

# Ryan Santens, MSW, MPH, PhD Candidate

## EDUCATION

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### University of Illinois at Urbana-Champaign

Expected graduation: 2024

- Ph.D. Candidate: Community Health  
Department of Kinesiology & Community Health  
College of Applied Health Sciences
- Advisor: Dr. Wendy Rogers, PhD, Khan Professor of Applied Health Sciences

Research Interests: My areas of research interest extend knowledge gleaned from transdisciplinary inquiries investigating intersectional aspects of the social, psychological and spiritual underpinnings of cultural systems of power and their function of (re)locating people along hierarchal sociogenic continuums in ways that inform applied research in the fields of contemplative sciences (e.g. mindfulness-based interventions), eudaimonic well-being and the humanities, advancing development of community-based participatory and clinical interventions reimagined as transformative learning ecologies animating endogenous paradigms of personal and collective selfhood as an approach to ameliorate systemic barriers to self-determined flourishing thereby improving community and population level health.

- Graduate Student Affiliate, The Unit for Criticism and Interpretive Theory, University of Illinois at Urbana-Champaign
- Graduate Student Affiliate, Cultural, Interpretive and Science Studies area of study in Kinesiology, University of Illinois at Urbana-Champaign

### Washington University in St. Louis

- Master of Public Health, Dec. 2012
  - Danforth Foundation St. Louis Urban Fellowship (2010-2012)
  - Student Sustainability Fund, Board Member (2010-2011)
- Master of Social Work, Dec. 2012
  - Danforth Foundation St. Louis Urban Fellowship (2010-2012)
  - Clinical Practice Student Organization, Co-Chair (2011-2012)
  - Buder Center for American Indian Studies, 21<sup>st</sup> Annual Pow Wow – “There Is Wisdom and Wellness Within the Circle”, Committee Member (2011)
- Bachelor of Science, Psychology, 2009
  - Academic Honor Society

## RESEARCH EXPERIENCE

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### Human Factors and Aging Laboratory

9/2023 – present

Department of Kinesiology and Community Health  
University of Illinois at Urbana-Champaign

- Conducting community-based mindfulness research project

### Human Factors in Sociotechnical Systems (HFSS) Laboratory

5/2021 – 6/2022

### **Coordinated Sciences Laboratory**

Department of Industrial and Enterprise Systems Engineering  
Grainger College of Engineering  
University of Illinois at Urbana-Champaign

*Research Assistant – ARCHES Food Security Study*

- Qualitative and quantitative data collection, management, and analysis
- Documenting employed research methods and tools
- Preparing findings for dissemination through scholarly venues

### **Mind & Life Institute**

June 2018

Summer Research Institute – “Engaging Cultural Difference and Human Diversity”

Garrison Institute; Garrison, New York

*New Investigator*

- Participate in weeklong immersive transdisciplinary program applying contemplative sciences research examining the link between implicit and explicit contributions of social systems and psychological patterning in formation of difference at personal, interpersonal, and socio-structural levels

### **Mindfulness & Well-Being Laboratory**

3/2018 – 8/2022

Department of Kinesiology & Community Health

College of Applied Health Sciences

University of Illinois at Urbana-Champaign

*Lab Founder / Research Lead (Student led/Volunteer-based)*

- Establish community and campus-based research partnerships; develop research projects
- Recruit, train and supervise undergraduate research assistants for various research projects, e.g. participant recruitment, data collection/ management/ analysis, online survey development
- Participate in writing of peer reviewed publications and grant submissions

### **Laboratory for Emotion & Stress Assessment**

6/2016 - 5/2018

Department of Kinesiology & Community Health

College of Applied Health Sciences

University of Illinois at Urbana-Champaign

*Research Assistant - Project Coordinator*

- Supervise and train research assistants on research protocol linked to several research projects
- Coordinate research project; study design; participant recruitment; data management
- Participate in writing of peer reviewed publications and grant submissions
- Mindfulness instructor for caregivers of wounded veterans

