

Javier L. Rizo
Curriculum Vitae

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Education

Sept 2008- Jun 2012 *Bachelor of Arts, Psychology*
Seattle University, Seattle, WA

Jun-Sep 2012 *Nursing Assistant Certification Program*
Seattle Central Community College, Seattle, WA

Licenses & Credentials

Nursing Assistant Certification <i>Washington State Department of Health</i>	NC60310877 Active
Counselor Agency Affiliated Registration <i>Washington State Department of Health</i>	CG60311343 Active

Grants & Research Experience

Aug 2016- Present **Clinical Research Coordinator**
Innovative Smartphone Application for Quitting Smoking among Seriously Mentally Ill
4R00DA037276-03, National Institute on Drug Abuse (PI: Roger Vilardaga, PhD)
Duke University, Psychiatry & Behavioral Sciences, Durham, NC

Testing the feasibility of a novel smoking cessation app (Learn to Quit) tailored to those with serious mental illness and coaching protocol in a randomized controlled trial with 90 participants utilizing user metric analytics and qualitative interviews. This trial builds off of the pilot usability testing and single-case trials to develop the current version of Learn to Quit, comparing it with the National Cancer Institute's QuitGuide app designed for the general public.

- Initiating and managing the IRB application review process to ensure compliance with Human Subjects
- Advising the PI, training other research staff, and implementing study protocols.
- Planning and coordinating recruitment efforts in querying electronic health records and engaging with primary care and specialty clinics.
- Assisting in the development of the second version of Learn to Quit
- Designing and assisting with the development of the participant tracking relational database and REDCap study measures database
- Managing the hiring of new research staff into the lab, and orienting them to job duties.
- Assist in the preparing of grant documents, including budget drafts

Jul 2014- 2016 **Research Study Coordinator**
Innovative Smartphone Application for Quitting Smoking among Seriously Mentally Ill
K99 DA037276, National Institute on Drug Abuse (PI: Roger Vilardaga, PhD)
University of Washington, Psychiatry & Behavioral Sciences, Seattle, WA

Develop a novel smoking cessation app (Learn to Quit) tailored to those with serious mental illness, utilizing the principles of Acceptance and Commitment Therapy (ACT) and human-centered design. Testing the usability of the app using single-case trials through user metric analytics and qualitative user experience interviews.

- Lead project coordinator managing the start-up of the PI's lab operations. Creating and organizing file system.
- Overseeing and planning the study budget along with purchasing and managing research supplies.
- Managing the PI's training schedule including registering and organizing travel arrangements.

- Creating, implementing, evaluating and revising study procedures in compliance with Human Subjects regulations. Writing and managing IRB applications. Primary Correspondant with Human Subjects staff.
- Screening, recruiting and tracking participants. Conducting qualitative and diagnostic interviews, and usability (UX) testing with chronically mentally ill population.
- Writing and editing manuscripts for publication. Presenting research findings at professional conferences. Assisting the PI as a reviewer for scientific journals.

Oct 2015 – June 2016 **Research Study Coordinator**

mHealth Coaching Intervention for Primary Care Patients with Modifiable Health Risks
Microsoft Corporation (PIs: Jennifer Villatte, PhD; David Atkins, PhD)
University of Washington, Psychiatry & Behavioral Sciences, Seattle, WA

Co-developing and evaluating a stress intervention for the Microsoft Band. Research on the usability and feasibility of wearable technologies for improving behavioral health in clinical populations.

- Lead project coordinator managing the set-up of the Patient-Provider Experience (PPX) lab.
- Preparing study protocols ensuring compliance with the Human Subjects and Biosafety regulations.
- Recruiting, scheduling, and tracking participants. Conducting qualitative interviews and assisting with data management.
- Managing the hiring, onboarding, and supervision of interns and research participants for the PPX lab.
- Analyzing qualitative data
- Preparing manuscripts for publications, and presenting research findings at professional conferences.

Jun 2012- Jun 2014 **Research Study Assistant**

Brief Intervention in Primary Care for Problem Drug Use and Abuse
RO1 DA026014-01, National Institute on Drug Abuse (PI: Peter Roy-Byrne, MD)
University of Washington, Psychiatry & Behavioral Sciences, Seattle, WA

Testing the effect of providing brief interventions to safety net patients in primary clinics affiliated with Harborview Medical Center on drug use and treatment initiation. Evaluating interventionist adherence to Motivational Interviewing (MI).

