

EDUCATION

Ph.D. 2017 University of Pennsylvania School of Social
Policy and Practice
Dissertation: A Yoga Intervention for
Substance Use and Stress for Returning
Citizens

M.P.H. 2009 Harvard University School of Public Health
Concentration in Maternal and Child Health

M.S.W. 2008 Simmons College School of Social Work
Specialization in Urban Leadership

B.A. 2002 University of California, Los Angeles
Art Studio, Minor in Education

ACADEMIC POSITIONS

2018-Present **Assistant Professor**
School of Social Work
University of Maryland, Baltimore
Courses Taught
SWCL 715: Mindfulness, Stress Reduction and Self-
care (asynchronous online and in-person)
Yoga Therapy (synchronous online)
Mindfulness for Substance Use Seminar
Faculty Field Liaison

2017-2018 **Postdoctoral Fellow (supported by NIH)**
HIV, Substance Use, and the Criminal Justice
Training Program
Columbia University

2014 & 2017 **Lecturer**
University of Pennsylvania School of Social
Policy and Practice
Courses Taught
Introduction to Research Methods (synchronous
online and in-person)

RESEARCH POSITIONS

- 2011-2012 **Clinical Research Manager**
NYU School of Medicine, New York, NY
Mental Health and Addictive Disorders Research
Program
- 2010-2011 **Project Coordinator**
NYU School of Medicine, New York, NY
Mental Health and Addictive Disorders Research
Program
- 2009 **Field Researcher**
Kennedy School of Government, Los Angeles, CA
Crime Reform

PRACTICE AND POLICY POSITIONS

- 2009-2010 **Behavioral Health Policy Analyst**
Council of State Governments, Justice Center
New York, NY
- 2008-2009 **Mental Health/ Crisis/ Reentry Clinician**
Suffolk County House Of Correction
Boston, MA
- 2009 **Policy Analyst**
Massachusetts Correctional Legal Services
Boston, MA

HONORS RECEIVED

- 2020 University of Maryland Dean's Teaching Award
Mindfulness, Stress Reduction and Self Care,
Fall semester- asynchronous
- 2019 University of Maryland Dean's Teaching Award
Mindfulness, Stress Reduction and Self Care,
Spring semester
- 2018 University of Maryland Dean's Teaching Award
Mindfulness, Stress Reduction and Self Care,
Fall semester
- 2015 University of Pennsylvania Excellence in Teaching
Award for Non-standing Faculty

Awarded in recognition of excellence in teaching and mentoring during the previous year.

2014 University of Pennsylvania Hal Levin Award
Awarded to a meritorious PhD student in Social Welfare

2012-2013 University of Pennsylvania Heyer Foundation Fellowship
Awarded for academic standing and interest in school and community

RESEARCH SUPPORT

Principal Investigator

2019-2021 **Recovery-oriented Yoga for Women in Jail.**
(PI: Wimberly; Total award: \$30,979.93)
University of Maryland School of Social Work
Competitive Innovative Research Award.

2014- 2017 **Yoga for Substance Use and ART Adherence in Community Reentry.**
(PI: Wimberly; Total award: \$105,409)
National Institute on Drug Abuse (F31-DA-038429)
1st submission: Impact/Priority Score: 19;
Percentile: 5.0

2015 **Yoga for Substance Use and ART Adherence in Community Reentry.**
(PI: Wimberly; Total award: \$1,800)
Dorbrecht Grant of the Jewish Community Federation and Endowment Fund from the National Coalition of Independent Scholars.

2014 **Yoga for Substance Use and ART Adherence in Community Reentry.**
(PI: Wimberly; Total award: \$8,800)
Peter F. McManus Charitable Trust.

Co-principal Investigator

2020-2025 **Baltimore County Detention Center Medication Assisted Treatment Evaluation.**
(Co-PI: Wimberly; Total award: \$501,295)
Baltimore County.

2019-2021 **Community Informed Mindfulness Intervention for Adherence to Medication Assisted Treatment among Women with Opioid Use Disorder.**
(Co-PI: Wimberly; Total award: \$49,999)
University of Maryland Center for Addiction Research, Education, and Service.

Co-investigator

2021-2022 **Supporting the Wellness and Recovery of People Receiving Medication Treatment at Baltimore County Detention Center: A Qualitative Study**
(Co-I: Wimberly; Total award: \$24,658)
Innovations in Recovery through Infrastructure Support.

