

Emily Rubin, MA
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University of Massachusetts Medical School
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Education

MSW, Salem State University, Salem, MA	Anticipated May 2019
MA, University of New Hampshire, Durham, NH Awarded full scholarship	2000
BA, Cornell University, Ithaca, NY Magna Cum Laude, with Distinction in all subjects	1987
London School of Economics and Political Science, London, UK General Course of Study in Social Sciences	1985-1986

Academic Appointments

Assistant Professor, Department of Psychiatry University of Massachusetts Medical School, Worcester MA	2017-present
Lecturer, Department of Psychiatry University of Massachusetts Medical School, Worcester MA	2014-2017

Related Positions

Director, Sibling Support, Eunice Kennedy Shriver Center University of Massachusetts Medical School <i>Developed a program to build resiliency and decrease trauma among family members of patients admitted for psychiatric hospitalization. Sibling Support Program: A Family-Centered Mental Health Initiative has been recognized by the Department of Mental Health and has been implemented at area hospitals as a quality improvement initiative. The program serves as a training rotation for psychiatry residents and has had enrolled over 2,000 participants to date.</i>	2010-present
President and Cofounder, Massachusetts Sibling Support Network <i>Oversee implementation of the organization's mission: to provide support for siblings of people with disabilities across the siblings' lifespan; to provide education on sibling-related issues; and to improve the availability of sibling services across the state.</i>	2011-present
Co-PI and Research Associate, Department of Child and Adolescent Psychiatry	2011- present

Cambridge Health Alliance, Cambridge, MA

Program Associate, Unit 1
McLean-Franciscan Child and Adolescent Inpatient Mental Health Program
Franciscan Hospital for Children, Brighton, MA 2015-present

Project Director, Sibling Support Program Pilot
Worcester Recovery Center and Hospital, Worcester MA 2017-present

Affiliated Staff in Psychiatry, Bader 5
Boston Children's Hospital, Boston MA 2014-2015

Other Employment

Teacher Trainer and Literacy Consultant, Massachusetts Department of Education 1994-2009

Writing Consultant, Emerging Leaders Program, UMass Boston 2008

Writing Portfolio Coordinator, College of Public and Community Service, UMass Boston 2005-2006

English Instructor, UMass Boston 2001-2002

Curriculum Developer, Social Research and Policy, Public/Private Ventures 1995-2001

English Instructor, University of New Hampshire 1999

Curriculum Developer, Corporation for Business, Work and Learning 1998

English Teacher, Brookline High School 1997-1998

Writing Instructor, Adult Education, Community College of Vermont 1996

Assistant Director of Education and Job Training, Crittenton Hastings House 1995-1996

Program Coordinator, Futures for Young Parents GED Program, Just A Start Corporation 1990-1995

Counselor/Health Educator, Planned Parenthood 1988-1990

Honors and Awards

Art of Healing Award Dinner, Featured Program
Cambridge Health Alliance, Cambridge, MA 2014, 2016

Excellence in Family Leadership Award
Parent/Professional Advocacy League, Boston, MA 2014

Barbara Wilensky Gopen Memorial Fellowship Mass Developmental Disabilities Council, Quincy, MA	2009
Writer in Residence Hampshire College, Amherst, MA	2005
Nominee, Pushcart Prize New York	2004
Keynote Speaker, Adult Literacy Journal Celebration of <i>Four Winds</i> Northern Essex Community College, Lawrence, MA	2004
Keynote Speaker, Adult Literacy Journal Celebration of <i>Sharing Our Thoughts</i> Bristol Community College, Fall River, MA	2004
Writer-in-Residence Chester College of New England, Chester, NH	2003
Educational and Mentoring Activities	
Leadership Education in Neurodevelopmental and Related Disabilities (LEND) program, Guest speaker Eunice Kennedy Shriver Center, Charlestown, MA	2011, 2014
Group Therapy Seminar, Guest lecturer on family-centered mental health (first year child and adolescent psychiatry fellows) Boston Children's Hospital, Boston, MA	2014
Frameworks for Understanding Child and Adolescent Development, Guest lecturer (adult psychiatry residents) Cambridge Health Alliance, Cambridge MA	2014
Recruit, train, and mentor trainees in the Sibling Support Program (psychiatry residents, psychology doctoral students, MSW interns)	2011-present

