

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
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 (one course
taught online and one course taught 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

- 2018 University of Maryland Dean's Teaching Award
Mindfulness, Stress Reduction and Self Care
- 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 **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.
\$8,800

Co-principal Investigator

- 2019 **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.

PUBLICATIONS

Articles in Refereed Journals

Lookatch, S.J., **Wimberly, A.S.**, McKay, J.R. (in press). Effects of social support and 12-Step involvement on recovery among people in continuing care for cocaine dependence

Wimberly, A. S., Gross, R., & Layde, M. (in press). Effect of yoga on antiretroviral adherence post-incarceration in HIV+ individuals.

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*. 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.

PRESENTATIONS

Refereed Presentations

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

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)

UNIVERSITY AND SSW SERVICE

SSW Service

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

COMMUNITY SERVICE

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