### **Health Promotion & Rehabilitation Research Lab**

8/2015 - 6/2016

Department of Kinesiology & Community Health

College of Applied Health Sciences

University of Illinois at Urbana-Champaign

*Research Assistant*

- Coordinate multiple research projects; study design; participant recruitment; data management
- Participate in writing of peer reviewed publications and grant submissions

### **Illinois Nutrition Education Programs – University of Illinois Extension**

5/2015 - 8/2015

University of Illinois at Urbana-Champaign

*Statewide Programming and Evaluation Coordinator*

- Support SNAP-Ed and EFNEP programs within University of Illinois Extension by providing statewide leadership for programming and evaluation
- Provide oversight of the grant preparation, grant objectives, and grant reporting in compliance with federal guidelines
- Oversee program goals and objectives for the INEP grants
- Develop and maintain SNAP-Ed and EFNEP operating manual and communicate guidelines to staff involved with program delivery
- Lead evaluation efforts for INEP grants in conjunction with faculty and other grant collaborators outside of UIUC
- Oversee implementation and use of reporting systems for SNAP-Ed and EFNEP
- Provide training and technical assistance to staff for EFNEP reporting system
- Provide leadership in conducting internal program reviews to assess accomplishments and areas for improvement
- Lead and manage pilot and/or special projects with the grant programs
- Establish and maintain relationships across the campus or state with program stakeholders and other nutrition education programs
- Participate with campus faculty or multi-state research groups in research projects related to SNAP-Ed and EFNEP to document impact
- Direct interdisciplinary committees and programs as assigned

**Choices, Inc., Urbana, IL**

3/2014 – 5/2015

*Provider Relations Director*

- Design and implement community assessment/service gap analysis across 4-county pilot area (Champaign, Vermillion, Ford, Iroquois) regarding specific characteristics of local system of care for youth and families involved with IL DHFS and IL DCFS

**Joyful U, Champaign, IL**

7/2014 - 5/2015

*Senior Mindfulness Instructor*

- Develop research design to evaluate effectiveness of Mindful Living with Purpose and Resilience (MLPR) program
- Identify and administer psychological and mindfulness measures; pre-, mid-, post-intervention

**Psychological Services Center**

2/2013 - 3/2014

Clinical/Community Division, Department of Psychology

University of Illinois at Urbana-Champaign

*Assistant Director*

- Develop research design to evaluate effectiveness of mindfulness-based interventions (MBIs)
- Administer psychological and mindfulness assessment tools; pre-, mid-, post-intervention

**Neurofibromatosis Type 1 Patient Registry Initiative**

2/2012 - 1/2013

George Warren Brown School of Social Work

Washington University in St. Louis

*Research Assistant – Project Coordinator*

- Manage NF1 registry database: data collection/ management, SPSS, marketing, recruitment, research participant interviews
- Participate in planning and development of manuscripts for publication, poster presentations

**Institute of Clinical and Translational Sciences**

8/2010 - 1/2013

Washington University in St. Louis School of Medicine

*Research Assistant – Dissemination Implementation Research Core*

Conduct literature reviews for research projects and grant applications specific to dissemination and implementation science in areas of public health, biomedical science, mental health

- Provide methodological support for translational research
- Participate in planning and development of manuscripts for publication

**Center for Mental Health Services Research**

5/2010 - 1/2013

George Warren Brown School of Social Work  
Washington University in St. Louis

*Research Assistant – Measures*

- Manage database of measures across a range of content areas: psychosocial, public health, biomedical, organizational, dissemination, implementation outcomes
- Conduct literature searches for faculty research projects and grant applications
- Participate in planning and development of manuscripts for publication

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**PROGRAM EXPERIENCE**

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**Psychological Services Center**

2/2015 – 8/2023

Clinical/Community Division, Department of Psychology  
University of Illinois at Urbana-Champaign

*Advanced Mindfulness Instructor*

- Instructor for Mindfulness Based Cognitive Therapy classes
- Train UIUC graduate students in leading mindfulness based interventions (MBCT; MBSR)

