

# Kristin E. Trainor Ph.D., LCSW

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## EDUCATION:

### GRADUATE

Indiana University, Indianapolis, Indiana	PhD	January 2019
Indiana University, South Bend, Indiana	MSW	May 2009

### UNDERGRADUATE

Butler University, Indianapolis, Indiana	BA – Sociology	May 2006
Universidad de Salamanca, Salamanca, Spain	Foreign Language Certificate	May 2004

## LICENSURE:

License in Clinical Social Work (LCSW)	Fall 2016
License in Social Work (LSW)	Fall 2009

## MEMBERSHIP:

National Association of Social Work	Fall 2020
National Association of Perinatal Social Work	Fall 2019
National Rural Social Work Caucus	Fall 2019
Council on Social Work Education	Fall 2018

## ACADEMIC APPOINTMENTS:

Ball State University	Interim MSW Director	8/2020- 7/2021
Healthy Lifestyle Center	<a href="#">Co- Administrative Director</a>	1/2020- present
Ball State University	<a href="#">Assistant Faculty</a>	8/2019- present
Ball State University	Adjunct Faculty	1/2019- 5/2019
Ivy Tech Community College	Adjunct Faculty	8/2011- 5/2012

## COMMITTEE APPOINTMENTS:

Professional Personnel Council	Member	10/2021- present
Student of Concern Committee	Chair	8/2021- present
College Curriculum Committee	Member	8/2020- 7/2021
Scholarship Committee	Member	8/2020-7/ 2021
College Clinic Space Committee	Member	8/2020- present
College HLC Committee	Member	8/2020- present
University Senate & Faculty Council	Member	8/2020- present
MSW Admission Committee	Chair (2020)	8/2019- present
MSW Curriculum Committee	Chair (2020)	8/2019- present
Title IV- E Committee	Member	8/2019- 7/2021

## AWARDS:

[100,000 Award in Memory of Dr. George Branam](#), Healthy Community Alliance of East Central Indiana, 2021

Graduate Faculty Mentor Award  
Nominee, 2021-2022

## PROFESSIONAL EXPERIENCE:

Mini Minds		1/2015- 5/2019
Private Practice, Training, and Education	Therapist	

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Ascension Health at St. Vincent Peyton Manning Children's Hospital Indianapolis, Indiana	Social Worker	6/2013- 5/2017
Indiana University School of Social Work	Research Assistant	8/2010- 5/2012

### PROFESSIONAL SERVICE:

Ball State Center for Substance Use Research & Community Initiatives Community Education and Training		2022- present
<a href="#">The Center for Peace and Conflict Studies</a> Center Board Member Mediation facilitator		2021-present
<a href="#">Healthy Lifestyle Center</a> Program development and supervision		2019- present
<a href="#">PhD Pathways Mentor Program</a> Provide support and mentorships for underrepresented undergraduate students.		2019- present
Addiction Coalition of Delaware County Member		2020- present
Use What You've Got Prison Ministry Intern Program Development Created a pilot program for the Indiana Department of Corrections: Rebuilding for Reentry, in collaboration with Dr. Roger Jarjoura.		2012- 2014
Camp Kesem Camp therapist for children who have a family member with cancer.	Volunteer Therapist	6/2010

### PUBLICATIONS:

- Trainor, K.E.**, Kruzliakova, N., Kandiah, J., & Stone, G. (in process). Building and Sustaining Community-Academic Interdisciplinary Partnerships to Improve Maternal Health: Health Literacy, Bias, and Stigma. *Journal on Social Work Education*.
- Trainor, K.E.** (2022, In-Press). Maternal Substance Use Disorder: A Look at Provider Stigma, Attitudes, and Beliefs. *Advances in Social Work*.
- Moore, M., Reynolds, J., **Trainor, K.E.**, Kiefor, J. (2022, In-Press). Pandemics and Athletics: How COVID-19 Affected Sport Injury Rehabilitation: Pandemics and Athletics. *Sport Social Work Journal*.
- Renbarger, K., Place, J.M, **Trainor, K. E.**, Twibell, R. et al. (2022, Under Review). How Do Women Think About Maternal Mortality? Perspectives of Mothers on a Public Health Crisis. *Journal of Obstetrics, Gynecological, Neonatal Nurses*.
- Renbargers, K. McIntire, E., Twibell, R., Broadstreet, A., Place, J.M., **Trainor, K.E.**, Jones, H, & Fry, S. (2022). Descriptions of Maternal Mortality From Nurses Who Practice in Perinatal Settings. *Nursing for Women's Health*.
- Stone, G., **Trainor, K.E.**, Gray, J., & Frederick, B. (2022, Under Review). Client Perceptions of the Use of the Outcome Rating Scale and Session Rating Scales in Therapy. *Clinical Social Work Journal*.
- Renbarger, K., **Trainor, K.E.**, Place, J.M, Broadstreet, A. (2022). [Provider Characteristics Associated with Trust When Caring for Women with Perinatal Substance Use Disorders](#). *Journal of Midwifery and Women's Health*
- Moore, M.A., Reynolds, J., Durand, J., **Trainor, K.E.** & Caravaglia, G. (2022). [Mental Health Literacy of Australian Youth Sport Coaches](#). *International Journal of Health Promotion and Education*.

