

Jody Moser Russon

Department of Human Development and Family Science College of Liberal Arts and Human Sciences Virginia Tech
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ACADEMIC POSITIONS

Associate Professor, Department of Human Development and Family Science (HDFS), Virginia Tech Jun 2024-present
Blacksburg, VA

Assistant Professor, Department of Human Development and Family Science (HDFS), Virginia Tech Aug 2018-Jun 2024
Blacksburg, VA

Collaborating Scientist, Center for Family Intervention Science (CFIS), Drexel University Aug 2018-May 2023
Philadelphia, PA

Interim Marriage and Family Therapy Doctoral Program Director, HDFS, Virginia Tech Jul 2020-Dec 2020
Blacksburg, VA

Adjunct Faculty Member, Supervisor, Couple and Family Therapy Department, Drexel University Sep 2016-Jul 2018
Philadelphia, PA

ASPIRE RESEARCH INITIATIVE

Principal Investigator, Sep 2018-present
Alliance for Suicide Prevention and Intervention through Relationship Enrichment
HDFS, Virginia Tech

Description: The *Alliance for Suicide Prevention and Intervention through Relationship Enrichment* at Virginia Tech (Website: <https://drjodyrusson.com/aspire-1>) is a research initiative (lab) focused on the adaptation, dissemination, and implementation (AD&I) of systemic suicide intervention and prevention strategies for youth populations. To support these efforts, the PI (Russon) has received both federal (National Institutes of Health) and foundation (American Foundation for Suicide Prevention) funding for community-engaged, mixed methods research.

CURRENT CLINICAL & CONSULTING ACTIVITIES

Owner, Dr. Jody Russon, LMFT Relationship Therapy and Consulting Services Apr 2017-present
Blacksburg, VA

- Contract with Attachment-Based Family Therapy International Training Center to provide training, supervision, and clinical tape reviews for trainees world-wide (2019-present)
- Provide therapy and supervision services to local communities (2017-present)

Note: These clinical and consulting activities are conducted as part of my approved external consultation hours through Virginia Tech.

EDUCATION

Postdoctoral Research Fellowship, CFIS, Drexel University Jul 2018
Philadelphia, PA

Postdoctoral research grant: Attachment-based family therapy for LGBTQ+ suicidal youth: Feasibility, acceptability and transportability

Ph.D., Couple and Family Therapy, Drexel University
Philadelphia, PA

Sep 2015

Dissertation: Objectification theory and the family: The role of attachment in self-objectification and disordered eating

M.A., Counseling Psychology, Towson University
Towson, MD

Aug 2011

Master's thesis: Community strengths to career capacities: Family support, authenticity and career decision-making self-efficacy in the lesbian, gay and bisexual community

B.A., Psychology, University of Delaware
Newark, DE

May 2009

HONORS AND AWARDS

Russon, J. (2026). Recipient of Virginia Tech's College of Liberal Arts and Human Sciences *Land Grant Scholar Award*. Received recognition for scholarly efforts focused on enhancing lives beyond the university, collaborating with the public, promoting reciprocal benefits of participatory work, sharing work publicly in presentations and publications, and engaging students at Virginia Tech.

Invited speaker: Selected as an invited speaker at the awards ceremony.

Heiden-Rootes, K., Linsenmeyer, W., **Russon, J.**, Levy, S., & Diamond, G. (2026). Authorship team's paper was a recipient of the *Journal of Marital and Family Therapy* (JMFT) 2025 *Inclusivity Article of the Year* award. The article, "Attachment-Based Family Therapy for LGBTQ Youth in a Community Setting: A Community-Engaged, Qualitative Pilot Study of Youth and Parent Experiences," was selected because of its high quality and the significant contribution it stands to make in advancing inclusive research and practice in systemic family therapy.

Russon, J. (2024). Recipient of Virginia Tech's College of Liberal Arts and Human Sciences *Diversity Award*. Received recognition for tangible commitments to diversity within Virginia Tech and through scholarship.

Russon, J. (2022). Received recognition as a 2022 *Research Associate with the Center for Humanities at Virginia Tech*. Colloquium conversation with Dr. Sylvester Johnson streamed lived on November 3rd, 2022 and can be viewed on the Center for Humanities YouTube page, <https://www.youtube.com/watch?v=nas8D33Q1hM>.

Russon, J. (2021). Recipient of the *American Foundation for Suicide Prevention's Young Investigator Research Award*. Annual award presented during the Research Award Event (Wednesday, October 27th), at the 2021 International Academy of Suicide Research/American Foundation for Suicide Prevention Summit on Suicide Research.

LICENSES AND CERTIFICATIONS

Registered Circle of Security® Parenting Individual Facilitator, Circle of Security International, Inc.	Aug 2025-present
Approved Supervisor, American Association for Marriage and Family Therapy (AAMFT)	Sep 2019-present
Board Approved Supervisor for Marriage and Family Therapists and Professional Counselors, State of Virginia	Sep 2019-present
Licensed Marriage and Family Therapist, State of Virginia (0717001562)	Jun 2019-present
Certified Supervisor, Attachment-Based Family Therapy (ABFT)	Apr 2017-present
Licensed Marriage and Family Therapist, State of Pennsylvania (MF000929)	Mar 2017-present
Certified Trainer, ABFT	Oct 2016-present
Certified Therapist, ABFT	Jun 2016-present

PROFESSIONAL MEMBERSHIPS

<i>Member</i> , International Academy of Suicide Research	Sep 2024-present
<i>Member</i> , Youth Suicide Research Consortium	May 2024-present
<i>Professional Affiliate</i> , Society for Couple and Family Psychology, APA	Apr 2024-present
<i>Member</i> , Mixed Methods Research Association	Apr 2024-present
<i>Member</i> , Whole Health Consortium, Virginia Tech	Apr 2024-present
<i>Professional Member</i> , National Council on Family Relations	Oct 2017-present
<i>Member</i> , Family Therapy Section (Oct 2017-present)	
<i>Clinical Fellow</i> , Pre-clinical Fellow, Student, AAMFT	Sep 2011-present
<i>Member</i> , Intervention Research in Systemic Family Therapy Network (2021-present)	
<i>Member</i> , Queer and Trans Advocacy Network (2019-present)	

PEER-REVIEWED PUBLICATIONS

**Published with current or former Virginia Tech student authors*

39. *Ucar, S., **Russon, J.**, & Niño, A. (in press). Shaping the therapist, shaping the field: A narrative review of the person-of-the-therapist training (POTT) approach. *Journal of Marital and Family Therapy*.
38. *Smith, K., *Srinivasan, S., *Guenette, C., & **Russon, J.** (in press). LGBTQ+ community center providers' perceptions: Tensions and solutions for serving LGBTQ+ youth with suicidal thoughts and behaviors and their families. *Journal of Marital and Family Therapy*.
37. *Winter, S., **Russon, J.**, & Craig, A. (2025). Administrators' perceptions of family-based treatment needs, barriers, and facilitators for LGBTQ+ youth with suicidal ideation and behavior. *Contemporary Family Therapy*. 1-15. <https://doi.org/10.1007/s10591-025-09737-z>
36. Heiden-Rootes, K., Linsenmeyer, W., **Russon, J.**, Levy, S., & Diamond, G. (2025). Dissemination of ABFT for LGBTQ youth in a community setting: A community engaged, qualitative pilot study of youth and parent experiences pre and post ABFT. *Journal of Marital and Family Therapy*, 51(1), e12765. <https://doi.org/10.1111/jmft.12765>
35. Diamond, G., Rivers, A., Winston-Lindeboom, P., **Russon, J.**, & Roeske, M (2024). Evaluating Attachment-Based Family Therapy in Residential Treatment in the United States: Does Adolescents' Increased Attachment Security to Caregivers Lead to Decreases in Depressive Symptoms?. *Child and Adolescent Psychiatry and Mental Health*, 18(1), 147. <https://doi.org/10.1186/s13034-024-00833-w>
34. *Codecá, L., **Russon, J.**, & Selvini, M. (2024). The systemic-family-individual approach: The heritage and continuation of Mara Selvini Palazzoli's work in integrative psychotherapy. *Journal of Marital and Family Therapy*, 50(3), 706–725. <https://doi.org/10.1111/jmft.12707>
33. Jin, B., **Russon, J.**, Levy, S., & Diamond, G. (2023). Adaptation implications of attachment-based family therapy for Korean-heritage families. *Asian Journal of Family Therapy*, 5(1). 33-53. http://www.familytherapy.or.kr/kaft/en_index.php

32. **Russon, J.**, Abbott, C., Rivers, A., Jin, B., Winston-Lindeboom, P., Kobak, R., Diamond, G. (2023). Attachment-based family therapy versus nondirective supportive therapy for lesbian, gay, bisexual and questioning adolescents with depression, and suicidal ideation: An exploratory study. *Suicide and Life-Threatening Behavior*, 53(6), 958-967. <https://doi.org/10.1111/sltb.12995>
31. Manasse, S. M., **Russon, J.**, Lampe, E. W., *King, A., Abber, S. R., Trainor, C., Gillikin, L., Levy, S. & Diamond, G.S. (2023). Attachment-based family therapy to improve family functioning in adolescent binge-spectrum eating disorders: An initial evaluation via case series design. *Clinical Child Psychology and Psychiatry*, 29(1), 45-62. <https://doi.org/10.1177%2F13591045231187433>
30. *King, A. & **Russon, J.** (2023). “Bringing and removing self from the table”: Therapists’ use and management of eating disorder lived experience in the treatment of clients with eating disorders. *Journal of Marital and Family Therapy*, 49(3), 654-674. <https://doi.org/10.1111/jmft.12646>
29. **Russon, J.**, *Bland, K., Kryda, K., Haak, T., Ravi-Caldwell, N., *Codecá, L., Darby, B., Bissett, C., Murphy, J., & Hungerford, L. (2023). Career Stage differences in mental health symptom burden and help seeking among veterinarians during COVID-19. *Journal of the American Veterinary Medical Association*, 261(6), 898-906. <https://doi.org/10.2460/javma.22.12.0583>
28. Darby, B., *Bland, K., Ravi-Caldwell, N., Haak, T., Bissett, C., Kryda K., Murphy, J., Hungerford, L., & **Russon, J.** (2023). Veterinarians show resilience during COVID-19: Challenges faced and successful coping strategies. *Journal of the American Veterinary Medical Association*. 261(6), 888-897. <https://doi.org/10.2460/javma.22.12.0584>
27. *King, A., **Russon, J.**, Mensinger, J., & Jin, B. (2022). Parental psychological control, attachment insecurity, and body shame: How relational factors are associated with disordered eating among young adult women. *Journal of Child and Family Studies*, 31(9), 2545-2555. <https://doi.org/10.1007/s10826-022-02374-2>
26. Wilkins, E., Whiting, J., Watson, M., **Russon, J.**, & Moncrief, A. (2022). Residual effects of slavery: A delphi study. *Contemporary Family Therapy*, 44(3). 234-243. <https://doi.org/10.1007/s10591-022-09636-7>
25. **Russon, J.**, Allen, K., Few-Demo, A., Case-Pease, J. (2022). Using critical family theorizing and intersectional feminist praxis to navigate reflexive conversations on race and power in academic settings. *Journal of Family Theory & Review*, 14(3), 537-560. <https://doi.org/10.1111/jftr.12471>
24. Ibrahim, M., *King, A., Levy, S., **Russon, J.**, & Diamond, G. (2022). Increased family cohesion mediates therapist adherence to the attachment task and depression outcomes in attachment-based family therapy. *Journal of Contemporary Psychotherapy*, 52(4), 303-310. <https://doi.org/10.1007/s10879-022-09539-6>
23. Shivers, C., **Russon, J.**, Benson, M., *King, A., *Textoris, S. (2022). Siblings’ role positions and perceptions of mental illness. *Contemporary Family Therapy*, 45, 360-370. <https://doi.org/10.1007/s10591-022-09637-6>
22. Frey, L., Hunt, Q., **Russon, J.**, & Diamond, G. (2022). Review of family-based treatments from 2010 to 2019 for suicidal ideation and behavior. *Journal of Marital and Family Therapy*, 48(1), 154-177. <https://doi.org/10.1111/jmft.12568>
21. Rivers, A., **Russon, J.**, Winston-Lindeboom, P., Ruan-Iu, L., & Diamond, G. (2022). Family and peer relationships in a residential youth sample: Exploring unique, non-linear, and interactive associations with

