

CURRICULUM VITAE

Susan M. Esp, Ph.D.

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Education

- 2007 University of Idaho
Ph.D. Adult and Organizational Learning and Leadership
- 1991 Northern Arizona University, Flagstaff, AZ
Master of the Arts in Counseling Psychology
- 1986 University of Wyoming, Laramie, WY
Bachelor of Science in Psychology

Licenses/Certifications

- 1994 Licensed Professional Counselor
1997 Licensed Clinical Professional Counselor, ID, LCPC-175
1998 Certified Masters Addiction Counselor, National Board of Addiction Examiners
(Inactive)
1998 Certified School Counselor, State of Idaho (Inactive)
2009 Certified GAIN-I Administrator
2010 Certified GAIN-I Trainer

ACADEMIC POSITIONS AND APPOINTMENTS

- 2010-present Assistant Professor, Department of Community and Environmental Health,
Boise State University
- 2010-present Coordinator of Graduate Certificate in Addiction Studies, Boise State University
- 2010-present Training Coordinator, Institute for the Study of Addiction, Boise State
University
- 2007-present Special Lecturer, Department of Community and Environmental Health, Boise
State University

- 2007-present Coordinator of Undergraduate Prevention/Addiction studies.
- 2001-2007 Adjunct Faculty, Department of Community and Environmental Health, Boise State University
- 1988-1990 Teaching Assistant, Northern Arizona University
Educational Psychology Instructor

PROFESSIONAL POSITIONS

- 2000-2002 Boise State University Counseling Services, Boise, ID
Senior Staff Counselor/Adjunct Instructor
Substance Abuse Prevention/Intervention Program Coordinator
- Provided individual and couples counseling
 - Developed and implemented substance abuse prevention/intervention program for athletics, residence life and student conduct board
 - Supervised counseling interns
- 1998-2000 Boise School District, Ft. Boise High Alternative School, Boise, ID
School Counselor
Substance Abuse Prevention/Interventionist
- Provided vocational guidance and academic support for adolescents
 - Provided individual, group and family counseling for adolescents
 - Developed and coordinated Student Assistance Program
 - Facilitated in-school drug and alcohol interventions and assessments
 - Supervised graduate student interns
- 1993-1998 Boise School District, Boise ID
Substance Abuse Prevention/Interventionist
- Developed and coordinated Student Assistance Programs at the junior high and senior high level
 - Provided individual, group and family counseling for adolescents
 - Conducted district trainings in substance abuse, dual-diagnosis, and resiliency
 - Facilitated in-school drug and alcohol interventions and assessments
 - Supervised graduate student interns
- 1993 Northern Arizona University, Flagstaff, AZ
Drug Prevention Specialist
- Provided support group facilitator training for National Youth Sports Program summer camp employees
 - Monitored support group progress and enforced adherence of drug prevention education in daily programs
- 1991-1993 Cathedral Home for Children, Laramie, WY
Adolescent and Family Therapist
- Provided individual, group and family therapy for adolescents
 - Team leader, supervisor for youth care workers
 - Supervised graduate student interns

- Responsible for case management of residents and all interactions with the State Department of Family Services

1990-1991 Northern Arizona University Counseling and Testing Center
Flagstaff, AZ

Counseling Intern

- Individual and group counselor for Northern Arizona University Students
- On-call counselor for NAU 24-hour counseling service
- Provided outreach training for suicide prevention and intervention to residence life employees
- Provided outreach workshops for student athletes

1988-1990 Northern Arizona University Center for Excellence in Education,
Flagstaff, AZ

Graduate Assistant

- Supervised student teaching fieldwork program
- Educational Psychology Instructor
- Research assistant for NAU professors

1987-1988 Cathedral Home for Children, Laramie, Wyoming

Youth Care Worker

- Supervised adolescents in a residential treatment setting
- Intervened in crisis situations
- Developed and implemented treatment plans
- Interacted with local schools and state agencies

Professional Training/Consulting

1999-2008 **Chemical Awareness Training Institute, Phoenix, AZ**

Developed a substance abuse prevention group manual, "Insight" used by schools and the juvenile justice system in the United States, Europe and Australia

Provided trainings on the implementation of the "Insight" manual for school district administrators, counselors, probation officers and substance abuse prevention specialists in the states of Idaho and Arizona

2002-2004 **Boise School District, Boise, ID.**

"*Signs and Symptoms of Drug Abuse.*" Workshop for district administrators, counselors, social workers, school psychologists and teachers

Developed and implemented substance abuse prevention education for at-risk youth in after-school program

Developed and implemented school-wide assembly emphasizing substance abuse prevention for adolescents

- 2002 **Caldwell School District, Caldwell, ID**
“Intervention with Adolescents.” Workshop for district administrators, counselors, social workers, school psychologists and teachers
- 1999 **Mountain Home School District, Mountain Home, ID**
“Adolescent Addiction and How to Intervene.” Workshop for Natural Helper students and teachers
- 1997 **Camas County School District, Fairfield, ID**
“Developing and Implementing a Student Assistance Program.” Workshop for district administrators, counselors, psychologists and teachers
- 1997 **Kuna School District, Kuna, ID**
“Developing and Implementing a Student Assistance Program.” Workshop for school administrators, counselors, psychologists and teachers.

