

CURRICULUM VITAE

Michael Thomas DNP, APRN, PMHNP-BC, CNE

Associate Teaching Professor
College of Nursing
Brigham Young University
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1. Education

INSTITUTION AND LOCATION	DEGREE	MM/YYYY	FIELD OF STUDY
University of Missouri Columbia, MO 65211	Post-Graduate Certificate	12/2024	Public Health
University of Utah Salt Lake City, UT 84148	Post-Graduate Certificate	05/2018	Nursing Education
University of Utah, Salt Lake City, UT 84148	Doctorate	05/2018	Doctor of Nursing Practice
University of Utah, Salt Lake City, UT 84148	Master	04/2009	Psychiatric and Mental Health Nurse Practitioner
Utah Valley State College Orem, Utah 84058	Bachelor	12/2006	Nursing
College of Eastern Utah Price, Utah 84501	Associate	04/2005	Nursing

2. Professional Experience

Academic Positions

INSTITUTION AND LOCATION	TITLE	YEARS OF SERVICE
Brigham Young University Provo, Utah 84602	Associate Teaching Professor	2020 – Present

Brigham Young University Provo, Utah 84602	Assistant Teaching Professor	2014 – 2020
Brigham Young University Provo, Utah 84602	Adjunct Faculty	2013 – 2014

Professional Positions

INSTITUTION AND LOCATION	SPECIALTY/ROLE	YEARS OF SERVICE
Strive Psychiatry 2520 N University Ave #250A Provo, UT 84604	Psychiatry/TMS- Nurse Practitioner	2020 – Present
Intercare LLC 881 West State Road Pleasant Grove, UT 84062	Psychiatry- Nurse Practitioner	2019 – Present
Intermountain Healthcare Utah Valley Psychiatric and Counseling Clinic Provo, Utah 84604	Psychiatry- Nurse Practitioner	2011 – 2019
Valley Mental Health Community Treatment Program Murray, Utah 84107	Psychiatry- Nurse Practitioner	2009 – 2011
Intermountain Healthcare Utah Valley Regional Medical Center Adult Behavioral Health Unit Provo, Utah 84604	Adult Behavioral Health- Registered Nurse	2007 – 2009
Intermountain Healthcare American Fork Hospital American Fork, Utah 84003	Medical- Surgical/Telemetry- Registered Nurse	2005 – 2007

3. Citizenship Experience

INSTITUTION	TITLE/ROLE	YEARS OF SERVICE
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Professional Citizenship		
Sigma Theta Tau International Iota Iota Chapter	Leadership Succession Committee	2023 – Present
	Leadership Succession Chair	2021 – 2023
	Membership Ambassador	2015 – 2021
	Newsletter Chair	2015 – 2018
	Member	2015 – Present
American Psychiatric Nurses Association	National Recovery Council- Steering Committee Member	2021 – Present
	Past President of the Utah Chapter	2020 – 2021
	President of the Utah Chapter	2019 – 2020
	President-Elect of the Utah Chapter	2018 – 2019
	Secretary of the Utah Chapter	2016 – 2018
	Member	2014 – Present
Transcultural Nursing Society	Member	2023 – Present
International Family Nurses Association	Member	2022 – 2023
Society for Simulation in Healthcare	Member	2018 – Present
International Nursing Association for Clinical Simulation and Learning	Member	2017 – 2018
National League of Nursing	Member	2014 – Present

College Citizenship		
Brigham Young University	Faculty Development Council	2023 – Present
Brigham Young University	Rank and Status Council	2022 – Present
Brigham Young University	Faculty Simulation Council	2019 – Present
Brigham Young University	Faculty Search Committee Chair	2021 – 2022
Brigham Young University	Faculty Workload Taskforce Member	2020 – 2021
Brigham Young University	Faculty Search Committee Member	2019 – 2021
Brigham Young University	Undergraduate Academic Council Member	2019 – 2020
Brigham Young University	Co-chair of the Faculty Simulation Council	2018 – 2019
Brigham Young University	Chair of the TeamSTEPPS Taskforce	2017 – 2018
Brigham Young University	Research and Evidence-based Practice Council Council Member	2015 – 2022
Brigham Young University	Wellness and Recognition Council Member	2014 – 2019

