

Alex Welna, MPH

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EDUCATION

Master of Public Health

Jun 2022- May 2023

Johns Hopkins Bloomberg School of Public Health

- Concentration in Food Systems with a focus on Baltimore City food security
- Coverdell Fellow (\$20,000 service-based scholarship)
- 100-hour community health practicum with youth-serving food security community organizations
- Master's Thesis: "Soil and solidarity: Assessing the role of food sovereignty movements in addressing food apartheid in Baltimore City" (Presented at Johns Hopkins U., May 2023)

Biostatistics in Public Health Specialization

June 2020-August 2020

Johns Hopkins Bloomberg School of Public Health

- Certificate specialization including four approx. 20-hour courses in public health statistical methods including Summary Statistics, Hypothesis Testing, Simple Linear Regression Analysis, and Multiple Linear Regression Analysis in Public Health

Bachelor of Arts, Psychology

June 2016

Carleton College, Northfield, MN

- Relevant Coursework: Psychology of Prejudice, Cross-Cultural Psychopathology, Social Behavior and Interpersonal Processes, Nationalism, Minorities, and Migration, Behavioral Neuroscience, Cognitive Processes, Social Psychology of Gender, Queer Studies
- Senior Thesis: *How Attitudes Toward Binge Drinking Impact Perceptions of Gendered and Socially Desirable Traits in College*

Cross Cultural Psychology Semester

September 2014-December 2014

Carleton College & CET, Prague, Czechia

- Spent 10 weeks immersed in Czech culture, learning local language.
- Focused on sociocultural influences on expression and scope of mental illness.
- Conducted informal interviews with rehabilitating mental health patients and clinicians in Czechia to understand their unique cultural perspective and experience as compared to those in the U.S.

PROFESSIONAL EXPERIENCE

Research Program Analyst, NIH Department of Bioethics

January 2024-October 2024

Bethesda, MD

- Assisting in planning, implementation, analysis, and dissemination of research involving the public's views on social disadvantage using LEGO SERIOUS PLAY methodology
- Collaboration with faculty on ongoing bioethics and public health research projects, including planning, literature review, data extraction, analysis, and manuscript preparation

Senior Research Assistant, Johns Hopkins School of Public Health

July 2019-June 2022

Baltimore, MD

- Assisted with recruitment, implementation, data analysis, IRB compliance, staff training, and manuscript preparation for PI Tamar Mendelson's research projects involving improving mental health for youth in Baltimore and other American cities.

Secondary School English Teacher**March 2017-June 2019***US Peace Corps, Armenia*

- Taught English in a rural setting alongside a local counterpart, also facilitating extracurricular activities, camps, and clubs in the community.
- Designed and managed large-scale educational projects, such as English language conferences for students in underserved regions, girls' empowerment camps, local academic competitions.
- Conducted trainings for new volunteers on project design and management.

Research Contractor**August 2016-March 2017***Washington CORE, LLC*

August 2016 – March 2017

- Authored research reports and conducted interviews with experts, attended professional conferences, and gave research presentations on topics including telecommunications, political advertising, childcare policy, and renewable energy

ACCOMPLISHMENTS & QUALIFICATIONS

LEGO SERIOUS PLAY Facilitator Certification**June 2024**

- 40-hour training delivered by Trivium International to learn facilitation of the LEGO SERIOUS PLAY method

Coverdell Scholar**August 2020***Johns Hopkins Bloomberg School of Public Health*

- Awarded to former Peace Corps Volunteers demonstrating a commitment to public service through academic achievement

TEFL Certificate**June 2019**

- Certification for teaching English in a multitude of countries, includes 120 hours of training and 2 years of supervised teaching, accredited by the Center for Applied Linguistics

PC Armenia Monitoring, Reporting, and Evaluation Task Force**January 2018-June 2019**

- Advised Peace Corps programming staff and training other volunteers and their counterparts about community surveys, project design and management, and activity reporting.

Peace Corps Partnership Program Grantee**September 2018**

- Co-authored and successfully secured \$10,000 Peace Corps Partnership Program Grant for supplying rural Armenian school with solar panels for its entire electric system, combined with educational programming on sustainable energy for students and staff.

TEACHING EXPERIENCE

330.671.11 – Traumatic Pasts but Hopeful Futures: Resilience and Positive Youth Development in the Context of School-Based Mental Health**June 2021***Johns Hopkins School of Public Health*

- Course co-organizer and invited guest lecturer for a summer seminar focusing on equity as a key component of resilience research

Secondary School English Teacher**September 2017-June 2019***Aghitu Basic School, Republic of Armenia*

- Taught students grades 3-9 English language, prepared for examinations, regional contests, mentored students on local and international educational opportunities.
- 16 classes, 3 hours of extracurricular lessons per week.

Mathematics Tutor

September 2015-June 2016

Northfield Middle School, Northfield, MN

- Provided after-school tutoring sessions for students to prepare for upcoming tests and accomplish homework assignments.