- depression symptoms and suicide risk. *Journal of Youth and Adolescence*, 51(6) 1062-1073.
<https://doi.org/10.1007/s10964-021-01524-x>
20. **Russon, J.**, Morrissey, J., *Dellinger, J., Jin, B. & Diamond, G. (2022). Implementing attachment-based family therapy for depressed and suicidal adolescents and young adults in LGBTQ+ services: Feasibility, acceptability and preliminary effectiveness. *Crisis- The Journal of Crisis Intervention and Suicide Prevention*, 43(6), 500-507.
<https://doi.org/10.1027/0227-5910/a000821>
 19. **Russon, J.**, *Smithee, L., *Simpson, S., Levy, S., & Diamond, G. (2022). Demonstrating attachment-based family therapy for transgender and gender diverse youth with suicidal thoughts and behavior: A case study. *Family Process*, 61(1), 230-245. <https://doi.org/10.1111/famp.12677>
 18. Levy, S., Scott, S., **Russon, J.**, & Diamond, G. (2021). Attachment-based family therapy in the age of telehealth and COVID-19. *Journal of Marital and Family Therapy*, 47(2), 440-454. <https://doi.org/10.1111/jmft.12509>
 17. Morgan, A., Landers, A., *Simpson, J., **Russon, J.**, Case Pease, J., Dolbin-MacNab, M., *Bland (Hein), K., & Jackson, J. (2021). A systemic approach to the transition to teletherapy in marriage and family therapy training settings during COVID-19: What do the data tell us? *Journal of Marital and Family Therapy*, 47(2), 320-341.
<https://doi.org/10.1111/jmft.12502>
 16. **Russon, J.**, Washington, R., Machado, A., *Smithee, L., & *Dellinger, J. (2021). Suicide among LGBTQIA+ Youth: Review of the treatment literature. *Aggression and Violent Behavior*, 64.
<https://doi.org/10.1016/j.avb.2021.101578>
 15. Diamond, G., Kodish, T., Hunt, Q. Krauthamer, E., **Russon, J.** (2021). Family risk, protective and treatment factors for youth at risk for suicide. *Aggression and Violent Behavior*, 64.
<https://doi.org/10.1016/j.avb.2021.101586>.
 14. **Russon, J.**, Mensinger, J., Herres, J., Shearer, A., Vaughan, K., Wang, S. B., & Diamond, G. S. (2019). Identifying risk factors for disordered eating among female youth in primary care. *Child Psychiatry & Human Development*, 50(5), 727-737. <https://doi.org/10.1007/s10578-019-00875-8>
 13. Diamond, G.S., Kobak, R., Krauthamer Ewing, E.S., Levy, S.A., Herres, J., **Russon, J.**, & Gallop, R. (2019). A randomized controlled trial: Attachment-based family and nondirective supportive treatments for youth who are suicidal. *Journal of the American Academy of Child and Adolescent Psychiatry*, 58(7), 721-731.
<https://doi.org/10.1016/j.jaac.2018.10.006>
 12. Ibrahim, M., Jin, B., **Russon, J.**, Kobak, R. & Diamond, G. (2018). Predicting alliance for depressed and suicidal adolescents: The role of perceived attachment to mothers. *Evidence-Based Practice in Child and Adolescent Mental Health*, 3(1), 42-56. <https://doi.org/10.1080/23794925.2018.1423893>
 11. Ibrahim, M., **Russon, J.**, Levy, S., & Diamond, G. (2018). Promoting parental acceptance of bisexuality: A case study of attachment-based family therapy. *International Journal of Systemic Therapy*, 29(3), 223-251.
<https://doi.org/10.1080/08975353.2018.1427401>
 10. Shearer, A., **Russon, J.**, Herres, J., Wong, A., Jacobs, C., Diamond, G.M., Diamond, G.S. (2018). Religion, sexual orientation, and suicide attempts among a sample of suicidal adolescents. *Suicide and Life-Threatening Behavior*, 48(4), 431-437. <https://doi.org/10.1111/sltb.12372>
 9. Diamond, G., **Russon, J.**, & Levy, S. (2016). Attachment-based family therapy: A review of the empirical support. *Family Process*, 55(3), 595-610. doi: <https://doi.org/10.1111/famp.12241>

8. Levy, S., **Russon, J.**, & Diamond G. M. (2016). Attachment-based family therapy for suicidal lesbian, gay, and bisexual adolescents: A case study. *Australian & New Zealand Journal of Family Therapy*, 37(2), 190-206. <https://doi.org/10.1002/anzf.1151>
7. Wagner, I., Diamond, G. S., Levy, S., **Russon, J.**, & Litster, R. (2016). Attachment-based family therapy as an adjunct to family-based treatment for adolescent anorexia nervosa. *Australian & New Zealand Journal of Family Therapy*, 37(2), 207-227. <https://doi.org/10.1002/anzf.1152>
6. Shearer, A., Herres, J., Kodish, T., Squitieri, H., James, K., **Russon, J.**, Atte, T., & Diamond, G. (2016). Differences in mental health symptoms across lesbian, gay, bisexual, and questioning (LGBQ) youth in primary care settings. *Journal of Adolescent Health*, 59(1), 38-43. <https://doi.org/10.1016/j.jadohealth.2016.02.005>
5. Shearer, A., **Russon, J.**, Herres, J., Atte, T., Kodish, T., & Diamond, G. (2015). The relationship between disordered eating and sexuality amongst adolescents and young adults. *Eating Behaviors*, 19, 115-119. <https://doi.org/10.1016/j.eatbeh.2015.08.001>
4. **Russon, J.**, Schmidt, C. (2014). Authenticity and career decision-making self-efficacy in lesbian, gay, and bisexual college students. *Journal of Gay and Lesbian Social Services*. 26(2), 207-211. <https://doi.org/10.1080/10538720.2014.891090>
3. Frederick, H., Wilkins, E., **Russon, J.**, & Kirkpatrick-Harrison, R. (2014). Sexual socialization for Grenadian adolescents: An exploratory study. *International Journal of Education and Social Science*, 1(5), 1-10. <https://ijessnet.com/>
2. Carneiro, R., **Russon, J.**, Moncrief, A., & Wilkins, E. (2012). Breaking the legacy of silence: A feminist perspective on therapist attraction to clients. *Psychological and Behavioral Sciences, World Academy of Science, Engineering and Technology*, 6(6), 1527-1530. <https://publications.waset.org/>
1. Wilkins, E., Whiting, J., Watson, M., **Russon, J.** & Moncrief (2012). Residual effects of slavery: What clinicians need to know. *Contemporary Family Therapy*, 35(1), 14-28. <https://doi.org/10.1007/s10591-012-9219-1>

MANUSCRIPTS IN PROGRESS (SUBMITTED OR UNDER REVIEW)

**Includes current or former Virginia Tech student authors*

Russon, J., *Dellinger, J., *Smithee, L., *Simpson, S., *King, A., & *Winter, S. (2026). *A preliminary qualitative analysis of LGBTQ+ youth and caregiver experiences of affirmative attachment-based family therapy* [Revise & Resubmit]. Department of Human Development and Family Science, Virginia Tech.

Russon, J., Weissinger, G., Rivers, A. S., Ruan-Iu, L., Roeske, M., Winston-Lindeboom, P., & Diamond, G. (2026). *Behavioral health symptoms, suicide risk, and social distal stressors among sexual and gender minoritized adolescents presenting in residential care* [Manuscript under review]. Department of Human Development and Family Science, Virginia Tech.

Russon, J. (2026). *Preparing to implement attachment-based family therapy for suicide care in LGBTQ+ community centers: Youth and caregiver perspectives on needs, barriers, and facilitators*. [Manuscript submitted]. Department of Human Development and Family Science, Virginia Tech.

BOOK CHAPTERS

**Includes current or former Virginia Tech student authors*

7. **Russon, J.**, *Strati, J., & Diamond, G. (in press). Attachment-based family therapy. In D. Reitman, & B. Marx (Eds.) *Encyclopedia of psychotherapy* (2nd ed.). Elsevier. (Invited chapter).

6. **Russon, J.** (2025). Mixed methods research in couple and family therapy. In Miller, R., & Johnson, L. (Eds.) *Advanced methods in family therapy research* (2nd ed.). Routledge Press.
5. *Tillett, J., **Russon, J.**, & *Srinivasan, S. (2025). Disability justice and the person-of-the-therapist framework. *The Handbook of Disability-Affirmative Therapy: A Systemic Guide to Effective Clinical Care with Disabled Clients and their Families*. Routledge: Taylor & Francis Group.
4. Hunt, Q., **Russon, J.**, Paul, J., & Henriques, C. (2024). Ethics in clinical risk management. In Brown, K. (Ed.) *Systemic Ethics Textbook*. American Association for Marriage and Family Therapy.
3. Ibrahim, M., **Russon, J.** & Diamond, G.S. (2017). Attachment-based family therapy for depressed and suicidal adolescents: Development, research and clinical practice. In Kumar, U. (Ed.) *Handbook of suicidal behavior*. (pp. 505-521). Springer Nature. https://doi.org/10.1007/978-981-10-4816-6_27
2. **Russon, J.**, & Carneiro, R. (2016). POTT principles across mental health disciplines: Just use your clinical judgment. In Aponte, H. & Kissil, K. (Eds.) *The person-of-the-therapist training model: Mastering the use of self*. (pp. 94-109). Routledge. <https://doi.org/10.4324/9781315719030-8>
1. Jordal, C., Carneiro, R., & **Russon, J.** (2016). Journaling in POTT. In Aponte, H. & Kissil, K. (Eds.) *The person-of-the-therapist training model: Mastering the use of self*. (pp. 27-41). Routledge. <https://doi.org/10.4324/9781315719030-3>

OTHER PUBLICATIONS

4. **Russon, J.**, Ibrahim, M. & Diamond, G. (2019). Alliance in family relationships. In Lebow, J., Chambers, A., & Breunlin, D. (Eds.) *Encyclopedia of couple and family therapy*. (pp. 88-90). Springer. https://doi.org/10.1007/978-3-319-49425-8_846
3. Diamond, G., **Russon, J.** & Levy, S. (2019). Attachment-based family therapy. In Lebow, J., Chambers, A., & Breunlin, D. (Eds.) *Encyclopedia of couple and family therapy*. (pp. 177-184). Springer. https://doi.org/10.1007/978-3-319-49425-8_158
2. **Russon, J.**, & Levy, S. (2019). Guy Diamond. In Lebow, J., Chambers, A., & Breunlin, D. (Eds.), *Encyclopedia of couple and family therapy*. Springer. (pp. 761-763). https://doi.org/10.1007/978-3-319-49425-8_878
1. **Russon, J.**, & Hunt, Q. (2017, Feb). Family therapy for suicide prevention in youth. *Family Therapy Magazine*, 16(1), 12-17. <https://ftm.aamft.org/>

GRANTS AND SPONSORED PROJECTS

EXTERNAL SUPPORT

Title: Strengthening Healthcare through Interprofessional Networks and Education (SHINE) Program

Jun 2025- Jun 2029

Health Resources and Services Administration (HRSA)

Award Number: M0154855

Award Amount: \$2,400,000.00

Allocated Amount: \$1,000.00

Role: Consultant, Content Developer (PI: Patton)

Title: Family focused counseling for LGBTQI+ youth at risk for suicide: A community-partnered initiative
Feb 2024 - Feb 2027

Source: Substance Abuse and Mental Health Services Administration

Award Number: H79FG001267

Award Amount: \$1,274,969.00

Role: Co-I (Percent Effort: 5% CY) (PI: Zullo)

