

Robin R. Whitebird, MSW, PhD, LISW
Curriculum Vitae

Professor

University of St Thomas, Morrison Family College of Health
School of Social Work, Doctorate in Social Work Program
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EDUCATION

- 1999 Ph.D., University of Minnesota, Social Work
1992 M.S.W., University of Minnesota, Social Work
1989 B.S., Augsburg College, *Summa Cum Laude*, Music Therapy

Postgraduate Training

- 2013 – Present Early Career Reviewer Program, National Institutes of Health
2008 – 2013 K23 Mentored Research Scientist Award #K23AT003919. National Institutes of Health/ National Center for Complementary and Integrative Health (NCCIH).
Use of Complementary & Alternative Medicine in Patient Management of Diabetes
2009 – 2012 Loan Repayment Program Award, National Institutes of Health/ National Center for Complementary and Integrative Health
2007 – 2009 Cancer Research Network Scholar, CRN Scholar Program. National Institutes of Health/ National Cancer Institute
2003 –2004 Leadership Twin Cities. Community Leadership Training Program. Minneapolis Regional Chamber of Commerce

PROFESSIONAL EXPERIENCE

- 2019 – Present Professor. University of St. Thomas, Morrison Family College of Health, School of Social Work, Doctorate in Social Work Program
2015 – 2019 Associate Professor. University of St. Thomas, School of Social Work, Doctorate in Social Work Program
2015 – Present Research Consultant. Specializing in mixed methods research, clinical trials, and implementation & dissemination research
2007 – 2015 Research Investigator. HealthPartners Institute, Minneapolis, MN
(formerly, *HealthPartners Research Foundation*)
2012 – 2014 Affiliate Faculty. Health Delivery Systems Center for Diabetes Translational Research (HDS-CDTR). Oakland, CA.

- 2010 – 2014 Research Associate. Center for Spirituality & Healing, Academic Health Center, University of Minnesota. Minneapolis, MN
- 2004 – 2011 Community Faculty. University of Minnesota, School of Social Work. Minneapolis, MN
- 2000 – 2007 Research Associate. HealthPartners Research Foundation, Minneapolis, MN
- 1998 – 2004 Adjunct Faculty. University of St. Thomas & St. Catherine University, School of Social Work
- 1998 – 2000 Research Associate. University of Minnesota, Division of Health Services Research & Policy, Dr. Rosalie Kane
- 1997 Organizational Consultant. University of Minnesota, Center on Aging
- 1992 – 1997 Geriatric Care Coordinator. HealthPartners, Department of Continuing Care and Geriatrics. Minneapolis MN
- 1994 – 1996 Consultant. Workshop development & facilitation. University of Minnesota Employee Assistance Program. Minneapolis, MN

Professional Licenses

- 1994 – Present Licensed Independent Social Worker (LISW), State of MN License # 09862
- 1989 Registered Music Therapist

AWARDS AND HONORS

- 2008 – 2013 K23 Mentored Research Scientist Award #K23AT003919. National Institutes of Health/ National Center for Complementary and Integrative Health
- 2009 – 2012 Loan Repayment Program Award, National Institutes of Health/ National Center for Complementary and Integrative Health
- 1990 – 1992 Honor Society of Phi Kappa Phi, University of Minnesota
- 1989 *Summa Cum Laude*, Augsburg College
- 1987 – 1989 Alpha Chi National Honor Society, Augsburg College

PUBLICATIONS

Refereed Journal Articles

1. **Whitebird, R.R.**, Solberg, L.I., Bergdall, A., Lopes-Solano, N., Smith-Bindman, R. (in press). Optimizing CT imaging in health care: The challenge of organizational change. *Academic Radiology*. Advance Online publication. <https://doi.org/10.1016/j.acra.2020.02.016>
2. Solberg, L.I., Wang, Y., Lopez-Solano, N., **Whitebird, R.**, Smith-Bindman, R. (2020). Organizational factors and quality improvement strategies associated with lower radiation dose for CT examinations. *Journal of the American College of Radiology*. Advance Online publication. S1546-1440 (20) 30157-5. <https://doi.org/10.1016/j.jacr.2020.01.044>

3. **Whitebird, R.R.**, Solberg, L.I., Norton, C.K., Ziegenfuss, J.Y., Asche, S.E., Grossman, E.S. (2020). What outcomes matter to patients after joint or spine surgery? *Journal of Patient-Centered Research and Reviews*, 7(2), 158-64. [https://doi/10.17294/2330-0698.1738](https://doi.org/10.17294/2330-0698.1738)
4. Demb, J., Chu, P., Yu, S., **Whitebird, R.**, Solberg, L., Miglioretti, D., Smith-Bindman, R. (2019). Analysis of Computed tomography Radiation Doses used for Lung Cancer Screening. *JAMA Internal Medicine*, 179 (12), 1650-1657. <https://doi:10.1001/jamainternmed.2019.3893>
5. Solberg, L.I., Ohnsorg, K.A., Parker, E.D., Ferguson, S., Magnan, S., **Whitebird, R.R.**, Neely, C., Brandenfels, E., Williams, M.D., Dreskin, M., Hinnenkamp, T., & Ziegenfuss, J.Y. (2018). Potentially preventable hospital and Emergency Department events: Lessons from a large innovation project. *The Permanente Journal*, 22, 17-102. doi: 10.7812/TPP-17-102. <http://www.thepermanentejournal.org/issues/2018/summer/6780-innovation-project.html>
6. **Whitebird, R.R.**, Kreitzer, M.J., Vazquez-Benitez, G., & Enstad, C. (2018). Reducing diabetes distress and improving self-management with mindfulness. *Social Work in Health Care*, 57(1),48-65. doi: 10.1080/00981389.2017.138889
7. Solberg, L.I., Asche, S.E., Butler, J., Carrell, D., Norton, C.K., Jarvik, J.G., Smith-Bindman R., Tillema, J.O., **Whitebird, R.R.**, Werner, A.M., & Ziegenfuss, J.Y. (2017). Patient-centered outcomes measurement: Does it require information from patients. *Journal of Patient-Centered Research and Reviews*, 4(4), 221-9.
8. **Whitebird, R.R.**, Solberg, L.I., Crain, A.L., Rossom, R.R., Beck, A., Neely, C., Dreskin, M., & Coleman, K.J. (2017). Clinician burnout and satisfaction with resources in caring for complex patients. *General Hospital Psychiatry*, 44: 91-95. doi: 10.1016/j.genhosppsych.2016.03.004
9. Rossom, R.R., Solberg, L.I., Magnan, S., Crain, A.L., Beck, A., Coleman, K., Katzeinick, D., Williams, M., Neely, C., Ohnsorg, K., **Whitebird, R.**, Hafer, E., Polloci, B., Ferguson, R., Williams, S., & Unutzer, J. (2017). Impact of a national collaborative care initiative for patients with depression, diabetes and heart disease. *General Hospital Psychiatry*, 44: 77-85. doi: 10.1016/j.genhosppsych.2016.05.006
10. Rossom, R.R., Solberg, L.I., Vazquez-Benitez, G., Crain, A.L., Beck, A., **Whitebird, R.**, & Glasgow, R.E. (2016). The effects of patient-centered depression care on patient satisfaction and depression remission. *Family Practice, Dec*; 33(6): 649-655. doi: 10.1093/fampra/cmw068
11. Rossom, R.R., Solberg, L.I., VazquezBenitez, G., **Whitebird, R.R.**, Crain, A.L., Beck, A., & Unutzer, J., (2016). Predictors of poor response to depression treatment in primary care. *Psychiatric Services, Dec*: 67(12), 1362-1367. doi: <https://doi.org/10.1176/appi.ps.201400285>
12. Rossom, R. R., Solberg, L. I., Parker, E. D., Crain, L. I., **Whitebird, R.**, Maciosek, M., Molitor, B., Trangle, M., & Unutzer, J. (2016). A statewide effort to implement collaborative care for depression: Reach and impact for all patients with depression. *Medical Care, Nov*;54(11): 992-997. doi: 10.1097/MLR.0000000000000602

