

## **Education**

### **Degree**

#### **Clinical Psychology Postdoctoral Fellowship**

- Emory University School of Medicine, Atlanta, GA

#### **Doctor of Philosophy (Ph.D.) In Clinical Psychology**

- University of North Carolina-Chapel Hill, Chapel Hill, NC

#### **APA-Accredited Predoctoral Pediatric Psychology Internship**

- Children's Hospital Medical Center, Cincinnati, OH

#### **Master of Arts (MA) in Clinical Psychology**

- University of North Carolina-Chapel Hill, Chapel Hill, NC

#### **Bachelor of Science, Magna Cum Laude**

- University of Alabama-Tuscaloosa, Tuscaloosa, AL

## **Honors & Awards**

**Phi Beta Kappa**

**Psi Chi, Psychology Honor Society**

**National Merit Achievement Scholar**

**University of Alabama Presidential Scholarship**

**National Institutes of Health Predoctoral Minority Supplement Award**

## **Experience**

### **Behavioral Health Clinical Manager, Defense Health Network Indo-Pacific (GS-14) Tripler Army Medical Center, Honolulu, HI/October 2023-Present**

- Serves as Subject Matter Expert and utilizes Behavioral Health knowledge to consult or advise DHAR Leadership on beneficiaries' complex or difficult behavioral health issues and assists in establishing the DHAR's position on all matters pertaining to Behavioral Health.
- Keep the DHAR Director and other Senior Leadership informed of regulations, directives, and procedures impacting Behavioral Health functioning across DHAR-IP.
- Ensures the DHAR Director's approved future operational vision and strategy for BH are documented and published for subordinate command knowledge.
- Routinely coordinate with DoD, DHA, Tri-Service, Veterans Affairs, PHCoE, and other

stakeholders, giving and obtaining cooperation, assistance, and integration of resources to help solve systemic Behavioral Health management problems of major significance.

- Ensures the DHAR Director's approved future operational vision and strategy for BH are communicated to Commands and staff, designs, and provides materials and training for Behavioral Health in the DHAR as needed and requested, communicates new policies, procedures, regulations, directives, etc. to the field, assists subordinate MTFs execution of DHAR-IP and BHCMT with plans, policies, and vision.

#### **Behavioral Health Clinical Manager, Defense Health Agency Region Indo-Pacific (GS-14)**

##### **Tripler Army Medical Center, Honolulu, HI/December 2022-October 2023**

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- Ensures the DHAR Director's approved future operational vision and strategy for BH are communicated to Commands and staff, designs, and provides materials and training for Behavioral Health in the DHAR as needed and requested, communicates new policies, procedures, regulations, directives, etc. to the field, assists subordinate MTFs execution of DHAR-IP and BHCMT with plans, policies, and vision.

#### **Embedded Behavioral Health (EBH) Chief/Supervisory Psychologist (GS 14) Landstuhl Regional Medical Center, Germany/January 2020-December 2022**

- Serves as a Clinical Supervisor in Behavioral Health.
- Supervises assigned professional and paraprofessional employees.
- Supervises military personnel, federal civilian employees, and oversees contractors
- Plans and organizes work to be accomplished, establishes priorities, makes assignments, monitors progress in terms of timeliness and accuracy of work performed, makes temporary reassignment of employees between jobs to meet workload demands.
- Establishes performance standards and prepares performance appraisals. Provides guidance, gives advice, counsel, or instruction to employees on both technical and administrative matters.
- Makes decisions on work problems presented by employees and hears and resolves group grievances and effects disciplinary action such as warnings and reprimands involving nonsupervisory subordinates and recommends action in more serious cases.
- Interviews and recommends candidates for vacant positions.
- Recommends awards or bonuses for employees and changes in position classification. Identifies and recommends developmental and training needs of employees.
- Accomplishes reviews for improvement of performance to ensure the most effective and efficient operation.
- Instructs on new and existing policies and procedures and assists in interpreting and applying regulatory guidance.
- Provides psychological and clinical consultation to other professionals and paraprofessionals through established consultation channels.
- Coordinates with a variety of agencies to assist with patient multidisciplinary treatment.
- Teaches classes, such as Suicide Prevention, Stress Management, Mental Status Evaluation, and Deployment Briefings. Must have a thorough understanding of the soldering mission and ability to communicate this knowledge to all commanders.
- Participates in the Military Health Services (MHS) Continuous Quality Improvement Process. On a rotating basis, functions as action officer for solving quality improvement problems. Documents all work in a clear, communicable, and timely fashion meeting all US Army, Professional, and MHS standards. Participates in both administrative and professional staff meetings.