Title: The BH-Works Suicide Prevention Program for sexual and gender minority youth

Aug 2022- Mar 2025

Source: National Institute of Mental Health (NIMH) (Mechanism: R34)

Award Number: R34MH129785

Award Amount: \$742,854.00

Role: PI (Percent Effort: 22-23% AY; 33% SMR)

Title: An initial pilot of attachment-based family therapy for adolescent eating disorders: A case series

Jun 2020 – Jun 2021

Source: Drexel University Center for Weight, Eating and Lifestyle Science (WELL Center)

Award Number: N/A

Award Amount: \$28,050.00

Role: Co-I (Percent Effort: In Kind AY; 21% SMR) (PI: Manasse)

Title: Attachment-based family therapy for LGBTQ+ suicidal youth: Feasibility, acceptability and transportability

Oct 2016 - Oct 2019 (NCE year)

Source: American Foundation for Suicide Prevention (Mechanism: Postdoctoral Fellowship)

Award Number: PDF-0-124-15

Award Amount: \$104,000.00

Role: PI (Percent Effort: 100% CY)

Title: Attachment-based family therapy for suicidal adolescents

Mar 2012 - Dec 2017 (NCE year)

Source: NIMH

Award Number: R01MH091059

Award Amount: \$3,492,426.00

Role: Project Coordinator, Recruitment Coordinator, Assessments Team (2013-2017)

(PI: Diamond; Co-PI: Kobak)

INTERNAL SUPPORT

Title: The Behavioral Health-Works Suicide Prevention Program for Community-Based Youth Organizations
Program Development, Implementation, & Evaluation

Apr 2025-Jun 2025

Source: Institute of Society, Culture and Environment (Research support following NIH termination of R34MH129785)

Award Amount: \$7,212.00

Role: PI (Percent Effort: In Kind)

Title: Establishing Mental Health Bridge Services for LGBTQ+ Youth in Crisis

2024-2025

Source: College of Liberal Arts and Human Sciences Research Grants

Award Amount: \$2,600.00

Role: Co-I (Percent Effort: 4% SMR) (PI: Benson)

Title: Leveraging Community-Centered Research to Expand Access to Youth Mental Health Knowledge and Services
2024-2025

Source: Institute of Society, Culture and Environment (ISCE) Scholars Program

Award Amount: \$29,974.00

Role: Co-I (Percent Effort: 0.5-1.0% SMR) (PI: Kempker-Margherio)

Title: Meeting Rural Mental Health Needs of LGBTQ+ Youth and Families: A Community Engaged Studio
to Develop an Integrated Referral Specialty Clinic
2024

Source: Whole Health Consortium

Award Amount: \$500.00

Role: Co-I (Percent Effort: In Kind) (PI: Benson)

Title: Community Advisory Groups to Inform Youth Mental Health Needs in Southwest Virginia
2024

Source: Whole Health Consortium (Track II: Incubating Emergent Collaborations)

Award Amount: \$10,000.00

Role: Co-I (Percent Effort: In Kind) (PI: Kempker-Margherio)

Title: Decreasing intergenerational trauma through dance: A program for mothers with PTSD and
their children
2022-2023

Source: Institute for Society Culture and the Environment Scholars Program

Award Amount: \$30,000.00

Role: Co-I (Percent Effort: In Kind) (PI: Basso)

Title: Help-seeking, service utilization and experiences of stigma among underserved college students
2019-2020

Source: Dean's Faculty Fellowship (One year COVID-19 NCE)

Award Amount: \$9,992.14

Role: Co-PI (In Kind AY; Percent Effort: 2% SMR) (PI: Shivers)

Title: Siblings of individuals with mental illness
2018-2019

Source: Niles Grant, College of Liberal Arts and Human Sciences

Award Amount: \$2,500.00

Role: Co-I (Percent Effort: In Kind) (PI: Shivers)

Title: Addressing suicidality among veterinary students
2018-2019

Source: Seed Grants: Advancing Transdisciplinary Communities in Rural Health Research

Award Amount: \$20,000.00

Role: PI (Percent Effort: In Kind)

FUNDING FOR EDUCATIONAL, PROFESSIONAL DEVELOPMENT, AND SERVICE ACTIVITIES

Title: Facing a shadow: The myth of white superiority and other inferiority
2020-2021

Source: 2020-2021 Women and Minority Artists and Scholars Lecture Series,
and Virginia Tech sponsors*

Award Amount: \$4,837.00

Role: Organizer, Received funds to bring Dr. Marlene Watson to Virginia Tech to speak on race, health, and public policy
and meet with students and faculty in CLAHS

**Sponsors included: Alliance for the Study of Suicide Prevention and Intervention through Relationship Enrichment, Center for Humanities, Center for Peace Studies and Violence Prevention, College of Liberal Arts and Human Sciences Diversity Committee, Department of Human Development and Family Science, Department of Sociology, Family Therapy Center of Virginia Tech, Graduate School, Institute for Society, Culture and the Environment, Office of the Provost, Office for Inclusion and Diversity, Race and Social Policy Center, Women's Center.*

Title: Mentoring project: Preparation of a research proposal to NIMH

2019-2021

Source: Virginia Tech Faculty Mentoring Award

Award Amount:\$1,500.00

Role: Award Recipient

CONFERENCE PRESENTATIONS

**Collaborated with Virginia Tech current or former students on presentation*

***Recognition awarded*

91. * Uçar, S., Russon, J. M., & Niño, A. (2025, Nov. 20). *The evolution of the Person-of-the-Therapist training model: A narrative review* [Paper Presentation]. National Council on Family Relations Annual Conference, Baltimore, MD.
90. *Smith, K., **Russon, J.**, & *Strati, J. (2025, Nov 20). *Applying a zero-suicide framework for early-stage implementation of suicide prevention programming in a rural LGBTQ+ community organization* [Poster]. National Council on Family Relations, Baltimore, MD.
89. *Smith, K., *Wu, D., & **Russon, J.** (2025, Nov 20). *Exploring the relationship between attachment insecurity and mental health help-seeking intentions for college students who have experienced identity-based discrimination: preliminary findings from a convergent mixed methods study* [Poster]. National Council on Family Relations, Baltimore, MD.
88. *Wu, D., *Nuñez Love, L. & **Russon, J.** (2025, Nov 20). *Suicide identification in LGBTQ+ youth organizations* [Poster]. National Council on Family Relations, Baltimore, MD.
87. *Smith, K., *Morales Donnell, E., & **Russon, J.** (2025, Nov 19.) *Mental health symptoms and suicide risk among lesbian, gay, bisexual, transgender, and questioning young adults presenting in residential care.* [Paper Presentation]. National Council on Family Relations, Baltimore, MD.
86. **Russon, J.**, Zullo, L., Wintersteen, M., & Diamond, G. (2025, Nov 9). *Affirmative family-based youth suicide prevention training for behavioral health professionals: An evaluation of two approaches to training* [Poster]. International Academy of Suicide Research International Summit, Boston, MA.
85. Heiden-Rootes, K., Benson, K., **Russon, J.**, & Zhang, X. (2025, Oct 29). *Caring for LGBTQ+ youth and families from an ecological perspective* [Workshop]. Systemic Family Therapy Conference, Virtual.
84. **Russon, J.** (2025, Sep 5). *Using mixed methods research designs in implementation science: Strategies for studying the adoption of family-based approaches in diverse community settings.* [Workshop]. Intervention Research in Systemic Family Therapy Conference, Columbus, OH.

83. **Russon, J.**, *Ucar, S., Ruan-Iu, L., Rivers, A. S., Winston-Lindeboom, P., & Roeske, M. (2025, Sep 4). *Treatment engagement and early-response outcomes among sexual and gender minoritized youth receiving individual and systemic family therapy modalities in psychiatric care*. [Paper Presentation]. Intervention Research in Systemic Family Therapy Conference, Columbus, OH.
82. *Nuñez Love, L., *Hassanpour, S., Benson, K., **Russon, J.**, *Smith, K. (2025, Sep 4). *A community-partnered bridge service program for LGBTQ youth with suicidal thoughts and behaviors: A study protocol* [Poster]. Intervention Research in Systemic Family Therapy Conference, Columbus, OH.
81. Harkavy-Friedman, J., Adams, L., **Russon, J.**, & Duarte Velez, Y. (2024, Apr 14). *Sex, gender and suicide prevention: Impact on identity, treatment, and research* [Panel Presentation]. Anxiety & Depression Association of America, Boston, MA.
80. **Russon, J.**, *Roman, G., *Wu, D., *Craig, A., *Srinivasan, S. (2023, Nov 8). *Help-seeking, social support, and resource utilization among veterinarians during COVID-19: A call to systemic family therapists*. [Paper presentation]. National Council on Family Relations Annual Conference, Orlando, FL.
79. *Tillett, J., *Wu, D., *Srinivasan, S., *Roman, G., **Russon, J.** (2023, Nov 11). *The BH-works suicide prevention program effectiveness-implementation trial study protocol in organizations serving sexual and gender minority youth: Community-engaged research strategies*. [Poster presentation]. National Council on Family Relations Annual Conference, Orlando, FL.
78. Heiden-Rootes, K., & **Russon, J.** *LGBTQ youth go to family therapy: Stories of opening up, listening to feelings, and taking on ghosts*. [Paper presentation]. National Council on Family Relations Annual Conference, Orlando, FL.
77. *Srinivasan, S., & **Russon, J.** (2023, Sep 22). *LGBTQ+ center providers' needs and barriers while working with youth with suicidal thoughts and behavior*. [Paper presentation]. Intervention Research in Systemic Family Therapy Annual Conference, Provo, UT.
76. Jackson, J. B., **Russon, J.**, Case Pease, J., Gafsky, E. L., & Dolbin-MacNab, M. L., (2023, Mar 23). *The state & future of systemic therapy in the United States* [Colloquium]. The Systemic Approach Professions Conference, Paris, France, Virtual.
75. *Tillett, J., Case Pease, J., *Fennell, T., *Puckett, K., *Codecá, L., *Bland, K., Shivers, C., & **Russon, J.** (2022, Nov 16). *Perceptions of relational strengths and stressors among those with siblings with suicidal ideation: A mixed methods study*. [Paper presentation]. National Council on Family Relations Annual Conference, Minneapolis, MN.
74. **Russon, J.**, *Srinivasan, S., *Winter, S., Rivers, A., Ruan-Iu, L., & Diamond, G. (2022, Oct 5). *Mental health symptoms, suicide risk, and social distal stressors among lesbian, gay, bisexual, transgender, and questioning youth presenting in residential care*. [Paper presentation]. Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, MI.
73. **Russon, J.**, Manasse, S., Lampe, E., *King, A., Levy S., & Diamond, G. (2022, Oct 5). *Attachment-based family therapy to improve family functioning and eating disorder symptoms in adolescent binge-spectrum eating disorders: An initial evaluation*. [Poster presentation]. Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, MI.