13. Coleman, K.J., Stewart, C., Waitzfelder, B., Zeber, J., Morales, L.S., Ahmed, A.T., Ahmedani, B.K., Beck, A., Copeland, L.A., Cummings, J.R., Hunkeler, E.M., Lindberg, N., Lynch, F., Lu, C.Y., Owen-Smith, A.A., Quinn, V.P., Trinacty, C.M., **Whitebird, R.R.**, & Simon, G. (2016). Racial and ethnic differences in diagnoses and treatment of mental health conditions across healthcare systems participating in the Mental Health Research Network. *Psychiatric Services, Jul 1*;67(7):749-57. doi: 10.1176/appi.ps.201500217
14. Solberg, L.I., Asche, M.A., Butler, J.C., Carrell, D., Norton, C.K., Jarvik, J.G., Smith-Bindman, R., Tillema, J.O., **Whitebird, R.R.**, & Ziegenfuss, Y. (2015). It is time to ask patients what outcomes are most important to them. *American Journal of Accountable Care, Dec*;3(4), Retrieve at: <http://www.ajmc.com/journals/ajac/2015/2015-vol3-n4/it-is-time-to-ask-patients-what-outcomes-are-important-to-them/P-1>
15. Gordon, B.D., Bernard, K., Salzman, J., & **Whitebird, R.R.** (2015). Impact of health information exchange on emergency department clinical decision making. *Western Journal of Emergency Medicine, Dec, 16*(7): 1045-51. doi: 10.5811/westjem.2015.9.28088
16. Solberg, L.I., Asche, S.E., Butler, J., Carrell, D., Norton, C.K., Jarvik, J.G., Smith-Bindman, R., Tillema, J.O., **Whitebird, R.R.**, & Ziegenfuss, J.Y. (2015). [The Effect of Achieving Patient-Reported Outcome Measures on Satisfaction](#). *Journal of the American Board of Family Medicine, Nov-Dec*;28(6):785-92. doi: 10.3122/jabfm.2015.06.150079
17. Friction, J., Anderson, K., Clavel, A., Friction, R., Hathaway, K., Kang, W., Jaeger, B., Maixner, W., Pesut, D., Russell, J., Weisberg, M.B., & **Whitebird, R.** (2015). Preventing chronic pain: A human systems approach – results from a massive open online course. *Global Advances in Health and Medicine, Sep*;4(5): 23-32. doi: 10.7453/gahmj.2015.048
18. Solberg, L.I., Crain, A. L, Maciosek, M., Unutzer, J., Ohnsorg, K., Beck, A., Rubenstein, L., **Whitebird, R.R.**, Rossom, R.C., Pietruszewski, P.B., Crabtree, B.F., Joslyn, K., Van de Ven, A., & Glasgow R.E. (2015). A stepped wedge evaluation of an initiative to spread the collaborative care model for depression in primary care. *Annals of Family Medicine, Sep*;13(5): 412-420. doi: 10.1370/afm.1842
19. Solberg, L. I., Stuck, L. H., Crain, A. L., Tillema J.O., Flottemesch, T. J., **Whitebird, R. R.**, & Fontaine, P. L. (2015). Organizational factors and change strategies associated with medical home transformation. *American Journal of Medical Quality, Jul-Aug*;30(4): 337-344. doi: 10.1177/1062860614532307
20. Fontaine, P., **Whitebird, R.R.**, Solberg, L.I., Tillema, J. O., Smithson, A., & Crabtree, B.F. (2015). Minnesota's experience with statewide medical home implementation: Viewpoints from the front lines. *Journal of General Internal Medicine, 30*(7): 899-906. doi:10.1007/s11606-014-3136-y
21. Rubenstein, L.V., Danz, M.S., Crain, A.L., Glasgow, R.E., **Whitebird, R.R.**, & Solberg, L.I. (2014). Assessing organizational readiness for depression care quality improvement: Relative commitment and implementation capability. *Implementation Science, 2*(9), 173. doi:10.1186/s13012-014-0173-1
22. Bliss, D.Z., Savik, K., Hans-Joachim, J., **Whitebird, R.R.**, Lowry, A., & Sheng, X. (2014). Dietary fiber supplementation for fecal incontinence: A randomized clinical trial.

23. Solberg, L.I., Stuck, L., Crain, A.L., **Whitebird, R.R.**, Fontaine, P.L., Tillema, J.O., & Snowden, A.M. (2014). Patient experience and physician/staff satisfaction in transforming medical homes. *American Journal of Accountable Care*, 2(3) 11-6.
24. **Whitebird, R.R.**, Solberg, L.I., Jaeckels, N.A., Pietruszewski, P.B., Hadzic, S., Unutzer, J., Ohnsorg, K.A., Rossom, R.C., Beck, A., Joslyn, K.E., Rubenstein, L.V. (2014). Effective implementation of collaborative care for depression: What is needed? *American Journal of Managed Care*, 20(9), 699-706. PMID: 25365745
25. Beck, A., Crain, A.L., Solberg, L.I., Unutzer, J., Maciosek, M.V., **Whitebird, R.R.**, & Rossom, R.C. (2014). The effect of depression treatment on work productivity. *American Journal of Managed Care*, 20(8), e294-301. PMID: 25295792
26. Solberg, L.I., Crain, A.L., Tillema, J.O., Fontaine, P.L., **Whitebird, R.R.**, Flottemesch, T.J., Scholle, S.H., & Crabtree, B.F. (2014). Challenges of medical home transformation reported by 118 patient-centered medical home (PCMH) leaders. *Journal of the American Board Family Medicine*, 27(4), 449-57. doi:10.3122/jabfm.2014.04.130303
27. Simon, G.E., Stewart, C., Beck, A., Ahmendani, B., Coleman, K.J., **Whitebird, R.R.**, Lynch, F., Owne-Smith, A.A., Waitzfelder, B.E., Soumerai, S.B., & Hunkeler, E.M. (2014). National prevalence of receipt of antidepressant prescriptions by persons without a psychiatric diagnosis. *Psychiatric Services*, 65(7), 944-946. doi:10.1176/appi.ps.201300371
28. Solberg, L.I., Stuck, L.H., Crain, A.L., Tillema, J.O., Flottemesch, T.J., **Whitebird, R.R.**, & Fontaine, P.L. (2014). Organizational factors and change strategies associated with medical home transformation. *American Journal of Medical Quality*, May 1. doi:10.1177/1062860614532307
29. Anderson, L.H., **Whitebird, R.R.**, Schultz, J., Gross, C.R., McEvoy, C.E., & Kreitzer M.J. (2014). Health care utilization and costs in persons with insomnia in a managed care population: Higher medical expenses and declining health often follow treatment. *American Journal of Managed Care*, 20(5), e157-e165. PMID: 25326930
30. Solberg, L.I., Crain A.L., Rubenstein, L., Unutzer, J., **Whitebird, R.R.**, & Beck, A. (2014). How much shared decision making occurs in usual primary care of depression? *Journal of the American Board Family Medicine*, 27(2), 199-208. doi:10.3122/jabfm.2014.02.130164
31. **Whitebird, R.R.**, Asche, S.E., Thompson, G.L., Heinrich, R., & Rossom, R. (2013). Stress, burnout, compassion fatigue, and mental health in hospice workers in Minnesota. *Journal of Palliative Medicine*, 16 (12), 1534-1539. doi: 10.1089/jpm.2013.0202
32. Crain, A.L., Solberg, L.I., Unutzer, J., Ohnsorg, K.A., Maciosek, M.V., **Whitebird, R.R.**, Beck, A., & Molitor, B.A. (2013). Designing and implementing research on a statewide quality improvement initiative: The DIAMOND Study and initiative. *Medical Care*, 51(9), e58-66. doi:10.1097/MLR.0b013e318249d8a4
33. Solberg, L.I., Crain, A.L., Jaeckels, N., Ohnsorg, K.A., Margolis, K.L., Beck, A., **Whitebird, R.R.**, Rossom, R.C., Crabtree, B.F., & Van de Ven, A. (2013). The DIAMOND initiative: Implementing collaborative care for depression in 75 primary care