**Choices, Inc., Urbana, IL**

7/2014 - 5/2015

*Provider Relations Director (IL DHFS, IL DCFS - promoted)*

- Provide oversight for the recruitment and management of all contracted and family selected providers performing services for the Choices Provider Network in Illinois
- Build and maintain a community provider network through effective contracting, rate negotiation, training, and education in the community that results in clinically efficacious, cost effective, outcome-based plans of care which build upon the strengths and resources of the family and community; create and deliver monthly provider trainings and other general presentations
- Manage \$15.5 million annual contracting budget; negotiate hundreds of provider contracts
- Assist contracted providers and those of all partner agencies (such as medical/physical health, mental health, special education, child welfare, developmental disability and juvenile justice) in following the mission, principles and values consistent with Choices' evidence-based high fidelity wraparound, system-of-care model<sup>[SEP]</sup>
- Complete audits with providers to ensure compliance with the terms and requirements for providers set forth in the Provider Network agreements
- Hire, train and supervise staff; apply strengths-based approaches supporting staff to become aware of his/her own strengths and weaknesses; promote use of strengths in day-to-day work
- Performance and Quality Improvement (PQI) – design process evaluation, including data tracking/ mgmt./ analysis/ dissemination protocol by identifying and/or creating measures to assess variety of early-stage implementation outcomes of evidence based care coordination model including feasibility, fidelity, adoption/uptake, and acceptability
- Develop operations protocol for various provider relations and clinical content areas including service enhancement, new service development, service code organization/development, provider engagement, contracting, billing/ claims reconciliation, service authorizations, provider grievances,

monthly reporting to IL HFS, IL DCFS

- Conduct community assessment/ gap analysis across 4-county area (Champaign, Vermillion, Ford, Iroquois) regarding specific characteristics of local system of care for youth and families involved with IL DHFS and IL DCFS; develop strategic plan to guide development of provider network

**Joyful U, Champaign, IL**

7/2014 - 5/2015

*Senior Mindfulness Instructor*

- Develop retreat curricula (3) for Mindful Living with Purpose and Resilience (MLPR) program
- Lead mindfulness activities at retreats (3); co-lead other retreat activities
- Lead 8 week evidence-based mindfulness courses
- Provide small group and individual coaching in MLPR, mindfulness practice

**Choices, Inc., Urbana, IL**

3/2014 - 7/2014

*Provider Relations Director (IL DCFS)*

- Provide oversight for the recruitment and management of all contracted and family selected providers performing services for the Choices Provider Network in Illinois
- Build and maintain a community provider network through effective contracting, rate negotiation, training, and education in the community that results in clinically efficacious, cost effective, outcome-based plans of care which build upon the strengths and resources of the family and community; create and deliver monthly provider trainings and other general presentations
- Manage \$12 million annual contracting budget; negotiate hundreds of provider contracts
- Assist contracted providers and those of all partner agencies (such as mental health, special education, child welfare, developmental disability and juvenile justice) in following the mission, principles and values consistent with Choices' evidence-based high fidelity wraparound, system-of-care model<sup>[1]</sup><sub>[SEP]</sub>
- Complete audits with providers to ensure compliance with the terms and requirements for providers set forth in the Provider Network agreements
- Hire, train and supervise staff; apply strengths-based approaches supporting staff to become aware of his/her own strengths and weaknesses; promote use of strengths in day-to-day work
- Performance and Quality Improvement – design process evaluation, including data tracking/ mgmt./ analysis/ dissemination protocol by identifying and/or creating measures to assess variety of early-stage implementation outcomes of evidence based care coordination model including feasibility, fidelity, adoption/uptake, and acceptability
- Develop operations protocol for various provider relations content areas including service code development, provider engagement, billing/ claims, contracting, monthly reporting to DCFS
- Conduct community assessment/ gap analysis across 4-county area (Champaign, Vermillion, Ford, Iroquois) regarding specific characteristics of local system of care for youth and families involved with IL DCFS; develop strategic plan to guide development of provider network

