

Vivien Roman-Hampton

University of Connecticut | School of Social Work

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EDUCATION

- 08/2024 — Present **Doctoral Student, Social Work**
University of Connecticut
Hartford, CT
- 2013 **Master of Social Work**
Research: Costs & Barriers to Accessing Services for OEF/OIF/OND Female Veterans in Massachusetts
Salem State University
Salem, MA
- 2006 **Graduate Certificate, Women in Politics and Public Policy**
Research: Mixed-Income Housing in Boston (Case Study: West End Place)
University of Massachusetts, Boston
Boston, MA
- 2003 **Bachelor of Arts, Psychology**
University of Nevada, Las Vegas
Las Vegas, NV

LICENSURES

- 2016— Present MA Licensed Independent Clinical Social Worker
- 2016— Present IA Social Worker Independent Level
- 2020— Present RI Independent Clinical Social Worker
- 2022— Present IL Licensed Clinical Social Worker
- 2022— Present OH Licensed Independent Social Worker
- 2023— Present NC Licensed Clinical Social Worker
- 2024— Present VA Licensed Clinical Social Worker

RESEARCH GRANTS & SCHOLARSHIPS AWARDED

2023 **Iacono, G (Co-PI)**, Elsaesser, C. (Co-PI), & Roman-Hampton, V. (Co-I).
Creating a Socially Engaged Mindfulness Intervention for Social Work
Students.
Institute for Collaboration on Health, Intervention, and Policy, UConn — Seed
Grant. (\$10,000).

HONORS

2014 **Commissioner's Award.** Awarded by the Massachusetts Rehabilitation Commission.

2013 **Federal TBI Program Award for Impacting Systems Change.** Awarded by the
Health Resources and Services Administration.

MANUSCRIPTS IN PROGRESS

Iacono, G., Elsaesser, C., Werkmeister Rozas, L., Roman-Hampton, V., Haggerty, T., MacDonald, S., Nieman, P., & Qureshi, R. (in preparation). A community-based participatory approach to developing a socially engaged mindfulness intervention for social work students. *Families in Society*.

ACADEMIC TEACHING EXPERIENCE

2024 — Co-Instructor. SPTP 5318 Introduction to Engaged Mindfulness
(Graduate). Summer 2024; Fall 2024
University of Connecticut, School of Social Work
Co-created an elective on socially engaged mindfulness

RESEARCH EXPERIENCE

2021 — **Collaborator, University of Connecticut**
Creating an Engaged Mindfulness Intervention for Social Work Students

- **Research Objectives:** To create and then explore the feasibility of Socially Engaged Mindfulness, an 8-week mindfulness based intervention for social workers.
- **Responsibilities:** Co-created engaged mindfulness intervention for social workers. Co-facilitated mindfulness intervention with social

work students. Co-facilitated focus group sessions with social work students.

2022—

Research Collaborator, University of Connecticut

Co-creating a mindfulness based intervention for youth impacted by gun violence (PI: Dr. Caitlin Elsaesser).

- **Research Objectives:** To create the core components of a mindfulness based intervention for youth impacted by gun violence through collecting exploratory focus group data with youth about perceptions of mindfulness and experiences of stress.
- **Responsibilities:** Co-analyzed data from exploratory focus groups exploring youth perceptions of mindfulness and stresses. Created mindfulness based pilot for youth impacted by gun violence based on focus group data. Facilitated mindfulness based pilot with youth impacted by gun violence and the providers caring for them.

UNIVERSITY SERVICE

2024 —

Member, Anti-Racism DEI Committee
School of Social Work, University of Connecticut

INVITED SPEAKER

- 2024 Roman-Hampton. (2024, Jun. 13). *Tools for Connection* [Oral presentation]. Thrive Scholars.
- 2024 Roman-Hampton. (2024, Mar. 27). *Mindfulness and Active Listening* [Oral presentation]. Mindfulness and Well-being Group: American Mathematical Association of Two-Year Colleges.
- 2024 Roman-Hampton, V. (2024, Feb. 7). *Mindfulness in the Mental Health Setting: Promoting Youth Wellness*. [Oral presentation]. William James College.
- 2023 Roman-Hampton, V. (2023, Nov.27). *Supporting Scholars in Times of Crisis*. [Oral presentation]. Thrive Scholars.
- 2023 Roman-Hampton, V. (2023, Nov. 1). *Mindfulness in the Mental Health Setting: Promoting Wellness for Adults* [Oral presentation]. William James College.
- 2023 Roman-Hampton, V. (2023, Mar. 31). *Mindfulness in the Mental Health Setting: Promoting Wellness for Adults* [Oral presentation]. William James College.