72. *Codecá, L., & **Russon, J.** (2022, Oct 5). *Systemic family individual engagement approach: A preliminary study*. [Poster presentation]. Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, MI.
71. Diamond, G., **Russon, J.**, *King, A., & Janes (2022, Oct 5). *Updates on research and training from the Center for Family Intervention Science*. [Workshop presentation]. Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, MI.
70. *Codecá, L., & **Russon, J.**, Shivers, C., *Puckett, K., & *Bland, K. (2022, Oct 5). *Stress, burden, distress, and perceptions of relationships among young adults with siblings with suicidal ideation: An explanatory mixed methods study*. [Poster presentation]. Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, MI.
69. *King, A. & **Russon, J.** (2022, Jun 9). *How Providers Utilize their Eating Disorder Lived Experience in the Treatment of Clients with Eating Disorders* [Paper presentation]. International Conference on Eating Disorders, Virtual.
68. Darby, B., Murphy, J., Bisset, C., Hungerford, L., **Russon, J.**, Haak, T., & *Bland, K. (2022, Feb 24). *How are we doing? Coping, Resiliency, and Challenges (CRC) survey* [Reception presentation]. Virginia Veterinary Medical Association Conference, Roanoke, VA.
67. Few-Demo, A. L., **Russon, J.**, Case Pease, J., & Allen, A. R. (2021, Nov 2). *Using family theories to navigate conversations on race and power in academic settings* [Dialogue session]. National Council on Family Relations Annual Conference, Theory Construction and Research Methodology conference, Virtual.
66. **Russon, J.** (2021, Nov 10). *LGBTQ+ Youth with Suicidal Thoughts and Behavior* [Conference presentation]. Systemic Family Therapy Conference, AAMFT, Virtual.
65. **Russon, J.**, Piovanetti, I., Weissinger, G., Rivers, A., Ruan-Iu, L., Diamond, G. (2021, Oct 24). *Mental Health Symptoms and Suicide Risk among Lesbian, Gay, Bisexual, Transgender, and Questioning Youth Presenting in Residential Care* [Paper presentation]. IASR/AFSP International Summit on Suicide Research, Virtual.
64. **Russon, J.**, & Diamond, G. (2021, Oct 24). *Attachment-based family therapy for LGBTQ+ Youth with suicidal thoughts and behaviors: Feasibility, acceptability and Transportability* [Poster presentation]. IASR/AFSP International Summit on Suicide Research, Virtual.
63. **Russon, J.**, Manasse, S., *King, A., Abber, S. Levy, S., & Diamond, G. (2021, Aug 6). *Attachment-based family therapy for bulimia spectrum disorders* [Poster presentation]. Intervention Research in Systemic Family Therapy Annual Conference, Virtual.
62. **Russon, J.**, Piovanetti, I., Rivers, A., Winston-Lindeboom, P., & Diamond, G. (2021, Aug 6). *ABFT versus FE-NST for LGBQ youth with suicidal thoughts and behavior* [Poster presentation]. Intervention Research in Systemic Family Therapy Annual Conference, Virtual.
61. *Bland, K., *King, A., Shivers, C., & **Russon, J.** (2021, Aug 6). *Relational and systems barriers to help-seeking* [Poster presentation] Intervention Research in Systemic Family Therapy Annual Conference, Virtual.

60. *King, A., *Bland, K., **Russon, J.**, & Shivers, C. (2021, Aug 6). *Help-seeking among college students with disordered eating symptoms* [Poster presentation]. Intervention Research in Systemic Family Therapy Annual Conference, Virtual.
59. **Russon, J.**, & *King, A. (2021, Jul 29). *Implementing suicide screening and triage efforts into colleges of veterinary medicine: Needs, barriers and facilitators* [Conference presentation]. American Veterinary Medical Association Annual Convention, Virtual.
58. Manasse, S.M., **Russon, J.**, Levy, S., Abber, S., *King, A., Lampe, E., Trainor, C., & Diamond, G. (2021, Jun 10). *An initial case series examination of attachment-based family therapy for adolescent bulimia spectrum eating disorders* [Paper presentation]. International Conference on Eating Disorders, Virtual.
57. **Russon, J.** Morrissey, J. *Dellinger, J., Jin, B., Diamond, G. (2020, Nov 17). Implementing attachment-based family therapy for depression and suicidal LGBTQ+ youth in community settings: Feasibility, acceptability, and preliminary effectiveness [Paper presentation]. In Seager van Dyk, I. & Zullo, L. (Chairs) *Building a rainbow bridge between research and practice: Improving access to affirming, evidence-based care for suicidal sexual and gender minority youth* [Symposium]. Association for Behavioral and Cognitive Therapies Annual Convention, Virtual.
56. **Russon, J.** Levy, S. Diamond, G.S. (2020, Nov 9). Affirmative attachment-based family therapy for transgender and gender diverse youth [Paper presentation]. In Heiden-Rootes, K. (Chair) *Adaptation research in attachment-based family therapy* [Symposium] National Council on Family Relations Annual Conference, Virtual.
55. Jin, B., **Russon, J.** Levy, S. Diamond, G.S. (2020, Nov 9). Attachment-based family therapy for Korean families [Paper presentation]. In Heiden-Rootes, K. (Chair) *Adaptation research in attachment-based family therapy* [Symposium]. National Council on Family Relations Annual Conference, Virtual.
54. **Russon, J.** & Jin, B. (2020, Nov 9). *Attachment-based family therapy: Attachment outcomes for sexual and gender minority youth* [Paper presentation]. National Council on Family Relations Annual Conference, Virtual.
53. **Russon, J.** Levy, S. Diamond, G.S. (2020, Nov 9). *Attachment-based family therapy in graduate training programs: Dissemination methods for empirically-supported practices in educational settings* [Round table presentation]. National Council on Family Relations Annual Conference, Virtual.
52. *Dellinger, J., *Smithee, L., *King, A., *Simpson, S., & **Russon, J.** (2020, Nov 9). *Attachment-informed family treatment in LGBTQ+ community settings: A thematic analysis of youth and caregiver perceptions* [Poster presentation]. National Council on Family Relations Annual Conference, Virtual.
**Won Family Therapy Section Best Poster Award, Student Award
51. *King, A., **Russon, J.**, & Mensinger, J. (2020, Oct 12). *Parental psychological control, attachment insecurity and body shame: How relational factors are associated with disordered eating among young adult women* [Poster presentation]. Annual Meeting of the Eating Disorder Research Society, Virtual.
50. **Russon, J.** & Holubec N. (2019, Aug 29). *Attachment-based family therapy for transgender youth* [Seminar]. American Association for Marriage and Family Therapy Annual Conference, Austin, TX.

49. Nash, K. & **Russon, J.** (2019, Aug 29). *POTS and PLANS: Person-of-the-supervisor and life cycle of supervisees* [Workshop]. American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
48. *Smithee, L., *Cooke, S., & **Russon, J.** (2019, Aug 29). *Acceptability of attachment-based family therapy for suicidal LGBTQ+ youth* [Research presentation]. American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
47. *King, A. & **Russon, J.** (2019, Aug 29). *Psychological control, relationship status, and disordered eating* [Research presentation]. American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
46. Hunt, Q. (2019, Aug 29). *What every MFT needs to know* [Panelist: **Russon, J.**]. American Association for Marriage and Family Therapy Annual Conference, Austin, TX.
45. **Russon, J.** (2018, Nov 15). *Person-of-the-therapist in attachment-based family therapy* [Institute]. American Association for Marriage and Family Therapy Annual Conference, Louisville, KY.
44. Diamond, G. & **Russon, J.** (2018, Nov 15). *Introduction to attachment-based family therapy* [Workshop]. American Association for Marriage and Family Therapy Annual Conference, Louisville, KY.
43. Dellinger, J., Bailey, K., Stockhecker, **Russon, J.** (2018, Nov 7). *Caregivers of LGBTQ+ youth: Attitudes toward an attachment-informed family treatment approach* [Round table presentation]. National Council on Family Relations Annual Conference, San Diego, CA.
42. **Russon, J.** & Diamond, G. (2018, Nov 7). *Family engagement strategies for educators and providers: Supporting suicidal youth* [Round table presentation]. National Council on Family Relations Annual Conference, San Diego, CA.
41. Jin, B., **Russon, J.** & Diamond, G. (2018, Nov 7). *Associations between emotion regulation difficulties and non-suicidal self-injury among depressed youth: Parental interaction quality as a buffer* [Poster presentation]. National Council on Family Relations Annual Conference, San Diego, CA.
40. **Russon, J.** & Diamond, G. (2017, Nov 15). *Modifying ABFT for LGBTQ agencies: Qualitative findings from therapists* [Paper presentation]. National Council on Family Relations Annual Conference, Orlando, FL.
39. **Russon, J.** & Hunt, Q. (2017, Nov 15). *Attachment-based family therapy for depressed and suicidal youth* [Round table presentation]. National Council on Family Relations Annual Conference, Orlando, FL.
38. Jin, B., **Russon, J.**, & Diamond G. (2017, Nov 15). *Effectiveness of ABFT for reducing family dysfunction among suicidal youth* [Paper presentation]. National Council on Family Relations Annual Conference, Orlando, FL.
37. **Russon, J.**, & Diamond, G. (2017, Oct 5). *Emotion deepening techniques in attachment-based family therapy* [Seminar]. American Association for Marriage and Family Therapy Annual Conference, Atlanta, GA.
36. **Russon, J.**, & Diamond, G. (2017, Oct 5). *ABFT versus FE-NST for depressed LGBQ youth: Outcomes from a randomized controlled trial* [Research presentation]. American Association for Marriage and Family Therapy Annual Conference, Atlanta, GA.

35. Vaughan, K., **Russon, J.** & Diamond, G. (2017, Oct 5). *Becoming diagnostically aware: Eating disorders* [Research presentation]. American Association for Marriage and Family Therapy Annual Conference, Atlanta, GA.
34. **Russon, J.**, Jin, B., & Diamond, G. (2017, Aug 3). *Family factors impacting suicidal ideation among LGBTQ youth* [Conversation hour presentation]. American Psychological Association Annual Convention, Washington, DC.
33. Diamond, G., **Russon, J.** & Hunt, Q. (2017, Aug 3). Creating a supportive environment with Attachment-based family therapy [Paper presentation]. In Rueger, S. (Chair) *No youth is an island: Examining social support and depression through a multidisciplinary lens* [Symposium]. American Psychological Association Annual Convention, Washington, DC.
32. **Russon, J.**, & Diamond, G. (2017, May 25). *Implementing attachment-based family therapy in community settings for suicidal, LGBTQ youth* [Paper presentation]. Annual LGBTQ Research Symposium, Urbana, IL.
31. **Russon, J.**, & Sandoval-Barrett, J. (2017, Apr 27). *Attachment-based family therapy for suicidal adolescents: Working with multicultural families* [Workshop]. Society for the Study of Psychiatry and Culture Annual Meeting, Princeton, NJ.
30. Squitieri, H., Shearer, A., Dhingra, M., **Russon, J.**, & Diamond, G. (2017, Apr 6). *Attachment style predicts dropout in a sample of suicidal adolescents* [Poster presentation]. Anxiety and Depression Association of America Annual Meeting, San Francisco, CA.
29. **Russon, J.**, & Wagner, I. (2016, Nov 11). *Attachment-based family therapy: Applications for eating disorders* [Workshop]. Annual Renfrew Center Conference for Professionals, Philadelphia, PA.
28. Jivihee, F., & **Russon, J.** (2016, Nov 11). *Depressive symptoms and cognitive bias towards eating disorder-salient stimuli: Findings from an ethnically diverse sample of female college students* [Poster presentation]. Annual Renfrew Center Conference for Professionals, Philadelphia, PA.
27. Mensinger, J., & **Russon, J.** (2016, Oct 27). *Dismantling the stereotypes about eating disorders and race: Who is really suffering behind the "Golden Cage?"* [Poster presentation]. Annual Meeting of the Eating Disorders Research Society, New York, NY.
26. **Russon, J.**, Ibrahim, M., Diamond, G. (2016, Sep 15). *Interpersonal risk factors for depression and suicidal ideation among Lesbian, Gay, Bisexual and Questioning Youth* [Poster presentation]. American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.
25. Diamond, G. & **Russon, J.** (2016, Sep 15). *Attachment-based family therapy: Working with relational reframes* [Workshop]. American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.
24. Diamond G., **Russon, J.**, & Ibrahim, M. (2016, Sep 15). *Suicide risk assessment in family therapy* [Workshop]. American Association for Marriage and Family Therapy Annual Conference, Indianapolis, IN.
23. **Russon, J.** & Diamond, G. (2016, Jun 13). *Attachment-based family therapy for depressed and suicidal adolescents* [Paper presentation]. International Conference on Family Nursing, Philadelphia, PA.