Academic and Community Service

Drug Free Idaho Community Coalition, Committee Member
 Institute for the Study of Addictions, Boise State University
 Idaho Conference on Alcohol and Drugs, Planning Committee Member
 Idaho Educators in Addiction Studies
 Drug Advisory Committee, Boise School District
 Treasure Valley Drug and Alcohol Coalition
 Policy Advisory Committee, Boise School District
 University Prevention Program for Alcohol and other Substance Abuse,
 Boise State University

Publications and Invited Presentations

- Esp, S. (1997, October). *Chemical Dependency in Youth*. Presented at Annual Conference of Idaho School Counselors and Association of School Psychologists.
- Esp, S. (1997, October). *Drug Intervention*. Presented at Annual Conference of Idaho School Counselors and Association of School Psychologists.
- Esp, S. (1998, October). *Adolescent Addiction: Issues and Challenges*. Presented at Idaho Counseling Association Partnership Conference.
- Esp, S. (1999). *Facilitator’s activity guide for insight: An educational support group for youth wanting information on the effects of alcohol and other drugs on their lives*. Chemical Awareness Training Institute, Phoenix, AZ.
- Esp, S. (2009, May) *Ethics and Wellness: A Balancing Act*. Presented at Idaho Conference on Alcohol and Drugs.
- Esp, S. & Coll, K. (2009, October). *Idaho’s GAIN Initiative: Helping School Counselors Work with Substance Abusing Youth*. Presented at Idaho School Counselor Association conference, Boise, ID.

- Esp, S. & Porter, R. (2010, May) *Ethics and Wellness: A Balancing Act*. Presented at Idaho Conference on Alcohol and Drugs, Boise, ID.
- Esp, S. (2011, May). *Ethical Decision Making and Wellness: A Balancing Act*. Presented at Warm Springs Training Institute, Boise, ID.
- Esp, S. (2012, January). *Addiction Counseling in Idaho*. Distinguished Presenter. Presented at Idaho Counseling Association Annual Conference, Boise, ID.
- Esp, S. (2012, May) Working With Dual Diagnosis Clients: Diagnostic and Treatment Considerations. Presented at Idaho Conference on Alcohol and Drugs, Boise, ID.
- Esp, S. (2012, June). *Balancing Ethics and Wellness*. Presented at Warm Springs Training Institute, Boise, ID.
- Esp, S. (2012, July). *No Wrong Door: The Rehabilitation Counselor's Role in Substance Abuse Treatment*. Presented at Idaho National Rehabilitation Conference, Boise, ID.
- Coll, K. & Esp, S. (2012, September). *GAIN Interviewer Training*. State-wide training sponsored by the Institute for the Study of Addiction, Boise State University, Boise, ID.
- Esp, S. (2012, October). *Ethics for Behavioral Health and Addiction Professionals*. State-wide training sponsored by the Institute for the Study of Addiction, Boise State University, Boise, ID.
- Esp, S. (2013, March). Balancing Ethics and Wellness. Meridian School District School Counselor Training sponsored by the Meridian School District, Boise, ID.
- Esp, S. (2013, May). *Ethics and Wellness: A Balancing Act*. Presented at Idaho Conference on Alcohol and Drugs, Boise, ID.
- Esp, S. (2013, July). **Keynote:** *Growth and Change: The Never-Ending Story of the Counseling Profession*. Presented at Idaho National Rehabilitation Conference, Boise, ID.

Peer Reviewed Publications

- Doumas, D. M., Turrisi, R., Ray, A. E., **Esp, S. M.**, & Curtis-Schaeffer, A. K. (2013). A randomized trial evaluating a parent based intervention to reduce drinking. *Journal of Substance Abuse Treatment*.
- Esp, S.M.** & Hannah, E. (2013). Supporting behavioral health in rural Idaho. *Northwest Public Health* 30(1), 18-19.
- Doumas, D.M., Hausheer, R., **Esp, S.M.**, Cuffee, C. (In press, 2013) Heavy episodic drinking and alcohol-Related consequences: Sex-specific differences in parental influences among 9th grade students . *Journal of Child and Adolescent Substance Abuse*.
- Doumas, D.M., **Esp, S.M.**, Hausheer, R., Cuffee, C. (In Press, 2013). A Test of the Efficacy of a Brief, Web-Based Personalized Feedback Intervention to Reduce Drinking Among 9th Grade Students. *Addictive Behaviors*.

