

**Curriculum Vitae  
Debra H. Zand, Ph.D.**

**Personal Information**

Midwest Psychological Services, LLC  
10820 Sunset Office Drive, Suite 120  
Sunset Hills, Missouri 63127

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Web site: [www.midwestpsychservices.com](http://www.midwestpsychservices.com)

**Current Position, Institution and Start Date**

Owner & Founder, Midwest Psychological Services, LLC 02/20-present

**Education**

Postgraduate Training

Rule 88- Divorce and Family Law Mediation Training 03/27/26  
Communication & Conflict Management Associates

Basic Civil Mediaton Training (MO Rule 17) 07/25/25  
Confluence Missouri, Inc.

Family Ties: Therapeutic Assessment and Treatment of High Conflict 11/24  
Separated Parents and their Children, Anna Freud Institute.

Fundamentals of Emotionally Focused Therapy 2024

Partners in Parenting Education (Certified) 03/20

Dyadic Developmental Psychotherapy (Certification in process)  
- Level I 05/18  
- Level II 06/19

Autplay Therapy (Certified) 08/16

Theraplay (Foundational Certification) 04/19

Incredible Years – School Age (Certification in process) 09/15

Triple P – Primary Care Stepping Stones Positive Parenting Program (Certified) 06/15

Triple P – Stepping Stones Postive Parenting Program (Certified) 06/14

|  |             |
|--|-------------|
| Autism Diagnostic Observation Schedule (Clinical & research training)  | 09/11       |
| Nurturing Parenting (Received training, no certification available/required)   | 09/10       |
| Post Doctoral Fellow, University of Missouri-Columbia, School of Medicine<br>Department of Psychiatry, Missouri Institute of Mental Health | 02/97-05/99 |
| Internship, St. Louis Psychology Internship Consortium (post M.A.)   | 07/95-06/96 |
| Internship, Washington University Student Counseling Program (post M.A.)   | 07/93-06/94 |

### Graduate Degree

|   |             |
|---|-------------|
| Ph.D., Clinical Psychology, University of Missouri-St. Louis<br>Dissertation: Touch during the therapy hour: The impact of gender, gender role<br>socialization, diagnosis, professional training and professional experience | 07/92-05/97 |
| M.A., Clinical Psychology, University of Missouri-St. Louis   | 08/90-05/92 |

### Undergraduate Degree

|                                       |             |
|---------------------------------------|-------------|
| B.A., Psychology, Brandeis University | 01/84-05/88 |
| Bryn Mawr College                     | 08/84-12/84 |

### **Previous Professional Experience**

|   |                                  |
|---|----------------------------------|
| Missouri Disability Determinations Mental Health Examiner   | 2024;<br>2021-2022;<br>1995-1996 |
| Professor, Saint Louis University, School of Medicine,<br>Department of Pediatrics, with Tenure   | 07/18 -06/21                     |
| Associate Professor, Saint Louis University, School of Medicine,<br>Department of Pediatrics, with Tenure   | 02/11 – 06/18                    |
| Research Associate Professor, University of Missouri-St. Louis  | 10/10-02/11                      |
| Research Associate Professor, University of Missouri-Columbia, School of<br>Medicine, Department of Psychiatry, Missouri Institute of Mental Health | 06/06-09/10                      |
| Research Assistant Professor, University of Missouri-Columbia, School of<br>Medicine, Department of Psychiatry, Missouri Institute of Mental Health | 06/99-05/06                      |
| Research Assistant, University of Missouri-St. Louis  | 09/93-05/96                      |

Research Associate, Harvard University, Henry Murray Research Center 12/88-06/90

### **Hospital and Clinical Staff Appointments**

SSM, Cardinal Glennon Children's Medical Center, Knights of Columbus  
Developmental Center, Clinical Psychologist 05/11- 06/15

SLUCare, Danis Pediatric Center, Clinical Psychologist 07/15-06/21

### **Licensure & Authority to Practice**

Missouri Psychology Licensure/Health Service Provider – # 2000166019

Authority to Practice Interjurisdictional Telepsychology, PSYPACT – # 19984

### **Professional Society Memberships**

#### International

Dyadic Developmental Psychotherapy Institute 05/18-06/21

#### National

Association of Family and Conciliation Courts 2024-present

Society for Developmental and Behavioral Pediatrics 04/17-06/21

Association for Psychologists in Academic Health Centers 12/11- 06/21

American Psychological Association 01/00-present

#### State

Missouri Psychological Association 2022-present

Association of Missouri Mediators 2026-present

#### Local

Saint Louis Psychological Association 04/20-present

### **Honorary Societies, Honors and Awards**

Society for Pediatric Research 12/17-06/21

|   |                |
|---|----------------|
| Saint Louis Business Journal, People on the Move                                | 02/16          |
| McCay Vernon Outstanding JADARA Article   | 04/15          |
| AAMC Mid-Career Women Faculty Professional Development Seminar                  | 12/14          |
| American Psychological Association Leadership Institute for Women in Psychology | 08/10- present |
| Summa Cum Laude, High Honors in Psychology - Brandeis University                | 05/88          |
| Phi Beta Kappa  | 05/87- present |
| Rensselaer Polytechnic University Outstanding Math & Science Achievement Award  | 05/84          |

### **Professional Services**

#### Committee Membership and Administrative Role

##### International

Triple P Research Network, Full Member 07/17-06/21

##### National

Society for Developmental and Behavioral Pediatrics Conference Scientific Reviewer 05/19

Health Resources and Services Administration Maternal and Child Health Review Panel: HRSA-19-055: Healthy Tomorrows Partnership for Children Program 10/18

Society for Developmental and Behavioral Pediatrics Complex ADHD Guideline, Reviewer 09/18

Emotion Regulation: Its Development and Role in Social Functioning in Deaf or Hard of Hearing Children Workshop. Radcliffe College. Boston, MA, Invited Participant 03/18

Pediatric Academic Societies Conference Scientific Reviewer: Developmental and Behavioral Pediatrics 01/18

National Academies of Science, Engineering and Medicine Collaborative for Healthy Parenting in Primary Care, Member 05/17

|   |                        |
|---|------------------------|
| Department of Defense,<br>Autism Review Panel<br>DOD-W81XWH-16-ARP-IDA: Autism Research Program, Idea Development Award   | 11/16                  |
| Health Resources and Services Administration<br>Maternal and Child Health Review Panel:<br>HRSA-17-011: MCH Field-Initiated Innovative Research Studies (FIRST) | 10/16                  |
| Health Resources and Services Administration<br>Maternal and Child Health Review Panel:<br>HRSA-16-032: Maternal and Child Health Research Program              | 12/15                  |
| Health Resources and Services Administration<br>Maternal and Child Health Review Panel:<br>HRSA-15-089 Pediatric Research Network Program                       | 03/15                  |
| Autism Speaks-Autism Treatment Network, Reviewer  | 03/15-09/18            |
| Autism Speaks-Family Navigator Study Workgroup, Leadership Team   | 01/15-12/19            |
| Health Resources and Services Administration<br>Maternal and Child Health Review Panel:<br>HRSA-15-062 R40 MCH Research   | 12/14                  |
| International Meeting for Autism Research (IMFAR) Conference<br>Scientific Reviewer: Family Issues and Stakeholders Experience Abstracts                        | 11/14, 11/15,<br>11/17 |
| Autism Speaks-Behavior Scientist Committee, Member  | 10/14-06/15            |
| Washington University Institute of Clinical and Translational Sciences,<br>Scientific Review Group  | 01/14, 11/15           |
| Washington University Institute of Clinical and Translational Sciences,<br>Member   | 07/13-06/20            |
| Association for Psychologists in Academic Health Centers,<br>Membership Committee   | 12/11-8/14             |
| Substance Abuse Mental Health Services Administration Evaluation<br>Workgroup, Invited Member   | 04/07                  |
| Gallaudet University's National Mission Advisory Panel, Member  | 01/05-12/10            |
| Substance Abuse Mental Health Services Administration Data Analysis<br>Workgroup, Member  | 09/01-10/04            |