Scholarship

Peer-reviewed Publications

Rubin, E., Ostrowsky, L., Janopaul-Naylor, E., Sehgal, P., Cama, S., Tanski, E., and Curtin, C. (2018). Sibling Support Demonstration Project: A Pilot Study Assessing Feasibility, Preliminary Effectiveness, and Participant Satisfaction. *Adolescent Psychiatry*, 8, 48-60.

Damodoran, S., Huttlin, E., Lauer, E., and Rubin, E. (2018). Understanding the Influence of Sibling Support Group Facilitation on Mental Health Trainee Views and Skills of Family-Centered Care. Manuscript in preparation.

Books and Chapters

Rubin, E. (July 2015) "Crazy" in H. Toteson, C. Brockett, & K. Housley (Eds), *Siblings: Our First Macrocasm*. Decatur, GA: Wising Up Press, 171-189.

Rubin, E. and Rubinstein, L. (2009) *As I Am Presently Known*, Plain View Press, Austin, TX.

Rubin, E. (2009) "From Angola to America: My Leadership Journey," "The New Boston: Transforming the Corporate Landscape," "Banking on Music," and "Leading from the Court" in *Voices of the Future: Emerging Leaders*, Emerging Leaders Program, Center for Collaborative Leadership, College of Management, UMass Boston, MA, 17-26, 32-40, 64-73, 79-87.

Non-peer-reviewed Publications

Rubin, E. (2013) "Strategies to Support Siblings" in *AANE Journal*, Asperger's Association of New England, Issue 11, 29.

Rubin, E. (2012) "The Massachusetts Sibling Support Network: Supporting Siblings of People with Disabilities," "LEND Fellows Share Perspectives on Siblings," and "Sibling Support Demonstration Project Promotes Family-Centered Mental Health Care", *Shriver Center Spotlight*, UMass Medical School/Eunice Kennedy Shriver Center, Volume 5, Issue 1, 1-2, 6, 8-9.

Freeman, L., Jordan, M., & Van Gelder, M. (Editor: Rubin, E.) (2010) *School Days to Pay Days: An Employment Planning Guide for Families of Young Adults with Intellectual Disabilities*, Massachusetts Department of Developmental Services, Boston, MA.

Rubin, E. *Supporting Siblings of Explosive Children* (2009) Massachusetts Developmental Disabilities Council, Quincy, MA. (Revised 2012: *Supporting Siblings of Children with Mental Health Needs*.)

Rubin, E. (2009) *ABE Foundations: Writing Workshop and Facilitation Guide*, Adult Literacy Resource Institute, University of Massachusetts Boston.

Rubin, E. (2004) "Days of Awe" in *New York Stories*, LaGuardia Community College/CUNY, Long Island City, NY, 43-48.

Dalheim, Z., Hassett, M., Leonelli, E., Rubin, E., Smith, P., Uvin, J. (2001) *Understanding Adult Literacy Pilot Course: An Overview of Learning Disabilities, ESOL, Basic Reading and Writing, and Numeracy*, Massachusetts Department of Education.

Clymer, C. & Wyckoff, L. (Contributing writer: Rubin, E.) (2001) *Job Development Essentials: A Guide for Job Developers*, Philadelphia: Public/Private Ventures.

Baker, A., Clymer, C., Jucovy, L. & Wyckoff, L. (Contributing writer: Rubin, E.) (1999) *Workplus Staff Guide: Developing Skills for Young Entry Level Workers*, Philadelphia: Public/Private Ventures.