- Full-time position, 40 hours a week. Last 3 months worked 16 hours a week.
- Screened, recruited and tracked participants. Scheduled appointments, and maintained team calendars.
- Conducted structured research interviews. Collected and tested biological specimens.
- Entered, checked, cleaned, and analyzed data. Assisted with Microsoft Access and SPSS database maintenance.
- Wrote and edited literature reviews. Collaborated on research staff paper on participant tracking in a safety-net medical center population.
- Copied, scanned, filed and organized various documents, including participant information.

Feb – Jun 2011 **Student Intern**

Screening Motivational Assessment and Referral to Treatment in Emergency Departments (SMART-ED): Evaluation of Screening, Brief Intervention, Referral to Treatment (SBIRT) and Booster Session for Drug Use Patients
U10 DA013714-08 CTN-0047, Substance Abuse and Mental Health Services Administration
(PI: Dennis Donovan, PhD; Chris Dunn, PhD)
University of Washington, Psychiatry & Behavioral Sciences, Seattle, WA

Establish a regional research and training center of the NIDA Clinical Trials Network, for the development, implementation and evaluation of behavioral and pharmacological therapies for drug use as delivered in real-world settings.

- Coded brief interventions for adherence from audio recordings. Co-developed a manual to standardize coding system to increase intra- and interrater reliability.

- Participated in and assisted with Motivational Interviewing (MI) training workshops. Assisted with organization of MI supervision on several research trials for PI.
- Searched, sorted, and organized academic articles, presentations, and clinician manuals. Attending workshops and lectures offered by the department, and performing general office tasks.

Trainings, Workshops & Certifications

2016 (Oct-Dec)	Making Good Use of Suffering: Intra-relational Accelerated Experiential Dynamic Psychotherapy (AEDP) work with overwhelming emotional experience <i>AEDP Southeast, Duke Child and Family Center</i>
2016 (Aug 15)	HIPAA Privacy and Information Security Training <i>Duke University, School of Medicine</i>
2016 (Aug 10)	Collaborative Institutional Training Initiative (CITI) Human Subjects Training <i>Duke University, School of Medicine</i>
2016 (Jan 8-9)	R Programming Focused Workshop with Git and Unix Shell <i>Software Carpentry – eScience Institute, University of Washington</i>
2015 (Sept 17)	Handling Data 101 – Introduction to Excel PivotTables <i>University of Washington Data & Analytics</i>
2015 (March 6-7)	Fast and Lasting Change Using the ACT Matrix <i>Praxis, Instructor: Benjamin Schoendorff</i>
2015 (March 2)	First Aid, Basic Life Support for Healthcare Providers (CPR & AED) <i>American Heart Association</i>
2014 (May 10)	Assessing and Managing Suicide Risk: Core Competencies for Behavioral Health Professionals <i>Suicide Prevention Resource Center</i>
2013- 2015	Psych Skills Day (annual) <i>Inpatient Psychiatry, Harborview Medical Center, Seattle, WA</i>
2013- 2015	Nonviolent Crisis Intervention (annual) <i>Clinical Education and Regulatory Services, Harborview Medical Center, Seattle, WA</i>

Other Skills

- Proficient in online survey tools and data entry systems, including Research Electronic Data Capture (**REDCap**), Evaluation Portal (**EP**) and SPSS Data Entry Builder.
- Experience with Biosafety Committee (**IBC**), HIPAA Compliance, Human Subjects Division (**HSD**) and Institutional Review Board (**IRB**) protocols in public (University of Washington) and private (Duke) research university settings.
- Utilizing project management tools such as **Microsoft OneNote**, **Basecamp**, and **Confluence**.
- Experience with relational databases such as **Microsoft Office Access** and Structured Query Language (**SQL**).
- Experience in statistical analysis software such as **SPSS** Statistics and **RStudio**, including **R** programming language.
- Competent in citation management software, including **Zotero** and **EndNote**.
- Experience in reviewing and charting within electronic medical records systems, **EPIC** and **ORCA**.

Publications

Vilardaga, R., **Rizo, J.**, Kientz, J., McDonnell, M., Ries, R., & Sobel, K. (2015). User experience evaluation of a smoking cessation app in people with Serious Mental Illness. *Nicotine & Tobacco Research: Official Journal Of The Society For Research On Nicotine And Tobacco*.