Substance Abuse Mental Health Services Administration Publications Workgroup, Member 09/99-10/01

### University

Third Annual Interdisciplinary Health Research Initiative, Facilitator 02/18

Applied Health Research Council, Member 01/18-12/19  
 - Interdisciplinary Health Sciences Research Grant Reviewer 04/18, 04/19  
 - Research Growth Committee Grant Reviewer 12/18, 05/19

Saint Louis University, Research Misconduct Committee, Chair 04/15-07/15

Saint Louis University, Faculty Writing Fellow 10/14-06/15

Saint Louis University Faculty Senate Advisory Board in Support of Faculty Research, Chair 09/14-05/16

Saint Louis University College of Public Health and Social Justice, Scientific Reviewer 08/14

Saint Louis University Institutional Review Board, Alternate Member 07/13-06/15

Saint Louis University Senator 09/12- 08/15  
 - Senate Academic Affairs Subcommittee, Member 12/13-08/14

University of Missouri-Columbia Health Science Institutional Review Board, Member 08/01-07/04

### Medical School

School of Medicine Housestaff Research Symposium, Judge 04/19

School of Medicine President's Research Fund - Cycle 15, Internal Study Section 03/18

School of Medicine Website Planning Committee, Member 03/17

School of Medicine Strategic Planning Research Focus Group Member 03/17

School of Medicine Faculty Affairs Committee, Member 09/14-08/15

School of Medicine, Women in Medicine and Science Committee, Member 01/12- 05/15

### Department

|  |                               |
|--|-------------------------------|
| Pediatric Science Day, Moderator   | 04/14                         |
| Saint Louis University, Department of Pediatrics, Fleur de Lis Committee,                      |                               |
| - Co-Chair   | 04/13                         |
| - Reviewer   | 04/13, 05/14,<br>05/18, 10/18 |
| Saint Louis University Search Committee for Division Chair of Developmental Pediatrics, Member | 03/11-03/12                   |
| Saint Louis University Department of Pediatrics Research Committee, Member                     | 03/11- 06/20                  |
| <u>Community</u>   |                               |
| St. Louis System of Care/Community that Cares Board Member                                     | 03/14-06/19                   |
| - Family Leadership Cabinet Member   | 02/17-01/18                   |
| - Interim Co-Chair   | 06/17-01/18                   |
| - Contract Review Committee Member   | 02/16-12/19                   |
| - Executive Committee Member   | 03/15- 06/19                  |
| Statewide Comprehensive Systems Management Team  | 09/07-08/12                   |
| Mental Health Advocacy Committee   | 07/98-06/99                   |
| <u>Editorial Boards</u>  |                               |
| Associate Editor, Journal of Deaf Studies and Deaf Education                                   | 01/19-12/19                   |
| Editorial Board Member, PsycCRITIQUES —APA Review of Books                                     | 06/15-12/17                   |
| Editorial Board Member, Journal of Deaf Studies and Deaf Education                             | 08/14-12/18                   |
| Associate Editor, Clinical Psychology in Medical Settings                                      | 09/12-03/16                   |
| Associate Editor, PsycCRITIQUES —APA Review of Books   | 09/04-12/11                   |
| <u>Ad Hoc Journal Reviews</u>  |                               |
| Autism: International Journal for Research and Practice  |                               |
| Journal of Behavioral Health Services and Research   |                               |
| Family Process   |                               |
| Journal of Autism and Developmental Disorders  |                               |
| Journal of Child Health Care   |                               |
| Emerging Adulthood   |                               |

PsycCRITIQUES: Contemporary Psychology —APA Review of Books  
 Journal of Deaf Studies and Deaf Education  
 Journal of Pediatrics  
 Language, Speech and Hearing Services in Schools  
 Youth and Society  
 Developmental Psychology  
 Psychology of Women Quarterly  
 Journal of Clinical Psychology in Medical Settings

### **Teaching Responsibilities**

#### Administration

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|---|-------------|
| Danis Pediatric Center Positive Parenting Program Director              | 09/15-06/21 |
| Knights of Columbus Clinical Psychology Clerkship Director & Supervisor | 08/11-07/14 |
| St. Louis Psychology Internship Consortium Training Coordinator         | 09/00-08/02 |

#### Courses and Lectures or Topics

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|---|-------------|
| Educational Research Methods I, University of Missouri – St. Louis      | 06/01-08/02 |
| Mental Health Policy, Washington University                             | 09/98-05/99 |
| Interdisciplinary Theories on Women, University of Missouri – St. Louis | 01/93-12/96 |
| Psychology of Women, University of Missouri – St. Louis, St. Louis      | 09/92-05/99 |

#### Clinical Teaching Responsibilities

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|--|--------------|
| Behavioral Issues: Birth to 12 Years<br>Saint Louis University, School of Medicine General Academic Pediatrics<br>Pediatric Academic Half Day                          | 02/2019      |
| Neurodevelopmental Disorders<br>Saint Louis University, School of Medicine General Academic Pediatrics<br>Pediatric Academic Half Day                                  | 10/17, 09/18 |
| Pediatric Mental Health: Externalizing and Internalizing Disorders,<br>Saint Louis University, School of Medicine General Academic Pediatrics<br>Resident Noon Lecture | 10/16        |
| Social Emotional Milestones: Birth through 5 Years, Saint Louis University,<br>School of Medicine Developmental Pediatrics Fellow Lecture                              | 2014-2015    |

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| Developmental Theory I, Saint Louis University,<br>School of Medicine Developmental Pediatrics Fellow Lecture                                    | 2013-2015   |
| Developmental Theory II, Saint Louis University,<br>School of Medicine Developmental Pediatrics Fellow Lecture                                   | 2013-2015   |
| Externalizing Disorders, Saint Louis University,<br>School of Medicine Developmental Pediatrics Fellow Lecture                                   | 2013-2015   |
| Infant and Toddler Social Emotional Development, Saint Louis University,<br>School of Medicine Monthly Developmental Pediatrics Resident Lecture | 03/12–08/13 |
| Research Elective for Medical Students,<br>Saint Louis University, School of Medicine, Department of Pediatrics                                  | 09/11-12/17 |
| Positive Adaptation: Clinical Applications, Saint Louis University,<br>School of Medicine Monthly Developmental Pediatrics Resident Lecture      | 07/11–08/13 |
| Clinical Psychology Clerkship Supervisor-University of Missouri-Columbia,<br>Department of Psychiatry  | 06/07-12/11 |
| Saint Louis Psychology Internship Consortium Supervisor- University of<br>Missouri-Columbia, Department of Psychiatry                            | 09/06-08/07 |