- Reynolds, J., **Trainor, K.E.**, Moore, M.A. (2022). [The Influence of COVID 19 Upon Perceptions Of Parent Identity and Role Among Youth Sport Spectators](#). *The Sport Journal*.
- Moore, M.A., Reynolds, J., Black, A., **Trainor, K.E.**, Young, S. (2022). Beyond Xs and Os: The role of an athletic trainer in supporting disordered eating in college athletes: Athletic trainer and rating disorder. *Sport Social Work Journal*, 1(1).
- Slater, G. Y., Staton, S., **Trainor, K.E.**, Minnick, D., & Stone, G. S., (2020). [Master of Social Work \(MSW\) Benchmark 2 Self-study](#). *Council on Social Work Education (CSWE)*, Alexandria, VA, 252 pages.
- Slater, G. Y., Trainor, K., Renbarger, K., & \*Sullivan, C. (in process). [Preliminary Efficacy of Residential Opioid Treatment Program for Pregnant and Postpartum Women](#). In process for submission to *Substance Abuse Research and Treatment*.
- Bloomquist, K., **Trainor, K.E.** (2019, Submitted). [Workforce well-being among social service providers: Adverse child experiences \(ACEs\), self-care, and professional quality of life](#). Work in Progress
- Trainor, K. E.** (2019). [“Prenatal substance misuse: Exploring healthcare providers’ attitudes and perceptions,” \(doctoral dissertation\)](#). Indianapolis, IN: *Scholar Works*.  
http://hdl.handle.net/1805/18484
- Bloomquist, K.R., **Friedmeyer-Trainor, K.**, Wood, L., & Kim, H.W. (Fall, 2015). [Self-care and Professional Quality of Life: Predictive Factors among MSW Practitioners](#). *Advances in Social Work*.(16) 2, 292-311.
- Friedmeyer-Trainor, K.**, Vernon, R., & Lynch, D. (2012). [Accessibility and agency website design: Stumbling Backwards? A follow up study](#). *Journal of Technology and Human Service*. (50) 2, 59-71.

## PRESENTATIONS:

- Trainor, K.E.**, & Kruzliakova, N. (2022, Accepted). *Building and Sustaining Community-Academic Partnerships to Improve Maternal Health: Health Literacy, Bias, and Stigma*. 2022 Engagement Scholarship Consortium Conference, Athens, Georgia.
- Trainor, K.E.** & Kruzliakova, N. (2022, Accepted). *Whitely Community Council and Ball State University: Partnership for Improved Health Outcomes*, 68<sup>th</sup> Annual Program Meeting, Council on Social Work Education, Anaheim, California.
- Trainor, K.E.** (2022). *Maternal Substance Use: Provider Stigma, Bias, and Attitudes*. Maternal and Infant Health Solutions Facilitated Discussion Series, Muncie, Indiana.
- Trainor, K.E.** (2022). *Improving Health Outcomes Through Participatory Based Research*. Focus on Scholarship Webinar, Ball State University.
- Trainor, K.E.** (2022). *Health and Older Adults*. 2022 Patient Navigator Survivorship Workshop. Kentucky.
- Renbarger, K. M., Twibell, K. R., **Trainor, K. E.**, Place, J. M. S., \*, (2021, Accepted). *Nurses’ Perception on Issues Related to Maternal Mortality in Indiana*, Nursing Research Conference, Indiana University Health Systems, Indianapolis, IN.
- Slater, G.Y. and **Trainor, K.E.** (2021). [The Sugar Project: Teaching Abstinence and Harm Reduction to MSW Students](#). 67<sup>th</sup> Annual Program Meeting, Council on Social Work Education, Orlando, Florida.
- Trainor, K.E.** (2021). [The Healthy Mothers Program: Creating Innovative Community Services and Graduate Educational Opportunities amidst a Pandemic](#), 67<sup>th</sup> Annual Program Meeting, Council on Social Work Education, Orlando, Florida.
- Trainor, K.E.** (2020, Submitted). [Prenatal Substance Misuse: Structural Stigma, Belief of Causation, and Policy Improvement](#). Presentation at the 44th Annual NAPSW Conference, Chicago, IL.
- Slater, G., **Trainor, K.E.**, & Voors, J. (2020, Accepted). [Longitudinal Study of Power, Teaching Effectiveness, and Conflict](#)

