

Kira Swensen, MPH

Troy, Texas 76579

Kira.Swensen@BSWHealth.org**EDUCATION**

Master of Public Health*Utah State University* – December 2021

Emphasis: Health Education and Promotion

Bachelor of Science in Health Education*Utah State University* – August 2019

Minor: Sociology

Honors: Magna Cum Laude, Dean's List

RESEARCH EXPERIENCE

Program Manager II, Baylor Scott and White Health – Waco, TX*June 2022 – Present*

- Write, submit and manage Federal and State grants
- Lead research project on Veteran communication preferences.
- Manage IRB submission and review processes while ensuring ethical standards.
- Conduct literature reviews, meta-analyses, and research dissemination for national conferences.
- Train, supervise, and mentor research assistants and interns

Project Coordinator, Baylor Scott and White Health – Temple, TX*August 2020 – June 2022*

- Recruited, consented, and scheduled participants.
- Conducted intake assessments with participants.
- Authored, reviewed, and edited study protocols, manuscripts

Project Coordinator, Utah State University Extension – Tooele, UT*April 2019 – March 2020*

- Coordinated the Health Resources and Services Administration (HRSA) Rural Communities Opioid Response Program.
- Conducted applied health research using qualitative and quantitative methods in community settings.
- Led data collection and presented findings at scientific meetings and for publication.

RESEACH SKILLS and COMPETENCIES

- Research Design (Quantitative & Qualitative)
- Data Collection, Analysis, and Interpretation
- Meta-Analysis and Literature Reviews
- Internal Review Board (IRB) Management

- Health Promotion & Communication Strategies
- Public Health Intervention Design
- Statistical Software: SPSS, Qualtrics, Microsoft Excel, SurveyMonkey

TEACHING EXPERIENCE

Graduate Teaching Assistant, Utah State University - Logan, UT
October 2021 – January 2022

- Taught undergraduate courses including:
 - Intro to Epidemiology - 34 students
 - Health Care Systems - 22 students
 - Health Services Administration - 31 students
 - Human Diseases - 24 students
- Supported student academic growth and provided public health research guidance.

PUBLICATIONS and PRESENTATIONS

Torres, V. A., Thomas, K., Jackson, J., Beattie, E., Lewis, J., Kuslak, B., Ard, G., **Swensen, K.**, Gupman, J. R., & Gulliver, S. B. (2024, August 8-10). Peer Support for National Park Service (NPS) Workers Living in a Frontier Community. [Poster presentation]. American Psychological Association Conference, Seattle, WA, USA.

Torres, V. A., Lewis, J., Pennington, M. L., Kosci, L., **Swensen, K.**, & Gulliver, S. B. (2024, June 26). *Does pandemic-specific burnout account for meaningful variance in firefighter alcohol use?* [Poster presentation]. Research Society on Alcohol 47th Annual Scientific Meeting, Minneapolis, MN, USA.

Coe, E., Jones, S., & **Swensen, K.** (2023) Comparing Trauma Focused vs. Transdiagnostic Treatments: PTSD, Substance Use, and Psychological Distress Symptoms [Poster presentation]

Torres, V.A., Kuslak, B., Coe, E., Jones, S., **Swensen, K.**, Rostockyj, J., & Gulliver, S.B. (2023, October 17-18). The Role of Comorbid Symptoms in PTSD Treatment Selection for Veterans and Their Families [Poster presentation]. 8th Annual San Antonio Combat PTSD Conference, San Antonio, TX, USA

Jackson, J., Ard, G., **Swensen, K.**, Jones, S., Rostockyj, J., Coe, E., & Gulliver, S. (2023). Combating PTSD Severity with Access: Examining PTSD Symptoms and Access to Services Among Treatment Seeking Veterans and Families [Poster presentation]. Combat PTSD, San Antonio, United States of America.