## **Protégés**

### Dissertations

|  |             |
|--|-------------|
| Jill Meyer, The effects of coping on the psychological well-being of individuals who are late deafened, University of Missouri-St. Louis     | 2009 – 2010 |
| Mary Dugan, The Spiritual Well-Being Scale: Psychometric properties for a sample of African American women, University of Missouri-St. Louis | 2003 – 2005 |

### Faculty, Fellows, Residents, Students

|  |             |
|--|-------------|
| Jennifer, Heithaus, MD, Saint Louis University                               | 09/18-06/19 |
| Charles Jaschek, BA, Saint Louis University, MS1-MS2                         | 09/16-12/17 |
| - SLU School of Medicine Summer Research Fellowship                          | 06/17-08/17 |
| Taryn White, BA, Saint Louis University, MS1–MS4                             | 06/14-05/17 |
| - SLU School of Medicine Alpha Omega Alpha Honorable Mention                 | 01/2017     |
| - APA Region VI Fall Meeting Research Trainee Award, First Place             | 09/16       |
| - SLU School of Medicine Summer Research Fellowship                          | 06/14-08/14 |
| Lacey Hall, BA, Southern Illinois University, Psychology Graduate Student    | 01/14-05/14 |
| Sohail Nibras, MD, Saint Louis University, Medical Resident Applicant        | 06/13-05/14 |
| Jonathan Paulson, BA, Saint Louis University, MS1-MS2                        | 09/12-05/13 |
| Jennifer Wilmott, MPH, Saint Louis University Public Health Doctoral Student | 07/12-05/15 |

|   |             |
|---|-------------|
| Allison Kang, BA, Saint Louis University, MS1                             | 09/11-05/12 |
| Sarah Smith, BA, Saint Louis University, MS1                              | 09/11-05/12 |
| LaSheena Barnes, BA, Saint Louis University Clinical Psychology Clerkship | 09/11-08/12 |
| Mizraw Baig, MD, Saint Louis University, Medical Resident Applicant       | 05/11-05/13 |
| Brianna Mann, BA, University of Missouri-St. Louis Psychology Clerkship   | 09/10-12/11 |
| Heather Eisele, BA, University of Missouri-St. Louis Psychology Clerkship | 06/07-07/10 |
| Jerri Dunn, BA, University of Missouri-St. Louis Psychology Intern        | 09/00-08/01 |
| Nicole Thomson, BA, Saint Louis University Psychology Student             | 09/99-05/03 |

## Research Support

### Past Funding

**Saint Louis Mental Health Board** **Zand (PI)** **07/18-06/21**  
**Improving Mental Health: Parent and Child Collaborative Treatment (IMPACCT)**

Goal: To develop and evaluate a multi-tiered parenting intervention approach based upon caregiver's readiness to change and individualized child, caregiver and family needs.

Objectives: 1) To employ a quasi experimental, longitudinal design to assess outcomes.

Role: To oversee all aspects of the project's design, implementation, and dissemination.

Total Funds: \$609,000

**Saint Louis University, School of Medicine, Pediatrics** **Zand (PI)** **07/17-06/21**  
**Development and Validation of the Brief Assessment of Emotional Regulation (BAER)**

Goal: To develop (Phase 1) and validate (Phase 2) a Brief Assessment of Emotional Regulation on 119 parents of children (ages 18 months to 36 months) who receive primary care within a large urban pediatric practice.

Objectives: 1) To generate an item pool; 2) To examine the tool's psychometric properties; 3) To leverage study findings to secure extramural funding.

Role: To oversee all aspects of the project's design, implementation, and dissemination.

Total Funds: \$25,000

**Saint Louis Mental Health Board** **Zand (PI)** **07/15-06/18**  
**Positive Parenting (P-Square) Program: Healthy Children, Healthy Families**

Goal: To pilot the Primary Care Postive Parenting Program (PC-SS Triple P) on parents of children who are seen in in a large, urban pediatric practice.

Objectives: 1) To employ a single group, pre- post-test design to assess preliminary outcomes; 2) To use qualitative methodologies to determine acceptance and feasibility.

Role: To oversee all aspects of the project's design, implementation, and dissemination.

Total Funds: \$600,000

**St. Louis Maternal and Child Family Health Coalition** **Zand (PI)** **09/15- 06/16**  
**Depression Screening in Pregnant/Post-Partum Women**

Goal: To expand the screening, assessment and treatment of post-partum depression with St. Louis Missouri.

Objectives: 1) To emplo a single group, repeated measures design to explore project outcomes

Role: To provide consultation on data management, data analyses, and report writing.

Total Funds: \$24,000



**Department of Elementary and Secondary Education                      Zand (PI)                      09/10-11/11**  
**Policy and Practice with Medically Fragile, Developmentally Disabled Infants and**  
**Toddlers**

Goal: To assess the effectiveness of Nurturing Parenting, an 8 week empirically supported parent mediated intervention designed to increase parents' sense of self-worth, personal empowerment, empathy, bonding, and attachment, as well as to increase parents' knowledge of age-appropriate developmental expectations and improve child developmental trajectories.

Objectives: 1) To design and implement a longitudinal randomized control trial with 200 parents of children receiving early intervention (EI) services as specified in Part C of the Individuals with Disabilities Education Improvement Act (ages 0-3). Parents were randomized into one of two conditions: a) Nurturing Parenting, (N=100) or b) Treatment as Usual, (N=100); 2) To use a mixed method design to measure and evaluate mediators of outcomes, 3) To implement an extensive dissemination plan, 4) To generate policy recommendations for the Missouri Department of Mental Health.

Role: To oversee all aspects of the project's design, implementation, and dissemination.

Total Funds: \$495,000

**Missouri Department of Mental Health    Zand (PI)                      09/10-11/11**  
**Policy and Practice with Children with Co-Occurring Developmental Disabilities and**  
**Psychiatric Disorders**

Goal: To identify best practices for treating children with co-occurring developmental disabilities and psychiatric disorders

Objectives: To develop treatment and policy recommendations for the Missouri Department of Mental Health on children with co-occurring developmental disabilities and psychiatric disorders.

Role: Lead researcher and primary author of final report

Total Funds: \$3,000.

**Administration for Children and Families    Zand (Site PI)                      10/08- 12/13**  
**Extreme Recruitment**

Goal: 1) To provide data for a multi-site longitudinal family reunification study; 2) To test the effectiveness of the Foster and Adoptive Care Coalition's Extreme Recruitment Program, a 12-21 week intervention designed to promote the positive adaptation of children transitioning out of Missouri's foster care system.

Objectives: 1) To conduct a longitudinal randomized control trial with 300 youth (ages 10-18) who are in the process of transitioning out of Missouri's child welfare system. Youth were randomized into one of two conditions: a) Extreme Recruitment, (N=150) or b) Treatment as Usual, (N=150); 2) To use a mixed method design to measure and evaluate mediators of outcomes; 3) To implement an extensive dissemination plan.

Role: To design, implement and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination, and multi-site data sharing.