- clinics. *Implementation Science*, 16(8), 135. doi:10.1186/10.1186/1748-5908-8-135
34. **Whitebird, R.R.**, Kreitzer, M.J., Crain, A.L., Lewis, B., Hanson, L., & Enstad, C. (2013). Mindfulness-based stress reduction for family caregivers: A randomized controlled pilot study. *The Gerontologist*, 53(4), 676-86. doi:10.1093/geront/gns126
35. **Whitebird, R.R.**, Solberg, L.I., Margolis, K.L., Asche, S.E., Trangle, M.A., & Wineman, A.P. (2013). Barriers to improving primary care of depression: Perspectives of medical group leaders. *Qualitative Health Research*, 23(6): 805-814. doi:10.1177/1049732313482399
36. Solberg, L.I., Crain, A.L., Tillema, J., Scholle, S.H., Flottemesch, T., Fontaine, P., & **Whitebird, R.** (2013). Medical home transformation: A gradual process and a continuum of attainment. *Annals of Family Medicine*, 11, S108-S114. doi:10.1370/afm.1478
37. **Whitebird, R.R.**, Kreitzer, M.J., Lewis, B.A., Hanson, L.R., Crain, A.L., Enstad, C.J., & Mehta, A. (2011). Recruiting and retaining family caregivers to a randomized controlled trial on mindfulness-based stress reduction. *Contemporary Clinical Trials*, 32(5), 654-61. doi:10.1016/j.cct.2011.05.002
38. Margolis, K.L., Solberg, L.I., Crain, A.L., **Whitebird, R.R.**, Ohnsorg, K.A., Jaeckels, N., Oftedahl, G., & Glasgow R.E. (2011). Prevalence of practice systems tools for improving depression among primary care clinics: The DIAMOND initiative. *Journal of General Internal Medicine*, 26(9), 999-1004. doi:10.1007/s11606-011-1739-0
39. Beck, A., Crain, A.L., Solberg, L.I., Unutzer, J., Glasgow, R.E., Maciosek, M.V., & **Whitebird, R.R.** (2011). Severity of depression and magnitude of productivity loss. *Annals of Family Medicine*, 9(4): 305-311. doi:10.1370/afm.1260
40. Bliss, D.Z., Savik, K., Jung, H. JG., **Whitebird, R.R.**, & Lowry, A. (2011). Symptoms associated with dietary fiber supplementation over time in individuals with fecal incontinence. *Nursing Research*, 60(3Suppl), s58-67. doi:10.1097/NNR.0b013e3182186d8c
41. Bliss, D.Z., Lewis, J., Hasselman, K., Savik, K., Lowry, A., & **Whitebird, R.R.** (2011). Use and evaluation of disposable absorbent products for managing fecal incontinence by community-living people. *Journal of Wound, Ostomy, and Continence Nursing*, 38(3), 289-297. doi:10.1097/WON.0b013e31821530ca.
42. **Whitebird, R.R.**, Bliss, D.Z., Savik, K., Lowry, A., & Jung, H.J. (2010). Comparing community and specialty provider-based recruitment in a randomized clinical trial: clinical trial in fecal incontinence. *Research Nursing & Health*, 33(6), 500-511. doi:10.1002/nur.20408
43. Manthey, A., Bliss, D.Z., Savik, K., Lowry, A., & **Whitebird, R.R.** (2010). Goals of fecal incontinence management in community-living individuals. *Western Journal of Nursing Research*, 32 (5), 644-661. doi:10.1177/0193945909356098
44. Wei, F., O'Connor, P.J., Crain, L.A., & **Whitebird, R.R.** (2009). Effects of paroxetine and sertraline on low-density lipoprotein cholesterol: An observational cohort study. *CNS Drugs*, 23(10), 857-865. doi:10.2165/11310840-000000000-00000

45. **Whitebird, R.R.**, Kreitzer, M.J., & O'Connor, P.J. (2009). Mindfulness-based stress reduction and diabetes. *Diabetes Spectrum*, 22, 226-230. PMID: 20657669
46. Solberg, L.I., Asche, S.E., Margolis, K.L., **Whitebird, R.R.**, Trangle, M.A., & Wineman, A.P. (2008). Relationship between the presence of practice systems and the quality of care for depression. *American Journal of Medical Quality*, 23(6), 420-426. doi:10.1177/1062860608324547
47. Rush, W.A., **Whitebird, R.R.**, Rush, M.R., Solberg, L.I., & O'Connor, P.J. (2008). Depression in patients with diabetes: Does it impact clinical goals? *Journal of the American Board of Family Medicine*, 21, 392-397.
48. Solberg, L.I., Asche, S.E., Margolis, K.L., & **Whitebird, R.R.** (2008). Measuring an organization's ability to manage change: The change process capability questionnaire and its use for improving depression care. *American Journal of Medical Quality*, 23, 193-200. doi:10.1177/1062860608314942
49. O'Connor, P.J., Rush, W.A., Davidson, G., Louis, T.A., Solberg, L.I., Crain, A.L., Johnson, P.E., & **Whitebird R.R.** (2008). Variation in quality of diabetes care at the level of patient, physician and clinic. *Preventing Chronic Disease*, 5(1): A15. PMID: PMC2248776
50. Margolis, K.L., Solberg, L.I., Asche, S.E., & **Whitebird R.R.** (2007). Use of practice system tools by medical groups for depression and other chronic medical conditions. *The American Journal of Managed Care*, 13, 305-11.
51. Gilmer, T.P., O'Connor, P.J., Rush, W.A., Crain, A.L., **Whitebird, R.R.**, Hanson, A.M., & Solberg L.I. (2006). Impact of office systems and improvement strategies on costs of care for adults with diabetes. *Diabetes Care*, 29(6), 1242-1248.
52. **Whitebird, R.R.**, Bliss, D.Z., Hase, K.A., & Savik K. (2006). Community-based recruitment and enrollment for a clinical trial on the sensitive issue of fecal incontinence: The Fiber Study. *Research in Nursing & Health*, 29(3), 233-243.
53. Anderson, L.H., Martinson, B.C., Crain, A.L., Pronk, N.P., **Whitebird, R.R.**, Fine, L.J., & O'Connor, P.J. (2005). Health care charges associated with physical inactivity, overweight and obesity. *Preventing Chronic Disease*, 2(4), A09.
54. O'Connor, P.J., Pronk, N.P., Tan. A., & **Whitebird, R.R.** (2005). Characteristics of adults who use prayer as an alternative therapy. *American Journal of Health Promotion*, 19(5), 369-375.
55. Solberg, L.I., O'Connor, P.J., Christianson, J.B., **Whitebird, R.R.**, Rush, W.A., Amundson, G.M., & Asche S.E. (2005). The QUEST for quality: What are medical groups doing about it? *Joint Commission Journal on Quality and Patient Safety*, 31(4), 211-219.
56. Gilmer, T.P., O'Connor, P.J., Rush, W.A., Crain, A.L., **Whitebird, R.R.**, Hanson, A.M., & Solberg L.I. (2005). Predictors of health care costs in adults with diabetes. *Diabetes Care*, 28(1), 59-64.

57. O'Connor, P.J., Asche, S.E., Crain, A.L., Rush, W.A., **Whitebird, R.R.**, Solberg L.I., & Sperl-Hillen, J.M. (2004). Is patient readiness to change a predictor of improved glycemic control? *Diabetes Care*, 27, 2325 - 2329.
58. Pronk, N.P., Anderson, L.H., Crain, A.L., Martinson, B.C., O'Connor, P.J., Sherwood, N.E., & **Whitebird R.R.** (2004). Meeting recommendations for multiple healthy lifestyle factors: Prevalence, clustering, and predictors among adolescent, adult, and senior health plan members. *American Journal of Preventive Medicine*, 27(2S), 25 -33.

Book Chapters

1. **Whitebird, R.R.**, Heinrich, R., O'Connor, P.J., & Solberg, L.I. (2006). Evaluation & Treatment of Depression. In: Rosenthal, T., Naughton, B., Williams, M., (Eds). *Office Care Geriatrics* (pp. 207-223). New York: Lippincott.

Invited Articles

1. Fricton, J., Gatchel, R., Lawson, K., & **Whitebird, R.** (2017). Transformative care for chronic pain and addiction: Healing the patient and the health care system. *Practical Pain Management*, September 17(7), 16-29. url: <https://www.practicalpainmanagement.com/treatments/psychological/transformative-care-chronic-pain-addiction>
2. **Whitebird, R.R.** (2011). Mindfulness and the art of caregiving. *Minnesota Women's Press*. September. url: <http://womenspress.com/main.asp?SectionID=124&SubSectionID=684&ArticleID=3901>
3. **Whitebird, R.R.** & Mehta, A. (2008). The family caregiver: An invisible (and stressed-out) member of your care team. *Minnesota Physician*, XXII (7), 20-21.

PRESENTATIONS

Refereed Conference Presentations and Published Abstracts

1. **Whitebird, R.R.**, Fricton, J., Vazques-Benitez, G., Grossman, L., Ziegenfuss, J. and Lawson, K. (2018, November). An online self-management program for chronic pain: PACT - Patient activated care and training. Poster presented at the Gerontological Society of America's 70th Annual Scientific Meetings, Boston, MA.
2. Fricton, J., **Whitebird, R.**, Vazquez-Benitez, G., Grossman, E., Ziegenfuss, J., & Lawson, K. (2018, April 11). Transformative Self-Management for Chronic Pain Utilizing Online Training and Telehealth Coaching. Paper presented at the Health Care Systems Research Conference. Minneapolis, MN.
3. Sour, E., Ziegenfuss, J., Grossman, E., Vazquez-Benitez, G., **Whitebird, R.**, & Fricton, J. (2018, April 11). Highly Motivated Population Provides Two Successful Recruitment Methods into the TMD Self-Care Study and PACT Program. Poster presented at the Health Care Systems Research Conference. Minneapolis, MN.
4. Grossman, E., Vazquez-Benitez, G., **Whitebird, R.**, Lawson, K., & Fricton, J. (2018, April 12). PACT-A Self-Management Program for Chronic Pain utilizing Online

Education and Telehealth Coaching, Findings of the Pilot Study. Poster presented at the Health Care Systems Research Conference. Minneapolis, MN.