- 2023 Roman-Hampton, V. (2023, Apr. 12). *Maintaining Professional Boundaries in Clinical Work with Children, Youth, & Families* [Oral presentation]. William James College.
- 2023 Roman-Hampton, V. (2023, Nov. 8). *Building Friendships, Establishing Healthy Boundaries* [Oral presentation]. Wise Women's Council.
- 2022 Roman-Hampton, V. (2022, Oct. 21). *Boundaries* [Oral presentation]. Thrive Scholars.
- 2022 Roman-Hampton, V. (2022, Jun. 10). *Healthy Boundaries* [Oral presentation]. Thrive Scholars.
- 2022 Roman-Hampton, V. (2022, Apr. 8). *Creating your Journaling Path*. [Oral presentation]. Thrive Scholars Career and Leadership Conference.
- 2020 Roman-Hampton, V. (2020, Mar. 9). *Boundaries*. [Oral presentation]. MetroBoston Housing.
- 2019 Roman-Hampton, V. (2019, May 14). *Consent*. [Oral presentation]. Newton METCO Program.
- 2014 Roman-Hampton, V. (2014, May 8). *Working with Veterans and their Families impacted by TBI*. [Oral presentation]. Social Work Grand Rounds, Beth-Israel Deaconess Medical Center.

PEER REVIEWED CONFERENCE PRESENTATIONS

Iacono, G., Haggerty, T., Roman-Hampton, V., Werkmeister Rozas, L., Elsaesser, C., MacDonald, S., Nieman, P., & Qureshi, R. (2024). Bridging the gap: A community-based participatory approach to developing group-based socially engaged mindfulness curriculum for BSW students. Paper presentation at the 2024 International Association for Social Work with Groups Symposium. Madrid, Spain.

Iacono, G., Roman-Hampton, V., Haggerty, T., Elsaesser, C., Werkmeister Rozas, L., MacDonald, S., Nieman, P., & Qureshi, R. (2024). Creating a socially engaged mindfulness-based intervention: Enhancing social work students' capacity for wellbeing and social action. Paper presentation at the 2024 International Society for Contemplative Research. Padova, Italy.

Iacono, G., Elsaesser, C., Churchill, A., Pan, C., Haggerty, T., Roman-Hampton, V., Werkmeister Rozas, L., Nieman, P. (2024). A community-based participatory approach to developing group-based socially engaged mindfulness curriculum for BSW students. Paper presentation at the 2024 The Association of Baccalaureate Social Work Program Directors Conference. New Orleans, LA. United States.

LEADERSHIP AND SERVICE

2023 — Board Member, Barre Center for Buddhist Studies

MEDIA COVERAGE

2023 “**Mindfulness: Coming to a College Near You.**” Leaning Well magazine.
<https://learningwellmag.org/article/mindfulness-coming-to-a-college-near-you>

PROFESSIONAL PRACTICE EXPERIENCE

2022 — **Director of Outreach & Teacher Development, Mindfulness Institute for Emerging Adults (MIEA), Durham, NC.**

- Lead and facilitate mindfulness classes, providing instruction and guidance to participants.
- Conduct teacher training programs for individuals interested in becoming meditation instructors, ensuring they receive comprehensive education and support.
- Provide mentorship and support to new teachers as they work towards their certification.
- Organize and manage the educational schedule, coordinating courses and workshops offered by teachers within the organization.

2018 — **Founder/Clinician, Activated By Wellness.**

- Founded group mental health practice that focuses on providing relevant and accessible mental health to historically marginalized communities.
- Supervise administrative and clinical staff as well as interns.
- Provide counseling, assessment, and diagnoses to individuals, relationships, and groups in therapy.
- Provide consultations, trainings, and workshops to outside organizations.