Presentations, Panels & Symposiums

- Rizo, J.**, Cooper, J., Watson, N. (2016, June). *Apps in healthcare: A panel of experts*. In C. McCartney (Moderator) Panel discussant at the Social Media & Adolescent Health Research Team (SMAHRT) Conference, Seattle, WA.
- Rizo, J.**, Vilardaga, R., Kientz, J., Ries, R. (2016, June). Design and integration of an ecological momentary assessment and intervention of ACT for smoking cessation in those with serious mental illness. In **J. Rizo** (Chair), *Ecological momentary assessments (EMA) to measure ACT processes and behavioral health across populations*. Symposium conducted for the 14th Association for Contextual Behavioral Science (ACBS) World Conference, Seattle, WA.
- Villatte, J., **Rizo, J.**, Flaster, A., Sun, K., Atkins, D. (2016, June) Contextual behavioral assessment of psychological flexibility using wearable sensors. In **J. Rizo** (Chair), *Ecological momentary assessments (EMA) to measure ACT processes and behavioral health across populations*. Symposium conducted for the 14th Association for Contextual Behavioral Science (ACBS) World Conference, Seattle, WA.
- Vilardaga, R., **Rizo, J.**, Zeng, E., Kientz, J., Marr B, Otis C, Ries, R. (2016, June) Learn to Quit: Rationale, ideation, design and testing of a smoking cessation app for people with psychiatric disorders. In E. Excelmans (Chair), *To blend or not to blend: Advantages of mixing ACT with new technologies*. Symposium conducted for the 14th Association for Contextual Behavioral Science (ACBS) World Conference, Seattle, WA.
- Rizo, J.**, Gritton, J., Kleine, E., Cooper, J. (2016, May). In A. Good (Moderator), *Ahead of the curve: Using technology to advance research*. Panel discussant at the Networking to Enhance Development (NED) Conference for Research Coordinators, hosted by the Institute of Translational Health Sciences (ITHS), Seattle, WA.
- Rizo, J.**, Clasen, P., Sun, K., Flaster, A., Villatte, J. (2016, April). Readiness to change impacts patient use of personal informatics to pursue health goals. In S. Munson (Chair), *Use of patient-generated data beyond self-regulation*. Symposium conducted at the 8th Scientific Meeting of the International Society for Research on Internet Interventions (ISRII), Seattle, WA.
- Vilardaga, R., Kientz, J., Ries, R., **Rizo, J.** (2015, May). *Development of two mHealth solutions for health behavior change: Learn-to-Quit and a self-experimentation framework*. Invited talk to University of Southern California's Applied Signal Processing in Mental Health Panel, Los Angeles, CA.
- Vilardaga, R., Kientz, J., Ries, R., **Rizo, J.** (2015, April). *Agile methodologies for the development and study of mobile technologies for behavior change: a case study*. Invited talk to the Group Health Research Institute, Seattle, WA.
- Vilardaga, R., Kientz, J., Ries, R., **Rizo, J.** (2015, March). *Project Esteban: Extending the effectiveness and reach of smoking cessation mHealth to those in most need*. Presentation at Microsoft Research Group Workshop on Supporting Behavioral Changes to Improve Health and Well-Being Conference, Bellevue, WA.
- Rizo, J.**, Ewing, A., Errico, R. (2012, May 18). *Celtic identity in the modern world*. Paper presented at the annual Seattle University Undergraduate Research Association (SUURA) Celebration of Student Scholarship, Seattle, WA.
- Rizo, J.** (2012, May 18). *Nationalism and imperialism in the British Empire*. Paper presented at the annual Seattle University Undergraduate Research Association (SUURA) Celebration of Student Scholarship, Seattle, WA.
- Rizo, J.** (2011, June 16-17). *Women, myth, and culture*. Paper presented at the National Association for Women in Catholic Higher Education (NAWCHE) Making Connections X Conference, Seattle, WA.
- Rizo, J.**, Gerdes, Z. (2011, May 20). *The Relationship between gender and academic major on gender role conflict: Two unexamined variables*. Paper presented at the annual Seattle University Undergraduate Research Association (SUURA) Celebration of Student Scholarship, Seattle, WA.

Posters

Vilardaga, R., **Rizo, J.**, Zeng, E., Ries, R., Kientz, J. (2016, April). *User experience and formative evaluation of a novel smoking cessation app for people with serious mental illness*. Poster presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions (ISRII), Seattle, WA.