Practices in Work-Based Learning for the State of New Hampshire (Contributing writer: Rubin, E.) (1997). Philadelphia: Public/Private Ventures.

White Papers and Reports

Rubin, E. (May 1, 2017). "A Time of Transition: A White Paper for the Massachusetts Sibling Support Network" In partial fulfillment of MSW program requirements, Salem State University, pp 1-13.

Rubin, E. (March 6, 2017). "The Origins of the Massachusetts Sibling Support Network: A Report." In partial fulfillment of MSW program requirements, Salem State University, pp 1-9.

Rubin, E. and Lauer, E. (March 22, 2016). "Sibling Support Program Impact Brief: Cambridge Health Alliance" and "Sibling Support Program Brief: Franciscan Children's Hospital," pp 1-15. Internal publication at University of Massachusetts Medical School.

Rubin, E., Bhuiya, N., Fisher, C., and Tendulkar, S. (July 2015). "Sibling Support Program Evaluation Report" prepared by the Institute for Community Health, pp 1-41.

Bram, L., Hust, J., Lambert, L., Montes, R., Polvere, L., Proulx, L., Rubin, E., Tuttle, D., and Warder, R. (June 2014). "Supporting Siblings When a Brother or Sister is Receiving Residential Interventions: Key Issues and Tips for Providers and Families," prepared by Building Bridges Initiative, pp. 1-11.

Rubin, E., Bhuiya, N. and Tendulkar, S. (June 2013) "Sibling Support Demonstration Project Evaluation Report" prepared by the Institute for Community Health, pp 1-17.

Non-print / Online materials

Rubin, E. (February 10, 2016) "Sibling Support Program" in Franciscan Children's online blog: <http://franciscanchildrens.org/blog/sibling-support-program-a-family-centered-mental-health-initiative/>.

Rubin, E. and Cookson, M. (March 2015) "Siblings Have Needs, Too: Here's How to Help Them Cope" in Special Needs Resource Guide, *Boston Parents Paper*, 24-26.

Rubin, E. (September 1, 2104) "When A Sibling Has Special Needs" in Your Child with Special Needs, *Boston Parents Paper*, 2014 Digital Edition, 8-11.

Rubin, E. (April 11, 2013) "Thinking About Siblings" in Ruderman Family Foundation *Zeh Lezeh* blog: zehlezech.wordpress.com/2013/04/11/thinking-about-siblings/.

Rubin, E. (2010) "The MA Sibling Exploratory Committee: Building Supports for Siblings of Children with Special Needs" in NEWSLINE, Federation for Children with Special Needs. fcsn.org/newsline/v30n3/sib_support.php.

Invited Presentations

International

Rubin, E. (2016, September). *Sibling Support Program: A Family-Centered Mental Health Initiative*. Poster presentation at the 2016 Association for Academic Psychiatry Annual Meeting, Puerto Rico.

Rubin, E. and Baigell, L. (2016, July). *Supporting Siblings of Children with Mental Health Needs*. Presentation by Leah Baigell at Building Bridges of Hope, 9th International Conference in St. Louis, MO.

National

Rubin, E., Feinstein, C., Tanis, S. (2015, November). *Siblings of People with Disabilities*. Association of University Centers on Disabilities (AUCD) Conference: Growing Leaders, Driving Change. Washington, DC.

Rubin, E., Pressman, A., Pattz, H., Aldis, R., Sehgal, P., Cama, S., Khorram, R., & Goldstein, J. (2014, October). *Improving family-centered mental health care by supporting siblings of children and adolescents admitted for psychiatric hospitalization* Poster presentation by Heidi Pattz, MA DMT, at Collaborative Family Health Care Association Conference, Washington, DC.

Rubin, E. (2014, April). *Supporting Siblings of Children with Mental Health Needs* Presentation at Harvard Medical School's Child Psychotherapy Conference, Boston, MA.

