

CYNTHIA TAYLOR HANDRUP, DNP, APRN, PMHCNS-BC, FAAN

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EDUCATION

- 2009 DNP, University of Colorado Denver, College of Nursing, Denver, CO
DNP project: *The Effects of Routine Therapeutic Alliance Monitoring on Psychotherapy Outcomes: Results of a Quality Improvement Project*
- 1980 MSN, St. Xavier College, College of Nursing, Chicago, IL
Master's Thesis: *Effectiveness of Nursing Intervention in the Aftercare of Discharged Psychiatric Patients.*
- 1975 BSN, University of Rhode Island, College of Nursing, Kingston, Rhode Island

LICENSE AND CERTIFICATION

Advanced Practice Nurse – Full Practice Authority	(IL) current
State Controlled Substance – (FPA)	(IL) current
ANCC Certification:	Adult Clinical Specialist Psychiatric Mental Health
DEA Number:	current
National Provider Identifier:	current

ACADEMIC POSITIONS

- 2014 – Present
Clinical Assistant Professor
College of Nursing
Department of Population Health Nursing Science
Psychiatric Mental Health Nurse Practitioner (PMHNP)
DNP Program
University of Illinois Chicago (UIC)
- 2019 – Present
Director, Primary Care Mental Health Concentration,
College of Nursing, UIC

2013 – 2014 Adjunct Clinical Faculty Member
PMHNP Program
College of Nursing, UIC

2011 – 2018 Clinical Preceptor, PMHNP Program
College of Nursing, UIC

1985 – 1987 Adjunct Clinical Faculty
Department of Psychiatric Nursing, Graduate School
Rush University, Chicago, IL

1975 – 1978 Coordinator Psychiatric Mental Health Nursing Specialty
Augustana Hospital School of Nursing
Chicago, IL 60614

CLINICAL POSITIONS

1979 - Present

Psychotherapist - Private Practice (Multidisciplinary Group Practice) in individual, marital and family therapy. Psychiatric evaluation and medication management.
2800 North Sheridan Road, Suite 502, Chicago, IL 60657

1979 - 1983

Director of Nursing. Responsible for the overall management and development of the nursing service in a 150-bed psychiatric hospital providing substance abuse, adolescent and adult psychiatric services.
Chicago Lakeshore Hospital, 4840 North Marine Drive, Chicago, IL 60640

1977 - 1979

Psychiatric Nurse Psychotherapist. Duties include intakes, supervised individual, and group psychotherapy, in addition to clinical supervision of graduate students.
Community Mental Health Clinic, Saint Joseph Hospital, Chicago, IL 60657

1974 - 1977

Psychiatric Nurse Clinician. Evaluations of psychiatric outpatients and treatment recommendations.
Community Mental Health Clinic, Day-Kimball Hospital, Putnam, CT

Assistant Head Nurse and Staff Nurse.
Illinois State Psychiatric Institute, Chicago, IL

HONORS AND AWARDS

- 2021 Fellow, American Academy of Nursing, Induction scheduled for October 9, 2021, Washington, D.C.
- The most prestigious honor in nursing recognizing outstanding contributions and extraordinary impact the profession and health care.
- 2018 Nursing Education and Pedagogy 2nd Place Poster award given at 20th Annual ISPN conference. Co- authored poster with Dr. Snyder, UIC faculty.
- 2017 Daisy Faculty Award, UIC HSS in collaboration with ANCC. Awarded for exceptional impact on students and inspirational influence on their future.
- 2016 Evidenced Based Practice 2nd Place Poster Award, University of Illinois Hospitals, Department of Nursing. Co-authored poster with Benoy George*, UIC DNP student and UIC faculty members.
- 2014 Clinical Practice Award, International Society of Psychiatric Mental Health Nurses (ISPN). This award is given to a psychiatric-mental health APN in clinical practice whom has made an outstanding contribution to the advancement of the care of people with mental illness at a national level.
- 2014 Preceptor Award, PMHNP, UIC, College of Nursing. This award is given for extraordinary contributions as a clinical preceptor.
- 2013 President's Award, ISPN. This award is given for excellent service and commitment to ISPN, it members and the Psychiatric-Mental Health Nursing Profession.
- 2013 Best Student Poster Award. ISPN 15th Annual Conference. Co-authored poster with UIC Graduate Student – Paul Myers*, PMHNP postmaster student and UIC faculty members.
- 2012 Adult and Geriatric Psychiatric Nursing Award, ISPN. This award is given to a PMH APN who demonstrates excellence in leadership, clinical practice and research.
- 2010 Research Award, Heart and Soul of Change. This award is intended for students, interns, or front-line clinicians who

demonstrate research excellence addressing client-directed outcome-informed clinical practice.