Total Funds: \$500,000

**Administration for Children and Family Services    Zand (Site PI)                      10/07-2/11**

**Circle of Hope**

Goal: 1) To provide data for a multi-site longitudinal child abuse prevention study; 2) To increase the well-being of and improve the permanency outcomes for children affected by maternal methamphetamine or other substance abuse within Missouri's Southwestern Region

Objectives: 1) To develop a seamless, integrated family centered service delivery system; 2) To advance the evidence based and research on behavioral health systems of care.

Role: To design, implement and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination, and multi-site data sharing.

Total Funds: \$3.2 million

**National Institute of Mental Health–P30 MH068579-02S1 Proctor (PI) 09/06-06/07  
Research Network Development Core**

Goal: To build a research related infrastructure within Missouri's Child Welfare (CW) and the Division of Senior Services and Regulation (DSSR).

Objectives: 1) To create, strengthen and formalize relationships among researchers, the CW, the DSSR, and key mental health stakeholders; 2) To incubate ideas for quality improvements and research projects, and 3) To increase sustainable research capacity of CW and the DSSR

Role: To design the project's implementation and outcome evaluation (Key personnel)

Total Funds: \$2.1 million.

**Substance Abuse Mental Health Service Administration Zand (Site PI) 10/03-09/10  
Transitions: St. Louis System of Care**

Goal: 1) To create a network of effective community-based services and supports to improve the lives of children and youth with or at risk of serious mental health conditions and their families; 2) To provide data for a national multi-site longitudinal children's mental health study.

Objectives: 1) To expand and enhance the availability of seamless, comprehensive, coordinated, long term care across service sectors for children with serious mental health conditions and their families residing in St. Louis, Missouri; 2) To advance the evidence based and research on behavioral health systems of care.

Role: To design, implement, and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination, and multi-site data sharing; to participate in national meetings/committees.

Total Funds: \$7.5 million

**Substance Abuse Mental Health Service Administration Zand (Site PI) 10/01- 06/05  
Project Youth Connect**

Goal: 1) To provide data for a multi-site longitudinal youth substance abuse prevention study; 2) To test the effectiveness of a 1 year mentoring program on preventing substance use among youth (ages 9-19 years) residing in St. Louis City.

Objectives: 1) To employ a repeated measure, quasi-experimental design using 200 youth who attend middle schools within St. Louis City School District (100 per group); 2) To use a mixed method design to measure and evaluate mediators of outcomes; 3) To implement an extensive dissemination plan.

Role: To design, implement, and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination and multi-site data sharing; to participate in national meetings/committees.

Total Funds: \$1.2 million

**Substance Abuse Mental Health Service Administration Walker (Site PI) 10/99 - 10/03  
Community Initiated Prevention Intervention**

Goal: 1) To provide data for a multi-site longitudinal substance abuse prevention study; 2) To determine the effectiveness of Botvin's Life Skills Training Program on delaying the onset of illicit substance usage among youth.

Objectives: 1) To employ a repeated measure, quasi-experimental design using 200 youth between ages 10-14 who reside in St. Louis, Missouri (100 per group); 2) To use a mixed method design to measure and evaluate mediators of outcomes, 3) To implement an extensive dissemination plan.

Role: To design, implement and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination and cross-site data sharing (Key personnel)

Total Funds: \$1.5 million

**Substance Abuse Mental Health Service Administration Zand (Site PI) 10/98-09/00  
Partnership with Families**

Goal: 1) To create a network of effective community-based services and supports to improve the lives of children and youth with or at risk of serious mental health conditions and their families; 2) To provide data for a national multi-site longitudinal children's mental health study.

Objectives: 1) To expand and enhance the availability of seamless, comprehensive, coordinated, long term care across service sectors for children and their families residing in St. Charles, Missouri; 2) To advance the evidence based and research on behavioral health systems of care.

Role: To design, implement, and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination, and multi-site data sharing; to participate in national meetings/committees.

Total Funds: \$7.5 million

**Substance Abuse Mental Health Service Administration Zand (Site PI) 10/98-12/01  
Project Youth Connect**

Goal: 1) To provide data for a multi-site longitudinal substance abuse prevention study; 2) To test the effectiveness of a 1 year mentoring program on delaying the onset of illicit substance usage among youth (ages 9-19 years) residing in St. Louis City.

Objectives: 1) To employ a repeated measure, quasi-experimental design using 200 youth between ages 9-19 who reside in St. Louis, Missouri (100 per group); 2) To use a mixed method design to measure and evaluate mediators of outcomes; 3) To implement an extensive dissemination plan.

Role: To design, implement, and oversee all aspects of the research including human subjects' compliance, data collection, data management, data analyses, interpretation, dissemination and multi-site data sharing; to participate in national meetings/committees.

Total Funds: \$1.5 million



## Bibliography

\*Denotes mentee

### Peer Reviewed Articles

1. Stake J, Huff L, Zand DH. Trait self-esteem, positive and negative events, and event-specific shifts in self-evaluation and affect. *Journal of Research in Personality* 1995;29(2):223-41. doi: 10.1006/jrpe.1995.1013.
2. Stake J, Zand DH, Smalley R. The relation of instrumentality and expressiveness to self-concept and adjustment: A social context perspective. *Journal of Social and Clinical Psychology* 1996;15:167-90. doi: 10.1521/jscp.1996.15.2.167.
3. Rose S, Zand DH. Lesbian dating and courtship from young adulthood to midlife. *Journal of Gay and Lesbian Social Services*. 2000;11(2-3):77-104. PMID: 24803052.
4. Zand DH, Gouwens D, Evenson R. The St. Louis Symptom Checklist: Factor structure for an adolescent sample. *Psychology in the Schools*. 2001;38:1-7. doi: 10.1002/1520-6807(200101)38:1<67::AID-PITS7>3.0.CO;2-Q.
5. Thomson NR\*, Zand DH. The Harter Self-Perception Profile for Adolescents: Psychometrics for an early adolescent African-American sample. *International Journal of Testing*. 2002;2(3-4):297-310. doi: 10.1080/15305058.2002.9669497.
6. Zand DH, Thomson NR, Dugan M, Braun JA, Holterman-Hommes P, Hunter PL. The recruitment process: Factors that predict African-American adolescents' initial engagement into an alcohol tobacco and other drug prevention study. *Journal of Ethnicity in Substance Abuse*. 2004;3(2):43-54. doi: 10.1300/J233v03n02\_03.
7. Thomson NR, Zand DH. Analysis of Children's Personal Attributes Questionnaire (Short Form) with an African-American sample. *Sex Roles*. 2005;52:237-44. doi: 10.1007/s11199-005-1298-0.
8. Zand DH, Thomson NR. Academic achievement among African-American adolescents: Direct and indirect effects of demographic, individual, and contextual variables. *Journal of Black Psychology*. 2005;31:353-68. doi: 10.1177/0095798405278198.
9. Zand DH, Thomson NR, Dugan M, Braun JA, Holterman-Hommes P, Hunter PL. Predictors of retention in an alcohol, tobacco, and other drug prevention study. *Eval Rev*. 2006;30(2):209-22. PMID: 16492999.
10. Zand DH, Gouwens D, Evenson D. Sex and age differences in self-reported distress among affluent adolescents in an educational counseling setting in the United States. *School - Psychology International*. 2006;27:615-26. doi: 10.1177/0143034306073419.

