

JILLIAN A. CARTER
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First-year clinical psychology graduate student at Auburn University in the Research on Eating Disorders and Suicide (REDS) Lab, mentored by Dr. April R. Smith, PhD. Research interests include intersections between eating disorders and suicidal thoughts and behaviors, aiming to inform and improve clinical interventions.

EDUCATION

Auburn University Doctorate of Philosophy (Ph.D.) in Clinical Psychology Major Professor: Dr. April R. Smith, PhD	<i>Aug 2025 - Present</i>
University of California, San Diego Bachelor of Science (B.S.) in Clinical Psychology Minor in Human Developmental Sciences Distinctions: <i>Magna Cum Laude</i> (GPA: 3.96), Provost Honors (Fall 2018 through Fall 2021) Activities: Psychology Honors Program (2021), Psi Chi Honors Society (2020-2021), Kappa Kappa Gamma - Zeta Nu Chapter (2018-2021)	<i>Sep 2018 – Dec 2021</i>

RESEARCH EXPERIENCE

Predoctoral Fellow (AEOP) Non-Employee Research Participant (ORISE) - Walter Reed Army Institute of Research - West (WRAIR-W) <i>Auburn, AL 36849</i>	<i>Aug 2025 - Present</i>
Project Title: <i>Reconnecting to Internal Sensation and Experiences (RISE)</i> Supervisors: Dr. Nathan Kearns, PhD & Dr. April R. Smith, PhD	
<ul style="list-style-type: none">● Awarded a funded Predoctoral Fellowship via the Army Educational Outreach Program (AEOP; Aug 2025 - Oct 2025), followed by a Non-employee Research Participant predoctoral fellowship via the Oak Ridge Institute for Science and Education (ORISE; Oct 2025 - present)● Support project <i>RISE</i>, a collaboration between WRAIR-W (Dr. Nathan T. Kearns, PhD) and Auburn University (Dr. April R. Smith, PhD)<ul style="list-style-type: none">○ <i>RISE</i> is an online, self-guided interoception awareness initiative intended to augment interoceptive sensibility, resilience, and mental well-being among active duty service members● Responsible for tracking participant retention, data quality and data accuracy using Qualtrics XM● Ensure timely study assessment completion and participant compensation via direct participant contact	<i>Aug 2025 - Present</i>

Graduate Student & Lab Manager, Auburn University

Auburn, AL 36849 *Aug 2025 - Present*

Lab: *Research on Eating Disorders and Suicide (REDS) Lab*

Supervisor: Dr. April R. Smith, PhD

- Assist with management of following research projects:
 - Randomized control trial of an interoceptive awareness intervention aimed to improve behavioral health outcomes and resilience in an active duty service member sample (*Reconnecting to Internal Sensation and Experiences (RISE)* - WRAIR IRB#: 3137)
 - Randomized control trial of an interoceptive awareness intervention aimed to reduce eating pathology and suicide risk in a college student sample (*Auburn University IRB#:* 22-001)
 - Longitudinal study investigating emotions, mood, and behavior with respect to multidimensional mental health in a college student sample (*Auburn University IRB#:* 21-363)
- Provide training, supervision and research support to undergraduate research assistants
- Delivers suicide risk assessments for study participants deemed to be at elevated risk
- Participate in data collection and analysis, materials preparation, and participant recruitment
- Responsible for overseeing effective laboratory operations and study protocols, including IRB management, hiring and training undergraduate research assistants, coordinating laboratory meetings, and managing SONA studies

Volunteer Research Assistant, U.S. Department of Veterans Affairs*Remote**Apr 2023 – Jan 2025***Project Title:** *Suicide Prevention by Peers Offering Recovery Tactics (SUPPORT)***Principal Investigator:** Dr. Samantha A. Chalker, PhD

- Volunteer for a clinical trial investigating the efficacy of a novel peer-led suicide prevention intervention for Veterans with serious mental illness (SMI)
- Participate in manuscript writing, grant support, and material development
- Listen to and code Peer Specialist participant and Veteran participant appointments for internal fidelity to intervention curriculum
- Manage participant data in REDCap, CPRS, and secure R-drive

Undergraduate Research Assistant, U.S. Department of Veterans Affairs*San Diego, CA 92161**Jan 2021 – Jan 2022***Project Title:** *Caring Cards for Veterans***Principal Investigator:** Dr. Blaire C. Ehret, PhD

- Co-facilitate weekly in-person group for Veteran participants to create supportive cards (“Caring Cards”) for Veteran peers in recovery for suicidal ideation / past attempts
- Create a therapeutic community while monitoring the behavior, activities, and feedback of study participants
- Extract participant data from internal databases for manuscript preparation
- Participate in manuscript writing and data analysis processes

Psychology Honors Student, University of California, San Diego*San Diego, CA 92161**Jan 2021 – Dec 2021***Thesis Title:** *Evidence-based practice attitudes and treatment outcomes: Examining relationships among adults with schizophrenia***Thesis Supervisor:** Dr. Blaire C. Ehret, PhD**Program supervisors:** Dr. Gail D. Heyman, PhD & Dr. Emma H. Geller, PhD