**Psychological Services Center**

2/2013 - 3/2014

Clinical/Community Division, Department of Psychology

University of Illinois at Urbana-Champaign

*Assistant Director*

- Co-developer and Co-Instructor of year-long MBCT practicum course for PhD graduate students
- Instructor of Mindfulness Based Cognitive Therapy (MBCT) groups for UIUC faculty, staff, students and general community; develop/ lead mindfulness workshops, seminars, and lectures
- Develop/implement empirically supported services related to community engagement<sup>[1]</sup><sub>[SEP]</sub>
- Liaison between Clinical/Community Division in the Dept. of Psychology and the campus and surrounding community, including underserved, minority populations; develop university-community research partnerships; establish Participatory Action Research projects

- Participate in development, implementation and evaluation of restorative justice programming for UIUC and surrounding communities
- Co-leader of Community Advocacy Program and Girls Advocacy Program; includes associated undergraduate courses linked to these programs
- Participate in strengths-based supervision of graduate students so each person supervised comes to know his/her own strengths and weaknesses and uses strengths in day-to-day work and studies

**Illinois Public Health Institute, Chicago, IL**

6/2012 - 9/2012

*Evidence-Based Public Health Research and Training Associate/Graduate Intern*

- Designed/delivered EBPH training curriculum for local health departments throughout Illinois
  - Conducted literature review, subject matter expert interviews
  - *Topics:* community assessment, quantifying the issue, locating evidence, selecting evidence-based programs, program planning-implementation-evaluation, dissemination
- Collaborated with CDC on Rural Public Health Institute initiative on EBPH

**Interdisciplinary Environmental Law Clinic**

9/2011 - 6/2012

Washington University in St. Louis, School of Law

*Community Outreach Coordinator/Graduate Intern*

- Designed and implemented environmental needs assessment and community readiness evaluation
- Researched and implemented evidence-based community outreach/engagement strategies
- Provided organization and strategic leadership for low income, minority families impacted by EPA designated Superfund site in N. St. Louis City; participate multi-stakeholder EPA meetings
- Researched and developed citizen guides on environmental law

**Alliance for Building Capacity, East St. Louis, IL**

1/2011 - 9/2011

George Warren Brown School of Social Work

Washington University in St. Louis

*Community Development Coordinator/Graduate Intern*

East St. Louis Green Partnership

- Member of a team to develop and maintain coalition of local non-profit organizations, municipalities, educational institutions, and residents linking them to resources in the community increasing their capacity to provide services
- Implemented strategic plan for community gardens in East St. Louis
  - Received grant to install rainwater catchment system at Jones Park Community Garden

Project 2011

- Evaluated adolescent mentoring program for East St. Louis High School, class of 2011
- Designed longitudinal framework to track long-term effectiveness

Holy Grounds Initiative

- Collaborated with Department of Justice and local congregations to design and implement community-based intervention to reduce crime, develop community organization / leadership

**MINDFULNESS INSTRUCTOR PROFESSIONAL TRAINING**

*(Personal mindfulness practice since 1998.)*

**MBSR & MBCT Advanced Training: 5-Day Professional Training**

1/2016

The Centre for Mindfulness Studies, Toronto, Canada

*Trainer(s): Susan Woods, MSW, LICSW; Patricia Rockman, MD, CCFP, FCFP*

**Mindfulness Based Cognitive Therapy: “Working with Individuals” Professional Training** 11/2015

49<sup>th</sup> Annual ABCT Convention, Chicago, IL  
Trainer(s): Mark Lau, PhD, R.Psych.