GRANT SUBMISSIONS

- 2021-2026 HRSA training grant to prepare new nurse practitioner graduates to work with patients with opioid use disorders. Karen Cotler, DNP and Jennie Jarret, PhD (College of Pharmacy) Primary Investigators.
Funded \$1.8 million. Role: Co-investigator.
- 2019 -2023 HRSA grant, Practice Ready: Partnership to enhance primary care nurse practitioner practice readiness in underserved communities.
Charles Yingling, DNP, Primary investigator.
Funded \$2.7 million. Role: Co-investigator.
- 2019 - 2022 ISPN Foundation Mental Health and Wellness Research Project Grant. Measuring and Teaching Empathy Skills to pre-licensure nursing students.
Funded \$1500. Role: Primary investigator.
- 2018 Sigma Theta Tau, Small Grants Submission. Measuring and Teaching Empathy Skills to pre-licensure nursing students. Not Funded
Role: Primary investigator.
- 2017 C.A.R.E.S. (Clinicians Acting to Reinforce Empathy Skills) Project. Josiah Macy Foundation
Joshua Nahan, MD, Primary investigator. Not Funded. Role: Co-investigator.
- 2017
care Practice Ready: Partnership to enhance primary nurse practitioner practice readiness in underserved communities, co-investigator.
Lorna Finnegan, PhD., Primary investigator.
HERSA - Not Funded

PUBLICATIONS

- +Peer-Reviewed
~ Mentored Student as Author

Jaffee, G., McLeigh, J., Kilmer, R. Klien-Walker, D., **Handrup, C.T.**, & Beardslee, W. (2021). Establishing a Path to Unity: Recommendations for the Biden/Harris Administration. [Featured Editorial]. *American Journal of Orthopsychiatry*, 91(3), 303-309. <http://dx.doi.org/10.1037/ort0000563>

+Wesemann, D. & **Handrup, C.T.** (2021). Where is the Psychotherapy Content in PMHNP Programs? *Perspectives in Psychiatric Care*. 01 July 2021. <http://doi.org/10.1111/ppc.12904>

+**Handrup, C.T.** (2020). Understanding bipolar disorder. *American Nurse*. 15 (11), 26-30. (Invited)

+Raphel, S. Black, K. Peterson, B.; Galehouse, P. **Handrup, C.T.**, Yearwood, E.L. (2020) Social justice & social responsibility: An official statement from the International Society of Psychiatric-Mental Health Nurses. *Archives of Psychiatric Nursing*. 01 Oct 2020 <https://doi.org/10.1016/j.apnu.2020.10.015>

Handrup, C.T. (2019). A seat at the table. [Letter to the editor]. *Journal of the American Psychiatric Nurses Association*. 25 (5), 348. <https://doi.org/10.1177/1078390319848058>

+**Handrup, C.T.** & Snyder, M. (2019). Reinforcing and teaching empathy skills to nursing students. *Journal of the American Psychiatric Nurses Association*. 25 (3), 233.

+Gil-Rivas, V., **Handrup, C.T.**, Tanner, E., & Walker D.K. (2019). Global Mental Health: A call for action. *American Journal of Orthopsychiatry*, 89 (4), 420-425. <http://dx.doi.org/10.1037/ort0000373>

+Snyder, M. and **Handrup, C.T.** (2018). Challenges in treatment of comorbid chronic pain, depression, and anxiety. *Journal of Psychosocial Nursing and Mental Health Services*. 56 (12), 17-21.

+Woroch, R.A., Alvarez, D.V., Yingling, C, & **Handrup, C.T.** (2018) FNP/PMHNP collaboration in drug seeking telephone simulation in APRN curriculum. *Clinical Simulation in Nursing*. 18, 14-19.

+Posmontier, B., Breiter, D., Cartier, J., Dilks, S., Esposito, N., **Handrup, C.**, ... Newton, M. (2013). ISPN DNP Task Force on the DNP. *Archives of Psychiatric Nursing*. 27, 56-60.

+Delaney, K.R. and **Handrup, C.T.** (2011). Psychiatric mental health nursing's psychotherapy role: Are we letting it slip away? *Archives of Psychiatric Nursing*, 25, (4) :303-305. 26-

Handrup C.T. (1998). Review of the book, *Drinking a Love Story* by Carolyn Knapp, *Perspectives in Psychiatric Care*. 34 (3):37.

Book Chapters

Taylor, C. (1984). Women's issues in mental health. In S. Lego (Ed.), *The American Handbook of Psychiatric Nursing*. Philadelphia, PA: J. B. Lippincott Co., pp. 601-608.

Taylor, C. (1984). Marital Therapy. In S. Lego (Ed.), *The American Handbook of Psychiatric Nursing*. Philadelphia, PA: J. B. Lippincott Co., pp. 218-223.

Taylor, C. (1984). Administration of medications. In S. Lego (Ed.), *The American Handbook of Psychiatric Nursing*. Philadelphia, PA: J. B. Lippincott Co., pp. 501-505.

Parios, R. & **Taylor C.** (1984). Electroconvulsive treatment. In S. Lego (Ed.), *The American Handbook of Psychiatric Nursing*. Philadelphia, PA: J. B. Lippincott Co., pp. 506-512.

Published Abstracts and Learning Modules

Handrup, C.T. (2015). Managing treatment failures in depression, bipolar disorders, and personality disorders: When medication is not enough. *Journal of the American Psychiatric Nurses Association*, 21, 60-61.

Handrup, C.T. (2014). Lead Faculty, Program Development Panel, Adherence in schizophrenia: Increasing competence, cooperation, and customize patient solutions. Annenberg Center for Health Sciences at Eisenhower and ISPN. Workshop Booklet, Annenberg Center for Health Sciences at Eisenhower Project #5133.

PRESENTATIONS

~ Mentored Student as Author

International Podium Presentations

Handrup, C.T. & Snyder, M. (2021, March). *Teaching Empathy Skills*. Podium presentation at the 23rd Annual International Society of Psychiatric Mental health Nurses (ISPN) Conference, Virtual online meeting.

Raphel, S., Galehouse, P., **Handrup, C.T.**, Kameg, B., Peterson, B. (2021, March). *Policy Actions for 2020*. **Invited** member of the panel discussion at the 23rd Annual ISPN Conference, Virtual online meeting.