5. **Whitebird, R. R.**, Kreitzer, M. J., Vazquez Benitez, G., & Enstad, C. (2016, November 20). Managing Diabetes Mindfully. Paper presented at the Gerontological Society of America's 69th Annual Conference. *Gerontologist*, 56(Suppl_3): p. 702.
doi:<https://doi.org/10.1093/geront/gnw162.2862>
6. Gordon, B. D., Salzman, J., Bernard, K., & **Whitebird, R. R.** (2014, October). Health information exchange frequently changes emergency physician management plan. Poster presented at the American College of Emergency Physicians Scientific Assembly, Chicago, IL.
7. **Whitebird, R.R.**, Kreitzer, M.J., Vazquez-Benitez, G., Enstad, C.J., Stuck, L.H., & O'Connor, P.J. (2014). Improving mental health and diabetes management with mindfulness-based stress reduction [abstract]. *Journal of Alternative and Complementary Medicine*, 20(5), A58. doi:10.1089/acm.2014.5152
8. **Whitebird, R.R.**, Kreitzer, M.J., Vazquez-Benitez, G., Enstad, C.J., Stuck, L.H., & O'Connor, P.J. (2014, April). Improving diabetes management with mindfulness-based stress reduction. Presented at: HMO Research Network 20th Annual Conference: Embedded Research to Improve Health. Phoenix AZ.
9. Solberg, L.I., Crain, A.L., Unutzer, J., Beck, A., Rubenstein, L., Jaekels, N., **Whitebird, R.**, Maciosek, M., Rossom, R., & Ohnsorg, K. (2014, April). Impact of a learning healthcare network on depression outcomes: the DIAMOND initiative. Paper presented at the 22nd NIMH Conference on Mental Health Services Research: Research in Pursuit of a Mental Health Care System. Washington, DC.
10. **Whitebird, R.R.**, Kreitzer, M.J., Vazquez-Benitez, G., Enstad, C.J., Stuck, L.H., & O'Connor, P.J. (2013, September). Improving diabetes management with mindfulness-based stress reduction. Poster at the Celebration of Education and Research Annual Conference. Minneapolis, MN. Sep.
11. Tillema, J.O., Solberg, L.I., Norton, C.K., Norris, M., Shapland, C., Fontaine, P.L., Crain, A.L., **Whitebird, R.R.**, Flottemesch, T.J., Maes-Voreis, M., Butler, J.C., Asche, S.E., Hedblom, B.D., Hanson, A.M., & Vinz, C.A. (2013, September). How to engage patients and clinicians as research partners, and have fun, too. Poster presented at the Celebration of Education and Research Annual Conference. Minneapolis, MN.
12. Anderson, L., **Whitebird, R.R.**, Schultz, J., McEvoy, C.E., Kreitzer, M.J., & Gross, C.R. (2013, April). Health Care Costs and Utilization in Patients with Insomnia: Higher Medical Expenses and Declining Health Often Follow Treatment. Poster Presented at the HMO Research Network 19th Annual Conference: Advancing Research in the Era of Healthcare Reform. San Francisco, CA.
13. WillerSly, D.J. & **Whitebird, R.R.** (2012, November). Assisted living life-style--information flow to primary providers on the health of dementia patients. Paper presented at the Gerontological Society of America 64th Annual Scientific Meetings. Boston, MA.

14. Wei, F.F. & **Whitebird, R.R.** (2012, July). Did adult liver transplant recipients who had hepatitis C prior to transplant receive antiviral therapy, January 1997 to June 2009. Poster presented at the Joint Statistical Meeting, JSM Proceedings. San Diego, CA.
15. Solberg, L.I., Crain, A.L., Maciosek, M.V., **Whitebird, R.R.**, Ohnsorg, K.A., King, C.M., Molitor, B.A., Jaeckels, N., Unutzer, J., Beck, A.L., Rubenstein, L., & Oftedahl, G. (2011, September). DIAMOND Study: an innovative observational design model for patient-centered comparative effectiveness research. Poster presented at A Celebration of Research, Minneapolis, MN.
16. Rossom, R.C., Vazquez-Benitez, G.X., Solberg, L.I., Beck, A., Oftedahl, G., Rubenstein, L., Jaeckels, N., Unutzer, J., Crain, A.L., Joslyn, K., Maciosek, M.V., Danz, M., Margolis, K.L., Ohnsorg, K.A., Glasgow, R.E., & **Whitebird, R.R.** (2011, September). Which patient characteristics predict response and remission to usual primary care of depression? Poster presented at A Celebration of Research, Bloomington, MN.
17. Stewart, C., Simon, G., Miroshnik, I., Ahmedani, B., Lakoma, M., Larkin, D., Niedenfuer, K.L., **Whitebird, R.R.**, Nyirenda, C., Beck, A.L., Adams, M., Davis, R.L., Schmidt, M., Ahmed, A., Gul, J., Crawford, P., Lynch, F., Liu, J., & Coleman, K. (2011, March). Psychotherapeutic prescription patterns across health plans in the Mental Health Research Network. Paper presented at the HMO Research Network 17th Annual Conference: Collaborations in Population-Based Health Research, Boston, MA.
18. **Whitebird, R.R.**, Kreitzer, M.J., Lewis, B.A., Crain, A.L., Hanson, L.R., & Enstad, C.J. (2010, November). Challenges in recruiting family caregivers to a clinical trial on MBSR for stress reduction. Poster presented at the Gerontological Society of America 63rd Annual Scientific Meeting, New Orleans, LA.
19. Kreitzer, M.J., **Whitebird, R.R.**, Lewis, B.A., Crain, A.L., Hanson, L.R., & Enstad, C.J. (2010, May). Mindfulness-based stress reduction for caregivers: A randomized controlled pilot study. Paper presented at the 5th International Congress on Complementary Medicine Research, Tromso, Norway.
20. **Whitebird, R.R.**, Asche, S.E., OConnor, P.J., Kreitzer, M.J., & Morgan, R. (2010, April). Use of complementary and alternative medicine in people with diabetes. Paper presented at the Society for Behavioral Medicine 31st Annual Meeting and Scientific Sessions, Seattle, WA.
21. **Whitebird, R.R.**, Kreitzer, M.J., Lewis, B.A., Crain, A.L., Hanson, L.R., & Enstad, C.J. (2010, April). MBSR for caregivers of people with dementia: The Balance Study. Poster presented at the Society for Behavioral Medicine 31st Annual Meeting and Scientific Sessions, Seattle, WA.
22. **Whitebird, R.R.**, Kreitzer, M.J., Lewis, B.A., Wei, F., Hanson, L.R., Enstad, C.J., & King C.M. (2009). Recruitment and retention of caregivers for patients with dementia: The balance study [abstract]. *Alternative Therapies in Health and Medicine*, 15(3) S170.
23. Laube, J.G., Matthews, R.M., **Whitebird, R.R.**, Kreitzer, M.J., Lewis, B.A., Wei, F., Enstad, C.J., & Hanson L.R. (2009). Impact of mind-body and education-based interventions on physiologic markers of chronic stress in family caregivers of dementia patients [abstract]. *Alternative Therapies in Health and Medicine*, 15(3) S112.