Community Service

INSTITUTION	TITLE/ROLE	YEARS OF SERVICE
Boys Scouts of America	Boy Scout Committee Member	2018 – 2021 2013 – 2014
	Chartered Organization Representative	2009 – 2012
	Crisis Intervention Training- Teacher	2011
Salt Lake City Police Department		

Other

TITLE	YEARS OF SERVICE
BYU Triathlon Club- Faculty Advisor	Aug 2018 – Present
Clinical Preceptor- Graduate Students	Jan 2021 – April 2021 Sept 2016 – Apr 2019 Jan 2014 – Apr 2015 Jan 2012 – Aug 2012
Clinical Preceptor- Undergraduate Students	March – November 2007

4. Teaching

UNDERGRADUATE COURSES TAUGHT	INSTITUTION	YEARS OF SERVICE
Nursing 296: Introduction to Public and Population Health Nursing, Course Coordinator	Brigham Young University	2022 – Present
Nursing 404: Clinical Practicum Public and Global Health Nursing: Ghana	Brigham Young University	2017 – Present
Nursing 390R: Independent Study in the Practice of Nursing: Ghana	Brigham Young University	2017 – Present

Nursing 390R: Independent Study in the Practice of Nursing: Wellness	Brigham Young University	2016 – Present
Nursing 462: Clinical Practicum for Psychiatric and Mental Health Nursing	Brigham Young University	2014 – Present
Nursing 461: Psychiatric and Mental Health Nursing	Brigham Young University	2023 – 2023 2014 – 2022
Nursing 390R: Independent Study in the Practice of Nursing: Stress Management	Brigham Young University	2016 – 2016
Nursing 404: Clinical Practicum Public and Global Health Nursing: At Risk Populations	Brigham Young University	2015 – 2017
Nursing 390R: Independent Study in the Practice of Nursing: At Risk Populations	Brigham Young University	2015 – 2017
Nursing 293: Communication Lab for Nursing Majors, Course Coordinator	Brigham Young University	2013 – 2022

Student Mentoring

UNDERGRADUATE STUDENT MENTORING

Student name *Major	Year	Mentoring Opportunity	Faculty Contribution	Mentoring Outcomes
Shane Burt *Nursing	2022-Present	2022 Fulton Grant	Mentor/Co-Presenter	National Podium Presentation
Elizabeth Aaron, Abby Stainton *Nursing	2022-2022	Ghana Global health presentation	Mentor/Co-Presenter	Institutional Podium Presentation and International Poster Presentation
Natasha Withers *Nursing	2019-2021	2019 Experiential Funding Grant	Mentor/Co-presenter	National Podium Presentation
Paige Stodtmeister *Nursing	2018-2019	2018 ORCA Block Grant	PI/Mentor/Co-presenter	Poster Presentation at the APNA 33 rd Annual Conference on Oct 2019
Sara Durrant, Kapri Beus, Camry Shawcroft, & Amber Anderson *Nursing	2018-2019	2018 MEG Grant	Mentor/Co-presenter	Podium Presentation at the 2018 AHA Team Training National Conference

Aimee Schouten 2017-2018 *Nursing	2017 ORCA Mentored Student Research	PI/Mentor/ Co-presenter	Podium presentation at the 28 th Annual UNA Conference
Abby Wilkerson, 2016-2017 McCall VanLeeuwen & Sara Durrant *Nursing	MEG	Mentor/Co- presenter	Podium presentation at the 2017 TeamSTEPPS National Conference