Handrup, C.T., McLeigh, J., Yingling, C., Kahn, M., & Ware, A. (2020, October). *Telehealth in the time of COVID 19: Policy, process & therapeutic issues*. Chair of panel

presentation at Coming Together for Action 2020, Global Alliance for Behavioral Health and Social Justice, Virtual Online Meeting.

Handrup, C.T., Kilmer, R., Landers, M., Tergesen, C. (2020) *Call to Action*. Chair of closing panel at Coming Together for Action 2020, Global Alliance for Behavioral Health and Social Justice, Virtual Online Meeting.

Handrup, C.T. (2020, June). **Invited** member of *COVID-19 Expert Panel & Roundtable* discussion at the 22nd Annual ISPN Conference, Virtual online meeting.

Handrup, C. T. & Raphael, S. (2020, June). *Social Policy and Responsibilities*. **Invited** presentation at the 22nd Annual ISPN Conference, Virtual online meeting.

Handrup, C.T. (2019, September). *Psychiatric Mental Health Nurses Meeting the Challenge of Improving Global Mental Health*. Podium presentation at the 25th International Mental Health Nursing Research Conference, Royal College of Nursing, London, England.

Horton-Deutsch, S., **Handrup, C.T.,** & Yearwood, E. (2019, May). *Finding our collective voice: Morally informed action for the promotion of global mental health*. Workshop presented at the 21st Annual ISPN Conference, Charlotte, NC.

Snyder, M., **Handrup, C.T.,** & Gorman, G. (2019, May) *Developing a partnership with the department of corrections*. Podium presentation on at 21st Annual ISPN Conference, Charlotte, NC.

Handrup, C.T., Wheeler, K., & Newton, M. (2018, April). *Learning to do psychotherapy and the art of supervision*. Podium presentation at the 20th Annual ISPN Conference, Tempe, AZ.

~ Snyder, M., **Handrup, C.T.,** & Hernandez, A.* (2018, April). *Barriers to delivering mental health services in the Latino/a community*. Podium presentation at the 20th Annual ISPN Conference, Temp, AZ.

Handrup, C.T. (2017, June). *Clinical Practice: Successful professional journey by Advanced Practice Nurses*. Invited panel presentation at the GKNF (Global Korean Nurses Foundation) 2nd International Conference, Glenview, IL.

Handrup, C. T. (2017, June). *A Global Mental Health Crisis: Untreated serious mental illness*. Podium presentation at the panel workshop “Building capacity to address mental illness and emotional distress in low-resource settings and among refugee populations” at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.

Handrup, C.T. & Newton, M. (2017, March). *Incorporating the 4th “P” into Psychiatric Mental Health Nursing Practice*. Developed and moderated Panel Presentation including,

Carbray, J., Snyder, M., Irving, J., & Snyder, J. at the 19th Annual ISPN Conference, Baltimore, MD.

Handrup, C.T., Snyder, M., & Woroch, R. (2017, March). *Working Together: Integrated Psychiatric Mental Health and Primary Care Simulation in a DNP Program*. Developed and moderated Panel Presentation at the 19th Annual ISPN Conference, Baltimore, MD.

Handrup, C.T. & Worley, J. (2016, April). *Prescribing controlled substances*. Podium presentation at the 9th Annual International Society of Psychiatric Mental Health Nurses (ISPN) Psychopharmacology Institute, Minneapolis, MN.

Handrup, C.T. & Corte, C. (2016, April). *Implementing team-based learning in a psychiatric mental health nursing course*. Workshop co-presented at the 18th Annual ISPN Conference, Minneapolis, MN.

Handrup, C.T. (2015, March). *Psychodynamic psychopharmacology*. Podium presentation at the 8th Annual ISPN Psychopharmacology Institute, Seattle, WA.

Bonham, E., Galehouse, P., Gerson, L., Hart, B., **Handrup, C.T.** (2015, March). *From thought to podium: Developing a professional presentation*. Workshop co-presented at the 17th Annual ISPN Conference, Seattle, WA.

Handrup, C.T. & McCoy, K. (2014, March). *Cognitive Behavioral Therapy for beginners and expert clinicians*. Workshop co-presented at the 16th Annual ISPN Conference, Greenville, SC.

Parrish, E.M., **Handrup, C.T.**, & Krupnick, S., 2014, March, *Adherence in schizophrenia: Increasing competence, cooperation, and customized patient solutions*. Podium presentation at International Society of Psychiatric Mental Health Nurses Psychopharmacology Institute, Greenville, SC.

Handrup, C.T. (2013, April). *When medication fails: Managing treatment failures in depression, bipolar and axis II disorders*. Podium presentation at the 15th Annual ISPN Conference, San Antonio, TX.

Handrup, C.T. & Parrish, E.M. (2013, April). *CPT Changes for behavioral health*. Workshop co-presented at the 15th Annual ISPN Conference, San Antonio, TX.

Handrup, C.T. (2013, March). *Major depressive disorder in the general population with co-morbid medical conditions in primary care: Using self-report scales to identify depression*. Podium presentation at the Cuba Delegation-American Ortho-Psychiatric Association, Havana, Cuba.

Handrup, C.T. & Delaney, K.R. (2012, March). *What would Peplau say: Are PMH NPs abandoning psychotherapy?* Podium presentation co-presented at the 14th Annual ISPN Conference, Atlanta, GA.

Handrup, C.T. (2011, March). *Therapeutic Alliance and psychotherapy: Should we be measuring alliance and outcomes in our psychotherapy practices.* Podium presentation at the 13th Annual ISPN Conference, Tucson, AZ.