24. **Whitebird, R.R.**, Asche, S.E., & Thompson, G.L. (2009). Stress, burnout, compassion fatigue and coping in Minnesota hospice workers [abstract]. *Gerontologist*, 49 (Suppl 2), 335-6.
25. Bliss, D.Z., Lowry, A., **Whitebird, R.**, Savik, K., Fan, Q., & Jung, H-J. (2008, November). Severity of fecal incontinence and its relationship to quality of life and adverse symptoms in community-living persons. Paper presented at the Gerontological Society of America 61st Annual Scientific Meeting. Atlanta, GA.
26. Bliss, D.Z., Lowry, A., **Whitebird, R.**, Savik, K., Fan, Q., & Jung, H-J. (2008, October). Absorbent product use and incontinence associated dermatitis in community-living persons with fecal incontinence. Paper presented at the 38th Annual meeting of the International Continence Society. Cairo, Egypt.
27. **Whitebird, R.R.** (2008, April). Barriers to improving primary care of depression: A qualitative study. Paper presented at the HMO Research Network 14th Annual Conference, Minneapolis, MN.
28. **Whitebird, R.R.** (2008, April). Stress Reduction & Caregiving; Mindfulness as a path to balance. Paper presented at the Minnesota Gerontological Society Annual Spring Conference. Brooklyn Center, MN.
29. O'Connor, P.J., Crain, A.L., Solberg, L.I., Asche, S.E., Rush, W.A., & **Whitebird, R.R.** (2007, June). EMR use is not associated with better diabetes care. Poster presented at the American Diabetes Association's 67th Scientific Sessions. Chicago, IL.
30. O'Connor, P.J., Crain, A.L., Solberg, L.I., Asche, S.E., Rush, W.A., & **Whitebird, R.R.** (2007, June). Diabetes care is no better in clinics that use electronic medical records. Paper presented at the Academy Health 24th Annual Research Meeting, Orlando, FL.
31. O'Connor, P.J., Crain, A.L., Solberg, L.I., Asche, S.E., Rush, W.A., & **Whitebird, R.R.** (2007, March) EMR use is not associated with better diabetes care. Paper presented at the 13th Annual HMO Research Network Conference, Portland, OR.
32. Flottemesch, T.J., Gunnarson, T.M., **Whitebird, R.R.**, Martinson, B.C., & Degelau, J.J. (2006, November). Sub-acute/transition care and the acute care episode: A comparison and episodic and annual medical costs in a geriatric population. Paper presented at the Gerontological Society of America's 59th Annual Scientific Meeting, Dallas, TX.
33. **Whitebird, R.R.**, Degelau, J.J., Flottemesch, T.J., Gunnarson, T.M., & Martinson, B.C. (2006, November). Transitional sub-acute care: Outcomes of post-hospital care and care in lieu of hospitalization. Paper presented at the Gerontological Society of America's 59th Annual Scientific Meeting. Dallas, TX.
34. O'Connor, P.J., Crain, A.L., Solberg, L.I., Asche, S.E., Rush, W.A., & **Whitebird, R.R.** (2006, September). EMR use is not associated with better diabetes care. Poster presented at A Celebration of Research, Minneapolis, MN.
35. O'Connor, P.J., Asche, S.E., Solberg, L.I., Rush, W.A., & **Whitebird, R.R.** (2006, September). Are patient experiences of care among adults with diabetes related to health outcomes? Poster presented at A Celebration of Research, Minneapolis, MN.

36. Sperl-Hillen, J.M., O'Connor, P.J., Rush, W.A., Asche, S.E., **Whitebird, R.R.**, & Solberg, L.I. (2006, June). Patient and physician factors related to intensification of therapy in diabetes patients not at goal. Paper presented at the American Diabetes Association's 66th Scientific Sessions, Washington, DC.
37. Solberg, L.I., O'Connor, P.J., Asche, S.E., Rush, W.A., & **Whitebird, R.R.** (2006). Is patient satisfaction related to metabolic control in adults with diabetes? [abstract]. *Diabetes*, 55 (Suppl. 1).
38. **Whitebird, R.R.**, O'Connor, P.J., Asche, S.E., Rush, W.A., Solberg, L.I., & Crain, A.L. (2006). Impact of spiritual and religious beliefs and practices on clinical measures of diabetes care in adults [abstract]. *Diabetes*, 55 (Suppl. 1).
39. O'Connor, P.J., Solberg, L.I., Asche, S.E., Rush, W.A., & Whitebird, R.R. (2006, May). Is patient satisfaction related to metabolic control in adults with diabetes? Poster presented at the 12th Annual HMO Research Network Conference, Cambridge, MA.
40. O'Connor, P.J., Sperl-Hillen, J.M., Rush, W.A., Asche, S.E., **Whitebird, R.R.**, & Solberg, L.I. (2006, May). Patient and physician factors related to intensification of therapy in diabetes patients not at goal. Poster presented at the 12th Annual HMO Research Network Conference. Cambridge, MA.
41. O'Connor, P.J., **Whitebird, R.R.**, & Asche, S.E. (2006, May). Management of adults with chronic kidney disease in primary care: Gaps in care. Poster presented at the 12th Annual HMO Research Network Conference, Cambridge, MA.
42. **Whitebird, R.R.**, Degelau, J.J., Flottemesch, T.J., Gunnarson, T.M., & Martinson, B.C. (2006, May). Transitional sub-acute care: Outcomes of post-hospital care and care in lieu of hospitalization. Poster presented at the 12th Annual HMO Research Network Conference, Cambridge, MA.
43. Rush, W.A., **Whitebird, R.R.**, Solberg, L.I., & O'Connor, P.J. (2006, May). Patient and physician factors related to the receipt of a diagnosis of depression. Poster presented at the 12th Annual HMO Research Network Conference. Cambridge, MA.
44. Flottemesch, T.J., Gunnarson, T.M., **Whitebird, R.R.**, Martinson, B.C., & Degelau, J.G. (2006, May). Sub-acute/transition care and the acute care episode: A comparison and episodic and annual medical costs in a geriatric population. Paper presented at the 12th Annual HMO Research Network Conference, Cambridge, MA.
45. Degelau, J.J., Flottemesch, T.J., Gunnarson, T.M., **Whitebird, R.R.**, Martinson, B.C. (2006, May) Transitional care in a health care organization: Outcomes of post-hospital care and care in lieu of hospitalization. Poster presented at the Annual Scientific Meeting of the American Geriatrics Society, Chicago, IL.
46. Degelau, J.J., Flottemesch, T.J., Gunnarson, T.M., Martinson, B.C., & **Whitebird, R.R.** (2006, May). The impact of transitional care and continuity of care in an older population on hospitalist practice. Poster presented at the Society of Hospital Medicine's Research Innovations, and Clinical Vignettes Competition, Washington, DC.
47. Rush, W.A., **Whitebird, R.R.**, Solberg, L.I., & O'Connor, P.J. (2005, September). Patient and physician factors related to the receipt of a diagnosis of depression in the QUEST study. Poster presented at: A Celebration of Research, Minneapolis, MN.

48. **Whitebird, R.R.**, Degelau, J.J., Flottemesch, T.J., Gunnarson, T.M., & Martinson, B.C. (2005, September). Transitional care in a health care organization: outcomes of post-hospital care and care in lieu of hospitalization. Poster presented at A Celebration of Research, Minneapolis, MN.
49. O'Connor, P.J., **Whitebird, R.R.**, Christianson, J.C., Johnson, P.E., Asche, S.E., Solberg, L.I., Crain, A.L., Rush, W.A., Amundson, G., & Van de Ven, A. (2005, June). Clinic characteristics that may impact diabetes care outcomes and costs: A conceptual approach. Poster presented at the Academy of Health Annual Research Meeting, Boston, MA.
50. Gilmer, T.P., O'Connor P.J., Rush, W.A., Crain, A.L., **Whitebird, R.R.**, Hanson, A.H., & Solberg, L.I. (2005, June). Impact of clinic systems and improvement strategies on costs of care for adults with diabetes. Poster presented at the Academy of Health Annual Research Meeting, Boston, MA.
51. Gilmer, T.P., O'Connor, P.J., Rush, W.A., Crain, A.L., **Whitebird, R.R.**, Hanson, A.M., Solberg, L.I., & Christianson, J.C. (2005, June). Impact of clinical systems and improvement strategies on costs of care for adults with diabetes. Poster presented at the American Diabetes Association 65th Annual Scientific Sessions, San Diego, CA.
52. Engebretson, B.A., O'Connor, P.J., **Whitebird, R.R.**, Asche, S.E., & Anderson, D.M. (2005, June). Prevalence of anemia in adults with diabetes: 1998-2002. Poster presented at the American Diabetes Association 65th Annual Scientific Sessions, San Diego, CA.
53. Gunnarson, T.M., **Whitebird, R.R.**, Flottemesch, T.J., Asche, S.E., Martinson, B.C., & Degelau, J.J. (2005, May). The relationship of biopsychosocial factors and continuity of primary care to emergency department use among seniors. Poster presented at The American Geriatrics Society Annual Meeting, Orlando, FL.
54. **Whitebird, R.R.**, Flottemesch, T.J., Gunnarson, T.M., Asche, S.E., Martinson, B.C., & Degelau, J.J. (2005, March). The relationship of biopsychosocial factors and continuity of primary care to emergency department use among seniors. Paper presented at the 9th Annual Minnesota Health Services Research Conference, Minneapolis, MN.
55. **Whitebird, R.R.**, Rush, W.A., O'Connor, P.J., Asche, S.E., Solberg, L.I., & Rush, M.M. (2005, April). The impact of co-morbid depression on CHD in the elderly: health status and clinical outcomes. Poster presented at the 11th Annual HMO Research Network Conference, Santa Fe, NM.
56. O'Connor, P.J., Gilmer, T.P., Solberg, L.I., Rush, W.A., Crain, A.L., **Whitebird, R.R.**, & Christianson, J.C. (2005, April). Health care costs attributable to organizational characteristics: Analysis of QUEST data. Paper presented at the Building Bridges Conference, Santa Fe, NM.
57. Flottemesch, T.J., Gunnarson, T.M., **Whitebird, R.R.**, Asche, S.E., Martinson, B.C., & Degelau, J.J. (2005). The relationship of psychological, social and health factors and continuity of primary care to emergency department use among seniors [abstract]. *Academic Emergency Medicine*, 12(5 Suppl 1), 161.
58. **Whitebird, R.R.**, Flottemesch, T.J., Gunnarson, T.M., Asche, S.E., Martinson, B.C., & Degelau, J.J. (2005). The relationship of biopsychosocial factors and continuity of

primary care to emergency department use among seniors [abstract]. *The Gerontologist*, 45(Suppl II), 7.