GRADUATE STUDENT MENTORING

Student Name	Semester/ Year	Mentoring Opportunity	Faculty Contribution	Outcomes
Kealoha Snow ^Nursing	Winter 2022- Fall 2023	Graduate Thesis	Committee Member	Journal article
Joshua Pinson ^Nursing	Winter 2022- Fall 2023	Graduate Thesis	Committee Member	National podium presentation
Kristen Hamblin ^Nursing	Fall 2020- Winter 2022	Graduate Thesis	Committee Member	Journal article and podium presentations.
Jennifer Benson ^Nursing	Fall 2020- Winter 2022	Graduate Project	Committee Member	National and International podium presentations

5. Contribution to the Discipline

Foci: Nursing Education and Mental Health Wellness Promotion

Journal Publications

- Peterson, N. E., **Thomas, M.**, Hunsaker, S., Stewart, T., & *Collett, C. J. (2024). mHealth gratitude exercise mindfulness app for resiliency among neonatal intensive care unit staff: Three-Arm pretest-posttest interventional study. *JMIR Nursing*, 7, e54561. doi: 10.2196/54561
- Hebdon, M. C., **Thomas, M.**, Peterson, N. E., ^Stewart, E., Stewart, T., ^Kent-Marvick, J., Wilson, C., ^Phan, C., *Dupree, G., *Burt, S., & Ellington, L. (2023). User-centered adaptation of an mHealth intervention for stress and emotional regulation in millennial caregivers. *Journal of Informatics Nursing*, 8(4), 27-33.
- *Snow, K. S. R., Merrill, K., Macintosh, J., **Thomas, M.** & Miles, L. (2023). Mental health literacy in Polynesian native Hawaiian and other pacific islanders. *International Journal of Mental Health Nursing*, 00, 1-10. Doi: 10.1111/inm.13275
- Miles, L. W., Thatcher, B., **Thomas, M.**, Winters, B. (2022). Treatment pearls: Management of physical health care needs in patients with mental illness. *The Nurse Practitioner*, 47(6), 20-28. doi: 10.1097/01.NPR.0000829784.91687.8c
- Thomas Hebdon, *M.C., Jones, M., Neller, S., ^Kent-Marvick, J., **Thomas, M.**, ^Stewart, E., Aaron, S., Wilson, C., Peterson, N. & Ellington, L. (2021). Stress and supportive care needs of millennial caregivers: A qualitative analysis. *Western Journal of Nursing Research* [Epub]. <https://doi.org/10.1177/01939459211056689>

Letter to the Editor

- Noll, C., Brammer, S. & **Thomas M.** (2023). Storytelling: A powerful tool to revive resilience and create contagious positivity in the PMH nursing workforce. *Journal of the American Psychiatric Nurses Association*, 29((3), 183-184. doi: 10.1177/10783903231161610

Published Abstracts of Peer-Reviewed Presentations

- ^Welling, A., Thomas Hebdon, M., *Dupree, G., Horner, S. D., **Thomas, M. C.**, Peterson, N. E., Hernandez, J. F., & Cuevas, H. (2023, November). Experiences and Supportive Care Needs of Latinx Millennial Caregivers. *Innovation in Aging*, 7(Supplement_1), 965-966. <https://doi.org/10.1093/geroni/igad104.3101>
- Hebdon, M., Jones, M., Neller, S., Kent-Marvick, J., **Thomas, M.**, ^Stewart, E., Aaron, S., Wilson, C., Peterson, N. E., & Ellington, L. (2022, February). Stress and Supportive Care Needs of Millennial Caregivers: A Qualitative Analysis (GP704). *Journal of Pain and Symptom Management*, 63(6), 1113-1114. <https://doi.org/10.1016/j.jpainsymman.2022.04.095>
- Peterson, N., **Thomas M.** & Hunsaker, S. (2021, April). *Effect of GEM phone app on burnout for NICU staff: A pilot study*. Podium presentation at the Western Institute of Nursing's 54th Annual Communicating Nursing Research Conference, Virtual Conference. Nursing Research Conference Proceedings: Western Institute of Nursing, p. 93

Hunsaker, S. & **Thomas M.** (2018, April). *Weaving TeamSTEPPS*. Poster presentation at the Western Institute of Nursing's 51st Annual Communicating Nursing Research Conference, Spokane, Washington. Nursing Research Conference Proceedings: Western Institute of Nursing, p. 339