National Podium Presentations

Handrup, C.T. (2019, November). *Creating a healthy nation: Beyond the Lancet Report on global mental health and sustainable development.* Podium presentation at the Annual Meeting of the American Public Health Association (APHA), Philadelphia, PA.

Tomaszewski, E., Jaffe, G., **Handrup, C.T.**, Walker, D.K., Yearwood, E., & Kimbrough-Melton, R. (2019, November). *Mental health as an equal partner in the global commitment to UHC - Reflections from the UN High Level Meeting.* Roundtable presentation at the Annual Meeting of APHA, Philadelphia, PA.

Handrup, C.T., Gil-Rivas, V., Sargent, J., Tomaszewski, E., Klein-Walker, D., & Yearwood, E. (2019, June). *Global Mental Health: Meeting the challenges from the Lancet Commission.* Panel presentation at the 17th Biennial Conference of the Society for Community Research and Action (SCRA), Chicago, IL.

Handrup, C.T. & Snyder, M. (2018, October). *Measuring and teaching empathy to nursing students.* Podium presentation at the 32nd Annual American Psychiatric Nurses Association (APNA) Conference, Columbus, OH.

Yingling, C., **Handrup, C.T.**, Snyder, M., Woroch, R. (2016, April). *Our FNP and PMHNP students love joint clinical simulation. Yours will too.* Podium presentation at the 42nd Annual National Organization of Nurse Practitioner Faculties (NONPF). Seattle, WA.

Handrup, C.T. (2015, April). *Benzodiazepine dependency, addiction and withdrawal.* **Invited** presentation at Contemporary Forums on Psychiatric Nursing, Chicago, IL.

Handrup, C.T. (2015, April). *Managing adult bipolar from a nursing perspective.* **Invited** presentation at Contemporary Forums on Psychiatric Nursing, Chicago, IL.

Handrup, C.T. (2014, October). *Managing treatment failures.* Podium presentation at the 28th Annual APNA Conference, Indianapolis, IN.

Handrup, C.T. (2010, September). *Measuring psychotherapy outcomes: A DNP Initiative.* Podium presentation at the 3rd National Doctor of Nursing Practice Conference, San Diego, CA.

Handrup, C.T. (1998, April). *Living self-psychology in individual psychotherapy: An empathetic approach*. Podium presentation at Mind over Brain Conference, Baltimore, MD.

Handrup, C.T. (1990, March). *Bulimia, a psychodynamic view*. **Invited** presentation at the Contemporary Psychiatric Forum, Chicago, IL.

Handrup, C. T. (1983, June). *Imagination in administration: Practical approaches to breaking traditional role barriers*. **Invited** presentation at Clemson University, Greenville, SC.

Handrup, C.T. (1982, April & November). *Management, politics and power: Accomplishing nursing goals through dynamic administration*. **Invited** presentation at Contemporary Psychiatric Forum in Washington, DC & Los Angeles, CA.

Regional Podium Presentations

Handrup, C.T. & Raphael, S. (2020, August). *A Call to action: Nursing advocacy*. **Invited** presentation to the Kentucky Nurses Association. Virtual online meeting.
https://zoom.us/rec/share/--EIMJLgqmJLGZWO907TS_AmPN_Eeaa80SQX_oEnU440UG5HiP7ie4kcNfPyIL2?st=artTime=159422953000

Handrup, C.T. & Snyder, M (2020, April). *Empathy in practice*. **Invited** presentation to the 19th Annual APNA IL Chapter Conference, Chicago, IL. (Conference not held due to COVID-19).

Handrup, C.T. (2017, 2018 & 2019, October). *Barriers to identifying and treating mental illness*. **Invited** presentation to the UIC CON Annual Korean Hospital Nurses Association (KHNA) Leadership Seminar, Chicago, IL.

~ **Handrup, C.T.**, Snyder, M., Clay, R.* & Hernandez, A.* (2017, October). Building capacity to address the barriers to mental health care in the Latino/a Community. Panel presentation at the 2017 Latino/a Behavioral Health Conference: The Evolution of Mental Health Services & Social Justice, Chicago, IL.

Handrup, C.T. (2017, April). *Barriers to identifying and treating depression in low resource settings*. **Invited** to present on panel at the World Health Day “Let’s Talk Depression” program, UIC CON, Chicago, IL

Handrup, CT. (2014, June & September). *Adherence in schizophrenia: Increasing competence, cooperation and customized patient solutions*. Workshops presented to Nevada APNA Chapter Meeting, Las Vegas, Nevada and at Grady Memorial Hospital, Atlanta, GA.

Handrup, C.T. (2010, September). *Nurse-patient alliance: Promoting health behavior change*. Podium presentation at 2010 APN Midwest Conference of the Illinois Society for Advanced Practice Nursing, Lombard, IL.

Handrup, C.T. (2007, September). *Managing adult depression in Primary care: A quality improvement program*. Program presented to Near South and Jorge Prieto Health Clinics in Cook County, Chicago, IL.

Handrup, C.T. (2005, September). *Using psychopharmacology in psychotherapy: Dilemmas for the nurse psychotherapist*. Podium presentation at 4th Annual Illinois Society for Advanced Practice Nursing Meeting & Symposium, Springfield, IL.

Handrup, C.T. (1998, November). *Eating disorders and women*. Presentation to Family Practice Residents at Weiss Memorial Hospital, Chicago, IL.