22. Isaacson, D., Ibrahim, M., **Russon, J.**, & Diamond, G. (2016, Mar 31). *Identifying the moderating factors in depression and suicidality in LGBTQ Adolescents: Implications for clinical practice and future research* [Poster presentation]. Anxiety and Depression Association of America Conference, Philadelphia, PA.
21. Shearer, A., Herres, J., Kodish, T., Olegase, F., **Russon, J.**, Krauthamer-Ewing, E.S., Kobak, R. & Diamond, G.S. (2016, Mar 31). *Suicidal youth diagnosed with social phobia report higher levels of suicidal ideation* [Poster presentation]. Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
20. Abbott, C., Zisk, A., **Russon, J.**, Herres, J., & Kobak R. (2016, Mar 31). *Adolescent attachment hierarchies, deviant peer affiliation and suicidal ideation and behavior* [Paper presentation]. Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
19. **Russon, J.**, Diamond, G., & Levy, S. (2015, Nov 13). *Adapting attachment-based family therapy for adolescent eating disorders: A treatment development presentation* [Poster presentation], Annual Renfrew Center Conference for Professionals, Philadelphia, PA.
18. Mensinger, J., **Russon, J.**, Atte, T. & Diamond, G. (2015, Nov 13). *Eating disorder risk and history of trauma in a youth primary care sample* [Poster presentation]. Annual Renfrew Center Conference for Professionals, Philadelphia, PA.
17. Few-Demo, A. L., Wilkins, E., Cox, N., Edwards, A, & **Russon, J.** (2015, Nov 11). *A qualitative inquiry of African American women's sexual health decision-making* [Paper presentation]. National Council on Family Relations Annual Conference, Vancouver, British Columbia, Canada.
16. **Russon, J.**, Mensinger J., Diamond, G., Levy, S., & Atte, T. (2015, Oct 11). *Suicide risk and eating disorders: Youth in primary care* [Poster presentation], International Summit on Suicide Research Society, New York, NY.
15. Shearer, A., **Russon, J.**, Herres, J., Atte, T., and Diamond, G. (2015, Apr 9). *Symptoms of eating disorders and adolescent sexuality* [Poster presentation]. Society for Affective Science, Annual Conference, San Francisco Bay Area, Oakland, California.
14. **Russon, J.**, Carneiro, R. (2014, Nov 19). *Whistleblowers: A systemic understanding of sexual harassment in the workplace* [Round table presentation]. National Council on Family Relations Annual Conference, Baltimore, MD.
13. **Russon, J.**, Walker, M. (2014, Nov 19). *Promoting the health of transgender and intersex people: vital records and health care policy in the United States* [Paper presentation]. National Council for Family Relations Annual Conference, Baltimore, MD.
12. **Russon, J.**, Diamond, G., & Atte, T. (2014, Oct 16). *Assessing risk of eating disorders in primary care* [Poster presentation]. American Association for Marriage and Family Therapy Annual Conference, Milwaukee, WI.
11. Frederick, H., Wilkins, E. Kirkpatrick, R. & **Russon, J.** (2013, Nov 6). *Mother-daughter communication about sex: A Grenadian perspective* [Poster presentation]. National Council on Family Relations Annual Conference, San Antonio, TX.

10. Walker, M. & **Russon, J.** (2013, Nov 6). *"Lord, not in my family!" Black families raising an LGBTQ child* [Poster presentation]. National Council on Family Relations Annual Conference, San Antonio, TX.
9. Wilkins, E., **Russon, J.** & Moncrief, A. (2013, Jul 24). *Lessons from Trayvon: Merging healing with advocacy* [Poster presentation]. Association for Black Psychologists International Convention, New Orleans, LA.
8. Wilkins, E., Moncrief, A., **Russon, J.** & Whiting, J. (2012, Sep 13). *Residuals of slavery: African American gender roles* [Poster presentation]. American Association for Marriage and Family Therapy Annual Conference, Charlotte, NC.
7. Wilkins, E., Moncrief, A., **Russon, J.**, Whiting, J. & Watson, M. (2012, Jul 17). *The residual effects of slavery: Clinical implications for African Americans* [Poster presentation]. Association for Black Psychologists International Convention, Los Angeles, CA.
6. Wilkins, E., Moncrief, A., **Russon, J.** (2012, Jul 17). *Mentoring among women of color in the academy* [Poster presentation]. Association for Black Psychologists International Convention, Los Angeles, CA.
5. Carneiro, R., **Russon, J.**, Moncrief, A. & Wilkins, E. (2012, Jun 24). *Breaking the legacy of silence: A feminist perspective on therapist attraction to clients* [Poster presentation]. World Academy of Science International Conference on Applied Psychology and Behavioral Sciences, Paris, France.
4. **Russon, J.**, Walker, M., Wilkins, E. & Moncrief, A. (2012, May 16). *Lesbian, gay and bisexual clients, understanding attitudes and self of the therapist* [Poster presentation]. American Family Therapy Academy Annual Meeting, San Francisco, CA.
3. Wilkins, E., Moncrief, A. & **Russon, J.** (2012, May 16). *Resilience and the residuals of slavery* [Poster presentation]. American Family Therapy Academy Annual Meeting, San Francisco, CA.
2. Walker, M. & **Russon, J.** (2012, Mar 21). *Female same-sex couples: Get real, get educated* [Poster presentation]. International Family Therapy Association World Conference, Vancouver, Canada.
1. **Russon, J.** (2011, Sep 23). *Community supports to career capacities* [Research presentation]. Out for Work National Conference, Washington, DC.

INVITED RESEARCH PRESENTATIONS

**Collaborated with Virginia Tech current or former students on presentation*

11. **Russon, J.** (2024, Jun 18). Attachment-based family therapy and suicide prevention efforts for LGBTQ youth with suicidal thoughts and behavior. *American Foundation for Suicide Prevention, Illinois Chapter Research Connection Program*. Virtual.
10. **Russon, J.** (2024, Jun 17). Interventions that build connections: Addressing suicide among LGBTQ+ youth and their families. *American Foundation for Suicide Prevention, Louisiana and Mississippi Chapters, Research Connection Program*. Virtual.
9. **Russon, J.** (2022, Sep 26). Attachment-based family therapy: A promising suicide treatment for adolescents and young adults presenting in LGBTQ+ community centers. *American Foundation for Suicide Prevention, Long Island Chapter Research Connection Program*. Virtual.

8. **Russon, J.** (2022, Sep 19). *Working with suicidal clients from the LGBTQIA+ community: Recommendations for Treatment*. Psych Congress 2022, New Orleans, LA.
7. **Russon, J.** (2021, Nov 17). *Attachment-based family therapy for LGBTQ+ community centers*. American Foundation for Suicide Prevention, Illinois Chapter Virtual Research Connection Program, Virtual.
6. **Russon, J.** (2021, Jul 22). *Suicide in veterinary settings*. University of Tennessee College of Social Work, Knoxville, TN, Virtual.
5. Diamond, G.M., & **Russon, J.** (2021, Jun 29). *ABFT for LGBTQ Youth*. ABFT International Training Center Network, Philadelphia, PA, Virtual.
4. **Russon, J.** (2020, Jul 22). *Veterinary Team Health: A Proposal to Implement and Pilot Comprehensive, Universal behavioral Health Screening in Colleges of Veterinary Medicine* [Research proposal partnership presentation]. Boehringer-Ingelheim and the Virginia-Maryland College of Veterinary Medicine, Blacksburg, VA.
3. **Russon, J.** (2019, Apr 11). *Addressing wellness among veterinarians*. Virginia-Maryland College of Veterinary Medicine Executive Board, Blacksburg, VA.
2. **Russon, J.** & *King, A. (2019, Mar 14). *Attachment-based family therapy research*. Carilion Clinic Child and Adolescent Psychiatry, Virginia Tech Carilion School of Medicine, Roanoke, VA.
1. **Russon, J.** (2017, Nov 10). *Attachment-based family therapy for suicidal LGBTQ+ youth in community agencies: An implementation study*. College of New Jersey Department of Psychology Fall Colloquium Series, Ewing, NJ.

EXPERT PANELS

Embedding equity and building the suicide prevention workforce for underserved communities (2024, Jul 9-10). *Technical Experts Panel, Substance Abuse and Mental Health Services Administration*. [Panelist: **Russon, J.**]. Rockville, MD/Virtual.

EDITORIAL BOARD MEMBERSHIP

<i>Journal of Family Theory & Review</i>	Feb 2026-present
<i>Family Process</i>	Feb 2022-present

AD-HOC REVIEWER

Ad hoc reviewer, <i>Journal of Family Theory & Review</i>	2023-present
Ad hoc reviewer, <i>Contemporary Family Therapy</i>	2022-present
Ad hoc reviewer, <i>Technology in Society</i>	2022-present
Ad hoc reviewer, <i>Journal of Feminist Family Therapy</i>	2022-present
Ad hoc reviewer, <i>Clinical Child and Family Psychology Review</i>	2021-present
Ad hoc reviewer, <i>Psychology of Sexual Orientation and Gender Diversity</i>	2021-present
Ad hoc reviewer, <i>Scandinavian Journal of Child and Adolescent Psychiatry and Psychology</i>	2020-present
Ad hoc reviewer, <i>Journal of Affective Disorders</i>	2020-present
Ad hoc reviewer, <i>Journal of Family Psychology Review</i>	2019-present
Ad hoc reviewer, <i>Youth & Society</i>	2019-present
Ad hoc reviewer, <i>Journal of LGBT Youth</i>	2019-present
Ad hoc reviewer, <i>Family Process</i>	2017-2022
Ad hoc reviewer, <i>International Journal of Systemic Therapy</i>	2017-present

Ad hoc reviewer, <i>Pediatrics</i>	2017-present
Ad hoc reviewer, <i>Psychotherapy Research</i>	2016-present
Ad hoc reviewer, Student Reviewer, <i>Journal of Marital and Family Therapy</i>	2015-present

BOOK REVIEWS

Diamond, G., & Boruchovitz-Zamir. (2023). *Attachment-based family therapy for sexual and gender minority young adults and their nonaccepting parents*. American Psychological Association. <https://doi.org/10.1037/0000352-001>

GRANT PROPOSAL REVIEWS

<i>Ad hoc peer reviewer</i> , National Institutes of Health Topics in Health Services Research Study Section	2026
<i>Ad hoc reviewer</i> , Austrian Science Fund	2026
<i>Ad hoc peer reviewer</i> , National Institute of Mental Health Study Section	2024
<i>Ad hoc reviewer</i> , Binational Science Foundation	2024
<i>Ad hoc peer reviewer</i> , National Institute of Mental Health Study Section	2023
<i>Invited Dissertation Reader</i> , Ben-Gurion University of the Negev	2023
<i>Consulting reviewer</i> , Emma Eccles Jones College of Education and Human Services, Utah State University	2021
<i>Ad hoc reviewer</i> , The Netherlands Organisation for Health, Research and Development	2017

EXTERNAL DISSERTATION AND EVALUATION REVIEWS

<i>Invited Committee Member</i> , Mid-Term Evaluation Committee for Doctoral Student, Faculty of Psychology Educational Sciences, Doctoral Program, Katholieke Universiteit (KU) Leuven, Leuven, Belgium	2025
<i>Invited Dissertation Reader</i> , Department of Psychology, Ben-Gurion University of the Negev, Beersheba, Israel	2023

TEACHING AND MENTORSHIP

University/ Course Type	Title/Course Modifications	Number	Semester/ Year	Credit Hours	Enrollment
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum	HD 5964	Fall 2025	3	7 Students
Virginia Tech (HDFS Doctoral Program)	Independent Study: Mixed Methods Research <u>Course modifications</u> : Created independent study version of mixed methods course where students conducted all stages of original research using secondary data, then presented a virtual presentation open to the public. As part of the course, the students also submitted a conference poster abstract on their work in the course to the largest national conference in our field, National Council on Family Relations 2025 annual conference. The abstract was accepted.	HD 5974	Spring 2025	3	2 Students