Thomas, M. (2016, April). *Integrating TeamSTEPPS in nursing education using peer teaching*. Poster presentation at the Nursing Education Research Conference, Washington, DC. Available online through the Virginia Henderson global nursing e-repository <http://www.nursinglibrary.org/vhl/handle/10755/603826#>

Peer-Reviewed, International Podium Presentations

Thomas, M., Peterson, N. & Hebdon, M. (2023, June). *Developing an mHealth Stress Management Intervention for Millennial Caregivers*. Podium Presentation at the 16th Interventional Family Nursing Conference, Dublin, Ireland. (Attendance: 330, Podium Acceptance: 80%)

Anderson, P., ^Benson, J., Ray, G., Cummins, D. & **Thomas, M.** (2021, June). *Intimate partner violence education guided by undergraduate nursing student empathy and reflection*. Podium presentation at the International Family Nursing Conference, Virtual Conference.

Peer-Reviewed, National Podium Presentations

Thomas, M., Hebdon, M., Peterson, N. *Burt, S., *Dupree, G., ^Welling, A., Stewart, E. & Stewart, T. (2023, October). Adaptation of an mhealth intervention for stress and emotional regulation in millennial caregivers. Podium presentation at the Transcultural Nursing Society 49th Annual Conference, Charleston, South Carolina. (Attendance: 209, Podium acceptance rate: 24%)

Noll, C., Fygan-Pryor, E., Porter, J., Brammer, S., **Thomas, M.**, Simeone, S. & Knapik, G. (2023, October). A focused literature search: Does recovery continue as a novel idea? Progress, gaps, and meaning. Podium Presentation at the American Psychiatric Nurses Association 37th Annual Conference, Lake Buena Vista, Florida

Thomas, M., ^Pinson, J., Peterson, N., Thatcher, B. & Hooley, C. (2022, October). *Long-term impact of mental wellness courses on college student mental health*. Podium Presentation at the American Psychiatric Nurses Association 36th Annual Conference, Long Beach, California.

Anderson, P., ^Benson, J., Ray, G., Cummins, D. & **Thomas, M.** (2022, April). *Intimate Partner Violence Education and Undergraduate Nursing Student Empathy*. Podium Presentation at the Association of Public Health Nurses Annual Conference, Virtual Conference.

Hunsaker, S., **Thomas, M.** & *Withers, N. (2022, March). *Beyond the basics: Bringing*

TeamSTEPPS principles to life for nursing students. Podium presentation at the 2022 AHA Advancing Care Conference, Chicago, Illinois. (Attendance: ~ 450, Podium acceptance rate: 43%)

Thomas M. (2021, October). *TMS 101: A review of the evidence and practice of transcranial magnetic stimulation.* Podium presentation at the American Psychiatric Nurses Association 35th Annual Conference, Virtual Conference.

Thomas M. & Hunsaker, S. (2020, September). *Being an effective patient partner: Insights from parents of mental health consumers.* Podium presentation at the American Psychiatric Nurses Association 34th Annual Conference, Virtual Conference. (Attendance: ~ 1500)

Thomas, M., & Hunsaker, S. (2019, June). *Avoiding misunderstanding and enhancing patient and family engagement: Personal lessons learned.* Podium presentation at the 2019 AHA Team Training National Conference, San Antonio, Texas.

Thomas, M., Mabey, L., Miles, L. & Hunsaker, S. (2018, October). *Helping your patients achieve whole health through Positive Psychology.* Podium presentation at the American Psychiatric Nurses Association 32nd Annual Conference, Columbus, Ohio.

Thomas, M., Hunsaker, S., Durrant, S., Beus, K., Shawcroft, C. & Anderson, A. (2018, June). *Bringing TeamSTEPPS into the classroom and beyond: Simple strategies to enhance student and faculty engagement.* Podium presentation at the 2018 AHA Team Training National Conference, San Diego, California.