2016 — 2018 **Therapist, Activated By Wellness.**

- Provided psychotherapeutic services to historically marginalized individuals and groups.
- Provided clinical assessment and counseling services to individuals, couples, and groups.

2017 — 2020

Veterans Community Manager, PatientsLikeMe, Cambridge, MA.

- Work with the Engagement and Communications teams to give insight and guidance on programs to serve our Veteran members.
- Developed relationships with members and involve them in research projects and conference presentations.
- Collaborated with marketing team on relevant Veteran issues for upcoming projects as well as review content created for accuracy and relevancy to Veteran members.

2015 — 2019

Medical Social Worker, Beth Israel Deaconess Medical Center, Boston, MA.

- Provides counseling and psychotherapeutic services to all Medical floors including Maternity, Emergency and Intensive Care units.
- Provided assessment, counseling, advocacy, and referral to patients and their supports in acute crisis as well as those undergoing treatment and care within the hospital.
- Collaborated with physicians, nurses, internal and external case managers, community agencies, and other health care professionals to implement safe and effective patient care and discharge planning.

2015 — 2017

Mental Health Intensive Case Manager, VA Boston, Brockton MA.

- Intensive case management services as characterized by assertive outreach, individualized treatment planning, multidimensional orientation, and intensive delivery of services to include: frequent, direct contacts with patients to provide therapy and support at Veteran's home and/or in the community.
- Focused on strengthening the patient's ability to address acute and chronic problems.; utilizing naturalistic community settings for teaching and modeling problem-solving skills.; outreach and assertive provision of services to treatment resistant patients; responsible for linking patients to programs and community resources.
- Provided individual therapy for Veterans with severe mental illness who requested counseling to include individualized assessments, diagnoses, and treatment planning.

2014 — 2015

HUD-VASH Case Manager, VA SORCC, White City, OR.

- Performed clinical assessments that evaluates the veteran's situation, abilities, and capabilities, and arrives at a reasoned conclusion including an assessment of vulnerability and prioritization for admission into the HUD-VASH program; to include assessing for any ongoing medical, mental health, substance abuse, or other serious psychosocial conditions or stressors that prevent the Veteran from obtaining and/or maintaining permanent housing on their own.

- Assessed at-risk factors and develops a preliminary plan, involving the veteran and family or significant others, and performed an insightful assessment of serious and complicated cases involving psychiatric illness which may also include, catastrophic medical condition, dementia, traumatic brain injuries, and other high risks diagnoses. [08]
- Responsible for monitoring all phases of programming and coordination of case management services for Veterans receiving housing provided through HUD Section 8 housing vouchers.

2013 — 2014

Clinical Social Worker, Homicide Support Services Project (Center for Violence Prevention & Recovery) & Medical Floors, Beth Israel Deaconess Medical Center, Boston, MA.

- Responded to after-hours calls for patients who had been the victims of gun or gang violence in the emergency department providing initial crisis support for both survivors and their loved ones.
- Medical: Provided clinical services to patients and families that address personal and environmental issues to maximize emotional, social, and physical well-being and the appropriate and efficient use of health care resources.

2009 — 2014

Veterans Program Coordinator, Statewide Head Injury Program, Massachusetts Rehabilitation Commission, Boston, MA.

- Conducted interviews and assessments on veterans (Combat and Peacetime) and gather documentation to determine eligibility for Statewide Head Injury Program.
- Provided on-going case management to an assigned caseload of veterans with TBI, and other co-occurring disorders, and monitored/oversaw paid services including telephone contact, written communication, home visits & program site visits with state contracted agencies.
- Initiated screening clinics throughout the State at Veteran's Centers, VFW posts, and Veterans' homeless shelters. Successfully identifying and enrolling veterans and returning service members into the State Head Injury Program (SHIP) resulting in a 100% increase in the number of veterans receiving services.
- Responding to the significant drop-out rates of veterans participating in Upward Bound and college/university programs, provided a training symposia in partnership with Salem State University focusing on neurobehavioral, psychological, and the neurocognitive consequences of TBI; the target audience was educators, counselors, disability and veteran services staff of colleges and universities within the New England region.