Vilardaga, R., Zeng, E., **Rizo, J.**, Villatte, M., Ries, R., Kientz, J. (2016, April). *Designing and deploying acceptance and commitment therapy through digital media: Data insights from an UX formative evaluation of a smoking cessation app prototype*. Poster presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions (ISRII), Seattle, WA.

Rizo, J., Zeng, E., Kientz, J., Ries, R., Vilardaga, R. (2016, March). *User experience evaluation of a smoking cessation app in people with serious mental illness*. Poster presented at the 21st Annual Convention of the Society for Research on Nicotine and Tobacco (SRNT), Chicago, IL.

Clinical Experience

Apr 2013 – Oct 2015 **Mental Health Specialist**
Inpatient Psychiatry, Psychiatric Emergency Services (PES)
University of Washington, Harborview Medical Center, Seattle, WA

- Collaborating with the interdisciplinary treatment team members to create, implement, and evaluate care plans.
- Clinical experience with individual counseling, leading therapeutic groups for patients including CBT and DBT. Creating, organizing, and standardizing content for inpatient DBT groups.
- Initiating and heading the committee for implementation of DBT informed care on the inpatient psychiatric units. Training staff and students on DBT principles and treatment strategies. Coordinating and leading a nursing staff DBT consultation/supervision group.
- Promoting and maintaining a therapeutic milieu. Contributing to biopsychosocial patient assessments, documenting patients' physical, mental and behavioral status, monitoring and reporting patient response to psychotropic medications.

Aug 2012 – Apr 2014 **Psychiatric/Mental Health Technician**
Snohomish County Evaluation & Treatment, Aurora House
Compass Health, Everett, WA

- Providing care for people with mental illness, in both an acute setting at a psychiatric evaluation and treatment center and a residential setting.
- Observing and charting on notable behavior and mental status of patients/residents, measuring and recording patients' vital signs, preparing and dispensing medications. Providing wound care, applying and removing restraints.
- Managing therapeutic milieus through implementing care plans, leading therapeutic groups, and ensuring patient safety. Admitting and discharging patients.

Teaching Experience

Dec 2014 - Present **Group Facilitator**
DBT Consultation/Supervision Group for Nursing Staff
Inpatient Psychiatry, Harborview Medical Center, Seattle, WA

- Formed this DBT Consultation/Supervision group with the Psychiatric Clinical Nurse Specialist (CNS), geared towards the nursing staff for developing DBT-informed care plans.
- Facilitating and directing the weekly DBT Consultation/Supervision group on the 5WA unit along with the Psychiatric CNS for the DBT nursing team.

- Developing the structure, function and content of the group to focus on providing care and interacting with other members of the team from a DBT perspective.
- Coordinating the group's schedule and space, and communicating to members about the group.
- Teaching nursing staff on DBT principles and therapeutic strategies, and scheduling trainings for the DBT nursing team.

2015 **Clinical Instructor**
Behavior Chain Analysis Training Sessions for Nursing Staff
Inpatient Psychiatry, Harborview Medical Center, Seattle, WA

Jan 2011- Aug 2012 **Learning Assistant Tutor**
Course: *Statistics and Research Methods I&II (PSYC 303 & 305)*
Student Academic Services, Seattle University, Seattle, WA

- Helping students synthesize and explain statistical concepts, prepare their research materials, and perform quality checks for use of sound methodology.
- Teaching systematic and organized methods in calculating and interpreting statistics manually. Assisting in gathering and synthesizing academic articles, drafting Institutional Review Board proposals, entering and organizing data in SPSS.
- Editing research papers for APA format, and create poster and PowerPoint presentations.

Professional Development

Sept 2016 – Present **Research Professionals Network**
Duke Office of Clinical Research (DOCR)

Sept 2016- Present **Psychiatry Grand Rounds**
Duke University Medical Center

Sept 2016 – Present **Research Wednesdays**
Duke Office of Clinical Research (DOCR)

Sept 2015 – 2016 **Integrated Behavioral Health Care Research Networking Group**
Psychiatry & Behavioral Sciences, University of Washington Medical Center, Seattle, WA

Jul 2015 – Sept 2016 **Research Coordinator Journal Club**
Institute of Translational Health Sciences (ITHS), Seattle, WA

Nov 2014 – Sept 2016 **Addictions Track Meetings for Psychiatry Residents**
Psychiatry & Behavioral Sciences, Harborview Medical Center, Seattle, WA

Nov 2014 – Sept 2016 **WACBS Talks**
Washington Association for Contextual Behavioral Science