- Provides individual, couple, family, and/group psychological counseling utilizing a variety of treatment modalities primarily to adult patients presenting to the Department of Behavioral Health with a wide range of emotional and BH disorders.
- Selects, administers, scores, and interprets objective and projective psychological tests for the purpose of assessing patient's cognitive, psycho-educational, emotional personality, vocational, and neuropsychological functioning.
- Participates with other professional staff in providing emergency behavioral health services on a scheduled, rotating, on-call basis to patients during both normal and other-than-normal duty hours to include screening patients for appropriateness of psychiatric hospitalization.

**Embedded Behavioral Health (EBH) Team Psychologist (GS 13) MEDDAC, Fort Stewart, GA/June 2012-October 2018 & May 2019-December 2019**

- Screen and interview clients and perform bio-psychological social evaluations using expert knowledge of general and specific concepts, principles, procedures, and practices key to psychological assessment/evaluation
- Make behavioral health diagnoses as appropriate in accordance with DSM criteria
- Provide individual therapy and group therapy. Specifically, have facilitated women's empowerment group for posttraumatic growth; cognitive processing therapy group; and dialectical behavior therapy informed coping skills group. Individual therapy is guided by various promising/evidence-based modalities as clinically indicated to include Cognitive Behavioral Therapy (e.g., Cognitive Behavioral Therapy for Depression; Cognitive Behavioral Therapy for Insomnia); Cognitive Processing Therapy; Prolonged Exposure; and EMDR variant, Accelerated Resolution Therapy.
- Provide clinical supervision to military and civilian psychology technicians
- Provide consultation to EBH teams upon request based on role as Center for Deployment Psychology-certified Cognitive Processing Therapy Consultant
- Conduct range of psychological and command-directed evaluations, including determining and administering appropriate psychological tests for referral question
- Assess for and provide crisis intervention for clients
- Document treatment priorities through a treatment plan consistent with JHACO guidelines
- Establish and maintain relationship with assigned unit CoC to support behavioral health efforts and support high-risk clients in work environment
- Monitor BH-related trends and high-risk clients with assigned unit CoC.

**Interim Team Lead, Winn ACH Multi-Disciplinary Embedded Behavioral Health Clinic (GS 13) MEDDAC, Fort Stewart, GA/October 2018-April 2019**

- Responsible for the Multi-D Clinic to include program components, quality of care measures, patient complaints, communicating with program stakeholders, facilities and equipment, Joint Commission compliance, and managing clinic operations.
- Tracked and reported clinic metrics, to include CART productivity metrics, access to care, clinical outcomes, and BHDP provider compliance.
- Facilitated training for staff members in walk-in/triage protocol and providing ongoing support for coordination of walk-in/triage coverage
- Facilitated EBH program implementation (i.e., providing orientation/training for staff regarding the function of the clinic EBH program; determining the alignment between Battalions (BN) and providers, considering the recommended staffing ratios and BN needs and utilization; facilitating clinic Open House to establish/further relationships between BNs and assigned BN providers)
- Participated in application review, interviews, and hiring of new staff
- Provided direct clinical service to include: screening and interviewing clients and performing bio-psychological social evaluations using expert knowledge of general and specific concepts, principles, procedures, and practices key to psychological assessment/evaluation
- Providing promising/evidence-based therapy (i.e., Cognitive Processing Therapy, Prolonged Exposure, and EMDR variant, Accelerated Resolution Therapy; Cognitive-Behavioral Therapy, Dialectical Behavioral Therapy); assessing for and providing crisis intervention for clients
- Documenting treatment priorities through a treatment plan consistent with JHACO guideline

**Licensed Psychologist/Consultant, Independent Private Practice. Atlanta, GA/January 2003-June 2012**

- Conducted comprehensive psychological assessments with individuals across the age span presenting with a range of difficulties (e.g., medical, developmental, cognitive, academic, behavioral/ emotional/social difficulties; legal involvement) in a variety of settings (i.e., juvenile justice system; Head Start).
- Conducted family therapy, marital therapy, and individual and group therapy with individuals across the age span.

**Positive Behavior Support Team Psychologist, Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) Central State Hospital, Developmental Disabilities and Long-Term Care Services. Milledgeville, GA/September 2010-June 2012**

- Led multi-disciplinary teams in the conduct of functional behavior assessments and the development of Positive Behavior Support plans with individuals with a variety of difficulties (e.g., severe, chronic psychiatric conditions that may be associated with legal involvement, developmental disabilities)
- Coordinated staff training regarding the implementation of positive behavior support plans
- Consulted multidisciplinary teams about areas for technical assistance or milieu intervention
- Co-facilitated facility-wide training for hospital staff in Positive Behavior Supports
- Participated in hospital clinical leadership meetings
- Chair of hospital Aggressive Acts to Self (AAS) Performance Improvement Team.
- Co-Chair of hospital Human Rights and Ethics Committee.