Handrup, C.T. (1998, March). *Women and stress across the lifespan*. Presentation at Columbus Hospital, Chicago, IL

Handrup, C.T. (1997, October). *When wishing is not enough: Psychological aspects of infertility*. Presentation at Columbus Hospital, Chicago IL.

Handrup, C.T. (1996, April). *Beating the blues: Postpartum depression*. Presentation at St. Joseph Health Centers and Hospital, Chicago, IL.

Handrup, C.T. (1983, August). *Budgeting for the psychiatric unit. Presentation at Effective Nursing Management for the Psychiatric Unit*, Chicago IL.

Handrup, C.T. (1982, June). *Politics of care*. Presentation at Schizophrenia: An Update on New Perspectives in Treatment, Chicago, IL.

* Graduate Student

International Poster Presentations

~ Mentored Student as Author

~ Davis, J.A.* & **Handrup, C.T.** (2018, October). *Therapeutic alliance & depression/diabetes co-morbidity in urban integrated care setting*. Poster presented at Coming Together for Action 2018, Global Alliance for Behavioral Health and Social Justice, Denver, CO.

~ Sanchez, J., * **Handrup, C.T.**, Zacharias, J., & McQuiston, M. (2018, October). *Use of the Jellinek-PTSD Screening Questionnaire to identify PTSD in LGBTQ clients undergoing outpatient treatment for a SUD: A Quality improvement project*. Poster presented at Coming Together for Action 2018, Global Alliance for Behavioral Health and Social Justice, Denver, CO.

Snyder, M. & **Handrup, C.T.** (2018, April). *Integrative health care model as part of psychiatric mental health practitioner clinical education curriculum*. Poster presented at the 20th Annual ISPN Conference, Tempe, AZ.

~ George, B. *, Snyder, M., **Handrup, C.T.**, Nathan, J. (2016, April). *The effect of patient engagement on first community reintegration program appointment*. Poster presented at the 18th Annual ISPN Conference, Minneapolis, MN.

~ Meyer, P. M. *, **Handrup, C.T.**, Heinschel, J. & Snyder, M. (2013, April). *Recognition of major depressive disorder in men with co-morbid medical conditions*. Poster presented at the 15th Annual ISPN Conference, San Antonio, TX.

~ Bump, D*., Tadych, R., Wilson, R. & **Handrup, C.T.** (2012, March). *Help me help you: Time limited structured group*. Poster presented at the 14th Annual ISPN Conference, Atlanta, GA.

Handrup, C.T. (2003, April). *The practice of psychotherapy: Dilemmas for the nurse psychotherapist*. Poster presented at 5th Annual ISPN Conference, Charleston, SC.

National Poster Presentations

Handrup, C.T., Snyder, M., Yingling, C. Woroch, R. (2016, October). *A joint simulation pilot project with PMHNP and FNP DNP students*. Poster presented at the 30th Annual APNA Conference, Hartford, CT.

~ Snyder, M., **Handrup, C.T.** Frisbie, J. * (2016, October). *Shaping patient engagement in treatment by shared decision making*. Poster presented at the 30th Annual APNA Conference, Hartford CT.

Posmontier, B., Breiter, D., Cartier, J., Dilks, S., Esposito, N., **Handrup, C.**, ... Newton, M. (2012, September). Findings of the ISPN DNP Task Force. Poster presented at the 5th Annual Doctor of Nursing Practice Conference, St. Louis, MO.

Handrup, C.T. (2012, October). *Measuring therapeutic alliance*. Poster presented at the 24th Annual APNA Conference, Louisville, KY.

Handrup, C.T. (2010, September). Measuring therapeutic alliance and its effect on outcomes. Poster presented at the 7th Biennial Joanna Briggs Colloquium, Chicago, IL.

Regional Poster Presentation

~ Snyder, M., **Handrup, C.T.** & Hernandez, A.* (2018, April). *Barriers to delivering mental health services in the Latino/a community*. Poster presented at the 17th Annual APNA IL Chapter Conference, Chicago, IL.

~ Waybrant-Ennis, M. * & **Handrup, C.T.** (2017, April). The efficacy of EMDR in patients with PTSD. Poster presented at the 16th Annual APNA Illinois Chapter Conference, Chicago, IL.

* Mentored Graduate student

POLICY and ADVOCACY CONTRIBUTIONS

- 2021 Voter Suppression in the United States and Its Impact on Mental Health. An official policy statement from the Global Alliance of Behavioral Health & Social Justice Policy Committee, May 2021.
- 2021 The Well-being of Youth Who Identify as Transgender or Gender Diverse (TGD) in the United States. An official policy resolution from the Global Alliance of Behavioral Health & Social Justice Policy Committee, May 2021.
- 2020 Impact of COVID-19 on College Students' Mental Health. Policy Brief from the Global Alliance for Behavioral Health & Social Justice Global Mental Health Task Force. October 5, 2020.
- 2020 COVID-19, Immigration Status, and Child & Family Well-being. Joint Policy Brief with Rutgers University, Suffolk University Boston, Research to Policy, & Global Alliance for the Behavioral Health & Social Justice. August 2020.
- 2020 Resolution on Racism. An official statement from the Global Alliance for Behavioral Health and Social Justice Policy Committee. June 1, 2020
- 2020 Resolution on COVID-19 and Justice-Involved Populations. An official statement from the Global Alliance for Behavioral Health Policy Committee. June 2020
- 2020 Resolution on Counting Children in the U.S. 2020 Census. An official statement from the Global Alliance for Behavioral Health and Social Justice Policy Committee. May 1, 2020