CERTIFICATIONS & TRAINING

- **Ketamine Assisted Psychotherapy.** Journey Clinical, 2024
- **Trauma Sensitive Mindfulness.** David Treleavan, 2024

- **Building Compassion from the Inside Out.** Compassion Institute, 2024
- **EMDR.** TICl, EMDRIA, 2024
- **Flash Technique (EMDR).** TICl, 2024
- **Immigration Evaluation Training.** Immigration Evaluation Institute, 2023-2024
- **MBSR Course for those Historically Serving Underrepresented Racial & Ethnic groups in the Mindfulness field.** Mindfulness & Health Institute, Brown University, 2023
- **Nonviolent Communication.** Henry Wai, 2021
- **Cognitive Processing Therapy.** Strong Star Institute, 2021.
- **Mindfulness Institute for Emerging Adult Meditation Teacher Trainer.** Since 2020
- **Emotional Freedom Techniques (EFT) and Tapping: Evidence-Based, Mind-Body Treatment Approach to the Anxiety Spectrum Disorders and Pain.** PESI, 2020
- **Transgender & Gender Non-Binary (TGNB) Adult Clients: Culturally-Competent Strategies Every Clinician Should Know.** PESI, 2020
- **Massachusetts Required Domestic Violence and Sexual Assault Training for Healthcare and Behavioral Health Professionals (Chapter 260).** PESI, 2020
- **2 Day Intensive Course: Clinical Supervision: Providing Effective Supervision, Navigating Ethical Issues and Managing Risk.** PESI, 2019
- **Mindfulness Institute for Emerging Adults Meditation Teacher.** Since 2018
- **Dialectical Behavior Therapy.** PESI, 2018.
- **Mindfulness Based Cognitive Therapy.** PESI, 2018
- **Internal Family Systems Therapy (IFS).** PESI, 2018
- **Mindful Anger: The Art of Transforming a Difficult Emotion into a Powerful Therapeutic Tool.** PESI, 2018
- **Affairs Made Simple: A New Understanding of Affairs for Effective Assessment and Clinical Treatment.** PESI, 2018
- **EMDR 3-Day Intensive Training: Eye Movement Desensitization and Reprocessing: Including Neuroscience, Diagnosis, and Effective Practices for Successful Trauma Treatment.** PESI, 2018
- **Bringing Trauma-Informed Yoga into Mental Health Clinical Practice.** PESI, 2018
- **Treat Anxiety, Trauma, Addiction & Depression through Bibliotherapy: Powerful Poems, Stories & Journaling Techniques to Rewire the Brain.** PESI, 2017.
- **Certified Clinical Hypnotherapist.** Wellness Institute, WA, Since 2016
- **Certified Brain Injury Specialist.** Academy of Brain Injury Specialists, 2014

MILITARY EDUCATION

1994	Personnelman A School, NAS Meridian, MS
1996	9545 Law Enforcement School, Lackland AFB, San Antonio, TX
1996	Emergency Medical Training, Agana Guam

MILITARY WORK EXPERIENCE

1996 — 1998	Blood Borne Pathogen Coordinator, COMNAVMAR Guam
	<ul style="list-style-type: none"> • Provided training to all security forces personnel on Blood Borne Pathogens and OSHA guidelines.

- Conducted training on First-Aid, CPR, & HIV based on American Red Cross guidelines.
- Arranged medical appointments for any security forces personnel exposed to BBP and ensured follow-up.

1996 — 1998

Military Police Officer, COMNAVMAR Guam

- Conducted routine patrol and surveillance and responded to dispatch calls to enforce laws and ensure public safety.
- Responded to alarms, fires or other immediate threats to life or property.
- Investigated criminal activity; interviewed victims, witnesses, and suspects.

1996 — 1998

Personnelman, USS Simon Lake (AS-33), LaMaddalena, Italy

- Recorded & maintained information on each employee for beneficiaries, educational and promotional accomplishments, awards, evaluations as well as ensured that those eligible for board promotion had all required documentation.
- Responsible for ID card issuance to all authorized personnel.