**Mindfulness Based Cognitive Therapy: 5-Day Professional Training**  
Omega Institute, New York, NY  
Trainer(s): Zindel Segal, PhD; Susan Woods, MSW, LICSW

8/2013

## **MINDFULNESS EXPERIENCE AS INSTRUCTOR & TRAINER**

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### **Mindfulness Instructor/ Trainer**

2/2015 – 8/2023

Psychological Services Center  
Clinical/Community Division, Department of Psychology  
University of Illinois at Urbana-Champaign  
*Advanced Mindfulness Instructor*

- Instructor for MBCT groups
  - Population: UIUC faculty, staff, students; general community members
- Member of core training team for mindfulness instructor training program
- Train, advise, supervise UIUC graduate students in leading mindfulness based interventions

### **Mindfulness Instructor**

6/2016 - 8/2017

Department of Kinesiology & Community Health  
University of Illinois at Urbana-Champaign

- Research Study: VetCareRest
- Grant: Pilot grant funded by Center for Healthy Aging and Disability, Department of Kinesiology & Community Health, University of Illinois at Urbana-Champaign
- Instructor for MBCT groups
  - Population: Caregivers of wounded veterans

### **Mindfulness Instructor**

12/2016 - 12/2017

Education Justice Project  
University of Illinois at Urbana-Champaign

- Instructor for mindfulness discussion group at Danville Correctional Facility

### **Mindfulness Instructor**

7/2014 - 6/2015

Joyful U  
Champaign, IL

- Instructor for Mindful Living with Purpose & Resilience (MLPR) retreat, MBCT groups
  - Population: General community members

### **Mindfulness Instructor/ Trainer**

2/2013 - 3/2014

Psychological Services Center  
Clinical/Community Division, Department of Psychology  
University of Illinois at Urbana-Champaign  
*Assistant Director*

- Instructor for Mindfulness Based Cognitive Therapy (MBCT) groups for UIUC faculty, staff, students, and general community; develop/ lead mindfulness workshops, seminars, and lectures
- Co-develop/ co-teach mindfulness instructor training practicum course for graduate students

## **MINDFULNESS WORKSHOPS, SEMINARS & LECTURES**

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*(Note: 8-week mindfulness courses are too numerous to list below.)*

<b>University of Illinois at Urbana-Champaign, Urbana, IL</b> Student Affairs – University Housing Event: Staff Retreat Title: <i>“Mindfulness Approaches to Contemplative Leadership &amp; Wellness”</i>	8/2017
<b>University of Illinois at Urbana-Champaign, Urbana, IL</b> College of Business Course: BADM 590 – Power and Leadership in Organizations Lecture: <i>“Mindful Leadership &amp; Emotional Intelligence”</i>	4/2016
<b>University of Illinois at Urbana-Champaign, Urbana, IL</b> School of Social Work Course: SOCW 505 - Behavioral & Cognitive Methods Lecture: <i>“Mindfulness Based Cognitive Therapy: Development, Research &amp; Practice”</i>	11/2015
<b>University of Illinois at Urbana-Champaign, Urbana, IL</b> School of Social Work Course: SOCW 505 - Behavioral & Cognitive Methods Lecture: <i>“Mindfulness Based Cognitive Therapy: Development, Research &amp; Practice”</i>	12/2014
<b>Joyful U</b> Lake House, Crystal Lake Park, Urbana, IL Workshop: <i>“Introduction to Mindful Living with Purpose &amp; Resilience”</i>	9/2014
<b>Joyful U</b> Ewing Cultural Center, Illinois State University, Bloomington, IL Workshop: <i>“Introduction to Mindful Living with Purpose &amp; Resilience”</i>	9/2014
<b>Joyful U</b> Lake House, Crystal Lake Park, Urbana, IL Workshop: <i>“Introduction to Mindful Living with Purpose &amp; Resilience”</i>	8/2014
<b>University of Illinois at Urbana-Champaign, Urbana, IL</b> College of Medicine Event: Alternative and Integrative Medicine Workshop Seminar: <i>“Mindfulness Approaches to Reduce Stress, Cultivate Resilience &amp; Support Wellness”</i>	2/2014
<b>Danville Correctional Center, Danville, IL</b> Event: Weekly Mindfulness Discussion Group (UIUC Education Justice Project) Presentation: <i>“Daily Mindfulness Practice for Experienced Practitioners”</i>	2/2014



**Urbana School District 116** 1/2014  
Event: Urbana School District Winter Institute  
Seminar: “*Mindfulness Approaches to Reduce Stress, Cultivate Resilience & Support Wellness*”