11. Thomson NR, Zand DH. Sex differences in the multidimensional self-concepts of African-American adolescents: The mediating role of gender identity. *Youth and Society*. 2007;38(3):285-99. doi: 10.1177/0044118X06288034.
12. Eisele H\*, Zand DH, Thomson NR. The role of sex, self-perception, and school bonding in predicting academic achievement among middle class African American early adolescents. *Adolescence*. 2009;44(176):773-96. PMID: 20432600.
13. Zand DH, Thomson NR, Cervantes R, Espiritu R, Klagholz D, LaBlanc L, Taylor A. The mentor-youth alliance: the role of mentoring relationships in promoting youth competence. *J Adolesc*. 2009;32(1):1-17. PMID: 18258296.
14. Thomson NR, Zand DH. Mentees' perceptions of their interpersonal relationships: The role of the mentor-youth bond. *Youth and Society*. 2010; 41:434-5. doi: 0.1177/0044118X09334806.
15. Zand DH, Pierce KJ. Self-reported life events among deaf emerging adults: An exploratory study. *Journal of the American Deafness and Rehabilitation Association*. 2013;46(2):85-102. AN: 87521813.
16. Zand DH, Braddock B, Baig MW\*, Deasy J, Gott, R. Role of pediatricians in fostering resilience in parents of children with Autism Spectrum Disorders. *Journal of Pediatrics*. 2013; 163(6): 1769-1771. PMID: 23919907.
17. Zand DH, Pierce KJ, Thomson N, Baig MW\*, Teodorescu C, Nibras S\*, Gott, R. Social Competence in Infants and Toddlers with Special Health Care Needs: The Roles of Parental Knowledge, Expectations, Attunement, and Attitudes toward Child Independence. *Children*. 2014; 1(1):5-20. PMID: 27417463.
18. Zand DH, Pierce KJ, Nibras S\*, Gott R. Parental risk for the maltreatment of developmentally delayed/disabled infants and toddlers. *Clinical Pediatrics*. 2014; PMID: 24872338.
19. McMillin SE, Bultas MW, Wilmott J, Grafeman S, & Zand DH. Rapid-response parenting intervention in diagnostic centers as a patient-centered innovation for autism spectrum disorders. *Journal of Autism and Developmental Disorders*. 2014; PMID: 25064087.
20. McMillin SE, Hall L\*, Bultas MW, Gott R, Grafeman S, Wilmott J\*, & Zand DH. Knowledge of developmental milestones as a predictor of mother-child play interactions. *Clinical Pediatrics*. 2015; PMID: 25857730.
21. McMillin SE, Bultas MW, Zander TL\*, Wilmott J\*, Underwood, S\*, Broom, M, & Zand, DH. The role of maternal knowledge of child development in predicting risk for maltreatment. *Clinical Pediatrics*, 2015; PMID: 26289564

22. Bultas MW, McMillin SE, Broom M, & Zand DH. Brief, rapid response parenting interventions within primary care settings. *Journal of Behavioral Health Services & Research* 2015; PMID: 26289564
23. Zand DH, Pierce KJ, Gott R, Bultas MW, McMillin SE, & Wilmott J\*. Accuracy of knowledge of child development in mothers of children receiving early intervention services. *Journal of Early Intervention*, 2015; doi: 10.1177/1053815115610633.
24. Bultas MW, McMillin SE, & Zand DH. Reducing Barriers in the office-based health care setting for children with Autism. *Journal of Pediatric Health Care*, 2016; PMID: 26455786.
25. Zand DH, Chou J, Pierce KJ, Pennington L, Dickens R, McNamara DM, Michael J, & White, TM\*. Parenting self-efficacy and empowerment among expectant mothers with substance use disorders. *Midwifery*, 2017; PMID: 28324807
26. Zand DH, Pierce KJ, Bultas MW, McMillin SE, McNamara DM, & White TM\*, Halloran D. A pilot study of a brief positive parenting program in children newly diagnosed with autism spectrum disorder. *Family Process*. 2017; PMID: 29238949
27. Chou J, Pierce KJ, Pennington L, Sieler R, Michael J, McNamara D, & Zand DH. Social support, family empowerment, substance use, and perceived self-efficacy during pregnancy for women with substance use disorders. *Substance Use and Misuse*. 2018; PMID: 2975706.
28. Zand DH, Pierce KJ, Ladage J, Heaney MS, & Sallee HM. I get by with a little help from my friends: Models of psychology intervention in pediatric primary care. *Missouri Medicine*. 2019; PMID: 31040496.
29. Crossman MK, Lindly OJ, Chan J, Eaves M, Kuhlthau KA, Paker RA, Coury DL, Zand DH, Nowinski LA, Smith K, Tomkinson M, & Murray DS. Families experiences with family navigation services in the Autism Treatment Network. *Pediatrics*. 2020; PMID: 32238532.
30. Chou JL, Muruthi BA, Ibrahim M, Janes E, Pennington LB, Seiler R, Pierce K, Zand DH, Herbert D. A Process evaluation of a substance use program for pregnant women: Lessons learned from the field. *International Journal of Mental Health and Addiction*. 2020; DOI: <https://doi.org/10.1007/s11469-020-00374-1>
31. Pham VT, Adjei Boakye E, Simpson MC, Van Phu Bui Q, Olomukoro SI, Zand DH, Halloran DR, Osazuwa-Peters N. Human Papillomavirus- associated sexual risks among high school students in the US: Does sexual orientation play a role? *Archives of Sexual Behavior*. 2021; PMID: 34590221.

### Invited Review Articles

1. Zand DH. The tapestry of women's lives: Stories of migration. [Review of *Women Crossing Boundaries: A Psychology of Immigration and Transformations of Sexuality*, by O M. Espin]. *Psychology of Women Quarterly*. 2000;24(2):202. doi: 10.1177/036168430002400202.
2. Zand DH. Psychoanalytic psychotherapy with lesbians: Has the lavender couch been reconstructed? [Review of *Lesbian Identity and Contemporary Psychotherapy: A Framework for Clinical Practice*, by E.G. Goldstein and L. C. Horowitz]. *Psychology of Women Quarterly*. 2004;28:443. doi: 10.1111/j.1471-6402.2004.160\_9.x.
3. Zand DH. Cognitive-behavioral perspectives on lesbian, gay, and bisexual clients. [Review of *Cognitive Behavioral Perspectives on Lesbian, Gay and Bisexual Clients* by C. R. Martell, S. A. Safren, and S. E. Prince] *PsycCRITIQUES: Contemporary Psychology -APA Review of Books*. 2004;49(2). doi: 10.1037/040062.
4. Zand DH. One very difficult step forward: A theoretical analysis of lesbian alternative insemination. [Review of *Baby Steps: How Lesbian Alternative Insemination Is Changing the World* by A. Agigian] *PsycCRITIQUES: Contemporary Psychology -APA Review of Books*. 2005;50(13).
5. Zand DH, Eisele H\*. New topics and old problems: Feminist analyses of women in the media. [Review of *Featuring Females: Feminist Analyses of Media* by E. Cole and J.H. Danel (Eds)]. *PsycCRITIQUES: Contemporary Psychology -APA Review of Books*. 2005;50(43). doi: 10.1037/05210313.
6. Zand DH. A socioecological approach to conducting therapy with gay male clients. [Review of the DVD: *Working with gay male clients*, hosted by J. Carlson and featuring D. C. Haldeman] *PsycCRITIQUES: Contemporary Psychology -APA Review of Books*. 2011;56(24). doi: 10.1037/a0024046.
7. Haller K, Zand DH. Sunday in the park: Real world applications of counseling competencies for working with lesbian, gay, bisexual and transgendered. [Review of *Casebook for Counseling Lesbian, Gay, Bisexual, and Transgendered Persons and Their Families* by S. H. Dworkin and M. Pope] *PsycCRITIQUES: Contemporary Psychology -APA Review of Books*. 2012; 57(41).
8. Zand DH. What does not kill you makes you stronger. [Review of *Handbook of Family Resilience* by S. Becvar (Ed.)]. *PsycCRITIQUES: Contemporary Psychology -APA Review of Books*. 2013; 58(12).
9. Haller, K, Zand, DH. The unfinished story of emotions and cognitions across the ages. [Review of *Integrating Emotions and Cognition throughout the Lifespan* by Gisela Labouvie-Vief] *PsycCRITIQUES: Contemporary Psychology-APA Review of Books*. 2015; 60(27).