- 2020 Resolution on Protecting LGBTQ+ Minors & Young Adults from Conversion Therapy Practices. An official statement from the Global Alliance for Behavioral Health and Social Justice Policy Committee. April 2020
- 2020 Social Justice & Social Responsibility An official statement from The International Society of Psychiatric-Mental Health Nurses, February 5, 2020
- 2019 Resolution on U.S. Treatment of Refugees, Immigrants, and Asylum Seekers. An official statement from the Global Alliance on Behavioral Health and Social Justice Policy Committee. June 2019

PROFESSIONAL SERVICE EXTERNAL

Professional Boards and Committee Membership

- 2022 **Chair**, 2022 Coming Together for Action, Biannual Conference of the Global Alliance for Behavioral Health & Social Justice, Baltimore, MD October 27-29, 2022.
- 2022-2024 **Past President, Board of Directors**, Global Alliance for Behavioral Health & Social Justice (Formerly American Ortho-psychiatric Association).
- 2020-2022 **President, Board of Directors**, Global Alliance for Behavioral Health & Social Justice (Formerly American Ortho-psychiatric Association).
- 2020 – present Member, Diversity, Equity, & Inclusion (DEI) Working Group. Mental Health Liaison Group. (Meet with members of US congress and staffers about mental health legislation related to DEI)
- 2019-present Member, International Society of Psychiatric-Mental Health Nurses (ISPN) Social Policy & Responsibility Committee.

2019-2022	Board of Directors , International Society of Psychiatric-Mental Health Nurses (ISPN) Foundation.
2019-present	Member, Editorial Review Board Perspectives in Psychiatric Care.
2019-2020	Co-lead in the formation of the 1 st & 2 nd PMHNP Advisory Board of Alkermes. Purpose is to develop an outreach strategy to PMHNPs and establish unrestricted educational grants & scholarship.
2018-present	Member, Budget and Appropriations Committee, Mental Health Liaison Group (Meet with members of US congress and staffers on mental health funding)
2018	Co-chair , 2018 Coming Together for Action, Biannual Conference of the Global Alliance for Behavioral Health & Social Justice, Denver, CO. October 4-6, 2018.
2018-present	Member, Mental Health Liaison Group (MHLG), Global Alliance representative, voting member. Attended Annual Working Meeting (with Members of US Congress and staffers) in Washington DC in December 2018, 2019, 2020 (virtual)
2017-2019	President-Elect, Board of Directors , Global Alliance for Behavioral Health & Social Justice.
2017-2019	Chair , Policy Committee, Global Mental Health, Global Alliance for Behavioral Health & Social Justice.
2015-2017	Board of Directors , Global Alliance for Behavioral Health & Social Justice (Formerly American Orthopsychiatric Association).
2014-2020	Chairperson/Co-Chair , Communication/Website Committee, International Society of Psychiatric-Mental Health Nurses (ISPN)
2011-2014	Chairperson , Membership Committee, ISPN
1984 – 1986	Chairperson , Council on Certified Psychiatric

Mental Health CNS, Illinois Nurses Association.

Advisory Panels and Task Forces

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|----------------|--|
| 2018-present | Member, PMHNP Competencies Task Force, PMH SIG, National Organization of Nurse Practitioner Faculties. |
| 2016- present | Member, Task Force for Global Mental Health, Global Alliance for Behavioral Health & Social Justice. |
| 2016-present | Member, Graduate Education Council, American Psychiatric Nurses Association. |
| 2014 - present | Member, APRN Advisory Panel, American Psychiatric Nurses Association. |
| 2011- 1012 | Member, Doctor of Nursing Practice Task Force, International Society of Psychiatric Mental Health Nursing. |
| 2007-2009 | Member, Program Development Panel on Managing Adult Depression in Primary Care: A Quality Improvement Program. American Academy of Family Physicians, Chicago, IL. |
| 1994 -1995 | Member, Advanced Practice Task Force, American Psychiatric Nurses Association. |
| 1984-1985 | Member, Multidisciplinary NIH Panel, Searching for a Common Ground Among the Core Disciplines An Examination of the Provider Status Issue. Chicago, IL. |

Manuscript Reviewer

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| 2019-present | Manuscript Reviewer, Archives in Psychiatric Nursing. (2-3 manuscripts annually) |
| 2017-present | Manuscript Reviewer, Journal of School Nursing. (1-2 manuscripts annually) |
| 2017-present | Manuscript Reviewer, American Journal of Orthopsychiatry. (2-3 manuscripts annually) |

2016-present Manuscript Reviewer, Journal of the American Psychiatric Nurses Association. (2-3 manuscript annually)

2010-present Manuscript Reviewer, Perspectives in Psychiatric Care. (3-4 manuscripts annually)

Abstract & Scholarship Reviewer

2021 APNA Board of Directors Student Scholarship Reviewer, American Psychiatric Nurses Association (annual).

2018-2020 Abstract Reviewer for Coming Together for Action Bi-annual Conferences.

2010-present Abstract Reviewer for Sigma Theta Tau International (annually, including grant proposals).

2006-present Abstract Reviewer for International Society of Psychiatric-Mental Health Nurses Annual Conference.

2007-2011 Abstract Reviewer for APNA, Annual Conference.

PROFESSIONAL SERVICE TO THE UNIVERSITY

2021-2023 Member, UIC Senate Taskforce on the Future of Instruction at UIC

2020-2023 Member, UIC Faculty Senate

2020-2023 Member, External Relations and Public Service, UIC Senate Standing Committee.