Thomas, M., Hunsaker, S., Wilkerson, A., VanLeeuwen, M. & Durrant, S. (2017, June). *Threading TeamSTEPPS throughout a baccalaureate nursing program without unraveling.* Podium presentation at the 2017 TeamSTEPPS National Conference, Cleveland, Ohio.

Peer-Reviewed, Local Podium Presentation

Hunsaker, S. & **Thomas, M.** (2018, October). *Standardizing communication in simulation using the TeamSTEPPSTM method.* Podium presentation at the 2018 Utah Simulation Coalition Conference, SLC, Utah.

Schouten, A. & **Thomas, M.** (2018, September). *Enhancing resilience and stress management through undergraduate nursing courses.* Podium presentation at the 28th Annual Utah Nurses Association Conference, SLC, Utah.

Thomas, M. (2016, October). *TeamSTEPPS: Teaching students team communication strategies.* Podium presentation at the 26th Annual Utah Nurses Association Conference, SLC, Utah.

Invited Podium Presentations

Thomas, M. (2023, February). *Repetitive Transcranial Magnetic Stimulation for Depression*. Podium presentation at the Utah Psychiatric Nurses Association Conference, SLC, UT. (Attendance ~ 55)

Hunsaker, S. & **Thomas, M.** (2017, August). *TeamSTEPPS Master Trainer course*. Administered two day training at American River College, Sacramento, California.

Thomas M. & Hunsaker, S. (2017, April). *TeamSTEPPS Master Trainer course*. Administered two day training at Fort Wayne University, Detroit, Michigan.

Thomas, M., Miles, M. & Mabey, L. (2017, April). *Lead out, live well, feel swell*. Podium presentation at the Utah Organization of Nurse Leaders Spring Conference, Sandy, Utah.

Thomas, M. (2016, November). *Finding resiliency from outside and within*. Podium Presentation sponsored by the American Psychiatric Nurses Association Utah Chapter, SLC, Utah

Thomas, M., Miles, M. & Mabey, L. (2016, April). *The vowel check: How to take care of yourself*. Podium presentation at the Utah Organization of Nurse Leaders Spring Conference, Sandy, Utah.

Thomas, M., Miles, M. & Mabey, L. (2016, February). *Sanity strategies: Thriving in nursing school and beyond*. Podium presentation at the Professionalism Conference sponsored by the BYU College of Nursing, Provo, Utah.

Peer-Reviewed, International Poster Presentations

Corbett, C. & **Thomas, M.** (2023). *Family Strength Assessments in a Nursing Global Health Cultural Immersion Program: Student Reflections*. Poster presentation at the International Family Nursing Association Conference, Dublin, Ireland. (Attendance: 330, Poster acceptance rate: 90%)

Hunsaker, S. & **Thomas, M.** (2018, June). *Threading TeamSTEPPS® concepts throughout a baccalaureate nursing program without unraveling: Simulation is the secret*. Poster presentation at the International Nursing Association for Clinical Simulation and Learning 2018 International Conference, Toronto, Canada.

Peterson, N. E., **Thomas, M. C.**, Palmer, S. P. & Wiley, N. H. (2017, October). *Action is traction: Keys to preparing nurses to care globally*. Poster presentation at the Sigma Theta Tau International 44th Biennial Convention, Indianapolis, Indiana

Peer-Reviewed, National Poster Presentations

Brammer, S., Noll, C., Simeone, S., **Thomas, M.**, Porter, J. R., Fagan-Pryor, E., Knapik, G. & De Jacq. (2022, October). *Mental health nurses' stories of recovery and resilience: Shared wisdom for ourselves, our colleagues, and administrators*. Poster Presentation at

the American Psychiatric Nurses Association 36th Annual Conference, Long Beach, California.

Thomas, M., Hunsaker, S. & Stodtmeister, P. (2019, October). *Nourishing student flourishing by teaching resilience*. Poster presentation at the American Psychiatric Nurses Association 33rd Annual Conference, New Orleans, Louisiana.