10. Zand, DH, Haller, K. Let's play. [Review of Play Therapy in Middle Childhood edited by Athena Drewes and Charles Schaefer]/ *PsycCRITIQUES: Contemporary Psychology-APA Review of Books*. 2016; 61(16).

#### Book Chapters/Encyclopedia Entries

1. Rose S, Zand DH, Cini M. Lesbian courtship rituals. In: Rothblum E, Brehony K, editors. *The Boston Marriage Today: Romantic but Asexual Relationships among Lesbians*. Amherst: The University of Massachusetts Press; 1993. p. 70-85.
2. Zand DH, Pierce KJ. Epilogue. Risk and resilience: Adaptation within the context of being deaf. In: Zand DH, Pierce KJ, editors. *Resilience in deaf children: Adaptation through emerging adulthood*. New York: Springer; 2011.
3. Zand DH, Thomson NR, Mann B\*. Affluent Youth. *Encyclopedia of adolescence*. New York: Springer Publishing; 2011. doi: 10.1007/978-1-4419-1695-2\_153.
4. Zand DH, White TM\*, Haller K, Sallee H, Heaney MS. Affluent Youth. *Encyclopedia of adolescence 2<sup>nd</sup> Edition*. New York: Springer Publishing; 2017. doi: 10.1007/978-3-319-32132-5\_153-2

#### Books

1. Zand DH, Pierce KJ, editors. *Resilience in deaf children: Adaptation through emerging adulthood*. New York: Springer; 2011. doi: 10.1007/978-1-4419-7796-0.

#### Refereed Abstracts, Posters

1. Thomson NR\*, Zand DH. The Harter Self-Perception Profile for Adolescents: Psychometrics for an African-American Sample (poster). Human Development Conference; 2002, April; Charlotte, North Carolina.
2. Thomson NR\*, Zand DH. Analysis of the Children's Personal Attributes questionnaire (Short Form) with an African American adolescent sample (poster). *Research in Child Development*; 2005, April; Atlanta, Georgia.
3. Cho D, Zand DH, Thomson N. Preliminary youth functional outcomes from Transitions: St. Louis System of Care (poster). National Evaluation SOC Meeting; 2007, January; Atlanta, Georgia.
4. Eisele H\*, Zand DH, Thomson NR. Gender Identity, Self-Concept, and Contextual Variables in Predicting Academic Achievement among African-American Adolescents (poster). Association for Women in Psychology Conference; 2007, March; San Francisco, California.

5. Thomson NR, Zand DH. Gender identity: A mediator of sex differences in the self-concepts of African American adolescents (poster). Society for Research in Child Development; 2007, March; Boston, Massachusetts.
6. Thomson NR, Zand DH. Measuring the quality of the mentor-youth relationship (poster). Society for Research in Child Development; 2007, March; Boston, Massachusetts.
7. Maples C, Drapeaus B, Zand DH. How can data help sustain family run organizations? (poster). National Federation of Families Conference for Children's Mental Health; 2008, November; Atlanta, Georgia.
8. Maxim R, Ambrecht E, Law K, Anderson C, Guild C, Baig M, Zand DH, Nay A, Grimmer R, Marvin A, Law P. Artificial reproductive technology exposure in children with Autism Spectrum Disorders and their siblings (poster). International Meeting for Autism Research; 2011, January; San Diego, California.
9. Maxim R, Zand DH, Baig M, Tamirisa N, Dolnick C, Miller E, et al. Survey on Dog Assisted Therapy in Children with Autism Spectrum Disorders (poster). Pediatric Science Days; 2011, March; St. Louis, Missouri.
10. Zand DH, Barnes L\*, Baig M, Teodorescu C, Maxim R. Social competence in infants and toddlers with special health care needs: the roles of parental knowledge, attunement, expectations, and attitudes toward child independence (poster). Saint Louis University School of Medicine Pediatric Science Day; 2012, April; St. Louis, Missouri.
11. Michael, J & Zand, DH. Creating a regional perinatal resource network for depressed women (poster). Postpartum Support International Conference; 2014, June. Chapel Hill: North Carolina.
12. Zand DH, Bultas MW, McMillin SE, Pierce KJ, McNamara DM. Feasibility and initial efficacy of Primary Care Stepping Stones Positive Parenting Program on reducing maladaptive behaviors in children newly diagnosed with Autism Spectrum. Disorder (poster). IMFAR; 2016, May; Baltimore, Maryland.
13. Kubicek K, Murray DS, Kuhlthau, K, Coury DL, Zand DH, Kipke MD. A Mixed methods approach to describing family navigation as a service model within the Autism Speaks Autism Treatment Network (poster). IMFAR; 2016, May; Baltimore, Maryland.
14. White TM\*, Pierce KJ, Bultas M, McMillin SE, McNamara DM, Zand, DH. Impact of Primary Care Stepping Stones Positive Parenting Program on reducing stress among parents of children newly diagnosed with autism spectrum disorder (poster). Academic Pediatric Association's Region VI Fall Meeting; 2016, September; St. Louis, Missouri.
15. White TM\*, Pierce, KJ, Bultas M, McMillin SE, McNamara DM, Zand, DH. Impact of Primary Care Stepping Stones Positive Parenting Program on reducing parental stress among

parents of children newly diagnosed with autism spectrum disorder (poster). Alpha Omega Alpha Medical Student Research Poster Presentation; 2017, January; St. Louis, Missouri.