**University of Illinois at Urbana-Champaign, Urbana, IL** 12/2013  
School of Social Work  
Course: SOCW 505 - Behavioral & Cognitive Methods  
Lecture: “*Mindfulness Based Cognitive Therapy: Development, Research & Practice*”

## **GENDER EQUITY & HEALTHY MASCULINITIES TRAININGS & RETREATS**

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**Gender Equity & Reconciliation Online Immersion & Facilitator Training** 3/2020 - 10/2020  
Gender Equity & Reconciliation International; Seattle, WA (2020)

**MeToo to WeTogether: Reconciling Relations Between Women and Men** 2/2020  
Gender Equity & Reconciliation International; Ghost Ranch, Abiquiu, New Mexico

**Soularize – Men Transforming Men: What Does Healthy Masculinity Look Like?** 10/2019  
Illuman; Santa Ana Pueblo, New Mexico

**Illuman of the Ozarks (Missouri, Arkansas, Eastern Kansas, Southern Illinois)** 6/2019 - present  
Local Chapter of Illuman of the Ozarks, Member

## **BOARD OF DIRECTORS / COALITION EXPERIENCE**

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**IL GOHIT (Governor’s Office of Health Innovation and Transformation)** 7/2014 - 1/2015  
*Children’s Services Subcommittee*

**Vermilion County Family Recovery Support Initiative** 6/2014 - 4/2015  
*Committees: Wraparound, Supervised Visitation, Data Collection*

**Local Area Network Meeting** 4/2014 - 4/2015  
*Counties: Champaign, Vermilion, Ford, Iroquois*

**ACCESS Initiative, Champaign IL** 7/2013 - 8/2013  
*Minority Mental Health Awareness Month Working Group*

**Human Services Council, Champaign, IL** 6/2013 - 6/2014  
*Executive Board Member*

**Champaign Community Coalition, Champaign, IL** 3/2013 - 5/2015  
*Goal Team 3: Healthy Youth*

<b>Human Services Council</b> , Champaign, IL <i>Diversity Committee Member</i>	3/2013 - 5/2015
<b>Champaign-Urbana Immigration Forum</b> , Champaign, IL <i>Comprehensive Immigration Reform Strategy Team</i>	2/2013 - 4/2014
<b>Sustainability Action Committee</b> , St. Louis, MO <i>General Member</i>	1/2011 - 1/2013
<b>East St. Louis Green Partnership</b> , East St. Louis, IL <i>Community Garden Planning Team Leader</i>	1/2011 - 9/2011
<b>University Collaborative</b> , East St. Louis, IL <i>Representing George Warren Brown School of Social Work – WUSTL</i>	1/2011 - 9/2011

#### **UNIVERSITY TEACHING EXPERIENCE**

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**University of Illinois at Urbana-Champaign**, Urbana, IL  
College of Applied Health Sciences  
Department of Kinesiology & Community Health  
Course: CHLH 243 – Drug Use & Abuse

**University of Illinois at Urbana-Champaign**, Urbana, IL  
College of Applied Health Sciences  
Department of Kinesiology & Community Health  
Course: CHLH 250 – Health Care Systems

**University of Illinois at Urbana-Champaign**, Urbana, IL  
College of Applied Health Sciences  
Department of Kinesiology & Community Health  
Course: CHLH 260 – Medical Ethics

**University of Illinois at Urbana-Champaign**, Urbana, IL  
College of Applied Health Sciences  
Department of Kinesiology & Community Health  
Course: CHLH 304 - Foundations of Health Behavior Composition

**University of Illinois at Urbana-Champaign**, Urbana, IL  
Clinical/ Community Division, Department of Psychology  
Course: PSYC 546 - Instructor Training for Mindfulness-Based Cognitive Therapy  
Co-Instructor: Mindfulness instructor training, supervision, grading for year-long practicum course

