

ALEXANDRA SCHEPENS WIMBERLY, MSW, MPH

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EDUCATION

| YEAR | DEGREE | INSTITUTION | FIELD OF STUDY |
|------------------|---------------|---|---|
| Expected 2017 | Ph.D. | University of Pennsylvania School of Social Policy and Practice Philadelphia, PA | Social Welfare |
| 2009 | M.P.H. | Harvard University School of Public Health Boston, MA | Public Health <i>- Maternal and Child Health</i> |
| 2008 | M.S.W. | Simmons College School of Social Work Boston, MA | Social Work <i>- Urban Leadership</i> |
| 2002 | B.A. | UCLA Los Angeles, CA | Art Studio <i>- Minor in Education</i> |

RESEARCH POSITIONS

2012-Present

Research Fellow

University of Pennsylvania, Philadelphia, PA

- Perform quantitative statistical analyses (generalized estimating equations, linear and logistic regression) looking at criminal justice, substance use and sex-risk outcomes of people in continuing care for cocaine and/ or alcohol problems to determine the impact of continuing care (Principal Investigator: Dr. James R. McKay).
- Complete qualitative analysis of counseling sessions among people in continuing care for cocaine and/ or alcohol problems (Principal Investigator: Dr. James R. McKay), and interviews with incarcerated women with substance use problems and their mothers who are taking care of the incarcerated mothers' children (Principal Investigator: Dr. Malitta Engstrom).
- Conducted a systematic review of yoga interventions in the criminal justice setting (Co-author: Jia Xue).

RESEARCH POSITIONS (continued)

- 2014-Present **Principal Investigator**
Yoga for Substance Use and Antiretroviral (ART) Therapy Adherence in
Community Reentry
University of Pennsylvania, Philadelphia, PA
- Implemented a randomized controlled trial using mixed methods
looking at the effects of a yoga intervention for people with HIV and
problematic substance use who are reentering from prison or jail
- 2010-2012 **Co-investigator**
Screening, Motivational Assessment and Referral to Treatment in the ED
NIDA Clinical Trials Network, New York, NY
- 2011-2012 **Clinical Research Manager**
NYU School of Medicine, New York, NY
Mental Health and Addictive Disorders Research Program
- 2010-2011 **Project Coordinator**
NYU School of Medicine, New York, NY
Mental Health and Addictive Disorders Research Program
- 2009 **Field Researcher**
Kennedy School of Government, Los Angeles, CA
Crime Reform

TEACHING POSITIONS

- 2015 **Guest Lecturer**
University of Pennsylvania School of Social Policy and Practice
Substance Abuse Interventions (Masters Level)
- Class taught: Substance Use Disorders and Psychiatric Comorbidity
(14 students)
- 2014 **Instructor**
University of Pennsylvania School of Social Policy and Practice
Introduction to Research Methods (Masters Level)
- Semester taught: Fall (20 students)

ACADEMIC HONORS AND AWARDS

- 2016 **University of Pennsylvania Graduate and Professional Student
Assembly Research Travel Grant**
Awarded to defray travel costs for conference presentation.

ACADEMIC HONORS AND AWARDS (continued)

- 2015 **University of Pennsylvania Excellence in Teaching Award for Non-standing Faculty**
Awarded in recognition of excellence in teaching and mentoring during the previous year.
- 2015 **University of Pennsylvania Graduate and Professional Student Assembly Research Travel Grant**
Awarded to defray travel costs for conference presentation.
- 2014 **University of Pennsylvania Hal Levin Award**
Awarded to a meritorious PhD student in Social Welfare.
- 2014 **University of Pennsylvania Graduate and Professional Student Assembly Research Travel Grant**
Awarded to defray travel costs for conference presentation.
- 2013 **University of Pennsylvania Summer Research Funding**
Awarded to complete a National Research Service Award application.
- 2012-2013 **University of Pennsylvania Heyer Foundation Fellowship**
Awarded for academic standing and interest in school and community.
- 2008-2009 **Harvard University Maternal and Child Health (MCH) Scholarship**
Awarded for professional & academic dedication to MCH.
- 2006-2008 **Simmons College scholarship**
Awarded for academic achievement.
- 2007-2008 **AmeriCorps Student Leaders in Service Award**
Awarded for volunteering over 300 hours in a year.
- 2000-2002 **Arts Bridge Teaching scholarship**
Awarded for creating art curricula and teaching in urban Los Angeles elementary and high schools.