59. **Whitebird, R.R.**, Rush, W.A., O'Connor, P.J., Asche, S.E., & Rush, M.M. (2004). The impact of depression on coronary heart disease in the elderly: Effects on perceived health status and clinical outcomes [abstract]. *The Gerontologist*, 44 (suppl), 98.
60. **Whitebird, R.R.**, Sherwood, N.E., Crain, A.L., Martinson, B.C., O'Connor, P.J., Pronk, N.P., & Anderson, L.H. (2004). Biopsychosocial and behavioral correlates of depression and subthreshold depression in the elderly [abstract]. *The Gerontologist*, 44 (suppl), p237-238.
61. **Whitebird, R.R.**, Asche, S.E., & Gunnarson, T.M. (2004, September). The relationship of biopsychosocial factors and continuity of care to emergency department use of seniors. Poster presentation at the Celebration of Research, Minneapolis, MN.
62. Rush, W.A., **Whitebird, R.R.**, Solberg, L.I., Rush, M.R., & O'Connor, P.J. (2004). Diabetes and depression: the path to clinical goals [abstract]. *Diabetes*, 53(Suppl 2), A292.
63. O'Connor, P.J., **Whitebird, R.R.**, Asche, S.E., & Engebretson, K.I. (2004). Prevalence of anemia in adults with diabetes, 1998 to 2001 [abstract]. *Diabetes*, 53(Suppl 2), A251.
64. Gilmer, T.P., O'Connor, P.J., Rush, W.A., Crain, A.L., **Whitebird, R.R.**, & Hanson, A.M. (2004). Relative impact of glycemic control and cardiovascular comorbidity on subsequent resource use among adults with diabetes [abstract]. *Diabetes*, 53(Suppl 2), A50.
65. O'Connor, P.J., Asche, S.E., Crain, A.L., Rush, W.A., **Whitebird, R.R.**, Solberg, L.I., & Sperl-Hillen, J.M. (2004). Is patient readiness to change a predictor of improved glycemic control? [abstract]. *Diabetes* 53(Suppl 2), A439.
66. O'Connor, P.J., Solberg, L.I., **Whitebird, R.R.**, Crain, A.L., Christianson, J.B., Rush, W.A., Amundson, G., & Asche, S.E. (2004). The impact of clinic and medical group characteristics on diabetes care outcomes in primary care clinics [abstract]. *Diabetes*, 53(Suppl 2), A288.
67. Rush, W.A., **Whitebird, R.R.**, O'Connor, P.J., Asche, S.E., Rush, MR., & Solberg, L.I. (2004, March). Diabetes and depression. Paper presented at the 8th Annual Minnesota Health Services Research Conference, Minneapolis, MN.
68. **Whitebird, R.R.**, Rush, W.A., O'Connor, P.J., Asche, S.E., Rush, M.R., & Solberg, L.I. (2004, March). Coronary heart disease and depression. Paper presented at the 8th Annual Minnesota Health Services Research Conference, Minneapolis, MN.
69. **Whitebird, R.R.**, Sherwood, S.E., Crain, A.L., Martinson, B.C., O'Connor, P.J., Pronk, N., & Anderson, L. (2003, September). Biopsychosocial and behavioral correlates of depression and sub-threshold depression in the elderly. Poster presented at the Celebration of Research, Minneapolis, MN.
70. Rush, M.R., **Whitebird, R.R.**, Rush, W.A., & O'Connor, P.J. (2003, September). Chronic heart disease and depression: Perceived health status and outcomes. Poster presented at the Celebration of Research, Minneapolis, MN.

71. Pronk, N.P., Crain, A.L., **Whitebird, R.R.**, Martinson, B.C., & O'Connor, P.J. (2003). Decisional balance and physical activity predict body mass index among sedentary adults and seniors [abstract]. *Medicine Science in Sports & Exercise*. May, 35(5), S74.
72. **Whitebird, R.R.**, O'Connor P.J., Davidson, G., Rush, W.A., & Solberg, L.I. (2002). Diabetes quality improvement: should we target patients, physicians, or clinics? [abstract]. *Diabetes*, 51(Suppl 2), A27.
73. O'Connor, P.J., Solberg, L.I., **Whitebird, R.R.**, & Nelson, A.F. (2002, April). Medical group and clinic recruitment in health services research. Poster presented at the HMO Research Network 7th Annual Conference, Long Beach CA.
74. O'Connor, P.J., Solberg, L.I., Christianson, J.B., Van de Ven, A., Johnson, P., Whitebird, R.R., Amundson, G.M., Rush, W.A., Crain, L.A., & Nelson, A.F. (2002, April). Organizational characteristics and chronic disease care: A conceptual model. Poster presented at the HMO Research Network 7th Annual Conference, Long Beach CA.
75. **Whitebird, R.R.** & Kane, R.A. (2001). Patterns of service & outcomes for residents in assisted living apartments [abstract]. *The Gerontologist*, 41(suppl.), 260-61.
76. **Whitebird, R.R.** & Kane, R.A. (2000). Making assisted living apartments work: Challenges of meeting high needs in homelike and high service environments [abstract]. *The Gerontologist*, 40 [suppl], 209-10.
77. Kane, R.A., **Whitebird, R.R.**, & Gaugler, J.E. (2000). How service patterns affect outcomes in apartment style assisted living [abstract]. *The Gerontologist*, 40 (suppl), 108.
78. **Whitebird, R.R.**, Kane, R.A., & Goodman, M.J. (2000). Seniors at risk: Physical health status, psychological and social factor related to the hospital use of seniors [abstract]. *The Gerontologist*, 40 [suppl], 136.
79. Weisensee, M.G., Kjervick, D., & **Whitebird, R.R.** (1991). Family caregiver guardians' decision-making for cognitively impaired elderly [abstract]. *The Gerontologist*, 31 [suppl].

Invited Presentations

1. Whitebird, R. R. (2016, January 20). Mindfulness: A new frontier in healthy aging [Webinar]. In *Minnesota Gerontological Society Webinar Series*. Retrieved from <https://www.youtube.com/channel/UC55bYMWu589cXrTm4z0o-Cg>.
2. Whitebird, R. R. (2014, May). Managing diabetes mindfully. Invited presentation at the American Association of Diabetes Educators MN Network Spring Symposium, Minneapolis MN.
3. Whitebird, R. R. (2014, April). The perils of perception: The role of stress in diabetes. Invited presentation at the EBAN 3D Collaborative Meeting, Minneapolis, MN.
4. Whitebird, R. R. (2012, November). Mindfulness based stress reduction for caregivers. Invited presentation at the Annual Conference of the Minnesota Council on Family Relations. Vadnais Height MN.