## COMMUNITY PRESENTATIONS

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- Northern Illinois University, DeKalb, IL** 11/2013  
College of Health & Human Sciences  
Course: PHHE 467 - Public Health Research & Evaluation  
Lecture: “*Evidence-Based Public Health*”
- Cultural Competency Café, Champaign, IL** 10/2013  
Human Services Council of Champaign County  
Professional Training: Cultural Competency (4 CEUs)  
Moderate Panel Discussion: “*Intersectionality— Power, Privilege & Oppression*”
- Evidence Based Public Health Training, Bloomington, IL** 6/2013  
Support from Illinois Public Health Institute & IL Dept. of Public Health  
Lead Trainer, Professional Training: “*Evidence Based Public Health*”
- Washington University in St. Louis, St. Louis, MO** 11/2010  
George Warren Brown School of Social Work  
Course: SOCW 550 - Research Methods  
Lecture: “*Using measures in social work and public health research: Administration, scoring, validity and reliability of psychosocial, organizational, and implementation outcome measures*”

## PEER-REVIEWED JOURNAL ARTICLES: IN PRESS, UNDER REVIEW, IN PREPARATION

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- Santens, R.L.**, Blackstone, S., Kersh, R., & Hutchinson, K. (In Preparation). Emotional intelligence mediates gender differences in eudaimonic well-being.
- Santens, R.L.**, Blackstone, S., Kersh, R., & Hutchinson, K. (In Preparation). Examining the relationships between mindfulness, perceived stress, and psychological well-being: A cross-sectional study.
- Santens, R.L.** (In Preparation). Abreactions, Echoes, and Incantations: translations from the ineluctable, sundering, fructifying patriarchal masculine grief body: a hermeneutic of reconjunction.
- Santens, R.L.**, Chau, B., & Ly, A. (In Preparation). Effects of a brief meditation intervention on perceived stress, emotional intelligence, and self-efficacy.
- Lara-Cinisomo, S., Fujimoto, E.M., & **Santens, R.L.** (2019). The Feasibility of a Mindfulness Intervention for Caregivers of Veterans. *Journal of Holistic Nursing*.
- Lara-Cinisomo, S., **Santens, R.L.**, & Fujimoto, E.M. (2019). A pilot randomized controlled trial of mindfulness with caregivers of veterans.
- Chiu, C.Y., Bishop, M., Poinke, J. J., Strauser, D., & **Santens, R.L.** (2017). Barriers in the Accessibility

and Continuity of Health-Care Services Among People with Multiple Sclerosis: A Literature Review. *International Journal of MS Care*, 19(6): 313–321.

Johnson, K. J., Hussain, I., Williams, K., **Santens, R.**, Mueller, N. L., & Gutmann, D. H. (2013). Development of an international internet-based neurofibromatosis Type 1 patient registry. *Contemporary clinical trials*, 34(2), 305-311.

Proctor, E.K., Powell B. J., Bauman, A. A., Hamilton, A. M., & **Santens, R. L.** (2012). Writing implementation research grant proposals: Ten key ingredients. *Implementation Science*, 7:96. doi:10.1186/1748-5908-7-96.

## **PAPER & POSTER PRESENTATIONS**

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**Santens, R.L.** (2023). **Title:** Abreactions, Echoes, and Incantations: translations from the ineluctable, sundering, fructifying patriarchal masculine grief body: a hermeneutic of reconjunction [Paper Presentation.] *19<sup>th</sup> International Congress of Qualitative Inquiry 2023. Theme: Qualitative Inquiry in Post(?) Pandemic Times.* University of Illinois at Urbana Champaign; Urbana, IL.

Clarke, C., Sydnor, S., Hale, T., O'Neill, B., Bensken, J., & **Santens, R.L.** (2022). Theorizing complexity and contextuality of bodies. Panel Title: Walking bodies. [Panel Discussion.] *18<sup>th</sup> International Congress of Qualitative Inquiry 2022. Theme: Transformative Visions and Utopias of Hope in Qualitative Inquiry.* [Virtual] University of Illinois at Urbana Champaign; Urbana, IL.