[Resolution in the Classroom](#). Presentation at the 66<sup>th</sup> Denver, Colorado.

Slater, G., **Trainor, K.E.** & Renbarger, K. (2020, Submitted). [Innovations in Residential Opioid Treatment for Pregnant and Parenting Mothers](#). Presentation at the Society of Social Work and Research 25<sup>th</sup> Annual Conference, San Francisco, CA.

**Trainor, K.E.**, & Bloomquist, K.R. (2019, Submitted). *Attending to the professional well-being and ACEs of service providers*. Presentation at the Society of Social Work and Research 24<sup>th</sup> Annual Conference, Washington, D.C.

**Trainor, K.E.** (2019, October). [Prenatal substance misuse Exploring healthcare providers' attitudes and perceptions](#). Presentation at the 65<sup>th</sup> Annual Program Meeting for the Council on Social Work Education Denver, CO.

**Trainor, K.E.** (2019, April). [Prenatal Substance: Understanding stigma and attitudes among medical staff](#). Opioid Data to Action, Indianapolis, Indiana.

**Trainor, K.E.** (2017, November). [Communication skills: Tools for Human Service Professionals](#). Presentation at the Annual Indiana Community Action Association Meeting, French Link, IN.

**Trainor, K.E.** (2017, November). [Working with Difficult Clients: Strategies for the Front-Line Worker](#). Presentation at the Annual Indiana Community Action Association Meeting, French Link, IN.

**Trainor, K.E.** (2017, September). [Setting Boundaries: Tools and Practice](#). Presentation at the Indiana Community Action Association, Indianapolis, IN.

**Trainor, K.E.** (2015, April). *Prison Re-entry*. Presentation at the Indiana Community Action Association, Indianapolis, IN.

**Trainor, K.E.** (2015, April). *Cultural Competency*. Presentation at the Indiana Community Action Association, Indianapolis, IN.

**Friedmeyer-Trainor, K.E.**, Vernon, R., & Lynch, D. (2013, November). *Accessibility and Agency Website Design: Implications for Practice and Education*. Presentation at the Annual Baccalaureate Program Directors Meeting on Social Work Education, Dallas, TX.

**Trainor, K.E.**, Bloomquist, K.R., & Kim, H.W. (2012, November). *Social Worker Self-Care: A Tool for Professional Well-being and Effective Practice*. Presentation at the 58<sup>th</sup> Annual Program Meeting for the Council on Social Work Education, Washington, D.C.

Bloomquist, K.R., **Friedmeyer-Trainor, K.**, & Wood, L. (2012, July). [Social Worker Self-care and Rural Practice](#). Presentation at the 37<sup>th</sup> Annual National Rural Social Work Conference, Nashville, Indiana.

Bloomquist, K.R., **Trainor, K.**, & Wood, L. (2012, April). *Social Worker Self-care and Professional Well-being*. Poster Session at the Indiana University School of Social Work Annual PhD Symposium, Indianapolis, Indiana.