- Accepted to the University’s Psychology Honors Program, designed for undergraduate students desiring graduate-level training in academic psychology
- Learned statistical analyses and data visualization using R Studio
- In partnership with thesis supervisor, created a first-authored manuscript and first-authored poster analyzing practitioners’ beliefs regarding evidence-based practices in relation to their clients’ treatment outcomes, among a community sample of adults with serious mental illness / schizophrenia

Undergraduate Research Assistant, U.S. Department of Veterans Affairs*San Diego, CA 92161**May 2019 – Dec 2020***Project Title:** *Cannabidiol as an Adjunctive to Prolonged Exposure for the Treatment of PTSD***Principal Investigator:** Dr. Mallory J.E. Loflin, PhD

- Serve as a Research Assistant in a randomized control trial examining medicinal oral cannabinoids in adjunct to prolonged exposure therapy for Veteran post-traumatic stress disorder (PTSD) treatment
- Order Schedule-I controlled substances via CPRS and VISTA platforms, ensuring orders are fulfilled and appointments are accurate per study protocol
- Screen participants for eligibility using clinical assessment batteries
- Conduct baseline, mid-treatment, and post-treatment assessments with study participants

PEER-REVIEWED PUBLICATIONS

2. Ehret, B. C., Pozun, C. T., Martinez Ceren, C., **Carter, J.**, Shriver, C., Ehret, P. J., Ferragut, B., Depp, C. A., Treichler, E., Doran, N., Granholm, E., & Chalker, S. A. (2025). Feasibility and acceptability of Caring Cards: A peer-to-peer recovery-oriented suicide prevention intervention for U.S. Veterans. *Suicide and Life-Threatening Behavior*, 55, no. 6: e70066. <https://doi.org/10.1111/sltb.70066>

1. Chalker, S., **Carter J.**, Imai, Y., Depp, C. A., & Chinman, M. (2025). A recovery-oriented suicide prevention program led by peer specialists for veterans with serious mental illness: Protocol for a pilot randomized controlled trial. *JMIR Research Protocols*, 14, e66182. <https://doi.org/10.2196/66182>

MANUSCRIPTS UNDER REVIEW

1. Chalker, S. A., **Carter, J.**, Hemingway, S. L., Downing, D., Patel, S. R., Goodman, M., & Waliski, A. (2025). *Feasibility, acceptability, and preliminary efficacy of a suicide prevention training for Veteran peers working within and outside healthcare systems*. [Under review]. Veterans Affairs Healthcare System, San Diego, CA, & University of California, San Diego.

PRESENTATIONS

3. **Carter, J.**, & Smith, A.R. (2026, April). *Disordered eating and later-life suicide risk: Investigating the roles of excessive exercise and muscle building*. Data blitz/flash talk to be presented at the 2026 Suicide Research Symposium (SRS), virtual.
2. Lusich, R., Henderson, R., Larsen, J., Huff, A.E., **Carter, J.**, Smith, A.R., Ahlich, E. (2026, March). *The dual role of exercise in disordered eating behaviors*. Symposium to be presented at the Southeastern Psychological Association (SEPA), New Orleans, LA.
1. Chalker, S. A., **Carter, J.**, Depp, C. A., Twamley, E. W., Chinman, M., & Hurst, S. (2025, Apr. 24). *Mixed methods open pilot trial feedback to adapt a peer-delivered suicide prevention intervention*. [Oral presentation]. 2025 Suicide Research Symposium (SRS), virtual.

POSTERS

2. **Carter, J.**, & Smith, A.R. (2026, June). *Disordered Eating and Later-life Suicide Risk: Investigating the Role of Overexercise*. Poster to be presented at the 2026 International Conference on Eating Disorders (ICED), The Hague, Netherlands.
1. **Carter, J.** and Ehret, B.C. (2021, Dec. 3). *Evidence-based practice attitudes and treatment outcomes: Examining relationships among adults with schizophrenia*. 2021-2022 University of California, San Diego Psychology Honors Program Poster Session, virtual.

EMPLOYMENT HISTORY

Lead Referral Coordinator, Equip Health

Remote - Washington, DC 20001

Jan 2025 - Jun 2025

Managed a team of referral coordinators at a national, evidence-based eating disorder treatment program. Ensured white-glove referral management as well as pre- and post-admissions care coordination. Utilized data analytics to deliver on company referral goals and admissions targets, including reductions in time from referral to admission and time from referral to team member outreach.

Senior Referral Coordinator, Equip Health

Remote - Washington, DC 20001

Jan 2024 - Jan 2025

Coordinated patient referrals from providers, partner organizations, and health plans. Created team resources and standard operating procedures (SOP), including a 60+ page comprehensive SOP and multiple internal training guides. Collaborated on cross-functional initiatives in optimizing patient and provider experience.

Referral Coordinator, Equip Health

Remote - Encinitas, CA 92024

Dec 2022 - Jan 2024

Responsible for patient referral coordination and data quality assurance. Coordinated transitions of care with referring providers in managing caseload averaging 80 prospective patients moving through the admissions pipeline. Leveraged Excel and Sheets formulas (e.g., VLOOKUP) in auditing patient and outreach data.