16. McMillin SE, Bultas MW, Pierce, KJ, White TM\*, Zand DH. Initial Efficacy of Primary Care Stepping Stones Positive Parenting Program on Reducing Risk of Dysfunctional Parental Discipline of Children Newly Diagnosed with Autism Spectrum Disorder (poster). IMFAR; 2017, May; San Francisco, California.
17. Zand DH, Pierce KJ, McNamara DM, Lanning NM, Sallee HM, Heaney MS. Readiness to change as a predictor of positive parenting outcomes in pediatric primary care (poster). Society for Developmental and Behavioral Pediatrics; 2017, October; Cleveland, Ohio.
18. Sallee HM, Pierce KJ, Newton J, McNamara DM, Lanning N, Jaschek C, Heaney MS, Zand DH. Feasibility of implementing a positive parenting program in primary care. (poster). Saint Louis University School of Medicine Pediatric Science; 2018, May; St. Louis, Missouri.
19. Sallee HM, Pierce KJ, Newton J, McNamara DM, Lanning N, Jaschek C, Heaney MS, Zand DH. Feasibility of implementing a positive parenting program in primary care. (poster). Pediatric Academic Societies; 2018, May. Toronto, Canada.
20. Sallee HM, Ladage J, Heaney MS, Pierce KJ, Newton J, McNamara DM, Naunheim M, Heaney MS, Zand DH. Development of the Pediatric Brief Assessment of Emotional Regulation: Use of a modified Delphi Technique for initial item generation. (poster). Saint Louis University School of Medicine Pediatric Science Day; 2019, March. St. Louis, Missouri.
21. Sallee HM, Ladage J, Heaney MS, Pierce KJ, Newton J, McNamara DM, Naunheim M, Zand DH. Development of the Pediatric Brief Assessment of Emotional Regulation: Use of a modified Delphi Technique for initial item generation. (poster). Pediatric Academic Societies; 2019, April. Athens, Ohio
22. Newton JR, Zand DH, Sallee HM, Ladage J, Heaney SM, & Pierce KJ. Developing the Brief Assessment of Emotional Regulation: Use of modified Delphi Method for initial item generation. Division for Early Childhood Annual Conference on Young Children with Special Needs & Their Families; 2019; Dallas, Texas.

#### Refereed Abstracts, National Presentations

1. Zand DH, Rose S. Lesbian courtship rituals (oral presentation). Association for Women in Psychology; 1991, February; Hartford, Connecticut .
2. Rose S, Pierce KJ, Zand DH. What methods to use in investigating hate crimes against lesbians? (oral presentation). Association for Women in Psychology; 1992, March; Long Beach, California.

3. Zand DH, Rose S, Pierce KJ. Using interviews to study courtship (oral presentation). Association for Women in Psychology; 1992, March; Long Beach, California.
4. Stake J, Smalley R, Zand DH. The value of androgyny: A situation based, social context perspective (oral presentation). American Psychological Association; 1994, August; Los Angeles, California.
5. Rose S, Zand DH. Sexual orientation, gender, identity, and relationships (oral presentation). Association for Women in Psychology; 1999, October; Salt Lake City, Utah.
6. Rose S, Zand DH. Lesbian dating and courtship from young adulthood to midlife (oral presentation). Association for Women in Psychology; 2000, March; Salt Lake City, Utah.
7. Zand DH, Dugan M, Dunn J\*, Hunter P. Youth In Need Project Youth Connect: Process Evaluation (oral presentation). Center for Substance Abuse Prevention Annual Project Youth Connect Conference; 2001, June; New Orleans, Louisiana.
8. Zand DH, Walker-Thoth D, Boyd L, Thomson NR\*. Harambe: Culturally Informed Strategies for Conducting Evaluation with an African American Faith Community (oral presentation). RACE; 2003, January; Tempe, Arizona.
9. Zand DH. Family Empowerment Project: Research Methodology (oral presentation). Administration for Children and Families Annual Conference; 2013, March; Washington, D.C.
10. McMillin, SE, Wilmott, J\*, Grafeman, S, Bultas, MW, & Zand, DH. Predictors of academic performance in a national mentoring program: The roles of the mentor-youth alliance, parental attachment, and youth self-efficacy (oral presentation). Annual Conference of the Society for Social Work and Research; 2015, January; New Orleans, Louisiana.
11. Heaney MS, Pierce KJ, Newton J, McNamara DM, Lanning N, Jaschek C, Sallee HM, & Zand DH. Readiness to change as a predictor of positive parenting outcomes in primary care pediatric settings (oral presentation). Saint Louis University School of Medicine Pediatric Science; 2018, May; St. Louis, Missouri.
12. Heaney MS, Pierce KJ, Newton J, McNamara DM, Lanning N, Jaschek C, Sallee HM, & Zand DH. Readiness to change as a predictor of positive parenting outcomes in primary care pediatric settings (oral presentation). Pediatric Academic Societies; 2018, May; Toronto, Canada.

### Clinical Training Manuals

1. Zand DH, Barnes L\*, Grafeman S, Bunis M, Gfeller D, Maxim R. Clinical psychology clerkship manual: Diagnosis and assessment of Autism Spectrum Disorders. St. Louis: Saint Louis University; 2012, September.

### Trade Magazines & E-Bulletins

1. Rose S, Szymanski D, Zand DH. Issues confronting lesbian psychologists. Washington D.C.: American Psychological Association, Division 35; 1998. p. 9-10.
2. Zand DH, Parks J, Finnegan J, Maxim R. Missouri's systems of care. Pedslines; 2010, Fall/Winter.
3. Zand DH, Dickens R, Pennington L, Michael J, McNamara DM, Pierce KJ. Queen of Peace Center's Family EmPowerment Project: An innovative program for fostering well-being in infants and toddlers of mothers with addictions. CW360; 2014, Spring.
4. Zand DH, Pierce KJ, Sallee H. Deaf and hard-of-hearing children and autism spectrum disorder: Screening, assessment and diagnosis. In: Abbate L, Marschark M, editors. Raising and educating deaf children: Foundations for policy, practice and outcomes. 2016, July.
5. Sallee H, Zand DH. Providing mental health care: A case for an on-staff clinical psychologist. Pedslines; 2017, Summer.

### Commissioned Reports

1. Hile M, Adkins R, Zand DH. Readiness to change: What is it? What good is it? (Technical Report for the Missouri Department of Mental Health). St. Louis: Missouri Institute of Mental Health, 1997, Spring.
2. Zand DH, Cho D, Malmstrom T, Ho L. Estimating substance abuse treatment needs using social indicators and synthetic estimation (Technical Report for the Missouri Department of Mental Health). St. Louis: Missouri Institute of Mental Health, 1998, Fall.
3. Zand DH, Chandramouleeswarn M. Pinocchio: An early screening and intervention program, 1997-1998 (Technical Report for the Crider Center for Health). St. Louis: Missouri Institute of Mental Health, 1999, Fall.
4. Eisele H, Thomson N, Zand DH, Cho D. The role of family peer supports in providing wraparound services to youth in child welfare: A formative evaluation (Technical Report for the Missouri Department of Mental Health). St. Louis: Missouri Institute of Mental Health, 2008, Spring.

5. Zand DH. Lessons learned: Missouri System of Care (Technical Report for the Missouri Department of Mental Health). St. Louis: Missouri Institute of Mental Health, 2008, Winter.
6. Maxim R, Zand DH, Finnegan J. Animal assisted therapy and childhood autism (Technical Report for the Missouri Department of Mental Health). St. Louis: Missouri Institute of Mental Health, 2010, Fall.
7. Zand DH. System of care pilot study (Technical Report for the Missouri Department of Mental Health). St. Louis: Saint Louis University, 2011, Fall.
8. Zand DH. Policy and practice: Medically fragile/developmentally delayed children from birth to three (Technical Report for the Missouri Department of Mental Health). St. Louis: Saint Louis University, 2011, Fall.
9. Zand DH. Hawthorne Children's Psychiatric Hospital: Needs assessment (Technical Report for the Missouri Department of Mental Health). St. Louis: Saint. Louis University, 2012, Winter.
10. Zand DH. Co-occurring disorders and best practices: What are the options for Missouri's children? (Technical Report for the Missouri Department of Mental Health). St. Louis: Saint. Louis University, 2012, Winter.