Unfunded Grant Submissions

2019 **Evaluation of the Safe Stations Program in Anne Arundel County**
(PI: Unick, J. Qualitative Lead: **Wimberly, A. S.**)
Submitted to Arnold Ventures

PUBLICATIONS

Articles in Refereed Journals

Wimberly, A.S., Ware, O. D., Bazell, A., & Sibinga, E.M. (2020). Stress Among a Sample of Returning Citizens Living with HIV and Substance Use Disorder: A Mixed Methods Analysis. *Community Mental Health Journal*, 1-14. DOI.10.1007/s10597-020-00667-8

Wimberly, A.S., Gross, R., & Layde, M. (2020). Effect of yoga on antiretroviral adherence post-incarceration in HIV+ individuals. *Journal of Correctional Health Care*, 26(1). DOI 10.1177/1078345819897924

Kearley, B.W., Cosgrove, J.A., **Wimberly, A.S.,** & Gottfredson, D.C. (2019). The impact of drug court participation on mortality: 15-year outcomes from a randomized controlled trial. *Journal of Substance Abuse Treatment*, 105, 12-18. DOI 10.1016/j.sat.2019.07.004

Lookatch, S.J., **Wimberly, A.S.,** & McKay, J.R. (2019). Effects of social support and 12-Step involvement on recovery among people

in continuing care for cocaine dependence. *Substance Use and Misuse*. DOI 10.1080/10826084.2019.1638406

Wimberly, A.S. (2019). How yoga impacts the substance use of people living with HIV who are in reentry from prison or jail: A qualitative study. *Complementary Therapies in Medicine*, 47, DOI 10.1016/j.ctim.2019.03.022

Wimberly, A.S., Engstrom, M., Layde, M. & McKay, J.R. (2018). A randomized trial of yoga for stress and substance use among people living with HIV in reentry. *Journal of Substance Abuse Treatment*, 94, 97-104. DOI 10.1016/j.jsat.2018.08.001

Wimberly, A.S., Hyatt, J. & McKay, J.R. (2018). Effect of continuing care for people with cocaine dependence on criminal justice sentences. *Behavioral Sciences and the Law*, 36(1), 116-129. DOI 10.1002/bsl.2330

Wimberly, A.S. & Engstrom, M. (2018). Stress, substance use, and yoga in the context of community reentry following incarceration. *Journal of Correctional Health Care*, 24(1), 96-103. DOI 10.1177/1078345817726536

Wimberly, A.S., Ivey, M., Rennert, L. & McKay, J. R. (2017). Effect of continuing care for cocaine dependence on HIV sex-risk behaviors. *AIDS and Behavior*, 21(4), 1082-1090. DOI 10.1007/s10461-016-1434-6

Wimberly, A.S., Stern, M., Rosenbach, S., Thomas, T. & McKay, J. R. (2017). Challenges to practicing HIV sex-risk prevention among people in continuing care for cocaine addiction. *Substance Use & Misuse*, 52(5), 614-623. DOI:10.1080/10826084.2016.1245746

Wimberly, A.S., Xue, J. (2016). A systematic review of yoga interventions in the incarcerated setting. *Journal of Sociology and Social Welfare*, 43(4), 85-108.

Book chapters

Engstrom, M., **Wimberly, A.** & Franke, N. (2017). Mass incarceration: What's at stake and what to do. In J. L. Jackson (Ed.), *Social policy and social justice* (pp. 20-41). Philadelphia, PA: University of Pennsylvania Press.

Other publications

Wimberly, A.S. & Murray-Browne, S. (2021, July 19). Want to reduce overdose rates? Treat poverty first. *The Baltimore Sun*.

PRESENTATIONS

Refereed Presentations

Wimberly, A.S., Rawlett, K., Arikat, L., & Murray-Browne, S. (2021, April). *Development of a mindfulness support group for women in methadone maintenance treatment*. Poster presented at the Integrative Medicine and Health Symposium.

Wimberly, A.S., Ware, O., Bazell, A. & Sibinga, E. (2020, March). *Stressors for returning citizens living with HIV and substance use problems: A mixed methods analysis*. Poster accepted but not presented due to coronavirus cancellation at the Society of Behavior Medicine conference.