Publications Under Review

Doumas, D.M., **Esp, S.M.** & Turrisi, R. (Under Review, Journal of Counseling and Development) Innovative interventions for high school drinking: adopting a brief, web-based feedback approach.

Publications In Prep

Esp, S., Hannah, E.L., Kalk, L.D. (2012, in prep) *Substance Abuse Disorder Education and Training Needs Survey for LPC's and LCPC's in Idaho.*

Esp, S., & Smithee, J. (2013, in prep). *A case study comparing the presence of a "Community of Inquiry" in a course utilizing computer-mediated communication methods versus face-to-face methods*

Peer-Reviewed Presentations

Esp, S. (2011, April) *Overcoming the Barriers to Implementing Evidence-based Substance Abuse Prevention Programs in Our Schools – A Guide for School Personnel.* Presented at Idaho Prevention Conference, Sun Valley, ID.

Esp, S. (2011, September) *No Wrong Door: The Integration of Mental Health and Substance Abuse Services.* Presented at National Conference on Addiction Disorders, San Diego, CA.

Esp, S., Coll, K., Doumas, D.M. (2012, January) *Healthcare Reform and Behavioral Health Transformation.* Presented at Idaho Counseling Association Annual Conference, Boise, ID.

Doumas, D.M., Turrisi, R., Ray, A., & **Esp, S.** (2012, June) Reducing heavy drinking among first year university students: A randomized trial evaluating a parent based intervention. Poster presented at the annual meeting of the Research Society on Alcoholism, San Francisco, CA.

Doumas, D.M., Turrisi, R., Ray, A., & **Esp, S.** (2012, August). Evaluation of a parent-based intervention to reduce heavy drinking in the freshman year of college. Poster presented at the annual meeting of the European Association of Behavioural and Cognitive Therapies Congress, Geneva, Switzerland.

Esp, S., & Sundquist, M. (2013, January). No Wrong Door: Working with Substance Use Disorders in Your Clinical Practice. Presented at Idaho Counseling Association Annual Conference, C'ouer d'Alene, ID.

Student Mentored State and University Presentations (Students in bold print).

Albiston, M., Kalk, L., & Esp, S. (2008, April). *College Students' Viewpoint Toward Their Alcohol Consumption by Major and Year in School After Participating in e-CHUG: A Pilot Study.* Presented at the annual Undergraduate Research Conference, Boise State University.

Smithee, J., & Esp, S. (2012, April) *A case study comparing the presence of a "Community of Inquiry" in a course utilizing computer-mediated communication methods versus face-to-*

face methods. Presented at the annual Undergraduate Research Conference, Boise State University.

Grants Under Review

Reducing Youth Alcohol Use, STOP Act Grant, Substance Abuse and Mental Health Services Administration/Office of National Drug Control Policy. Amount Requested: \$200,000 (Co-PI)

Efficacy of a Web-Based Alcohol Intervention for High School Students, Screening and Brief Alcohol Interventions in Underage and Young Adult Populations, National Institute on Alcohol Abuse and Alcoholism. Amount Requested: \$375,823 (Project Coordinator)

Funded Grants Active

The Idaho Lives Project, Idaho State Department of Education, Suicide Prevention Action Network of Idaho and their partners, Substance Abuse and Mental Health Services Administration/Garrett Lee Smith Memorial Act Grant (10/13 – 10/15). Award: 1.3 million (Program Evaluator).

Providing Alcohol Intervention Programs to Junior High School Students. College of Education, Teacher Education Grant, Boise State University (8/13–9/14). Award: \$2000 (Co-PI).

Funded Grants, Completed

Evaluation of Campus Smoke Free Policy. Health, Wellness, and Counseling Center Contract, Boise State University (2009-2010). Contract: \$5,000 (Co-Program Evaluator).

Comparison of the Presence of a Community of Inquiry with a Course Offered Through Face-to-Face and Computer-Mediated Communication, Center for Teaching and Learning, Boise State University (June 2011-June 2012). Award: \$3,500 (Primary Investigator).

Self-assessment of Idaho Licensed Counselor's Competency to Screen, Assess, Treat and Refer Clients with Substance Use Disorders, Office of External Funding, College of Health Sciences, Boise State University (May-August 2011). Award: \$5,000 (Primary Investigator).

Addiction Professional Workforce Initiative, State of Idaho, Department of Health and Welfare (July 2007-Present). Award: \$32,100 per year (Primary Investigator).