Rubin, E., Friedman, E., Pressman, A., Regan, K., Katz, H., Black, H., & Venter, J. (2013, November). *Improving family-centered mental health care by supporting siblings of children and adolescents admitted for psychiatric hospitalization* Poster presentation at the 141st Annual Meeting & Expo of the American Public Health Association, Boston, MA.

Rubin, E., Thibeau, J., & Weisman, J. (2011, October). *No Sibling Left Behind: Supporting Siblings of Children with Disabilities*. Presentation at the American Academy of Pediatrics National Conference & Exhibition, Boston, MA.

Regional

Rubin, E., Lauer, E., Baigell, L., Venter, J., Ostrowsky, L., Janopaul-Naylor, E., Barnett, G., Mackenzie, J., Patel, N., Kotlar, Y., and Pressman, A. (2017, March). *Sibling Support Program: A Family-Centered Mental Health Initiative*. Poster presentation at UMCCTS Community Engagement and Research Symposium, University of Massachusetts Medical School, Worcester, MA.

Rubin, E., Baigell, L., Lauer, E., Murray, T., Pressman, A., Ostrowsky, Sehgal, P., Cama, S., Janopaul-Naylor, E., Yapo, S., Noy, G., Miller, L., Kelleher, D., Kotlar, Y., and Pattz, H. (2016, April). *Sibling Support Program: A Family-Centered Mental Health Initiative*. Poster presentation at the 10th Annual Academic Poster Session at Cambridge Health Alliance, Cambridge MA.

Rubin, E., Lauer, E., Murray, T., Pressman, A., Ostrowsky, L., Janopaul-Naylor, Sehgal, P., Cama, S., Yapo, S., Noy, G., Miller, L. Kelleher, D., Kotlar, Y., Pattz, H., Baigell, L., Goldstein, J., Ryan, C., Sinclair, C., Buonopane, R., Ten Haagen, K., Cameron, A., Rines-Toth, L. (2016, March). *Sibling Support Program: A Family-Centered Mental Health Initiative*. Presentation at Psychiatry Research Day, University of Massachusetts Medical School, Worcester MA.

Rubin, E. (2015, October). *Supporting Siblings of Children with Mental Health Needs*, a Skype presentation for Support Network for Families, Springfield, MA.

Rubin, E., Ryan, C., Sinclair, C., DeMontille, N., Carroll, C., & Trieu, M. (2014, November). *Improving Family-Centered Health Care by Supporting Siblings of Psychiatrically Hospitalized Youth*. Poster presentation at the 7th Annual Community Health Poster Day, Boston Children's Hospital, Boston, MA.

Rubin, E., Pressman, A., Katz, H., Aldis, R., Sehgal, P., Cama, S., Khorram, R., & Goldstein, J. (2014, April). *Improving family-centered mental health care by supporting siblings of children and adolescents admitted for psychiatric hospitalization*. Poster presentation at the 8th Annual Academic Poster Session at Cambridge Health Alliance, Cambridge, MA.

Rubin, E., Dunn, H., & Amaral, K. (2014, March). *No Sibling Left Behind: Supporting Siblings of Children with Disabilities*. Presentation at Visions of Community, Federation for Children with Special Needs Annual Conference, Boston, MA.

Rubin, E., Kramer, J., Thibeau, J., & Weisman, J. (2012, March). *No Sibling Left Behind: Supporting Siblings of Children with Disabilities*. Presentation at Visions of Community, Federation for Children with Special Needs Annual Conference, Boston, MA.

Rubin, E., Thibeau, J., & Weisman, J. (2011, September). *No Sibling Left Behind: Supporting Siblings of Children with Disabilities*. Webinar through The Guidance Group & Social Skills Central, Woodbury, NY.

Rubin, E., Kramer, J., Weisman, J. (2011, March). *Emerging Trends: Sibling Advocacy and Research in Massachusetts*. Presentation at Visions of Community, Federation for Children with Special Needs Annual Conference, Boston, MA.