2020-2022 Member, Graduate Admissions and Academic Standards Committee. UIC CON.

2019-present Member, Institute of Government and Public Affairs (IGPA) University of Illinois, Working Group on Substance Use Disorders. IGPA connects the University of Illinois faculty to state policymakers and thought leaders.

2018-present Member, University of Illinois, Opioid Task Force,

Appointed CON representative.

- 2017-2019 Member, HSS Promotion and Tenure Committee, UIC, CON.
- 2017 **Chair**, Faculty Retreat Committee, UIC CON.
- 2016-2017 Faculty Member, Student Conduct Committee, UIC.
- 2015 - present UIC IHCI CON Continuing Education Nurse Planner.

Media

- October 9, 2020 Moderated presentation by David R. Williams, PhD. Stress & the Mental Health of Populations of Color: Understanding the Role of Traditional & Emerging Stressors at Coming Together for Action 2020, Global Alliance for Behavioral Health and Social Justice, Virtual Online Meeting.
<https://www.youtube.com/watch?v=AYtD-uFd0r0&feature=youtu.be>
- October 8, 2020 Moderated presentation by the Honorable Peggy Flanagan, Lt. Governor of Minnesota. Recipient of Presidential Citation Award, Coming Together for Action 2020, Global Alliance for Behavioral Health and Social Justice, Virtual Online Meeting.
<https://www.youtube.com/watch?v=wp1c96ExmbQ&feature=youtu.be>
- June 22, 2020 Podcast. Moderated expert Panel Discussion following the screening of award-winning documentary “**Unsettled**”. This podcast discusses working with LGBTQ+ and refugee communities, from the perspective of the documentary as well as answer questions posed by attendees.
<https://www.youtube.com/watch?v=L1XUX5YiX8w&feature=youtu.be>
- March 18, 2020 Podcast. “Easing Anxiety in an Uncertain Time.”. This podcast discusses some of the evolving mental health-related issues that individuals and families are experiencing during the COVID 19 pandemic. <https://globalalliance.podbean.com/e/easing-anxiety-in-an-uncertain-time/>
- June 1, 2016 Guest on Health Affairs from A to Z. “Talk Therapy: Is it vital to your health”

CAN-TV - Host: Nancy Valentine, PhD, FAAN

- March 1, 2015. Webinar: "Individualized care for relapse prevention in Schizophrenia". Boston University School of Medicine and Practicing Clinicians Exchange. (Co-Faculty)
- October 19, 2014. Published online article review of 2014 APNA presentation, Managing treatment failures in depression, bipolar disorders, and personality disorders: When Medication is not enough. HCP Live

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Academy of Nursing
American Psychiatric Nurses Association
American Nurses Association
Academy for Eating Disorders
Global Alliance for Behavioral Health and Social Justice (Formerly American Ortho Psychiatric Association)
Illinois Nurses Association
Illinois Society of Advance Practice Nurses
International Society of Psychiatric-Mental Health Nursing
National Association of Clinical Nurse Specialists
Neuroscience Educational Institute
Sigma Theta Tau
National Organization of Nurse Practitioner Faculties
Society for Community Research and Action (Division 27 of the American Psychological Association)

TEACHING AND MENTORING

UIC Faculty Mentored

- 2021 – present Deborah Bump, Teaching Associate PMH program
- 2017 – 2018 Dorothy Valin, Clinical Instructor, PMHNP DNP program
- 2014 – 2017 David Alvarez, Clinical Instructor, PMHNP DNP Program
Clinical Assistant Professor (2018)
- 2014 – 2015 Fabienne Williams, Clinical Instructor. PMHNP, DNP program

Doctor of Nursing Practice Committee Chair - Project Faculty Mentor

- 2020-2021 Cheryl Beutell Using Music to Decrease Anxiety in Patients with Dementia

2020-2021	Elenmor Achurra	Increasing the Use of Clinical Video Teleconferencing in a Behavioral Mental Health Outpatient Clinic
2020-2021	Michael Solomon	Decreasing Anxiety in Psychiatric outpatients Patients with the Use of a Mobile Mental Health App
2020-2021	Kathryn Hill	Improving PHQ-9 Administration in an Outpatient Psychiatric Clinic Setting
2019-2021	Kathryn Ellis	Complicated Grief: A Targeted Educational Program for Primary Mental Health Providers
2019-2021	Katrina Ferracane	Sleep Hygiene Program for Adolescents with Mood Disorders
2019-2021	Mitch Kordzikowski	Use of a Mindfulness App to Decrease Stress in Waitlisted Psychiatric Outpatients
2018-2020	Annette Robbins	Measuring Compliance with Psychiatric Referrals in Postpartum Women with Depression
2018-2020	Shijin Ye	Reducing No-show Behavior in the Mental Health Intensive Outpatient Unit
2017-2019	Tessa Schultz	Evaluation of Clinician and Patient Attitudes Towards the Use of Standardized Measurement Based Care in a Pediatric Mood Disorders Clinic
2017-2020	Amy Chodorowski	Implementation of Quarterly Measurements to Assess Adolescent Mental Health Outcomes in an Outpatient Clinic
2017-2019	Autumn Henze	Long-Acting Antipsychotic Education: An Interdisciplinary Approach
2017- 2019	Judy Armstrong	Therapeutic Alliance and Diabetes/Depression Co-morbidity
2017-2019	Wilma Rener	Reducing Anxiety of adult Psychiatric Patients through Music- Assisted Progressive Muscle Relaxation
2016-2018	Jey Sanchez	Use of the Jellinek PTSD Questionnaire to Identify PTSD in LGBTQ Clients Undergoing Outpatient Treatment for Substance Use Disorder