PUBLICATIONS

Mendelson, T.; Clary, L.K.; Musci, R.; Webb, L.; Sibinga, E.; Mmari, K.; Sheridan, S.; **Welna, A.**; Ialongo, N. (2023). *Positive impacts of a universal trauma-informed intervention on student mental health: The Project POWER trial*. [Submitted to *Journal of School Psychology*, under review]. Johns Hopkins Bloomberg School of Public Health.

PRESENTATIONS

Asada, Y., **Welna, A.**, Abelson, J., Blacksher, E., Danis, M., Gold, M., Kim, Scott Y.H. *FairLab: What Makes A Good Life Study* (2024, September). Poster presented at the NIH Annual Research Festival 2024, Bethesda, MD.

Welna, A. "Soil and solidarity: Assessing the role of food sovereignty movements in addressing food apartheid in Baltimore City" (2023, May) Master's Thesis, Johns Hopkins University.

Welna, A., Sheridan, S., Clary, L.K., Webb, L., Odom, V., Dows, R.A., & Mendelson, T. (2022, June). *What predicts program practice? Associations of student mental health with skills practice following school-based wellness interventions*. In L. Webb (Chair), Implementation-Related Factors in School-Based Intervention Trials: Enhancing Rigor and Interpretability of Trial Findings. Presented at the annual meeting of the Society for Prevention Science, Seattle, WA.

Sheridan, S., Webb, L., Clary, L.K., Odom, V., **Welna, A.**, Dows, R.A., & Mendelson, T. (2022, June). *Assessing fidelity of implementation for intervention and active control groups in a school-based trial: Implications for study outcomes and program refinement*. In L. Webb (Chair), Implementation-Related Factors in School-Based Intervention Trials: Enhancing Rigor and Interpretability of Trial Findings. Presented at the annual meeting of the Society for Prevention Science, Seattle, WA.

Odom, V., Webb, L., Sheridan, S., Dows, R., **Welna, A.**, Clary, L.K., & Mendelson, T. (2022, June). *Student engagement and disruptive behaviors in a school intervention trial: Moderating effects on program mental health impacts*. In L. Webb (Chair), Implementation-Related Factors in School-Based Intervention Trials: Enhancing Rigor and Interpretability of Trial Findings. Presented at the annual meeting of the Society for Prevention Science, Seattle, WA.

Dows, R., **Welna, A.**, Sheridan, S., Webb, L., Odom, V., Clary, L.K., & Mendelson, T. (2022, March). *Coping with COVID-19: Maladaptive and adaptive stress responses of adolescents in marginalized urban communities*. In L. Webb (Chair), The Spectrum of

- Adolescents' Experience of the COVID-19 Pandemic. Presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
- Odom, V., Webb, L., Clary, L.K., **Welna, A.**, Sheridan, S., Dows, R., & Mendelson, T. (2022, March). *Challenges and opportunities of the COVID-19 pandemic for urban adolescents: Reshaping the future*. In L. Webb (Chair), The Spectrum of Adolescents' Experience of the COVID-19 Pandemic. Presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
- Sheridan, S., **Welna, A.**, Webb, L., Clary, L.K., & Mendelson, T. (2022, March). *Ethnic/racial minority status and mental health: A study of adolescents in a segregated city*. Poster presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
- Webb, L., Clary, L.K., Sheridan, S., Odom, V., **Welna, A.**, Dows, R., & Mendelson, T. (2022, March). *COVID stress and trauma: Changes in adolescent mental health and well-being*. In L. Webb (Chair), The Spectrum of Adolescents' Experience of the COVID-19 Pandemic. Paper presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
- Dows, Rachel; Sheridan, Steven; Webb, Lindsey; **Welna, Alex**; Odom, Violet; Clary, Laura; Mendelson, Tamar. (2021). *Positive Childhood Experiences As a Moderator of Adverse Mental Health Outcomes in Adolescents*. Society for Prevention Research Annual Meeting 2021, Online.

Project Design and Management

September 2018

US Peace Corps, Armenia

- Conducted two-day training course for Education volunteers and their Armenian counterparts about grant writing, project management, survey design and distribution.

Biomanufacturing in the United States

February 2017

Washington CORE, LLC, Bethesda, MD

- For executive board and senior employees, presented independent research and observations from 2017 Spotlight on Manufacturing conference at Institute for Bioscience and Biomanufacturing Center, Rockville, MD.

Minnesota Undergraduate Psychology Conference

May 2016

Minnesota Undergraduate Psychology Conference, Minneapolis, MN

- Poster Presentation, *How Perceptions of Drinking Impact Perceptions of Gendered and Socially Desirable Traits in College*.

OTHER SKILLS

Languages: Armenian, Spanish

Software: GeoR, Qualtrics, Stata, ArcGIS, Microsoft Office, Spatial analysis

Other: Scientific writing, editing, APA style, public speaking, survey design, grant writing, project management, working with youth, community development, ESL education.