**Psychologist, Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) Central State Hospital, Developmental Disabilities and Long-Term Care Services. Milledgeville, GA/April 2010-September 2010**

- Conducted psychological assessments for diagnostic clarification, treatment planning, and discharge planning
- Supervised behavior specialists in the development and implementation of behavior service plans
- Participated in multidisciplinary treatment team meetings
- Facilitated individual and group therapeutic interventions.

**Lead Psychologist, Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) Region 3 DBHDD Office, Intake and Evaluation Team. Tucker, GA/September 2007-January 2010**

- Expert consultant for all state regional DBHDD offices about diagnostic eligibility determination issues with respect to Medicaid waiver services
- Expert witness for the state of Georgia in eligibility determination court hearings
- Conducted psychological assessments to determine applicant diagnostic eligibility for Medicaid waiver services
- Made appropriate referrals to families and caregivers of individuals with developmental disabilities
- Supervised behavioral specialists in treatment recommendations
- Participated in multidisciplinary treatment team meetings
- Developed and facilitated staff trainings.

**Project Coordinator, Emory University School of Medicine. Atlanta, GA/April 2002-December 2002**

Coordinated an Emory Medical Care Foundation grant-funded project focusing on the evaluation of the effectiveness of a 12-session, culturally competent family intervention for African American adolescent males with a substance abuse problem attending a school-based substance abuse treatment program. This project was undertaken as a collaborative effort between the Emory School of Medicine and Atlanta Public Schools.

**Project Coordinator, Emory University School of Medicine. Atlanta, GA/April 2001-April 2002**

Primary project coordination responsibilities for an Emory Medical Care Foundation grant-funded project. This project was a study focusing on the development, implementation, and evaluation of the effectiveness of a 12-session, culturally competent, community-based family intervention for African American adolescent males with a substance abuse disorder.

Primary project coordination responsibilities for a second Emory Medical Care Foundation grant-funded project. This project was a study focusing on strategies for engaging urban, African American families with a child with an externalizing behavioral problem in psychotherapy.

**Clinical Psychology Postdoctoral Fellow, Emory University School of Medicine. Atlanta, GA/April 2001-April 2002**

- Completed comprehensive psychological batteries on children/adolescents with developmental, medical, learning, and/or psychiatric difficulties
- Supervised graduate students in psychological assessment
- Conducted individual, group, and family therapy in a general child and adolescent outpatient psychiatry clinic, school setting, and comprehensive sickle cell disease (SCD) clinic
- Participated on the SCD multidisciplinary treatment team.

**Principal Investigator/June 1999-April 2001**

"An Examination of the Temporal Association Between Stress and the Onset of Pain in Adolescents with Sickle Cell Disease" (Dissertation).

University of North Carolina Department of Psychology. Chapel Hill, NC Summary: In this NIH-funded research supplement study to assess the association between stress and SCD pain, a prospective daily diary methodology was used to examine the impact of stress (i.e., adolescent and maternal self-reported neighborhood/economic stress and objective indices of neighborhood/economic stress) and maternal psychological distress on adolescent SCD pain with a sample of African-American adolescents and their caregivers.

Primary Advisor: Karen M. Gil, Ph.D.

**Principal Investigator**

"Race, Acculturation, Explanatory Style and Self-Perception as Predictors of Middle SES African American and White Adolescent School Achievement" (Master's Thesis) University of North Carolina. Chapel Hill, NC

**Lecturer**, Developmental Behavioral Pediatric Lecture Series for Pediatric Residents Emory University School of Medicine. Atlanta, GA

**Guest Lecturer**, Abnormal Psychology, Emory University Rollins School of Public Health. Atlanta, GA

**Instructor**, Research Methods in Psychology, University of North Carolina Department of Psychology. Chapel Hill, NC

**Instructor**, Abnormal Psychology, University of North Carolina Department of Psychology. Chapel Hill, NC

**Publications & Presentations**

Collins, M. H., Ready, J., Truss, T., Griffin, J. (2003). Enhancing FAMILY POWER: An initial examination of a pilot study targeting substance-abusing African American adolescent males and their families. *The Family Psychologist*, 19, 16-18.

Gil, K.M., Carson, J.W., Porter, L.S., Ready, J., Valrie, C., Redding-Lallinger, R., Daeschner, C. (2003). Daily stress and mood and their association with pain, health-care use, and school activity in adolescents with sickle cell disease. *Journal of Pediatric Psychology*, 28, 363-373.

Ready, J.N. (2001). *An Examination of the Temporal Association Between Stress and the Onset of Pain in Adolescents with Sickle Cell Disease* (Doctoral dissertation).