5. Whitebird, R. R. (2011, April). Using mindfulness based stress reduction with caregivers for people with dementia. Invited presentation at the Minnesota Gerontological Society Meeting, Minneapolis, MN.
6. Whitebird, R. R. (2010, April). Don't just tell me to relax: New approaches to coping with stress. Invited presentation at: Aging & Alzheimer's Disease: Preserving Brain Function and Caring for Caregivers Conference. HealthPartners Center for Dementia and Alzheimer's Care. St. Paul, MN.
7. Whitebird, R. R. (2004, November). Grieving unrecognized loss. Invited presentation at the Restorative Justice Program, Volunteers of America, Regional Correctional Facility, St. Paul, MN.
8. Whitebird, R. R. (1996). Song, laughter and tears: Music as a bridge to healing. Invited presentation at the Minnesota Bereaved Parents Conference, Minneapolis, MN.
9. Whitebird, R. R. (1995, September). Using music therapy in hospice care. Invited presentation at the Minnesota Hospice Organization Conference, Minneapolis, MN.
10. Whitebird, R. R. (1994, June). Music in hospice care. Invited presentation at Rice Memorial Hospice Midwest Conference, Willmar, MN.
11. Whitebird, R. R. (1993, September). The use of music in hospice care. Invited presentation at the Health East Annual Conference in Palliative Care, Minneapolis, MN.
12. Whitebird, R. R. (1993, April). The passage of grief in the process of caregiving. Invited presentation at the Third Annual Alzheimer's Association Regional Conference, Minneapolis, MN.
13. Whitebird, R. R. (1992). Grief & loss in the process of caregiving. Invited presentation at the Alzheimer's Association Annual Conference, Minneapolis, MN.

RESEARCH / GRANT AWARDS

Current

Research Consultant. Comparing Two Approaches to Care Coordination for High-Cost/High-Need Patients in Primary Care. L. Solberg & S. Dehmer, Principal Investigators. PCORI, *IHS-2019CI-15625*. Health Partners Institute. **2020 – 2023**

This study is an observational mixed-methods comparative effectiveness study of two approaches currently in use among all primary care clinics certified as medical homes in Minnesota. The will compare the healthcare quality, utilization, and patient-centered outcomes for high-cost/high-need adult patients who receive care coordination services from clinics that use a “nursing/medical” model versus a “medical/social” model that includes a licensed social worker on the care coordination team.

Research Consultant. Optimizing the Value of PROMs in Improving Care Delivery through Health Information Technology. L. Solberg, Principal Investigator. Agency for Healthcare Research and Quality, *R18HS025618*. Health Partners Institute. **2017 – 2022**

Despite great interest in patient-reported outcomes measures as a way to improve care, there are few examples of real-life health care systems that routinely collect and use such

information. We will partner with a large medical group that is developing such a system in orthopaedics to evaluate it thoroughly. Working with clinical leaders, doctors and patients, we will learn what outcomes are most important to patients and study the effect of providing this information to patients and their doctors on satisfaction and patient outcomes.

Completed

Research Consultant. CT Dose Collaboratory. R. Smith-Bindman, Principal Investigator; L. Solberg, Co-Investigator. NIH: National Institute of Cancer Research, #R01CA181191. University of California, San Francisco, Subcontract HealthPartners Institute. **2014 – 2019**

Computed tomography (CT) can deliver high doses of radiation to patients yet few standards exist, and radiation doses patients receive during CT vary widely. This study is a randomized controlled pragmatic trial with a stepped-wedge design to compare simple audit with feedback vs. a tailored, multicomponent intervention as strategies for facility-level optimization of CT radiation dose that will assess the degree of implementation and identify facilitators, barriers and successful and failed strategies for implementing dose optimization and sustaining improvements in CT radiation dosing.

Research Consultant. Tailored Self-Management of TMD Pain using Health Information Technology. J. Friction, Principal Investigator. NIH: National Institute of Dental and Craniofacial Research, #1U01DE025609. HealthPartners Institute. **2016 – 2018**

A pilot study is to determine the feasibility and acceptability of a tailored self-management program to decrease TMD pain and prevent chronic pain in patients with temporomandibular disorders compared with traditional self-care

Research Consultant. Know your Dose. R. Smith-Bindman, Principal Investigator. Patient Centered Research Outcomes Institute (PCORI), sub-award to Radiation Dose Registry to Ensure a Patient-Centered Approach for Imaging Award. University of California, San Francisco. **2016- 2016**

Co-Investigator (with J. Friction, Principal Investigator). Tailored Self-Management of TMD Pain using Health Information Technology. NIH: National Institute of Dental and Craniofacial Research #R34DE024260 (\$228,000.00). HealthPartners Institute. **2014 – 2015**

Co-Investigator (with G. Simon, Principal Investigator). Reducing Cardiovascular Risk in Adults with SMI using EMR-Based Clinical Decision Support. NIH: National Institutes of Mental Health #3U19MH092201 (\$264,306). HealthPartners Institute. **2014 – 2019**

Co-Investigator (with S. Magnan, Principal Investigator). Care of Management of Mental and Physical Comorbidities: A Triple Aim Bullseye (COMPASS). Centers for Medicare and Medicaid Services #C1CMS331048. HealthPartners Institute. **2014 - 2015**

Co-Investigator (with B. Gordon, Principal Investigator). Impact of Electronic Health Information Exchange on Clinical Decision-Making in the Regions Hospital Emergency Department. HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2013 - 2014**

Co-Investigator (with L.I. Solberg, Principal Investigator). Measuring Patient Outcome from High Tech Diagnostic Imaging: PIONEER. Patient-Centered Outcomes Research Institute (PCORI) #PI-12-001 (\$660,605.00). HealthPartners Institute. **2012 – 2014**

Co-Investigator (with L.R. Hanson, Principal Investigator). **The Minnesota Memory Project: A Registry of Brain Aging in Normal Adults with Memory Loss Together with their Care Partners.** Regions Alzheimer's Research Center, Regions Hospital, #09-174. HealthPartners Institute. **2010 – 2014**

Co-Investigator (with L.I. Solberg, Principal Investigator). **Evaluating Statewide Transformation of Primary Care to Medical Homes.** Agency for Healthcare Research and Quality #R18HS019161 (\$598,930.00). HealthPartners Institute. **2010 – 2013**

Co-Investigator (with L.I. Solberg, Principal Investigator). **Mental Health Research Network: A Population-Based Approach to Transform Research.** NIH: National Institutes of Mental Health #U19MH092201 (\$998,550.00). HealthPartners Institute. **2010 – 2013**

Principal Investigator. **Guided Imagery for Health Sleep.** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2010 - 2012**

Principal Investigator. **Vicarious Traumatization among End-of-Life Care Professionals in Minnesota: Compassion Fatigue and You Study.** *HealthPartners Research Foundation* (\$25,000.00). HealthPartners Institute. **2008 - 2010**

Principal Investigator. **Stress Reduction for Caregivers: A Randomized Controlled Pilot Study.** NIH: National Center for Complementary and Alternative Medicine #R21AT003654 (\$450,000.00). HealthPartners Institute. **2007 – 2011**

Principal Investigator. **Use of Complementary & Alternative Medicine for Chronic Disease and Stress.** NIH, National Center for Complementary and Alternative Medicine. Student Loan Repayment Program Award. HealthPartners Institute. **2009 – 2012**

Principal Investigator. **Use of Complementary & Alternative Medicine in Patient Management of Diabetes.** NIH, National Center for Complementary and Alternative Medicine #K23 AT003919 (\$632,183.00). HealthPartners Institute. **2008 – 2013**

Co-Investigator (with L.I. Solberg, Principal Investigator). **DIAMOND Study: Evaluation of a Natural Experiment to Improve Statewide Depression Care in Minnesota.** NIH: National Institute of Mental Health #R01MH080692 (\$3,600,000.00). HealthPartners Institute. **2007 – 2012**

Principal Investigator. **Multidisciplinary to Interdisciplinary: Stepping in the Future of Hospice Care.** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2006**

Principal Investigator. **A Pilot Study for Comparison of Geriatric Care Team Versus Usual Care Delivery of Medical Services for Residents in Assisted Living Setting** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2005**

Co-Investigator (with L.I. Solberg, Principal Investigator). **Testing Incentives and Systems Improvement Collaboratives for Depression Care.** The Robert Wood Johnson Foundation (\$295,000.00). HealthPartners Institute. **2005 – 2007**

Co-Investigator (with F. Wei, Principal Investigator). **Antidepressants & Cholesterol Screening.** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2005**

Co-Investigator (with J.J. Degelau, Principal Investigator). **Transitional Care in a Healthcare Organization: Outcomes of Post-Hospital Care and Care In lieu of Hospitalization.** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2004**

Co-Investigator (with D.Z. Bliss, Principal Investigator). **The Impact of Fiber Fermentation on Fecal Incontinence.** NIH: National Institute of Nursing Research # *R01NR007756* (\$2,860,000.00). HealthPartners Institute. **2003 - 2008**

Co-Investigator (with P.J. O'Connor, Principal Investigator). **Patterns of Anemia Treatment of Patients at Risk for Chronic Renal Insufficiency in Two Populations: Diabetes and Congestive Heart Failure.** Amgen Incorporated (\$125,000.00). HealthPartners Institute. **2003 – 2005**

Principal Investigator. **Prevalence and Correlates of Frailty among HMO Enrollees Age 80+.** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2003**