## RESEARCH:

<a href="#"><u>Stigma and Bias Training for Health Care Providers</u></a>	2020- present
Maternal Health, <a href="#"><u>Community Engagement</u></a> , and Student Engagement Collaboration with the Healthy Lifestyle Center	2020- present
Social Worker Self-Care and the Impact of COVID-19	2020- present
Social Service Agencies, Technology, and COVID-19	2020- present
<a href="#"><u>Maternal Fetal Health and Substance Use Programming</u></a>	2020- present
<a href="#"><u>Attending to the professional well-being and ACEs of service providers</u></a> Collaboration with Dr. Kori Blomquist, Winthrop University	2019- present

Prenatal Substance Misuse: Exploring Health Care Providers' Attitudes and Perceptions	2017-2019
Criminal Justice and Evidenced Based Practice in Reentry Programming	2011- 2014
Family, Inmates, and Reentry: Program Development Collaboration with Dr. Roger Jarjoura and Use What You've Got Prison Ministry	2012- 2013
Masters Social Work Direct Accreditation Evaluation Collaboration with Dr. Robert Vernon	2012- 2012
Social Worker Self-Care and Job Satisfaction Collaboration with Kori Bloomquist, MSW, Leila Wood, MSW and Dr. Hea-Won Kim	2011- 2012
Technology and Social Service Agencies Collaboration with Dr. Robert Vernon	2010- 2011

## GRANTS:

### Funded:

**Trainor, K.E.**, Kruzliakova, N., Jones, C., & Newman, A. (2022-2024) Principal Investigator. Indiana State Department of Health. Healthy Lifestyle Center: Community Health Worker Development Initiative. Funded: \$143,575.

**Trainor, K.E.**, Kruzliakova, N., Renbarger, K., Place, J., & Placek, C. (2021-2023). Principal Investigator. Indiana State Department of Health. "[The Healthy Mother's Program Presents "Maternal Health Solution Facilitated Discussion Sessions."](#)" Funded: \$14,000.

**Trainor, K.F.**, Kaminsky, L., & Hji-Avgoustis, S. (2021-2022). [Furthering programming from the Healthy Lifestyle Centers and Managing Housing For IUSM-M students.](#) Ball Brothers Foundation. Funded: \$40,000.00

**Trainor, K.E.** & Kruzliakova, N. (2021-2023). Principal Investigator. [Whitely Community Council and Ball State University: Partnership for Improved Health Care.](#) Indiana Clinical Translational Sciences Institute. Funded \$5,000.00.

Kruzliakova, N., **Trainor, K.E.**, Kandiah, J. (2021-2023). Co-Principal Investigator. Indiana Minority Health Coalition. "[Building and Sustaining a Community-Academic Partnership to Improve Maternal Health: Partnership Development and Assessment of Needs Related to Health Literacy, Bias, and Stigma.](#)" Funded: \$98,259.

Kruzliakova, N., & **Trainor, K.E.** (2021-2022). Co-Principal Investigator. [Ball State University College of Health. "Examining the Impact of Health Literacy and Inequities on Maternal Health: An Exploratory Study of the Perceptions of Health Care Providers and Community Stakeholders."](#) Role: Principle Investigator. Funded: \$4,422.

Kaminsky, L., Hji-Avgoustis, S., Zemke, D., **Trainor, K.**, Koontz, N. (2020-2021) (Key Participant) [Furthering Optimus Primary via Expanding Housing Support and Outreach from the Healthy Lifestyle Center.](#) Ball Brothers Foundation. Funded: \$40,000.00.

Slater, G. Y. & **Trainor, K.** (2020-2022). Co-Principal Investigator, BSW and MSW Education Training Partnership Grant No. A17-0116-003. Grant funded by U.S. Department of Health and Human Services and Indiana University. Funded: \$169,195.20.

Slater, G. Y., Moore, M., Minnick, D., Place, J., & **Trainor, K.** (2020-2022). Co-Principal Investigator. Prevention, Education, Early Screening, and Reduction (PEER) of Substance Misuse Project at Ball State University. Indiana Family and Social Services Administration, Division of Mental Health and Addiction. Funded: \$174,713.00.

Slater, G. Y., & Renbarger, K, & **Trainor, K.** (2019-2020). Co-Principal Investigator. Neonatal Abstinence Syndrome

(NAS) Prevention Program for Pregnant Women and Women with Newborns. Indiana State Board of Health SB446. Funded \$50,000.00.

Slater, G. Y., & Renbarger, K, & **Trainor, K.** (2019-2020). Co-Principal Investigator. Volunteers 6America Opioid Treatment Program evaluation for pregnant and post-partum mothers Pilot. Indiana State Board of Health SB446. Funded \$60,000.00.

**Trainor, K.** (2020). Principal Investigator. Supplemental Transition Package Request - Three-Phase Model for Policy and Behavior Changes for Responsive Outreach Programs for Women Struggling with Substance Misuse. Provost Supplemental Transition Package. Funded: \$11,825.00.