Virginia Tech (MFT Doctoral Program area)	Advanced Contemporary Marriage and Family Therapy Practice <u>Course modifications:</u> Integrated new reflective assignment on understanding personal experiences with privilege and subjugation in the context of clinical practice, in order to support training in diversity and inclusion.	HD 6444	Fall 2023	3	6 Students
Virginia Tech (HDFS Doctoral Program)	Mixed Methods Research <u>Course modifications:</u> Promoted engagement and leadership in the course by working with students to facilitate the design and conduct of a class-level, original research project. Guided students to work together to develop all aspects of a mixed methods research proposal, submit it to IRB, collect data, use appropriate software to analyze the results, and present findings.	HD 5714	Spring 2023	3	13 Students
Virginia Tech (Undergraduate Course)	Integrative Health Practices	HD 2014	Fall 2022	3	78 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum	HD 5964	Fall 2022	1	4 Students
Virginia Tech (Undergraduate Course)	Integrative Health Practices	HD 2014	Spring 2022	3	76 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Research	HD 6484	Spring 2022	3	4 Students
Virginia Tech (Undergraduate Course)	Integrative Health Practices	HD 2014	Fall 2021	3	77 Students (1 student completed as honors course)
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum <u>Course modifications:</u> Transitioned person-of-the-therapist training to in-person format and supervised clinical practice in multiple modalities.	HD 5964	Fall 2021	1	3 Students
Virginia Tech (HDFS Doctoral Program)	Mixed Methods Research <u>Course modifications:</u> Revised course for online, synchronous instruction (with asynchronous elements). Supported students in conducting original mixed methods research in groups. The assignment required student to go through all stages of research: conceptualizing a research question, submitting to IRB, conducting	HD 5714	Spring 2021	3	10 Students

	secondary data analysis, developing joint displays, interpreting results, and preparing a research presentation. Some students have submitted abstracted and presented their research from this course at academic conferences. One student is also developing a manuscript for publication.				
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum <u>Course modifications:</u> Transitioned person-of-the-therapist training to online format with synchronous and asynchronous instruction.	HD 5964	Fall 2020	1	4 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum <u>Course modifications:</u> Collaborated with Clinical Director to develop a supplemental experience to discuss clinical implications related to the book, <i>White Fragility</i> . This experience Included individual and group meetings with the students throughout the summer. Collaborated With Clinical Director to design a remote clinical practicum experience, including live supervision.	HD 5964	Summer II 2020	1	8 Students
Virginia Tech (HDFS Doctoral Program)	Mixed Methods Research <u>Course modifications:</u> Transitioned course to online format with synchronous and asynchronous instruction.	HD 5714	Spring 2020	3	5 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Research <u>Course modifications:</u> Transitioned course to online format with synchronous and asynchronous instruction.	HD 6484	Spring 2020	3	3 Students
Virginia Tech (MFT Doctoral Program area)	Advanced Contemporary Marriage and Family Therapy Practice <u>Course modifications:</u> Integrated training modules on social location and health disparities, organized panel presentation on working with children, arranges guest lectures, designed evidenced-based clinical presentation video assignment, integrated abstract preparation and review activity.	HD 6444	Fall 2019	3	8 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum <u>Course modifications:</u> Designed and conducted part II of Person-of-the-Therapist (POTT) supervision experience. Activities focused on the third area of POTT clinical development, self-management.	HD 5964	Fall 2019	1	3 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum	HD 5964	Summer II 2019	1	4 Students

	<u>Course modifications:</u> Collaborated with clinical director and MFT faculty to design a standardized practicum syllabus.				
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Research <u>Course modifications:</u> Created enhanced learning modules on sociopolitical contexts of research, IRB and evaluating clinical models in marriage and family therapy.	HD 6484	Spring 2019	3	8 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Practicum <u>Course modifications:</u> Built on POTT training design (See HD 5964, Fall 2018) to design part I of a POTT supervision experience program for clinical students. Activities focused on the first two areas of POTT clinical development, self-knowledge and self-access.	HD 5964	Spring 2019	1	4 Students
Virginia Tech (MFT Doctoral Program area)	Marriage and Family Therapy Research <u>Course modifications:</u> Created a person-of-the-therapist (POTT) and practicum hybrid experience to provide doctoral students with POTT-specific training and supervision. Implemented POTT-specific programming at Virginia Tech through practicum course.	HD 5964	Fall 2018	1	4 Students
University/ Course Type	Title/Adaptations	Number	Quarter/ Year		
Drexel University (Couple and Family Therapy Master's Program)	Person-of-the-Therapist	CFTP-526-528	Fall, Winter, Spring 2017-2018		
Drexel University (CFT Master's Program)	Independent Study in Couple and family Therapy: Professional Development Ethics, and Person-of-the-Therapist	CFTP-752	Winter 2018		
Drexel University (CFT Master's Program)	Research I: Family Evaluation	CFTP-524	Summer 2017		
Drexel University (CFT Master's Program)	Person-of-the-Therapist	CFTP-526-528	Fall, Winter, Spring 2016-2017		
Drexel University (CFT Doctoral Program)	Introduction to CFT Clinical Research	CFTP-713	Fall 2016		

COURSE DEVELOPMENT

Lecture Series Package, Integrative Health Practices

Summer 2023

Developed four modules for in-person or remote delivery. Modules include video lectures, reflective activities, quizzes with answer keys, participation questions, and teaching guides. Modules focus four areas of social health: introduction to social health, relationships, emotions, and psychosocial interventions for families.

Course Revision, Integrative Health Practices

Summer 2021

Virginia Tech Undergraduate Course

Revised a current undergraduate course on integrative health practices to focus on applying the biopsychosocial model within the health professions. The course is divided into four areas of study: applying the biopsychosocial model holistically, essentials of being a health provider, integrative health prevention practices, and understanding healthcare systems. Experiential assignments were designed, such as creating an integrative self-care plan, interviewing medical providers, and creating a video describing an integrative health practice.

Course Development, Mixed Methods Research

Summer 2019

Virginia Tech HDFS graduate programs

Created a course proposal and syllabus for a graduate mixed methods course in HDFS. The course focuses on the design and evaluation of mixed methods research and prepares students to critique, design and conduct studies using this methodology.

DOCTORAL DISSERTATION AND MASTER'S COMMITTEES

*Served on the committee through qualifying exams

Student's Degree and University (Role: Chair)	Area	Semester of Graduation
Kazemi (M.S., Virginia Tech)	Marriage & Family Therapy (MFT)	Spring 2021
King (Ph.D., Virginia Tech)	MFT	Spring 2022
Renner (M.S., Virginia Tech)	MFT	Spring 2022
Tillett (Ph.D., Virginia Tech)	MFT	Winter 2024
Winter (Ph.D., Virginia Tech)	MFT	Spring 2026
Student's Degree and University (Role: Committee Member)	Area	Semester of Graduation
Cooke (Ph.D., Virginia Tech)	MFT	Spring 2023
El Helou (Ph.D., Virginia Tech)	MFT	Spring 2022
Gary (Ph.D., Virginia Tech)	MFT	Spring 2020
McGregor (Ph.D., Virginia Tech)*	Child and Adolescent Development	Spring 2022
Simpson (Ph.D., Virginia Tech)	MFT	Spring 2023
Smithee (Ph.D., Virginia Tech)	MFT	Spring 2021
Stucki (Ph.D., Virginia Tech)	MFT	Spring 2022
Tarantino (Ph.D., Virginia Tech)	Family Science	Spring 2026
Vaughan (Ph.D., Drexel University)	Couple and Family Therapy	Spring 2020

Note: Listed in alphabetical order

UNDERGRADUATE ADVISING

Number of Advisees	Years
37	2018-2023

GRADUATE AND UNDERGRADUATE RESEARCH TRAINING AND MENTORSHIP

Type of Training Experience	Semesters	Total Credit Hours (across students)	Total Enrolled (across semesters)
Graduate Research Team	FA '18, SP '19, SP '20, SP '21, FA '21, SP '22, FA '22, FA '24, SP '25, FA '25	18	13
Field Study (HD 4964)	SP '19, FA '19, SU '20, FA '22, SP '23, FA '23, SU '24, SU '25	45	14
Independent Study (HD 4974)	SP '23, FA '23	5	2
Undergraduate Research (HD 4994)	SP '19, FA '19, SP '20, FA '20, SP '21, FA '21, SP '22, FA '22, SP '23, SU '23, FA '23, SP '24, FA '24	32	15
Undergraduate Volunteer	FA '18, SU '19, FA '19, SP '20, FA '20, SP '21, FA '21, SP '23, SP '24, SU '24	--	18

Note: Seven HD 4994 students had a primary research group outside of ASPIRE (Shivers' lab), but were supervised by Russon and worked on a collaborative project through Shivers-Russon shared research team. Eight HD 4964 students had shared responsibilities on ASPIRE (Supervisor: Dr. Russon) and the Family Therapy Center of Virginia Tech (Supervisor: Dr. Case).

Pre-doctoral Research Internship Supervisor

Jun 2020- Mar 2021

Student Name: Lauren Smithee, Virginia Tech

Degree: Ph.D., MFT area

Student Commitment: Two hours per week

GUEST LECTURES AND ACTIVITIES FOR STUDENT LEARNING

**Collaborated with Virginia Tech current or former students on presentation*

Russon, J. (2025, Mar 25). *Person-of-the-supervisor: Techniques for navigating the life cycle of supervisees*. Presented, by invitation, in MFT Supervision (HD 6464) for doctoral students, Virginia Tech, Blacksburg, VA.

Russon, J. & *Hassanpour, S. (2025, Mar 20). *Interventions that build connection: Addressing suicide among LGBTQ+ youth and their families* [Hour-long oral presentation, virtual]. Presented, by invitation, in VT-SAFE student meeting, Virginia Tech, Blacksburg, VA.

*Smith, K. & **Russon, J.** (2025, Feb 28). *Affirmative family-based youth suicide prevention of behavioral health providers: A preliminary evaluation of training impact* [30-minute oral presentation]. Department of Human Development and Family Science Doctoral Student Preview Day (Hokie Highlights). Virginia Tech, Blacksburg, VA.

Russon, J. (2025, Jan 16). *Family-engaged suicide assessment* [Workshop]. Family Therapy Center of Virginia Tech Orientation and Training. Virginia Tech, Blacksburg, VA.

Grafsky, E. (2024, Sep). Scholarly ethics and integrity related to professionalism and research [Panelist: **Russon, J.**]. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA.

Smith, C. (2023, Apr). *Engaging in difficult conversations and discussions on authorship* [Panelist: **Russon, J.**]. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA.

Russon, J. (2023, Mar). *The BH-Works Suicide Prevention Program for sexual and gender minority youth*. Presented in Hokie Highlights lightning presentation event for current prospective doctoral students, Virginia Tech, Blacksburg.

Russon, J. (2023, Mar). *Person-of-the-supervisor asynchronous guest lecture and reflection assignment*. Presented, by invitation, in MFT Supervision (HD 6464) for doctoral students, Virginia Tech, Blacksburg, Virtual, Asynchronous.

Russon, J. (2023, Spring). *Attachment-informed supervision group for practicum students*. Facilitated an extracurricular supervision group for student therapists interested in attachment-informed approaches for couples and families. The group met for approximately 60 minutes each week for a semester.

Russon, J. (2022, Dec). *Risk assessment & family engaged safety training for youth clients*. Developed and conducted 90-minute workshop for clinical graduate students and undergraduate interns at the Family Therapy Center of Virginia Tech, Blacksburg, VA.

Russon, J. (2022, Apr). *Person-of-the-supervisor: Techniques for navigating the life cycle of supervisees*. Presented, by invitation, in MFT Supervision (HD 6464) for doctoral students, Virginia Tech, Blacksburg, VA.

Russon, J. (2021, Nov). *Biopsychosocial perspectives on suicidality*. Presented, by invitation, in Integrative Health Practices (HD 2014) for undergraduate students, Virginia Tech, Blacksburg, VA.

Russon, J. (2021, Nov). *Relationships and health*. Presented, by invitation, in Integrative Health Practices (HD 2014) for undergraduate students, Virginia Tech, Blacksburg, VA.

Smith, C. (2021, Oct). *Publishing and writing*. [Panelist: **Russon, J.**]. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA.