Principal Investigator. **Health Care Use and Aging: Assessing Risk.** HealthPartners Research Foundation (\$25,000.00). HealthPartners Institute. **2002**

Co-Investigator (with F. Wei, Principal Investigator). **Cancer Surveillance in HMO Administrative Data.** NIH: National Cancer Institute # *R01CA87944* (\$448,142.00). HealthPartners Institute. **2001 – 2005**

Co-Investigator (with N. Pronk, Principal Investigator). **Partners for Better Health, Lifestyle Survey.** *The Robert Wood Johnson Foundation* (\$50,000.00). HealthPartners Institute. **2001**

Co-Investigator (with P.J. O'Connor, Principal Investigator). **Partners for Better Health.** Center for Health Promotion, HealthPartners (\$625,000.00). HealthPartners Institute. **2001 – 2006**

Co-Investigator (with P. J. O'Connor, **Principal Investigator**). Organizational Characteristics and Chronic Disease Care (QUEST). Agency for Health Research & Quality #*R01HS09946* (\$1,200,000.00). HealthPartners Institute. **2000 – 2005**

Project Manager/ Research Analyst (with R. Kane, Principal Investigator). **Assisted Living Home Care Connection.** Robert Wood Johnson Foundation (385,000.00). HealthPartners Institute. **1998 – 2001**

Principal Investigator. **Seniors at Risk: Biopsychosocial Factors & Health Care Utilization.** HealthPartners Research Foundation, Dissertation Research (\$2,500.00) HealthPartners Institute. **1996**

TEACHING

University of St. Thomas, Doctorate in Social Work Program.

2020	Completed: Online Teaching Certificate Program, STELAR, University of St Thomas
2018 – 2020	Professor, <i>Research & Scholarship II: Qualitative Methods</i> . School of Social Work
2018 – 2020	Professor, <i>Banded Dissertation: Defense</i> . School of Social Work

- 2017 – 2020 Professor, *Banded Dissertation*. School of Social Work
- 2017 – 2020 Professor, *Research and Scholarship*. School of Social Work
- 2016 – 2020 Professor, *Grant Writing*, School of Social Work
- 2017 – 2018 Associate Professor, *Program Assessment and Evaluation*. School of Social Work
- 2016 Associate Professor, *Research: Fundamentals to Advanced Perspectives*. School of Social Work

University of St. Thomas, Master’s in Social Work Program

- 2016 – 2018 Associate Professor, *Social Work Practice Research*. School of Social Work
- 2016 Associate Professor, *Clinical Supervision & Program Management*. School of Social Work
- 2015 – 2016 Associate Professor, *Methods of Social Work Research; Applied Research Seminar*. School of Social Work
- 1998 – 2002 Adjunct Faculty, *Social Work Practice Research*. School of Social Work

University of Minnesota

- 2014 Lecturer, *Preventing Chronic Pain: A Human Systems Approach*. University of Minnesota, School of Public Health, MOOC (Massive Online Open Course), Module 14: *Gaining Insight, Hope and Purpose*. Course Director: James Friction, DDS, MS
- 2004 – 2011 Community Faculty, *Social Work Research Methods*. School of Social Work
- 1993 Community Faculty, *Advanced Theories of Human Growth and Change*. School of Social Work, University of Minnesota Extension Division

Social Work Licensure Review

- 1999 – 2012 Course Faculty, *Social Work Research*. Social Work Licensing Exam Review Course, National Association of Social Work, Minnesota Chapter

SERVICE

Grant Review Committees

- 2018 Grant Reviewer. National Institutes of Health/ National Center for Complementary and Integrative Health (NCCIH), 2018/10 ZATI PH (02) 1-Mechanistic Studies to Optimize Mind and Body Interventions in NCCIH High Priority Topics (R33/R61)
- 2018 Grant Reviewer. National Institutes of Health/ National Center for Complementary and Integrative Health (NCCIH), Special Emphasis Panel/ Scientific Review Group ZAT1 AJT (07), Loan Repayment Program, L30 (clinical research) and L40 (pediatric research)

- 2017 Grant Reviewer. Patient-Centered Outcomes Research Institute (PCORI) <https://www.pcori.org>. Final Report of Completed Study
- 2017 Grant Reviewer. Alzheimer's and Related Diseases Research Award Fund, State of Virginia
- 2014 Grant Reviewer. Alzheimer Nederland (the Dutch Alzheimer's Society). PGGM Incentive Fund: RFP for Caregiver Research
- 2010 – 2013 Chair, Health Services Research Committee. HealthPartners Institute for Education and Research
- 2009 –2010 Member (Peer Reviewer for Scientific Merit), Health Services Research Committee. HealthPartners Institute for Education and Research
- 2009 Grant Reviewer. National Institutes of Health/ NCCAM. PAR-09-066 Partnerships for Complementary Alternative Medicine Clinical Translational Research (PCCTR) (U19)

Local, National, and International Committees

- 2018– 2020 Elected Faculty Member. University Technology and Advisory Committee University of St Thomas
- 2017 – 2019 SSW Deans Representative. Online Learning Consulting Group, University Technology and Advisory Committee (UTAC), University of St Thomas
- 2017 - 2019 Faculty Liaison. University Technology and Advisory Committee (UTAC). University of St Thomas
- 2016 – 2018 Elected Faculty Member. University Technology and Advisory Committee and Online Learning Subcommittee & Classroom Subcommittee. University of St Thomas
- 2015 – 2016 Committee Member. Committee on Teaching Evaluation, University of St Thomas
- 2015 – 2019 Faculty Advisor. Social Work Healthcare Education and Leadership Scholars (HEALS) Program. School of Social Work, University of St Thomas
- 2012 – 2015 Member. Midwest Research Network, Aging and Mental Health Interest Group
- 2010 –2013 Health Sciences Section Representative. Humanities and Arts Committee, Gerontological Society of America
- 2010 –2013 Member, Research Committee. HealthPartners Institute for Education and Research

Editorial Experience/ Peer Review

- 2019 Diabetic Medicine
- 2018 – 2019 Mindfulness (Springer – Peer Reviewed)
- 2016 – 2019 Social Work in Health Care

2011 – 2019 Research in Nursing & Health
 2017 Protocol Review for Cochrane Reviews: Dementia and Cognitive Improvement Group on a systematic review of Mindfulness based interventions
 2016 – 2017 International Journal for the Psychology of Religion
 2016 – 2017 BMC Palliative Care
 2015 – 2016 Global Advances in Health and Medicine
 2015 – 2016 Annals of Family Medicine
 2015 – 2016 Complementary Therapies in Medicine
 2014 – 2016 American Journal of Alzheimer’s Disease and other Dementias
 2013 - 2014 Journal of Palliative Medicine
 2013 – 2014 Journal of Behavioral Medicine
 2012 – 2014 Contemporary Clinical Trials
 2010 – 2014 Qualitative Health Research
 2009 – 2014 American Journal of Managed Care
 2011 – 2013 Gerontologist
 2004 – 2013 American Journal of Preventive Medicine
 2011 – 2012 Implementation Science
 2005 – 2006 Journal of Clinical Outcomes Management
 2004 – 2005 Health Service Research Review

National Conference Peer Review / Session Chair

2010 - 2020 Abstract Reviewer, Gerontological Society of America, Annual Scientific Meetings
 2016 Chair, Paper Session #2230: Chronic Disease Management. Gerontological Society of America 69th Annual Scientific Meeting. November 20, 2016. New Orleans, LA
 2011 – 2015 Abstract Reviewer, International Research Conference on Integrative Medicine & Health

Advising/ Mentoring

2017 – 2020 Banded Dissertation Advisor, Doctorate in Social Work Program – Cohorts 1-4 (Advising 5 or more doctoral students in each cohort)
 2017 – 2020 Academic Advising, Doctorate in Social Work Program
 2012 – 2013 Supervisor, Research Field Experience, Deepshika Singh. University of Minnesota, School of Public Health
 2011 – 2011 Advisor, Research Field Experience, Rachel Rivard. University of Minnesota, School of Public Health

- 2008 – 2011 Community Faculty, Doctorate of Nurse Practice, Diane WillerSly, GNP.
University of Minnesota, School of Nursing
- 2009 – 2010 Advisor, Master’s Thesis, Stephanie Scheffler. University of St Thomas
- 2009 – 2010 Preceptor, Field Experience, Richard Morgan University of Minnesota School of
Public Health

Professional Memberships/ Affiliations

- Society of Behavioral Medicine, Member
Gerontological Society of America, Member
Minnesota Gerontological Society, Member
National Association of Social Workers, Member
National Association of Music Therapy, Registered Music Therapist