**Santens, R.L.** (2022). From caterpillar to butterfly: a descent into the patriarchal masculine grief body, a decolonization and a deconstruction, a ritual, a liminal worlding: a metamorphic story of masculine wholling. [Paper Presentation.] *18<sup>th</sup> International Congress of Qualitative Inquiry 2022. Theme: Transformative Visions and Utopias of Hope in Qualitative Inquiry.* [Virtual] University of Illinois at Urbana Champaign; Urbana, IL.

Clarke, C., Adamson, B., DiFilippo, K., Akingbule, O., Bensken, J., Frasca, E., Fujimoto, E.M., & **Santens, R.L.** (2021). Teaching autoethnography to community health students amid a global pandemic. [Oral Presentation.] *Contemporary Ethnography Across the Disciplines 2021.* [Virtual] Auckland, New Zealand.

Lara-Cinisomo, S., **Santens, R.L.**, & Fujimoto, E.M. (2019). Mindfulness-based intervention for female caregivers of veterans: A randomized controlled trial. [Oral Presentation.] *8<sup>th</sup> World Congress of International Association for Women's Mental Health.* Paris, France.

**Santens, R.L.**, Lara-Cinisomo, S., & Fujimoto, E.M (2018). If we offer it, will they come? Assessing feasibility and acceptability of a mindfulness intervention for caregivers of veterans. [Poster presentation.] *American Public Health Association Conference.* San Diego, CA.

Lara-Cinisomo, S., **Santens, R.L.**, & Fujimoto, E.M (2018). A pilot randomized controlled trial of

- mindfulness with caregivers of veterans. [Poster presentation.] *American Public Health Association Conference*. San Diego, CA.
- Santens, R.L.**, Chau, B., & Ly, A. (2017). Effects of a Brief Meditation Intervention in a University Setting. [Poster Presentation.] *Association for Contemplative Mind in Higher Education Conference*. Santa Cruz, CA.
- Santens, R.L.** & Chiu, C.Y. (2016). Exploring Predictors Of Self-Sufficiency In Food Pantry Clients With Disabilities. [Poster presentation.] *National Council on Rehabilitation Education Conference*. Newport Beach, CA.
- Chiu, C.Y. & **Santens, R.L.** (2016). State Vocational Services And Employment For Individuals With Cardiovascular Disease. [Poster presentation.] *National Council on Rehabilitation Education Conference*. Newport Beach, CA.
- Chiu, C.Y. & **Santens, R.L.** (2016). Validation Of The Social Provisions Scale In People With Multiple Sclerosis. [Poster presentation.] *National Council on Rehabilitation Education Conference*. Newport Beach, CA.
- Santens, R. L.**, Chau, B., & Ly, A. (2012). A Pilot Study Examining the Effect of Vipassana Meditation as an Intervention Strategy to Improve Health and Promote Health Behavior Change. Poster presentation. [Poster presentation.] *Institute for Public Health Conference 2012*, Washington University in St. Louis; St. Louis, MO.
- Santens, R. L.**, Johnson, K., Hussain, I., Williams, K., Ferguson, T., Vallorani, A., & Gutmann, D. H. (2012). Development of a web-based patient registry and DNA repository for pediatric cancer research in individuals with Neurofibromatosis Type 1. [Poster presentation.] *NF Conference*, Washington University in St. Louis; St. Louis, MO.
- Glass, J.E., Powell, B.J., Bunger, A.C., **Santens, R.**, Hamilton, A.M., Baumann, A.A. & Proctor, E.K. (2011). Employing conceptual models and implementation strategies to enhance implementation research and real-world care: Findings from the substance use disorder treatment literature. Paper presentation. *Seattle Implementation Research Conference 2012*. Seattle, WA.
- Glass, J.E., Powell, B.J., Bunger, A.C., **Santens, R.** & Proctor, E.K. (2011). Implementation strategies and outcomes in substance use disorder treatment research. Poster Presentation. *4<sup>th</sup> Annual National Institutes of Health Conference on the Science of Dissemination and Implementation: Policy and Practice*. Bethesda, MD.
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