Rubin, E. (2010, October). *Supporting Parents and Siblings of Pediatric Patients with Brain Tumors*. Presentation at Dana Farber Cancer Institute, Boston, MA.

Rubin, E. (2010, September). *Siblings Have Needs, Too! Parent-to-Parent Advice on Sibling Support*. Presentation at Asperger Syndrome Connections, Asperger's Association of New England (AANE) Annual Conference, Marlborough, MA.

Rubin, E. & Schwartz, D. (2009, September). *Adopting a Transitional Focus for Writing Instruction: Getting Students to Next Steps*. Presentation at Annual ABE Directors Meeting: Educational Leadership for Next Steps, Falmouth, MA.

Rubin, E., Howayeck, L., & Pokaski, A. (2004, May). *Writing Theme Project: an ESOL Program Improves Its Writing Component*. Presentation at Practitioners Recognizing Exemplary Practices: Learning From Each Other, Fall River, MA.

Rubin, E. (2002, January). *Writing Across the Curriculum*. Presentation at the CIT Annual Conference on Teaching for Transformation, UMass Boston, MA.

Rubin, E., Bayer, J., & O'Brien, A. (1999, November) *Creativity and the Curriculum Frameworks*. Presentation at MCAE Adult Education Conference: Network 99, Andover, MA.

Local

Rubin, E. (2017, December) Presentation on *Sibling Support Program: A Family-Centered Mental Health Initiative* at Department of Mental Health (DMH) Clinical Directors Meeting. Worcester Recovery Center and Hospital, Worcester, MA.

Rubin, E. (2017, October) Presentation on *Sibling Support Program: A Family-Centered Mental Health Initiative* for the Adolescent Continuing Care Unit. Worcester Recovery Center and Hospital, Worcester, MA.

Rubin, E. (2017, October) Presentation on *Sibling Support Program: A Family-Centered Mental Health Initiative* at the Center for Autism and Neurodevelopmental Disorders (CANDO). University of Massachusetts Medical School, Worcester, MA.

Rubin, E. (2017, July). Presentation on *Sibling Support* at the Consumer Advisory Council. Eunice Kennedy Shriver Center, University of Massachusetts Medical School, Charlestown, MA.

Rubin, E. and Swick, S. (2016, October). *The Role of Families and Siblings in the Behavioral Health Experience* presentation, a networking event sponsored by the Massachusetts Association for Healthcare Quality at Newton-Wellesley Hospital, Newton, MA.

Rubin, E. (2016, June). Author reading of "Crazy" from *Siblings: Our First Macrocasm*, Porter Square Books, Cambridge, MA.

Rubin, E. (2016, May). *The Sibling Experience and How We Can Help Our Children/Youth* presentation for Children's Mental Health Week at Wayside Youth and Family Support Network, Framingham, MA.

Rubin, E., Ten Haagen, K., Cameron, A. and Rines-Toth, L. (2016, April). *Sibling Support Program: A Family-Centered Mental Health Initiative*, a Grand Rounds presentation at Franciscan Children's, Brighton, MA.

Rubin, E., Kramer, J., Dunn, H. & Haddad, C. (2014, June). *Future Planning is a Family Affair* presentation at Sibs Journey Conference, Brandeis University, Waltham, MA.

Rubin, E. and Haddad, C. (2014, June). *Best Practices for Supporting Siblings of People with Disabilities: Resources, Research and More* presentation at Arc of Massachusetts, Waltham, MA.

Rubin, E. (2010, November). *Supporting Siblings of Behaviorally Challenged Children* presentation at Watertown Special Education Parent Advisory Council, Watertown, MA.

Rubin, E. (2010, January). *Supporting Siblings of Behaviorally Challenged Children* presentation at the Manville School of the Judge Baker Children's Center, Boston, MA.

Rubin, E. (2005, September). *Responding to Student Writing* presentation at the Fourth Annual Staff Development Mini-Conference, Adult Literacy Resource Institute, Boston, MA.