Cosgrove, J., Kearley, B. & **Wimberly, A. S.** (2019, March). *Long term effects of drug court participation on mortality: Evidence from a 15-year follow-up of a randomized controlled trial*. Paper presented at the Academy of Criminal Justice Sciences Conference, Baltimore, MD.

Wimberly, A. S., Hyatt, J. & McKay, J.R. (2017, January). *Effect of continuing care for people with cocaine dependence on criminal justice sentences*. Paper presented at the Society for Social Work Research Conference, New Orleans, LA.

Wimberly, A. S., Stern, M. R., Rosenbach, S. B., Thomas, T. T., McKay, J.R. (2016, March). *Challenges to practicing HIV sex-risk behavior prevention among people in continuing care for cocaine addiction*. Poster session presented at the Society of Behavioral Medicine, Washington, DC.

Engstrom, M., **Wimberly, A.** & Franke, N. (2016, January). *Mass incarceration: What's at stake and what to do*. Round table discussion at the Society for Social Work Research Conference, Washington, DC.

Wimberly, A. S. & Xue, J. (2015, November). *A systematic review of yoga interventions in the incarcerated setting*. Paper presented at the American Society of Criminology Conference, Washington, DC.

Wimberly, A. S. & Layde, M. (2015, February). *Yoga intervention for substance use and ART adherence in community reentry*. Poster session presented at the University of Pennsylvania Institute for Urban Research Doctoral Symposium, Philadelphia, PA.

Schepens, A., Ivey, M., Rennert, L., McKay, J. R. (2014, February). *Effect of continuing care for cocaine dependence on HIV sex risk behaviors*. Poster session presented at the Collaborative Perspectives on Addiction Conference, Atlanta, GA.

Invited Presentations

Making the most of your GRA seminar for PhD students. (2021, September 9). Presented as panelist at the University of Maryland School of Social Work.

Wimberly, A.S. & Rose, R. (2020, October). *Individual and intimate partner stress and problematic substance use of men in community supervision*. Presented at the Social Intervention Group Data Clinic, Columbia University, New York, NY.

Wimberly, A.S. (2019, April). *Treatments and tools to ease stress*. Presented at the Women Moving Forward conference, Maryland Correctional Institution for Women, Jessup, MD.

Wimberly, A. S. (2018, July). *Stress reduction through yoga during reentry*. Presented on the podcast CorrectionalNurse.net

Schepens, A. (2014, June). *The rise of yoga in prison*. Presented at the Eastern State Penitentiary Searchlight Series, Philadelphia, PA.

Schepens, A. (2013, April). *Yoga and reentry*. Presented at the Student Research Seminar, School of Social Policy and Practice, University of Pennsylvania, Philadelphia, PA.

PROFESSIONAL ACTIVITIES

Professional Associations

Society for Social Work Research
College on Problems of Drug Dependence

Journal Editorial Boards and Review Activities

2014-present Journal of Forensic Social Work (Ad hoc reviewer)
2018-present Addictive Behaviors (Ad hoc reviewer)

2018-present Journal of Substance Abuse Treatment (Ad hoc reviewer)
 2019-present Journal of Correctional Health Care (Ad hoc reviewer)
 2019-present International Journal of Offender Therapy and Comparative Criminology (Ad hoc reviewer)
 2019-present Journal of Workplace Behavioral Health (Ad hoc reviewer)
 2020-present Mindfulness (Ad hoc reviewer)
 2020-present SAGE Open Medicine (Ad hoc reviewer)
 2021-present Social Work in Mental Health (Ad hoc reviewer)

UNIVERSITY AND SSW SERVICE

SSW Service

2018-present Clinical Concentration Committee
 2018 IDEA Instructional Designer Hiring Committee
 2019-2020 Faculty Advisor, MSW Parent Alliance
 2019-2021 Baccalaureate Program Committee
 2021-Present Admissions Committee

COMMUNITY SERVICE

2019-Present Co-group facilitator
 Exoneree Support Group
 Baltimore, MD

2017-Present Yoga Instructor
 Mental Health and Wellness Program
 Baltimore County Department of Corrections
 Towson, MD

2014-2016 Fitness Committee
 Philadelphia FIGHT
 Philadelphia, PA

2013-2016 Yoga Instructor
 Institute for Community Justice, Reentry Center,
 Philadelphia FIGHT
 Philadelphia, PA