

Emily Rubin is the Director of Sibling Support at the Eunice Kennedy Shriver Center and Assistant Professor in Psychiatry at UMass Medical School. She is also a Research Associate in the Child/Adolescent Psychiatry Division at Cambridge Health Alliance, and a Program Associate in the McLean-Franciscan Child and Adolescent Inpatient Mental Health. She has also run her program out of Boston Children's Hospital and is currently piloting it at the Worcester Recovery Center's CCUs.

Emily has taught at UMass Boston, the University of New Hampshire, and in the Brookline Public School System. Her undergraduate degree is from Cornell University, her master's degree is from the University of New Hampshire, and she is currently pursuing a MSW degree at a Salem State University.

Her research interests relate to resiliency among siblings of people with disabilities. Specifically, she is examining the impact of a child's mental illness on his/her typically-developing siblings, and ways to build resiliency among siblings along with decreasing the trauma associated with psychiatric hospitalization. The topic of childhood resiliency is one that Emily has studied in a variety of capacities. She researched and chronicled the life of a child survivor in Poland during World War II. The resulting book, As I Am Presently Known, was published in 2009 by Plain View Press.

Emily is co-founder and president of the Massachusetts Sibling Support Network, a 501(c)3 nonprofit organization committed to addressing the needs of siblings of people with disabilities. The Sibling Support Program: A Family-Centered Mental Health Initiative, a program Emily has developed, has been recognized by the Massachusetts Department of Mental Health and has served over 2,000 family members across three sites.

She has received multiple grant awards for her research on siblings and resiliency, including grants from the Sidney R. Baer, Jr. Foundation, and the John Leopold Weil and Geraldine Rickard Weil Memorial Foundation. She has presented her work at numerous conferences. To name a few- she has presented at Association for Academic Psychiatry Annual Conference (2016), Association of University Centers on Disabilities Conference (2015), Harvard Medical School's Child Psychotherapy Conference (2014), American Public Health Association Conference (2013), Federation for Children with Special Needs Annual Conference (2012), and the American Academy of Pediatrics National Conference (2011)

Emily is the author of *Supporting Siblings of Children with Mental Health Needs*, a resource published by the Massachusetts Developmental Disabilities Council, and distributed across the Commonwealth. Emily served as a literacy and curriculum consultant for the Massachusetts Department of Education, and has developed curricula for Public/Private Ventures and the Adult Literacy Resource Institute. Emily's writing has appeared in a range of publications including Voices of the Future: Emerging Leaders. Her writing was nominated for a Pushcart Prize in 2004.

In addition to research, teaching, and curriculum development, Emily has a background in program development and administration.