Media Coverage

Commonwealth Medicine (September 28, 2016). "Sibling Support Program director to discuss role of families, siblings in behavioral health experience at networking event"

<https://commed.umassmed.edu/news/2016/09/28/sibling-support-program-director-discuss-role-families-siblings-behavioral-health>

Commonwealth Medicine (April 27, 2016). "UMass Medical School Sibling Support Program Director to share strategies to help siblings of children with mental health needs"

<https://commed.umassmed.edu/news/2016/04/27/umass-medical-school-sibling-support-program-director-share-strategies-help-siblings>

Commonwealth Medicine (March 7, 2016). "New England Psychologist: UMass Medical School's support program helps siblings, parents of children hospitalized for mental illness"

<https://commed.umassmed.edu/news/2016/03/07/new-england-psychologist-umass-medical-schools-support-program-helps-siblings>

New England Psychologist (March 1, 2016). "Program helps siblings, parents of inpatient kids"

<http://www.nepsy.com/articles/leading-stories/program-helps-siblings-parents-of-inpatient-kids/>

Commonwealth Medicine (February 16, 2016). "UMass Medical School partners with Franciscan Hospital for Children on Sibling Support Program" <https://commed.umassmed.edu/news/2016/02/16/umass-medical-school-partners-franciscan-hospital-children-sibling-support-program>

CBS Boston, Channel 4 WBZ-TV (December 8, 2015). "Matters of the Mind: Support Program Helps Siblings of Mental Health Patients" <http://boston.cbslocal.com/2015/12/08/matters-of-the-mind-bree-sison-sibling-support-program/>

Commonwealth Medicine (December 8, 2015). "WBZ-TV: UMass Medical School support program helps siblings of children with mental illness" <https://commed.umassmed.edu/news/2015/12/08/wbz-tv-umass-medical-school-support-program-helps-siblings-children-mental-illness>

MCPAP Massachusetts Child Psychiatry Access Project Newsletter (December 2015). "What About the Siblings?" <https://www.mcpap.com/Provider/ArchivedNewsNWebinars.aspx>

Commonwealth Medicine (November 12, 2015). "UMass Medical School experts to present on autism, disabilities at AUCD conference" <https://commed.umassmed.edu/news/2015/11/10/umass-medical-school-experts-present-autism-disabilities-aucd-conference>

Commonwealth Medicine (April 30, 2015). "Sibling Support Program featured at Cambridge Health Alliance

Art of Healing event” <https://commed.umassmed.edu/news/2015/04/30/sibling-support-program-featured-cambridge-health-alliance-art-healing-event>

Special Needs Financial Planning and Shepherd Financial Planning Newsletter (2012): “Coming of Age as a Brother or Sister of a Person with Disabilities: An Interview with Emily Rubin of the Massachusetts Sibling Support Network” www.SpecialNeedsPlanning.com

University of Massachusetts/E.K. Shriver Center Spotlight Newsletter: Siblings of People with Disabilities (summer 2012). “The Massachusetts Sibling Support Network: Supporting Siblings of People with Disabilities” and “Sibling Support Demonstration Project Promotes Family-Centered Mental Health Care” <https://shriver.umassmed.edu/about-us/newsletter>

Concord Journal (May 31, 2012) “Concord resident helps siblings get support” http://www.wickedlocal.com/concord/news/x358812017/Concord-resident-helps-siblings-get-support?zc_p=0#axzz1wXaqvBZV

AAP NEWS, The Official News Magazine of the American Academy of Pediatrics (December 2011). “Pediatricians can support children who care for family members with special needs” <http://aapnews.aappublications.org/content/32/12/10>

Professional Memberships and Activities

Massachusetts Sibling Support Network Cofounder and President	2011-present
Concord Women Writers Guild Founder and Director	2010-present
Federation for Children with Special Needs Educational Advocate	2009-present
Disability Policy Task Force Member	2012-2015
Concord-Carlisle Public School District Special Education Liaison	2007-2014