Thomas, M., Miles, L. & Mabey, L. (2017, October). *Yes you can! – Simulations for busy and technology naïve faculty*. Poster presentation at the American Psychiatric Nurses Association Conference, Phoenix, Arizona

Thomas, M. (2016, June). *Peer teaching TeamSTEPPS among nursing students: A pilot study*. Poster presentation at the TeamSTEPPS National Conference, Washington, DC.

Thomas, M. (2015, June). *Peer teaching: Dual mentorship in a nursing communications course*. Poster presentation at the 15th Annual Nurse Educator Institute, Branson, Missouri.

Institutional Podium Presentations

Corbett, C., **Thomas, M.**, *Boden, A., & *Aaron, L. (2022). *Promoting community health in Ghana through collaboration with a global public health college*. Podium presentation at the Research and Professionalism Conference, College of Nursing, Brigham Young University, Provo, UT.

^Pinson, J., Peterson, N., **Thomas, M.**, Thatcher, B., Hooley, C. (2022). *Impact of BYU mental wellness courses on college student health*. Podium presentation at the Research and Professionalism Conference, College of Nursing, Brigham Young University, Provo, UT.

Anderson P., ^Benson J., Ray G., Cummins D. & **Thomas M.** (2021). *Intimate partner violence education guided by undergraduate nursing student empathy and reflection*. Podium presentation at the Research and Evidence Based Practice Conference. Brigham Young University, Provo, UT.

Research Grants Submitted and Funded

FUNDING SOURCE	AUTHOR(S)	YEAR/AMOUNT	GRANT TITLE/DESCRIPTION
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Brigham Young University	Peterson, N., Hooley, C., Thomas, M. , Erekson, D., Thatcher, B.	2022/\$40000	Interdisciplinary Research Origination Awards: Long-term Impact of Mental Wellness Courses on College Student Mental Health
Brigham Young University	Thomas, M. , Hebdon, M., Peterson, N.	2022/\$5000	Myrtie Fulton Grant: Developing an mHealth Stress Management Intervention for Millennial Caregivers
Brigham Young University	Peterson, N., Hebdon, M., Thomas, C.	2022/\$2700	Dr. Elaine Dyer Research Endowment Award: Piloting an mHealth Stress Management App for Millennial Caregivers
Brigham Young University	Thatcher, B., Thomas, M. , Peterson, N., Hooley, C., Kimmons, R.	2021/\$5000	Experiential Funding: Scaling-up Preventative Mental Health Services for College Students
Brigham Young University	Thomas, M. , Hebdon, M., Peterson, N. Hunsaker, S.	2021/\$5000	College of Nursing Annual Call for Funding: Developing an mHealth Stress Management Intervention for Millennial Caregivers
Brigham Young University	Thomas, M.	2020/\$4200	Training TeamSTEPPS Peer Mentors for N293 Communications for Nursing Majors Lab
Brigham Young University	Corbett, C., Thomas, M.	2019/\$4840	Experiential Funding: Expanding Cultural Learning Opportunities for Students in Ghana
Brigham Young University	Thomas, M. , Hunsaker, S.	2018/\$6000	ORCA Block Grant: Enhancing Resilience and Stress Management Through Undergraduate Nursing Courses

Brigham Young University	Hunsaker, S., Thomas, M. , Peterson, N.	2018/\$8000	College of Nursing Annual Call for Funding: Too Tired to Care? Strategies to Re-energize and Build Resiliency
Brigham Young University	Thomas, M.	2018/\$20,000	MEG: Integrating TeamSTEPPS into the Undergraduate Nursing Curriculum
Brigham Young University	Thomas, M.	2016/\$20,000	MEG: Peer Teaching TeamSTEPPS
Brigham Young University	Hunsaker, S., Thomas, M. , Maughan, D.	2015/\$4950	College of Nursing Annual Call for Funding: Compassion Fatigue and Resilience in Baccalaureate Nursing Students
Brigham Young University	Thomas, M. , Linda, M, Miles, L.	2015/\$4080	College of Nursing Annual Call for Funding: Psychiatric Patient Scenario Videos