Provider Relations Specialist, Equip Health

Remote - San Diego, CA 92122

Jul 2022 - Dec 2022

Conducted outreach and account management support to external care providers. Operated internal communication channels for referral management and inquiry response. Participated in cross-functional initiatives such as research projects, data auditing and referral management in serving as a liaison for external providers.

Administrative Assistant, National Alliance on Mental Illness

3160 Camino del Rio South, San Diego, CA 92108

Feb 2022 – Jul 2022

Provided clerical, administrative and client support to the Next Steps program. Connected outpatient and inpatient clients to dedicated Family and Peer Support Specialists via county-sponsored community care. Responsible for effective operation of the program office, including care coordination, call center support, and data management.

Behavioral Health Technician, Montecatini Eating Disorder Treatment Center

2524 La Costa Ave, Carlsbad, CA 92009

Oct 2021 – Feb 2022

Monitored patient activities and progress at residential treatment center (RTC) for female-identifying persons aged 16 through 55 with primary eating disorder diagnoses. Provided milieu support, medical transportation, crisis intervention techniques, and behavioral intervention to residents. Served as a liaison between patients and clinical staff.

Academic Integrity Mentor, U.C. San Diego – Office of Academic Affairs

301 Myers Drive, San Diego, CA 92161

Jun 2020 – Dec 2021

Supported and coached 50+ undergraduate and graduate students with academic integrity violations through a series of one-on-one mentorship meetings. Exemplified professional communication and leadership when engaging in confidential support meetings with assigned mentees.

Student Marketing Assistant, U.C. San Diego Eating Disorders Center

4510 Executive Drive, Suite 315, San Diego, CA 92121

Oct 2018 – Mar 2019

Audited data, updated patient records, and transcribed medical documents for Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP). Responsible for marketing and outreach, including designing newsletters, creating social media publications, and distributing materials.

ADVOCACY EXPERIENCE**Eating Disorders Coalition (EDC) Advocacy Day 2024**

2 E Capitol St, Washington, DC 20003

May 2024

Lobbied at the U.S. Capitol building with other eating disorder professionals and allies/advocates nationwide in garnering congressional support for the Kids Online Safety Act and Nutrition Cares Act. Shared eating disorder information and related narratives from the field with bipartisan congressional staff.

Eating Disorders Coalition (EDC) Advocacy Day 2023

Virtual - San Diego, CA

May 2023

Met with eating disorder professionals, allies, and advocates in advocating for bipartisan support for the Kids Online Safety Act and the Improving Mental Health and Wellness in Schools Act. Shared information regarding suicide prevention and eating disorder awareness with congressional staff.

PROFESSIONAL MEMBERSHIPS

- Southeastern Psychological Association (SEPA) *Sep 2025 - Present*
- Association for Behavioral and Cognitive Therapies (ABCT) *Aug 2025 - Present*
- Academy for Eating Disorders (AED) *Jul 2022 – Present*

SCHOLARSHIPS AND AWARDS

- 2021 Escondido Alumnae Panhellenic Scholarship (\$1000)
- 2021 Kappa Kappa Gamma Foundation Merit Scholarship (\$3000)
- 2020 Kappa Kappa Gamma Foundation Merit Scholarship (\$3000)
- 2018 UCSD College Panhellenic Association New Member Merit Scholarship (\$500)

LEADERSHIP EXPERIENCE

Graduate Program Council, Department of Psychology - Auburn University

- First Year Representative (Aug. 2025 - Present)

The Graduate Program Council (GPC) consists of one elected graduate student representative from each cohort of Auburn University's Clinical Psychology PhD students. Meets monthly with fellow student representatives and Director of Clinical Training to identify areas of opportunity within the Program and collaborate on solutions/future directions.

Equip for All (EFA), Equip Health

- 2024-2025 Charter Member (Aug. 2024 - Mar. 2025)

Member of internal Diversity, Equity, Inclusion, and Belonging (DEIB) committee dedicated to advancing DEIB initiatives across commercial and clinical verticals. Collaborated directly with company leadership to evaluate DEIB impact and consideration on treatment programming and organizational activities.

Kappa Kappa Gamma Fraternity, Zeta Nu Chapter - University of California, San Diego

- President (Jan. 2021 - Dec. 2021)
- Vice President of Organization (Jan. 2020 - Dec. 2020)
- Junior Vice President of Service - College Panhellenic Association (Jan. 2019 - Dec. 2019)

CERTIFICATES

National Alliance on Mental Illness (NAMI)

Mar 2022 - May 2022

NAMI Career Pathways Peer & Family Support Specialist Training

This 40-hour virtual, live training offered by the National Alliance on Mental Illness fulfilled the state of California's required training component for Peer and/or Family Support Specialist certification.

SKILLS

- **English:** Native Language; **Spanish:** Early Intermediate (CEFR Level B1; California Seal of Biliteracy earned with high school diploma June 2018)
- **Data Management and Analytics:** Experience with Microsoft Excel, REDCap, SPSS, R, Salesforce, SONA, Qualtrics
- **EHR/EMR Systems:** Proficient in Epic, Cerner, CPRS, Vista