Doctor of Nursing Practice Committee Member

Benoy George	Dec. 2015	The Effect of Patient Engagement on the First Community Reintegration Program Appointment
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Master’s Thesis Committee Chair

Christina Larson	2015-2017	Family Cares: Integrative Literature Review of Self-Efficacy Among Family Caregivers of Individuals with Chronic Mental Illness
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UIC Honors College Thesis Mentor

Alyssia Mufti	2019-2020	Teaching Empathy Skills to Nurses
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Graduate Student Advisees

Jesalum Garcia	2021 – present	DNP Advisor
Ged Hadid	2021 – present	DNP Advisor
Sara Jara	2021 – present	DNP Advisor
Rachel Ijadola	2021 – present	DNP Advisor
Mitchell Tam	2021 – present	DNP Advisor
Shafia Rahman	2021 – present	DNP Advisor
Abidemi Balogun	2021 – present	DNP Advisor
Abiemwense Abraham	2021 – present	DNP Advisor
Deborah Adeoye	2021 - present	DNP Advisor
Ivan Njuba	2021 - present	DNP Advisor
Gretchen Kenmer	2021 - present	Post DNP Advisor
Deborah Bump	2021 – present	Post DNP Advisor
Mary Crang	2020 - present	Post DNP Advisor
Hannah Paul	2020 – present	DNP Advisor
Sara Stoy	2020 - present	DNP Advisor
Summer Kee	2020 - present	DNP Advisor
Jason Baksas	2020 – Withdrew 2021	DNP Advisor
Nickolas Dotson	2020 - present	DNP Advisor
Mary Gallo	2019 - present	DNP Advisor
Christopher O’Brien	2019 - present	DNP Advisor
Michael Solomon	2019 – present	DNP Advisor
Christina Stelly	2019 - present	Post DNP Advisor
Diane McKenzie	2019 - present	DNP Advisor
Kathryn Hill	2018 – present	DNP Advisor
Cheryl Beutell	2018 – present	DNP Advisor
DaVonya Wilson	2017 - present	DNP Advisor
Elenmor Arhurra	2017 – present	DNP Advisor

Mitch Kordzikowski.	2017 – May 2021	DNP Advisor
Shijin Ye	2017- Dec. 2020	DNP Advisor
Lezly Scott	2016- Withdrew 2018	DNP Advisor
Annette Robbins	2016 -Dec. 2020	DNP Advisor
Autumn Henze	2016 - May 2019	DNP Advisor
Amy Chodorowski	2015- Dec. 2020	DNP Advisor
Tessa (Brewster) Schultz	2015 -May 2019	DNP Advisor
Jey Sanchez	2015- May 2018	DNP Advisor
Katrina (Glax) Ferracane	2015- May 2021	DNP Advisor
Kathryn Ellis	2015- May 2021	DNP Advisor

Courses Taught at UIC

Graduate Courses

NUPR 533	Professional Role Development & Role Policy PMHNP Core course - 5 credit hrs.	Fall 2021 Spring 2020 Fall 2020 Fall 2019 Spring 2019 Fall 2016 Fall 2015
NUSP 528	Mental Health Promotion, Diagnosis, & Prevention (Psychotherapy) PMHNP core course – 3 credit hrs.	Fall 2021 Fall 2020 Fall 2019 Fall 2018 Spring 2018 Spring 2017 Spring 2016 Spring 2015
NUPR 580	Individual Graduate Practicum (1-3 credits) PHMNP additional clinical practicum	Summer 2021 Summer 2018 Summer 2017
NUPR 532	Mental Health Promotion, Diagnosis, & Prevention PMHNP core course – 5 credit hrs.	Fall 2020 Spring 2019 Spring 2018 Fall 2017 Fall 2016 Spring 2016 Fall 2014
NURS 533	Applied Pharmacotherapeutics (Psychopharmacology)	Spring 2021

	PMHNP core course	Fall 2020
	Course Coordinator - 2 credit hrs.	Fall 2019
NUPR 557	EBP 4 – DNP Project Planning & Implementation	Fall 2021 Spring 2021 Fall 2020 Summer 2020 Spring 2020 Summer 2019 Fall 2019 Summer 2019 Fall 2018 Fall 2017
NUPR 556	EBP 5 – DNP Project Evaluation & Dissemination	Fall 2021 Summer 2021 Spring 2020 Fall 2019 Summer 2019 Spring 2019 Spring 2018
NUEL 594	Mental Health Assessment & Mental Health Promotion & Disease Prevention PMHNP core courses – 8 credit hrs.	Summer 2020
NURS 414	Integrated Health Care: Mental Health (Graduate Entry PMH course) 2 credit hrs.	Summer 2018 Summer 2017 Summer 2016 Summer 2015
NUPR 410	Integrated Practicum Psychiatric Nursing (Graduate Entry PMH practicum) Course Coordinator – 5 credit hrs.	Summer 2018 Summer 2017 Summer 2016 Summer 2015

Guest Lectures

April 2021	Global Mental Health, <i>NURS 775 Global Mental Health Issues and Delivery of Mental Health Care</i> , University of Louisville.
2017- 2021	Mental Health Module <i>NURS 515 Health Management in Primary Care</i> - FNP core course, UIC. (3- week online module with 2 hr. in-person lecture) Spring Semester
2017 – 2019	Global Mental Health,

Summer International Program, UIC

Summer Semester