Oct 2014 – 2015 **T-32 Seminars**
Psychiatry & Behavioral Sciences, Harborview Medical Center, Seattle, WA

Mar 2013 – Jul 2015 **Global Mental Health Research Meetings**
Department of Global Health, University of Washington, Seattle, WA

Sept 2012- 2016 **Psychiatry Grand Rounds/Friday Noon Conference**
University of Washington, Harborview Medical Center, Seattle, WA

Conferences

- 2016 **Association for Contextual Behavioral Science (ACBS) World Conference**
Seattle, WA
- 2015 -2016 **Networking to Enhance Development (NED) Research Coordinator Conference (annual)**
Institute of Translational Health Sciences (ITHS), Seattle, WA
- 2016 **Scientific Meeting of the International Society for Research on Internet Interventions (ISRII)**
Seattle, WA
- 2016 **Annual Convention of the Society for Research on Nicotine and Tobacco (SRNT)**
Chicago, IL

Continuing Education

- March 2015 **Acceptance and Commitment Therapy Lab Seminar**
University of Washington, Harborview Medical Center, Seattle, WA
Instructor: Roger Vilardaga, PhD
- July – Dec 2014 **Dialectical Behavioral Therapy (DBT) Residency Training Program**
University of Washington, Harborview Medical Center, Seattle, WA
Instructor: Kate Comtois, PhD, MPH
- Sept 2013- May 2014 **Introduction to British Object Relations Theory**
Northwest Family Development, Center for Object Relations (COR), Seattle, WA
Instructors: Rikki Ricard, MA, FIPA; Sue Carlson, MA, PsyA
- Sept 2012- May 2013 **Dialectical Behavioral Therapy (DBT) Skills Weekly Seminar**
University of Washington, Harborview Medical Center, Seattle, WA
Instructor: Amanda Kerbrat, MSW

Volunteer Experience

- Mar – May 2014 **Art Therapy Group Co-facilitator**
Fremont Community Therapy Project, Seattle, WA
- Assisting with a two-hour art therapy group meeting for six sessions.
 - Helping with set-up and cleanup of art supplies, and documenting participation of group members.
 - Facilitating group discussion of the therapeutic process
- Sept 2013 – May 2014 **Administrative Assistant**
Fremont Community Therapy Project, Seattle, WA
- Assisting staff psychologists, interns, and post-doctoral psychology students with managing the clinic's affairs.
 - Filing, organizing, and faxing patient records in compliance with HIPPA. Communicating with outside agencies to coordinate information exchange.
 - Attending biweekly didactic seminars put on by the training clinic on various topics relating to clinical practice.
- Jan – Aug 2013 **Patient Family Liaison**
Department of Patient Relations, Intensive Care
Harborview Medical Center, University of Washington, Seattle, WA
- Serving patients and their families throughout Harborview's Intensive Care Units (ICUs).
 - Managing visitor traffic flow, helping families locate patients they are visiting, and answering questions they may have. Answering phones and maintaining the ICU reception area and main hospital help desk.

- Facilitate family/visitor contact with various hospital staff (nurses, physicians, social work, spiritual care, etc.). Interacting on a personal level with patients and doing hospitality rounds on the medical care units.

Professional & Organizational Affiliations

Psi Chi (ψ)—International Honors Society in Psychology
Association for Contextual Behavioral Science (ACBS)
American Psychological Association (APA) – Division 39 (Psychoanalysis)
Center for Object Relations (COR) – Pacific Northwest Psychoanalytic Society (Past)
Alliance Française de Seattle (Past)

Honors & Awards

2011 President's List, *Seattle University*
2010, 2012 Dean's List, *Seattle University*
2008-2012 Champion Scholarship, *Seattle University*
2008-2012 Costco Scholarship, *Seattle University*
2007-2008 California Scholarship Federation, *Garces Memorial High School*

Assessments

- Drug Abuse Screening Test (DAST-10)
- Addiction Severity Index (ASI-Lite)
- Treatment Services Review (TSR-6)
- HIV Risk-Taking Behavior Scale
- EuroQol (EQ-5D)
- Suicide Risk Assessment
- Mental Status Examination
- Montreal Cognitive Assessment (MOCA)
- Brief Assessment of Cognition (BAC)
- Mini International Neuropsychiatric Interview (MINI)
- Brief Symptom Inventory (BSI)
- Avoidance and Inflexibility Scale (AIS)

References

Roger Vilardaga, PhD

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Jennifer Villatte, PhD

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