GRANTS

- 2015 Principal Investigator. Yoga Intervention for Substance Use and Antiretroviral Therapy (ART) Adherence in Community Reentry. Dornbrect Grant of the Jewish Community Federation and Endowment Fund from the National Coalition of Independent Scholars.
\$1,800

GRANTS (continued)

- 2014 Principal Investigator. Yoga for Substance Use and ART Adherence in Community Reentry. Peter F. McManus Charitable Trust.
\$8,800
- 2014 Principal Investigator. Yoga for Substance Use and ART Adherence in Community Reentry. National Institute on Drug Abuse, National Research Service Award Training Grant.
\$105,409
- 2010 Grant Proposal Co-author at the Council of State Governments, Justice Center. “National Leadership Campaign” grant proposal. Judges Leadership Initiative and American Psychiatric Foundation.
\$100,000

PUBLICATIONS

- Engstrom, M., **Wimberly, A.** & Franke, N. (2017). Mass incarceration: What’s at stake and what to do. In J. L. Jackson (Ed.), *Social policy and social justice* (pp. 20-41). Philadelphia, PA: University of Pennsylvania Press, publication forthcoming.
- Wimberly, A. S.**, Ivey, M., Rennert, L. & McKay, J. R. (2016). Effect of continuing care for cocaine dependence on HIV sex-risk behaviors. *AIDS and Behavior*, 1-9. DOI 10.1007/s10461-016-1434-6
- Wimberly, A. S.**, Xue, J. (2016). A systematic review of yoga interventions in the incarcerated setting. *Journal of Sociology and Social Welfare*, publication forthcoming.
- Wimberly, A. S.**, Stern, M., Rosenbach, S., Thomas, T. & McKay, J. R. (revise and resubmit). Challenges to practicing HIV sex-risk prevention among people in continuing care for cocaine addiction.
- Wimberly, A. S.** & Engstrom, M. (under review). Stress, substance use, and yoga in the context of community reentry following incarceration.
- Schepens, A.** (2008, November 23). Double-bunking is no solution. *Boston Globe*. p. C8.

PEER REVIEWED AND OTHER SELECTED PRESENTATIONS

- Engstrom, M., **Wimberly, A.** & Franke, N. (2016, January). *Mass incarceration: What’s at stake and what to do*. Round table discussion at the Society for Social Work Research Conference, Washington DC.

PEER REVIEWED AND OTHER SELECTED PRESENTATIONS (continued)

Wimberly, A. S. & Xue, J. (2015, November). *A systematic review of yoga interventions in the incarcerated setting*. Paper presented at the American Society of Criminology Conference, Washington DC.

Wimberly, A. S. & Layde, M. (2015, February). *Yoga intervention for substance use and ART adherence in community reentry*. Poster session presented at the University of Pennsylvania Institute for Urban Research Doctoral Symposium, Philadelphia, PA.

Schepens, A. (2014, June). *The rise of yoga in prison*. Presented at the Eastern State Penitentiary Searchlight Series, Philadelphia, PA.

Schepens, A., Ivey, M., Rennert, L., McKay, J. (2014, February). *Effect of continuing care for cocaine dependence on HIV sex risk behaviors*. Poster session presented at the Collaborative Perspectives on Addiction Conference, Atlanta, GA.

Schepens, A. (2013, April). *Yoga and reentry*. Presented at the Student Research Seminar, School of Social Policy and Practice, University of Pennsylvania, Philadelphia, PA.

EDITORIAL AND SCIENTIFIC PEER REVIEW

2014 **Manuscript Reviewer**
Journal of Forensic Social Work

ACADEMIC SERVICE

2015 **Co-organizer & Moderator**
Social Policy & Practice Student Colloquium
University of Pennsylvania, Philadelphia, PA

2014 **Grant Advisor**
Peer to Peer Grant Advising Program
University of Pennsylvania, Philadelphia, PA

2013 **Representative (Research Student Council and Finance Committee)**
Graduate and Professional Student Assembly
University of Pennsylvania, Philadelphia, PA

PRACTICE AND POLICY POSITIONS

2009-2010 **Behavioral Health Policy Analyst**
Council of State Governments, Justice Center
New York, NY

PRACTICE AND POLICY POSITIONS (continued)

2008-2009 **Mental Health/ Crisis/ Reentry Clinician**
Suffolk County House Of Correction
Boston, MA

2009 **Policy Analyst**
Massachusetts Correctional Legal Services
Boston, MA

COMMUNITY SERVICE

2014 -2016 **Fitness Committee Meeting Member**
Philadelphia FIGHT
Philadelphia, PA

2013-2016 **Yoga Instructor**
Institute for Community Justice, Reentry Center, Philadelphia FIGHT
Philadelphia, PA

2011-2012 **Teacher**
Prisoner Education Initiative
New York, NY
Created curricula and taught classes to female prisoners at Riker's
correctional facility

2007-2008 **Social Work Intern**
Suffolk County House Of Correction
Boston, MA

2006-2007 **Social Work Intern**
Lawrence Elementary School
Brookline, MA

2003-2004 **Parent Outreach Coordinator**
AmeriCorps: Leaps in Literacy
Brockton, MA