Research Grants Submitted and Not Funded

FUNDING SOURCE	AUTHORS/ROLE	YEAR/AMOUNT	GRANT TITLE/DESCRIPTION
External			
[Revised & Resubmitted] National Institutes of Health, National Institute of Nursing Research R21	Hebdon, M. C. T. (PI), Sub-award PI: Peterson, N. E., Cuevas, H. (Co-I), Horner, S. (Co-I), Parast, L (Co-I), Thomas, M. (Co-I)	2023, \$430,604.00 Sub-award \$52,785.00	Feasibility and Acceptability Testing of a Stress and Well-Being Intervention in Latinx Sandwich Caregivers
National Institutes of Health, National Institute of Nursing Research	Hebdon, M. C. T. (PI), Sub-award PI: Peterson, N. E.,	2023, \$429,421.01 Sub-award \$41,302.98	Preliminary Efficacy Testing of a Stress and Well-Being Intervention in Latinx Millennial Sandwich Caregivers

R21	Cuevas, H. (Co-I), Horner, S. (Co-I), Hernandez, J. (Co-I), Thomas M. (Co-I)		
American Nurses Association	Hebdon, M. (PI), Peterson, N. E. (Co-PI), Thomas, M. (Co-PI) , Stewart, T. (Co-PI)	2022, \$50,000	Refining the mCARES App to Align with Millennial Caregivers' Complex Identities
Ittleson Foundation	Peterson, N. E. (PI), Hooley, C. (Co-PI), Thomas, M. (Co-PI) , Thatcher, B. (Co-PI), Erekson, D. (Co-PI)	2022, \$50,000	Scaling Up the BYU Campus Mental Wellness Project
AmeriCorps	Peterson, N. E. (PI), Hooley, C. (Co-PI), Thomas, M. (Co-PI) , Thatcher, B. (Co-PI), Erekson, D. (Co-PI)	2022, \$50,000	BYU Mental Wellness Program - Plans to Expand to Community
Spencer Foundation	Peterson, N. E. (PI), Hooley, C. (Co-PI), Thomas, M. (Co-PI) , Thatcher, B. (Co-PI)	2021, \$49,950	Long-term Impact of Mental Wellness Courses on College Student Mental Health
Spencer Foundation	Peterson, N. E. (PI), Hooley, C. (Co-PI), Thomas, M. (Co-PI) , Thatcher, B. (Co-PI)	2021, \$42,420	Long-term Effectiveness of Mental Wellness Courses on College Student Mental Health
National Institutes of Health, National Institute of Nursing Research K99/R00	PI: Hebdon, M. C. T. Consultant: Peterson, N. E., Thomas M. , Hunsaker, S., Stewart, T.	2020, \$1,021,564.00	Refinement and Testing of an mHealth Stress and Emotional Regulation Practice in Millennial Cancer Caregivers

Honors and Awards

HONOR/AWARD SOURCE	YEAR	HONOR OR AWARD
Sigma Theta Tau International-Iota Iota Chapter	2019	Excellence in Teaching Award
University of Utah	2018	Outstanding Post-Masters to Doctor of Nursing Practice Student
College of Eastern Utah	2005	Most Outstanding Nursing Student

Certifications

CERTIFICATION	YEAR
Certified Nurse Educator National League for Nursing	2021 – Present
Adult Psychiatric & Mental Health Nurse Practitioner American Nurses Credentialing Center	2010 – Present
Controlled Substance License U.S. Department of Justice: DEA	2010 – Present

Additional Training

Completed Training Programs	YEAR
QPR Gatekeeper Trainer QPR Institute	2022
Virtual Visiting Fellowship in Transcranial Magnetic Stimulation Duke University Medical Center	2021
Certified Meditation and Mindfulness Teacher School of Positive Transformation	2020
Simulation for the Academician Course Utah Simulation Coalition	2019
TeamSTEPPS Master Trainer Metrohealth Regional Training Site	2015