Swensen, K., Kuslak, B., Jackson, J., et al. (2023). *There's Equity in Access: Impact of Access to Services on Depressive Symptoms in Texas Veterans*. Texas SOPHE [Poster presentation], Austin, TX.

Swensen, K.; Keady, Timothy; Yaughner, Ashley; Atisme, Kandice; Parkhurst, Emma; Judd, Hailey; and Voss, Maren Wright, "Community Paramedicine: A New Approach to Health in Rural Communities" (2021).

Stevens, A., Birchfield, T., **Swensen, K.**, Banda, J., & Cho, J. (2021). User Interface and User Experience Testing of an Online Translation of the REACH II Intervention: GamePlan4Care. *Innovation in Aging*, 5(Suppl 1), 4.

Swensen, K., Keady, T., Voss, M.W. (2020). *First Responder Mental Health*. USU Extension Fact Sheet. Published online August 28, 2020.

Swensen, K.; Murza, Gabriela; Sulzer, Sandra H.; and Voss, Maren Wright, "Public Health Violence Prevention: Supporting Law Enforcement" (2020).

Swensen, K., Conde, A., Yaughner, Y., et al. (2020). *Cognitive Behavioral Therapies for Chronic Pain Management*. USU Extension Fact Sheet. Published online August 11, 2020.

UNDER REVIEW

Torres, V. A., **Swensen, K.**, Lewis, J., Beattie, E., Kuslak, B., Jackson, J., Thomas, K., Ard, G., Gupman, R., Leto, F., & Gulliver, S. B. (under review). Benefits and Costs of Working in National Park Service: Focus Group Findings.

Torres, V. A., Hernandez, E., Renner, S., Flores, A., Jackson, J., **Swensen, K.**, Coe, E., & Gulliver, S. B. (under review). A Multigenerational Clinical Team's Perspectives on Culturally Competent, Evidence Based Care for Veterans and Veteran Family Members. JMVFH.

Torres, V. A., Coe, E., Jackson, J., Leonard, K., Rostockyj, J., **Swensen, K.**, Meyer, E. C., Gulliver, S. B., & Jones, S. (under review). Evidence-based treatment selection for PTSD and comorbid symptoms. Journal of Traumatic Stress.

CERTIFICATIONS and TRAINING

- IAFF Peer Support Training – 2024
- CITI IRB Certification - 2019
- Health Communication Leadership Institute, UT Center for Health Communication – 2021
- University of Texas at Austin – Center for Health Communication
 - Patient Provider Communication
 - Emotions in Health Communication
 - Health Literacy and Clear Health Communication
 - Audience-Centered Message Design
 - Mental Health Stigma and Communication
 - Pain, Opioids, and Hard Conversation
 - Visual Design in Health Communication
 - Equity Science, Health Equity, and Big Data
 - Pandemic Preparedness Communication
- FEMA- Incident Command: ISO 100, 200, 300, 400, 700, 800, 29 Certifications

HONORS and AWARDS

- Allen Scholar Award
- Vincent J. Lafferty Memorial Scholarship
- Allen Scholar Award
- Center for Women and Gender Studies - Lois Hyer Cook Scholarship
- JJ Russell Award – Grantsville Fire Department - 2011
- Circle of Distinction – University of Utah Health - 2015

SERVICE

- **Bell County Public Health District**

- Board Member | January 2024 – Present
- **United Way of Central Texas**
 - Allocations Review Committee | 2022, 2023, 2024 Sessions
- **West Texas Harm Reduction**
 - Education Advocate/Social Media Coordinator/Board Member | July 2020 – Present
- **Texas Harm Reduction Alliance**
 - Legislative Advocacy | 2020 - 2021
- **Tooele County Health Department**
 - Public Health Intern | April 2019 - June 2019
- **North Tooele Fire District, Grantsville Fire Department**
 - Firefighter II, AEMT | August 2006 – March 2020
- **Texas Society for Public Health Educators (TSOPHE)**
 - General Board Member | January 2021 – December 2023