Russon, J. (2021, Oct). *Attachment-based family therapy*. Presented, by invitation, in Advanced Contemporary Family Therapy (HD 6444) for doctoral students, Virginia Tech, Blacksburg, VA.

Smith, C. (2021, Sep). *Marriage and family therapy article discussion* [Panelist: **Russon, J.**]. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA, Virtual.

Russon, J. (2021, Mar). *Person-of-the-supervisor techniques for navigating the life cycle of supervisees*. Presented, by invitation, in MFT Supervision (HD 6464) for doctoral students, Virginia Tech, Blacksburg, Virtual.

Smith, C. (2021, Sep). *Marriage and family therapy article discussion* [Panelist: **Russon, J.**]. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA, Virtual.

Russon, J. (2020, Jul). *Suicide assessment and treatment for youth and families*. Workshop presentation, by invitation, to the Marriage and Family Therapy Master's Program, Virginia Tech, Falls Church, VA, Virtual.

Smith, C. (2020, Apr). *Proseminar postdoc panel* [Panelist: **Russon, J.**]. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA, Virtual.

Shivers, C., Katz, B., & **Russon, J.** (2019, Oct). *Productive writing panel presentation*. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA.

- Russon, J.** (2019, Oct). *Mental illness and suicide*. Presented, by invitation, in Principles of Human Services course (HD 2335) for undergraduate students, Virginia Tech, Blacksburg, VA.
- Choi, K. & **Russon, J.** (2019, Apr). *Preparing for job searching in academia and submitting to journals*. Presented, by invitation, in proseminar course (HD 6004) for doctoral students at Virginia Tech, Blacksburg, VA.
- Russon, J.** (2019, Apr). *Person-of-the-therapist supervision*. Presented, by invitation, in MFT Supervision (HD 6464) for doctoral students, Virginia Tech, Blacksburg, VA.
- Russon, J.** (2019, Mar). *Live session and discussion on emotionally-focused therapy for couples*. Observation and discussion of J. Russon's couples' session for clinical doctoral students, Family Therapy Center of Virginia Tech, Blacksburg, VA.
- Russon, J.** (2019, Feb). *Application of attachment theory: Adolescents, adults and our relationships*. Presented, by invitation, in Theories in Human Development and Family Science course (HD 5006) for doctoral students, Virginia Tech, Blacksburg, VA.
- Russon, J.** (2018, Oct). *Attachment-based family therapy: An overview*. Presented, by invitation, in Human Development I course (HD 1004) for undergraduate students, Virginia Tech, Blacksburg, VA.
- Few-Demo, A., Dolbin-MacNab, M., Gafsky, E., & **Russon, J.** (2018, Oct). *Navigating multiple roles and relationships in academia*. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA.
- Dolbin-MacNab, M., Gafsky, E., Case-Pease, J. & **Russon, J.** (2018, Sep). *Marriage and family therapy article discussion*. Presented, by invitation, in proseminar course (HD 6004) for doctoral students, Virginia Tech, Blacksburg, VA.
- Russon, J.** (Mar, 2018). *Attachment-based family therapy for multicultural youth: Repairing relationships with culturally-based interventions*. Professional development webinar presented for the American Association for Marriage and Family Therapy Minority Fellowship Program, Alexandria, VA.
- Russon, J.** (Jan, 2018). *Clinical research and practice with TGNC youth: Challenging cissexism and gender binarism*. Presented, by invitation, in Sociocultural Influences II course at Drexel University, Philadelphia, PA.
- Russon, J.** (Nov, 2017). *Attachment-based family therapy for suicidal adolescents: Working with multicultural families*. Presented, by invitation, in undergraduate seminar course in clinical psychology at Swarthmore College, Swarthmore, PA.
- Russon, J.** (Oct, 2017). *Developing process measures for the person-of-the-therapist training model*. Presented, by invitation, in Psychotherapy Outcome and Process Research course at Drexel University, Philadelphia, PA.
- Russon, J.** (Jun, 2017). *Attachment-based family therapy*. Presented, by invitation, in Introduction to Family Therapy course at Drexel University, Philadelphia, PA.
- Russon, J.** (Jun, 2016). *Suicide risk assessment*. Presented, by invitation, in Nosology in Couple and Family Therapy course at Drexel University, Philadelphia, PA.
- Russon, J.** (Oct, 2015, Oct 2016). *Attachment-based family therapy: An introductory presentation*. Presented, by invitation, in undergraduate seminar course in clinical psychology at Swarthmore College, Swarthmore, PA.
- Russon, J.** (Feb, 2013). *Sexism*. Presented, by invitation, to Historical and Sociocultural Influences in Couple and Family Therapy course at Drexel University, Philadelphia, PA.

Russon, J. (May, 2012). *Brief strategic family therapy for adolescent drug abusers*. Presented, by invitation, in Addictions in the Family course at Drexel University, Philadelphia, PA.

Russon, J. (Nov, 2011). *Heterosexism and transgender oppression*. Presented, by invitation, in Historical and Sociocultural Influences in Couple and Family Therapy course at Drexel University, Philadelphia, PA.

OUTREACH, LEADERSHIP, AND PROFESSIONAL ACTIVITIES

**Student collaborators*

***This presentation was approved for continuing education credit by the American Psychological Association Continuing Education Office.*

****This webinar was approved for continuing education by the American Association of Veterinary State Board's Registry of Approved Continuing Education.*

*****Mentorship role for student presenters*

Russon, J. & Springer, P. (2025, Jan 15). *Staying grounded in the storm: Practice scenarios for cultivating emotional balance and effective response* [75-minute oral presentation and practice session]. Invited presentation for Teaching in Turbulent Times: Building a Community of Practice for Resiliency and Support (for graduate student teaching) event for CLAHS graduate students, Virginia Tech, Blacksburg, VA

Russon, J. & Springer, P. (2025, Jan 13). *Staying grounded in the storm: Practice scenarios for cultivating emotional balance and effective response* [75-minute oral presentation and practice session]. Invited presentation for Teaching in Turbulent Times: Building a Community of Practice for Resiliency and Support event for CLAHS faculty, Virginia Tech, Blacksburg, VA

Russon, J. & Springer, P. (2025, Dec 11). *Staying grounded in the storm: Practice scenarios for cultivating emotional balance and effective response* [75-minute oral presentation and practice session]. Invited presentation for Teaching in Turbulent Times: Building a Community of Practice for Resiliency and Support event for CLAHS faculty, Virginia Tech, Blacksburg, VA.

Benson, K., & **Russon, J.** (2025, Dec. 1). *Meeting rural mental health needs of LGBTQ+ youth and families* [Brief, 4-minute oral presentation]. Advancing Whole Health: Research and Innovation Exchange (WHC-Funded Research Highlights session), Blacksburg, VA.

Russon, J. (2025, Oct 31.) *Managing public expressions of hostility in the classroom: Follow-up Meeting* [60-minute discussion and practice session]. Presented, by invitation, to HDFS faculty, Virginia Tech, Blacksburg, VA.

Russon, J. (2025, Oct 1.) *Managing public expressions of hostility in the classroom: Method for modeling engagement* [60-minute hour oral presentation]. Presented, by invitation, to HDFS faculty, Virginia Tech, Blacksburg, VA.

Dolbin-MacNab, M., & **Russon, J.** (2025, Aug 18). *AI in the classroom* [90-minute presentation of interview video developed by presenters and follow-up discussion]. Department of Human Development and Family Science Department Retreat, Virginia Tech, Blacksburg, VA.

Hungerford, L., Darby, B., Murphy, J., **Russon, J.**, Haak, T., *Wu, D., & *Hassanpour, S. (2025, Jun 6). *Enhancing mental health support and service utilization among veterinary professionals: Continuing the conversation* [Oral Presentation, Hybrid]. Maryland Veterinary Medical Association Summer Conference. Ellicott City, MD.

Russon, J., *Smith, K., & *Hanoz, L. (2025, May 19). *Affirmative family-based youth suicide prevention training for behavioral health professionals in Southwest Virginia: A preliminary evaluation of training impact* [Interactive Poster]. Whole Health, Whole Communities: Dialogues to Reduce Rural Health Disparities symposium, Virginia Tech Whole Health Consortium, Roanoke, VA.

Darby, B., Murphy, J., Hungerford, L., **Russon, J.**, Haak, T., *Wu, D., & *Hassanpour, S. (2025, Feb 6). Enhancing mental health support and service utilization among veterinary professionals: Continuing the conversation [Webinar]. Hosted by the Virginia Veterinary Medical Association (Virtual).

Russon, J. & *Smith, K. (2024, Mar 14). Affirmative attachment-based family therapy for transgender and gender diverse youth. [90-minute workshop]. Division of General Pediatrics and Adolescent Health, Department of Pediatrics, University of Minnesota, Minneapolis, MN, Virtual.

Diversity Camp, Inc. Board of Directors (2023, Aug 24). *Diversity Camp*. [Panelist: **Russon, J.**]. Rural Health Education Summit, Virginia Tech, Blacksburg, VA.

Russon, J. (May, 2022). *Affirmative attachment-based family therapy for LGBTQIA+ youth with suicidal thoughts and behavior*. [Three-hour invited presentation]. Philadelphia Society of Clinical Psychologists: The Psychology Network, Virtual.**

Russon, J. (Sep 2021). *Attachment-based family therapy for college counseling centers* [Presentation]. Cook Counseling Center, Virginia Tech, Blacksburg, VA, Virtual.

Hungerford, L., Darby, B., Murphy, J., **Russon, J.**, Haak, T., Ravi-Caldwell, N., & Bland, K.* Fostering Communication to Support Mental Health during COVID-19 and its Aftermath [Webinar]. Virginia-Maryland College of Veterinary Medicine, Blacksburg, VA, Virtual.***

Russon, J., & Haak, T. (May, 2021) *Suicide assessment and management for veterinary students and professionals* [Presentation and Supervision]. University of Tennessee College of Social Work Supervision Meeting, Knoxville, TN, Virtual.

*Tillett, J., & *Bland, K. (May 2021). *Supporting LGBTQ+ Youth in Foster Care* [Presentation]. StepStone Family & Youth Services, Braley & Thompson Foster Care, Lynchburg, VA, Virtual.

****My role on this presentation was focused on student mentoring. I was a co-developer mentor on this presentation and provided three hours of coaching to prepare students for presentation.

Darby, B., Murphy, J., Hungerford, L., Haak, T., **Russon, J.**, *Bland, K., Bissett, C., Ravi-Caldwell, N., Kryda, K., Richmond, P., & Leef, K. (Nov, 2020). *COVID-19 impacts on the veterinary community: Wellness in Crisis* [Panel Presentation]. Public Health + Wellness Virtual Veterinary CE Webinar Series, Virtual.

Rist, C. (Nov, 2020). *The toll of COVID-19 on essential medical, veterinary, and public health professionals* [Moderators by invitation: **Russon, J.** & Haak, T.]. One Health Day Webinar, Virginia-Maryland College of Veterinary Medicine, Virtual.

Russon, J., *Tillett, J., & *Hein (Bland), K. (Oct, 2020). *Supporting LGBTQ+ youth in schools*. Presentation by invitation]. Harnett County School District social workers, Harnett County, NC, Virtual.

Russon, J. (Jul, 2020). *Addressing suicide among LGBTQIA+ youth* [Invited Presentation]. Queer and Trans Advocacy Network, AAMFT, Virtual.

Russon, J. (Nov, 2019). Attachment-based family therapy [Podcast Guest Talk]. Karen Buckwalter, LCSW, RPT-S' podcast, *Attachment Theory in Action*, Virtual.

Russon, J. (Nov, 2019). *Vethealthtalk: Addressing wellness among veterinarians* [Invited Presentation], Virginia-Maryland College of Veterinary Medicine, Blacksburg, VA.

Russon, J. & *King, A. (May, 2019). *Psychotherapy case conference: Attachment-based family therapy* [Invited Presentation]. Carilion Clinic Child and Adolescent Psychiatry, Virginia Tech Carilion School of Medicine, Roanoke, VA.