Porter, L.S., Gil, K.M., Carson, J.W., Anthony, K.K., and Ready, J. (2000). The role of stress and mood in sickle cell disease pain: An analysis of daily diary data. *Journal of Health Psychology*, 5, 53-63.

Gil, K.M., Porter, L.S., Ready, J., Workman, E., Sedway, J., & Anthony, K.K. (2000). Pain in children and adolescents with sickle cell disease: An analysis of daily pain diaries. *Children's Healthcare*, 29, 225-241.

Gil, K. M., Porter, L., Ready, J., Workman, E., Sedway, J., & Kosobucki, K. (1999) An analysis of daily pain in children and adolescents with sickle cell disease. *Annals of Behavioral Medicine*. 21 Supplement, S055.

Porter, L. S., Gil, K. M., Carson, J. W., Kosobucki, K., & Ready, J. (1999) Daily pain, stress, and mood in adults with sickle cell disease. *Annals of Behavioral Medicine*, 21 Supplement, S082.

Porter, L.S., Gil, K.M., Sedway, J.A., Ready, J., Workman, E., & Thompson, R.J. (1998). Pain and stress in sickle cell disease: An analysis of daily pain records. *International Journal of Behavioral Medicine*, 5, 185-203.

Gil, K.M., Wilson, J.J., Edens, J.L., Workman, E., Ready, J., Sedway, J., Redding- Lallinger, R., & Daeschner, C.W. (1997). Cognitive coping skills training in children with sickle cell disease. *International Journal of Behavioral Medicine*, 4, 364-377.

Ready, J.N. (1996). *Race, Acculturation, Explanatory Style and Self-Perception as Predictors of Middle SES African American and White Adolescent School Achievement* (Master's thesis).

Ready, J.N. & Hill, H. (2014). Duty to Warn. The Marne Health and Wellness Week Conference. Fort Stewart, GA.

Ready, J.N. (2009). An Overview Of Adaptive Behavior Functioning And Guidelines For Administering The Vineland Adaptive Behavior Scales: Second Edition- Survey Interview Form. *Staff Training for Region 3 Georgia Department of Behavioral Health and Developmental Disabilities Office*. Tucker, GA.

Ready, J. N. (2008) Parent Power: Effective Stress Management. *Parent Workshop for Agape Center*. Atlanta, GA.

Ready, J.N. & Blatt, A. (2007). Depression and Homelessness: The Impact on Children and Caregivers. *Staff Training for Atlanta Children's Shelter*. Atlanta, GA.

Ready, J. N. (2006). Negotiating Holiday Stress. *Tallatoona Head Start Parent Workshop*. Cartersville, GA.

Ready, J. N & Gil, K.M (2001). An Examination of the Temporal Association between Stress and Sickle Cell Disease (SCD) Pain with an Adolescent Sample. *Proceedings of the 2001 National Heart, Lung, and Blood Institute Meeting*. Orlando, FL

Ready, J.N., Gil, K.M., Redding-Lallinger, R., Daeschner, C., & Stallings, W. (2001). Role of Daily Stress in Sickle Cell Disease Pain. *Proceedings of the 2001 American Psychology Association Meeting*. San Francisco, CA.

Ready, J.N. (2001). Adolescent Sickle Cell Disease (SCD) Pain Diary. *Comprehensive SCD Clinic Pain Conference*. Grady Health Systems, Atlanta, GA.

Ready, J.N., Ragland, L., Clarke, A., Harris-Britt, A., & Hooker, P. (2000). African- Americans and Psychotherapy. *University of North Carolina Clinical Psychology Department Friday Colloquium*. Chapel Hill, NC.

Ready, J.N. & Gil, K.M. (1998). Ethnicity, Acculturation, Explanatory Style, and Self-Esteem as Predictors of School Achievement for Middle SES African- American and White Adolescents. *Proceedings of the 1998 SRA Meeting*. San Diego, CA.

Ready, J.N. (1998). What Parents Should Know About ADHD. *Orange County Parent Teacher Association*. Hillsborough, NC.

Ready, J.N., Schoenbach, V., Kornegay, C. & Jackson, M. (1997). Early Sexual Intercourse, Problem Behaviors, And Attitudes Regarding Rule-Breaking/Risk- Taking. *Proceedings of the 1997 American Public Health Association Meeting*. Indianapolis, IN.

Ready, J.N. (1997). African American Women and Depression Workshop. *Delta Sigma Theta Sorority, Inc.* University of North Carolina-Chapel Hill. Chapel Hill, N.C.

Schoenbach, V., Stokes, C., Ready, J., Headen, S.W. Miller-Johnson, S., and Jackson, M. Correlates of condom use by inner-city middle school students. *Presented at the Annual Meeting of the American Public Health Association*. New York City, November 1996.