## **Supplemental Material**

### Invited Talks/Grand Rounds/Workshops

1. Zand DH, Pierce KJ, Ladage J, Heaney MS, Sallee MS. (Invited presentation). Positive parenting in pediatric primary care: A feasibility study. National Academies of Science, Engineering and Medicine's Collaborative for Healthy Parenting in Primary Care; 2018, January.
2. Zand DH. Stress 101: Tips and strategies. St. Clare Hospital Leadership Retreat; 2017, December. St. Louis, Missouri.
3. Newton J., Sallee HM, & Zand DH. Development and validation of the Brief Assessment of Emotional Regulation. Saint Louis University, School of Medicine, Department of Pediatrics Research Colloquium; 2017, November. St. Louis, Missouri.
4. Zand DH. Teen stress 101: Tips and strategies. St. Clare Hospital Advisory Board Health Awareness Committee Meeting; 2017, September. St. Louis, Missouri.
5. Kubicek K, Zand DH, Kuhlthani K, Murray D, Kipke MD. Family navigation: A pilot study. Autism Speaks Autism Treatment Network Steering Committee Meeting; 2016, June.

6. Zand DH. I get by with a little help from my friends: Forming and sustaining a successful research team. Saint Louis University Faculty Development Workshop; 2016, May. St. Louis, Missouri.
7. Zand DH. Fostering Resilience in Parents of Children Newly Diagnosed with Autism. Saint Louis University Board of Trustees Retreat; 2015, December. St. Louis, Missouri.
8. Zand DH, Ladley A, McNamara DM. P-Square Program at Danis Pediatric Center. Cardinal Glennon Children's Medical Center, Social Work; 2015, November. St. Louis, Missouri
9. Zand DH. I get by with a little help from my friends: Forming and sustaining a successful research team. Saint Louis University Faculty Development Workshop; 2015, March. St. Louis, Missouri.
10. Zand DH, McMillin SE, Bultas MW, McNamara DM, & Pierce KJ. Primary care stepping stones positive parenting program. Missouri Department of Mental Health; January, 2015. St. Louis, Missouri.
11. Zand, DH. The long and winding road: The making of an autism researcher and healthcare professional. Alpha Epsilon Delta; 2014, December. St. Louis, Missouri.
12. Bultas MW, McMillin SE, Zand DH. Fostering resilience among parents of children with autism spectrum disorders within educational settings. Saint Louis Special School District; 2014, November. St. Louis, Missouri.
13. Zand DH, McMillin SE, Bultas MW. Fostering resilience among parents of children with autism spectrum disorders within the pediatric setting: A pilot project. Saint Louis University, Department of Pediatrics, Ground Rounds; 2014, October. St. Louis University: Missouri.
14. Zand DH, Bultas MW, McMillin SE, McNamara DM, & Pierce KJ. Primary Care Stepping Stones Positive Parenting Program with parents of children diagnosed with autism spectrum disorders: A pilot study. Thompson Center for Autism and Neurodevelopmental Disorders; 2014, October. Columbia: Missouri.
15. Zand DH, McMillin SE, Bultas MW, Pierce KJ, McNamara DM. A pilot study of Primary Care Stepping Stones Positive Parenting Program with parents of children diagnosed with autism spectrum disorders. St. Louis University, School of Medicine, Department of Pediatrics Research Colloquium; 2014, September. St. Louis, Missouri.
16. McNamara, DM, Pierce, KJ, McMillin, SE, & Zand, DH. Fostering parenting resilience among parents of children newly diagnosed with autism spectrum disorders. Parents as Teachers National Headquarters; 2014, August. St. Louis, Missouri.
17. Zand DH. The North Carolina Family Assessment Scale for General Services (NCFAS-G): Assessing family functioning to promote effective services for family continuity, self-

- sufficiency, health, and safety. St. Louis: Cardinal Glennon Children's Medical Center; 2013, May. St. Louis, Missouri.
18. Zand DH, Pierce KJ. How do you foster positive adaptation among deaf youth? Missouri School for the Deaf; 2013, April. St. Louis, Missouri.
  19. Maxim R, Zand DH. Autism spectrum disorders (St. Anthony's CME breakfast meeting). St. Anthony's Medical Center; 2012, October. St. Louis, Missouri.
  20. Zand DH. Key components of psychological evaluations for ASD kids. Cardinal Glennon Children's Medical Center; 2012, June. St. Louis, Missouri.
  21. Zand DH, Dolnick C, Deasy J, Barnes L\*. Asperger's Syndrome.. Provident Counseling; 2012, May. St. Louis, Missouri.
  22. Zand DH. Children with special health care needs: The role of caregiver attachment in mediating developmental outcomes. Saint Louis University, School of Medicine, Department of Pediatrics Research Colloquium; 2011, November. St. Louis, Missouri.
  23. Zand DH. Policy and practice with medically fragile children from birth to three. Missouri Medically Fragile Policy Committee; 2011, November. Jefferson City, Missouri
  24. Zand DH. Caregiver resilience. Washington University, School of Social Work; 2011, November. St. Louis, Missouri.
  25. Zand DH. Affluent youth: Risk and resilience. Mary Institute - Country Day School; 2007, December. St. Louis, Missouri.
  26. Meyer J, Zand DH. Grant writing: Searching for success. St. Louis: American Deafness and Rehabilitation Association – Missouri Chapter; 2005, February. St. Louis, Missouri.
  27. Zand DH. Capital “D,” little “d” Deaf: Implications for adjustment. Missouri School for the Deaf; 2003, October. Fulton, Missouri.
  28. Zand DH. Exploratory factor analysis. Post-Doctoral Fellow Seminar. Missouri Institute of Mental Health; 1998. St. Louis, Missouri
  29. Zand DH. Structural equation modeling. Post-Doctoral Fellow Seminar. Missouri Institute of Mental Health; 1998.
  30. Zand DH. Living a healthy-gay positive lifestyle. Southwestern Bell; 1998. St. Louis, Missouri.
  31. Zand DH. Cleaning and screening your data: Some practical tips. Post-Doctoral Fellow Seminar. Missouri Institute of Mental Health; 1997. St. Louis, Missouri.

## Patents and Technology Transfer

Mentor Youth Alliance Scale (Zand et al., 2009) catalogued in:

- American Psychological Association's PsycTESTS™ 2011
- National Mentoring Resource Center Measurement Toolkit 2018

## Community Service/Civic Activities

St. Patrick's Center Food Pantry

## Consulting

Missouri Foundation for Health

- Teen Pregnancy Grant 02/15 –03/15
- Regional Partnership Grant 04/14-06/14
- System of Care Expansion Planning Grant 02/14 –03/14

National Heart, Lung and Blood Institute

Dubois (PI)

2002-2004

- Ethical Issues in Behavioral Health Research