Russon, J., Swecker, T., Zambriski, J., Hosig, K., *Cooke, S., *Stucki, B., & *Townsend, S. (2019, Apr). *Addressing wellness among veterinary students, residents and interns* [Poster Presentation]. Virginia Tech Transdisciplinary Community Showcase, Blacksburg, VA.

Russon, J. (Apr, 2019). *Attachment-based family therapy and overview of services at the Family Therapy Center of Virginia Tech* [Invited Presentation and Family Therapy Center] Attachment Resources Group, New River Valley Community Services, Blacksburg, VA.

Russon, J. (Mar, 2019). *Addressing wellness among veterinarians* [Invited Presentation]. Virginia-Maryland College of Veterinary Medicine Safety Committee, Blacksburg, VA.

Walter, M. (Mar, 2019). *“I Am Maris” and panel discussion on eating disorders* [Invited Panel Presentation]. National Alliance on Mental Illness (NAMI) Virginia, Lyric Community Mental Health Education Event, Blacksburg, VA.

Russon, J. (May, 2017). *Family engagement* [Presentation]. Berks County School, Reading, PA.

Russon, J. (May, 2017). *Attachment-based family therapy: applications for eating disorders.* [Invited Presentation]. Monte Nido Eating Disorder Treatment Center of Philadelphia, Villanova, PA.

Russon, J., & Diamond, G. (2017, Mar) *Attachment-based family therapy for suicidal LGBTQI youth: An implementation study* [Flash Talk]. Sex and Gender Research Forum, Philadelphia, PA.

Squitieri, H., Wong, A., Wang, A., & **Russon, J.** (2017, Mar). *Perceived burdensomeness predicts dropout in a sample of suicidal adolescents* [Poster Presentation]. Eastern Psychological Association Annual Meeting, Boston, MA.

Levy, S., & **Russon, J.** (Nov, 2016). *Suicide prevention and intervention* [Presentation]. School District of Philadelphia, Philadelphia, PA.

Russon, J. (Nov, 2016). *Attachment-based family therapy.* [Presentation]. The Attic Youth Center, Philadelphia, PA.

Russon, J. (Jun, 2016). *Family engagement* [Invited “Lunch & Learn” Presentation]. Department of Patient and Family Services, Division of Social Work, Children’s Hospital of Philadelphia, Philadelphia, PA.

Russon, J. (May, 2016). *Attachment-based family therapy: An introductory workshop.* [Presentation]. Delaware Behavioral Health Conference, Dover, DE.

Russon, J. (May, 2016). *Attachment-based family therapy* [Presentation]. Karabots Pediatric Care Center, Children’s Hospital of Philadelphia, Philadelphia, PA.

Ibrahim, M. & **Russon, J.** (Apr 2016). *Attachment-based family therapy: Development and techniques* [Poster Presentation]. Pennsylvania Association of Marriage and Family Therapy Conference, Philadelphia, PA.

Russon, J. & Towson University Career Center (2010, Oct). *Creating your resume* [Workshop] Careers in Student Affairs “Mini” Conference, Towson, MD

PROFESSIONAL ENGAGEMENT

Chair, Associate of the Board of Directors, Research Committee, Diversity Camp, Inc.

Fall (Nov) 2025-present

Attend board meetings, review research collaboration requests, and conduct research and support applications for research grants to further the mission of the organization.

Member, Person-of-the-Therapist Consultation Group

Winter 2024-present

Meet regularly to discuss person-of-the-therapist training, supervision and research.

Board Liaison for Research Activities, Diversity Camp, Inc.

Winter 2023-Fall (Oct) 2025

Provide research and programmatic updates to the board. Discuss data collection, analysis, and organization policies.

Support community engagement activities and outreach.

Family Therapy Center and Diversity Camp, Inc. Representative, Roanoke Pride Festival

Spring (Apr) 2023

Engaged undergraduate interns in providing information about local services and LGBTQ programming.

Family Therapy Center Representative, Juneteenth Celebration, Christiansburg Institute

Summer (Jun) 2021, 2022

Provided information about family therapy center services in collaboration with graduate students and faculty.

Co-mentor, HDFS PhD Student Diversity Scholar

Spring 2021

Met with doctoral student to plan and discuss content for her book club focused on anti-racist scholarship.

Attended one book club meeting as a faculty guest to discuss book chapters from, *White Logic, White Methods*.

Co-Developer and Facilitator, HDFS Anti-racism Discussion Program

Fall 2020

Led the development of discipline-specific, department-wide, program based on the book, *How to be an Antiracist* (Kendi, 2019). Facilitated four department meetings to discuss Kendi's text and to move forward our departmental statement on racism and other interlocking systems of oppression. Led discussions on programming plans in small group meetings with departmental leadership and within larger faculty meetings. Facilitated conversations among faculty and graduate students about specific antiracism objectives within the department. Met with students and faculty to debrief after group meetings. Engaged and collaborated with the Assistant Director of the Office of Recruitment Diversity, and Inclusion for the Graduate School to support the group. Developed and disseminated a survey to evaluate the impact of the group meetings on HDFS students and faculty.

Co-Developer and Facilitator, White Fragility Practicum Program,

Summer 2020

Collaborated with Clinical Director in the MFT Program to develop and integrate a supplemental clinical practicum learning experience to explore the impact of whiteness. Facilitated reflective reading meetings utilizing the book, *White Fragility* (DiAngelo, 2019).

Organizer, Facing a shadow: The myth of white superiority and other inferiority (Marlene Watson)

Spring 2020

Raised funds to bring Dr. Marlene Watson to campus for a lecture and small group events. Developed budget and itineraries to support the event. Collaborated with campus organizations to develop and disseminate marketing materials. Arranged small group meetings with students and faculty. Prepared food orders and organized reception. Facilitated the

attendance of 69 people at the main lecture event, including faculty, staff, students, administrators, and community members in the New River Valley.

Co-Developer, MFT Program Area Community Climate Survey and Review Process
Spring 2020

Led survey development to evaluate MFT Program area climate among faculty and students. Supported the dissemination of the survey and review of the results along with MFT faculty. Met with the Ombudsperson and the Assistant Director of the Office of Recruitment Diversity, and Inclusion for the Graduate School to discuss the survey and review the results. Attended community open meetings with MFT faculty to support program engagement and discussion on issues of diversity and inclusion.

Facilitator, Discussion following Exploring implicit bias and promoting equity webinar
Fall 2019

Guided doctoral students in discussion after viewing National Council on Family Relations webinar. Offered considerations for examining implicit bias in clinical practice and/or scholarship.

CONTRIBUTIONS TO TRAINING DEVELOPMENT FOR MENTAL HEALTH PROVIDERS

Co-author of the LGBTQ+-focused modifications of the “Attachment-Based Family Therapy Introductory Training” 2020
Introductory training modifications for the introductory ABFT training workshop, ABFT Training Program

Co-developer of “Telehealth Transition Guide”* 2020

Guide for clinical students transitioning to telehealth at the Family Therapy Center of Virginia Tech.

*Appended in Morgan...Russon, et al., 2021

Co-author of “Affirmative Attachment-Based Family Therapy” 2019

Training video developed for the ABFT MFT Training Program, ABFT Training Program

Co-author of “Family Suicide Safety Planning” 2018

Training video developed for clinicians, Center for Family Intervention Science

Co-author of “Therapist Vulnerability in Attachment-Based Family Therapy” 2017

Training module developed for the advanced ABFT training workshop, ABFT Training Program

Co-author of “Emotion Deepening in Attachment-Based Family Therapy” 2016

Training module developed for the advanced ABFT training workshop, ABFT Training Program

Interviewer in “Person-of-the-Therapist” 2015

Training film illustrating the Person-of-the-Therapist model in the training of therapists, Drexel University Couple and Family Therapy Department

COMMITTEES, PROFESSIONAL SERVICE, AND ADMINISTRATIVE ACTIVITIES

Incoming Director of Graduate Studies (in Training)

Aug 2025-Apr 2026

Joined departmental leadership team as the incoming Director of Graduate Studies (DGS) for training and transition purposes. Attended weekly leadership team and DGS meetings and contributed to graduate program administration and planning. Supported the launch of the master’s program by participating in and presenting at student orientation meetings, and developed forms for the master’s internship experience (including a memorandum of understanding and associated evaluation forms). Assisted with departmental planning efforts related to future course scheduling, meeting planning,

recruitment activities for incoming graduate students. Participated in select college-level meetings and helped develop and present materials to support the upcoming transition to a doctoral portfolio model.

Committee Member, HDFS Promotion, Tenure, and Reappointment Committee

Aug 2025-Dec 2025

Elected by faculty to serve on committee for Fall 2025. Reviewed dossiers and discuss at meetings, revise committee policy.

Committee Member, HDFS Graduate Committee

Aug 2021-Oct 2023; Aug 2024-Dec 2025

Drafted and reviewed documents pertaining to graduate student engagement, curriculum, and policy. Review graduate student award applications. Attend committee meetings. Co-present policy proposals and updates to the department during departmental faculty meetings.

Committee Member, MFT Program Area Re-Accreditation Committee

Aug 2021-Sep 2022

Collaborated with MFT faculty with regard to preparing materials for COAMFTE review, including collecting data, drafting reports, disseminating program materials for revision and feedback, and engaging with communities of interest.

Search Committee Member, Virginia-Maryland College of Veterinary Medicine Search Committee

Jul 2021

Note: Search committee was disbanded after one month of service.

Advisory Board Member, Advisory Board to the Provost's Task Force on Mental Health

Feb 2020-Feb 2021

Committee Member, Interim Lead (Spring 2020), HDFS Awards Committee

Sep 2019-May 2021

Attended meetings. Recommended nominations for faculty awards. Wrote letters for faculty nominees, and supported organization of application materials. Led undergraduate award and scholarship reviews and announcements during Spring 2020.

Committee Member, HDFS Family Studies Area Faculty Search Committee

Sep 2019-Mar 2020

Clinician, Family Therapy Center, Virginia Tech

Oct-Jun 2018

Provided couple therapy services at the Family Therapy Center. Offered opportunities for case observation and discussion to practicum students and undergraduate interns.

MEDIA INTERVIEWS AND CONSULTATIONS

Virginia Tech Daily News (2023, Jan). "Research team to study mental health accessibility and suicide prevention among LGBTQ+ youth." <https://liberalarts.vt.edu/news/articles/2023/01/liberalarts-mental-health-accessibility.html>

Choosing Therapy (2022, Jul). Expert consultant for "Stonewalling: How it damages relationships & 6 tips for overcoming." <https://www.choosingtherapy.com/stonewalling/>

Virginia Tech Daily News (2020, Apr). "Shifting routines, new work spaces, WiFi overload- Hokie parents, students adjust to life under one roof." <https://vtnews.vt.edu/articles/2020/04/unirel->

studentsbackhome.html?utm_source=cmpgn_news&utm_medium=email&utm_campaign=vtUnirelNewsStudentCMP_student-041320

Virginia Tech Daily News (2019, Dec). “Wellness initiatives at veterinary college care for students, clients, and practitioners.” <https://vtnews.vt.edu/articles/2019/12/vetmed-wellness-initiatives.html>

College of Liberal Arts and Human Sciences News (2019, Dec). “Human development specialist teams up with veterinary college to create mental health screening tool for veterinarians.” <https://liberalarts.vt.edu/news/articles/2019/12/clahs-jody-russon-research.html>

CollegiateTimes (2018, Oct). “Acceptance of transgender identities necessary to support gender-questioning Youth,” Virginia Tech. http://www.collegiatetimes.com/opinion/acceptance-of-transgender-identities-necessary-to-support-gender-questioning-youth/article_534349c6-d79c-11e8-a698-1f825938ab69.html

NBC Philadelphia (2017, May). “‘There Are Other Options’: LGBTQ+ Community Battles Staggering Suicide Rates.” <https://www.nbcphiladelphia.com/news/local/suicide-in-the-lgbtq-community/14999/>