunteers; conducted shelter intakes and assessments.

RESEARCH EXPERIENCE

Graduate Research Assistant

Disaster and Community Crisis Center, University of Missouri, Columbia, MO (2016-2018)

- Assisted in the design and implementation of experimental and survey research projects
- Supervised undergraduate and graduate research assistants
- Managed research protocols and databases
- Conducted data analysis for multiple projects using R, SPSS, and nVivo software.
- Collaborated with principle investigator on writing manuscripts and grant applications

Graduate Research Assistant

Health Sciences, University of Missouri, Columbia, MO (Fall 2011, Fall 2015)

- Conducted qualitative analysis using nVivo software
- Collaborated with faculty on writing manuscripts for publication

TEACHING INTERESTS

- Resilience and Trauma Informed Social Work Practice
- Research Methods and Data Analysis
- Social Policy and Social Justice
- Social Work in Disasters

TEACHING EXPERIENCE

Instructor

- Undergraduate course: *Exploration in Social and Economic Justice*, writing intensive course, School of Social Work, University of Missouri, Fall 2016 (4.5/5 on student evaluations, 49 students)
- Graduate course: *Resilience and Solution-Focused Practice*, online advanced practice course, School of Social Work, University of Missouri, Fall 2015, (4.7/5 on student evaluations, 12 students)
- Undergraduate course: *Social Policy and Social Justice*, writing intensive course, Human Services Department, Columbia College, Fall 2014, (4.5/5, on student evaluations, 22 students)

Field Instructor

- Graduate course: *Graduate Field Social Work Practicum II*, School of Social Work, University of Missouri, Spring 2014, Summer 2016, Fall 2016, supervised MSW students

Curriculum Development

- Graduate course: *Resilience and Solution Focused-Practice Online*, School of Social Work, University of Missouri. Redesigned and developed curriculum for online format, launched in Fall 2015

Guest Lecturer

- Undergraduate Course: *Covering Traumatic Events*, Journalism Department, University of Missouri, Fall 2014, Spring 2015, Spring 2016, Fall, 2017
- Graduate course: *Death, Grief, and Loss*, School of Social Work, University of Missouri, Fall, 2016
- Graduate course: *Narratives in and about Relationships*, Department of Communication, University of Missouri, Fall 2013, Summer 2016
- Undergraduate course: *Crisis Communication*, Department of Communication, University of Missouri, Spring 2013

MEMBERSHIP AND SERVICE

Membership

- Council on Social Work Education (2015 - current)
- Society of Social Work & Research (2015 - current)

Service

- Trauma Round Table, Department of Mental Health, State of Missouri, Jefferson City, Missouri (2014 - current)
- Pediatric Disaster Behavioral Health Workgroup, Jefferson City, Missouri (2015 – current)
- Resilience Task Force Committee, University of Missouri, Columbia (2015 – current)

- Search Committee for Director of School of Social Work, University of Missouri, Columbia (Spring, 2017)
- Doctoral Program Committee, School of Social Work, University of Missouri, Columbia (2016 – current)
- Search Committee for Faculty, School of Social Work, University of Missouri, Columbia (Fall, 2017)
- Resilience Round Table, Center for Child Welfare Trauma-Informed Policies, Programs, and Practices, San Diego, CA (Fall, 2017)

Ad Hoc Journal Reviews

- *Violence Against Women* (May, 2016)
- *Journal of Family Social Work* (April, 2017)
- *PLOS Currents* (June, 2017)

DATA ANALYSIS TRAINING

- Structural Equation Modeling, *Software: R*
- Psychometrics and Scale Development, *Software: R*
- Item Response Theory, *Software: R*
- Multivariate Analysis, *Software: R*
- Qualitative Analysis, *Software: nVivo*