

JEAN A. TALBOT

(207) 228-8480

jean.talbot@maine.edu

FOCAL PROFESSIONAL INTERESTS

- Social and environmental determinants of behavioral health
- Rural behavioral health and behavioral risk factors
- Rural tobacco use, control, and prevention
- Relationships between behavioral and physical health
- Depression

LICENSURE AND CREDENTIALS

Maine State psychology license #PS1232, issued 2008

New York State psychology license #015667, issued 2003

National Register of Health Service Providers in Psychology, registrant #51755, since 2007

EDUCATION

2013 **M.P.H.**, Muskie School of Public Service, University of Southern Maine
2001 **Ph.D., Clinical Psychology**, Clark University, Worcester, MA
1995 **M.A., Psychology**, Mount Holyoke College, South Hadley, MA
1992 **Frances Perkins Fellows Certificate of Achievement** for post-baccalaureate work in psychology, Mount Holyoke College, South Hadley, MA
1987 **B.A., Russian Studies**, Mount Holyoke College, South Hadley, MA

HONORS AND AWARDS

2010 Trustee Graduate Tuition Scholarship, University of Southern Maine
2003 Award for Excellence, Clinical Psychology Postdoctoral Fellowship Program, University of Rochester School of Medicine
 Collier Memorial Mental Health Research Award
1999 Hiatt Summer Research Grant
1997 Hiatt Research Fellowship awarded for academic year 1997-8
1994 Frances L. Hiatt Fellowship awarded for academic years 1994-7
 Psi Chi
1993 Sigma Xi
1987 B.A. awarded *summa cum laude*
 Class Valedictorian
1986 Phi Beta Kappa

PROFESSIONAL EXPERIENCE

2016-present Research Associate II

Muskie School of Public Service, University of Southern Maine, Portland, ME

Provide leadership for research and policy analytic projects on rural health/behavioral health in Maine and across the nation. Current/recent activities include:

- Project Co-Principal Investigator, *Tobacco Treatment in Rural Primary Care*. Led team in analyzing survey data to explore rural-urban differences in screening and treatment of smoking in primary care. Funding: Federal Office of Rural Health Policy (FORHP) grant to the Maine Rural Health Research Center (MRHRC).
- Principal Investigator, *Advancing Tobacco Prevention and Control in Rural America*. Led a ten-member team in conducting a scoping evidence review and policy analysis on tobacco use, prevention, and control in rural contexts. Coordinated responses to feedback from the Centers for Disease Control and Prevention (CDC) and a 15-member group of national experts in tobacco control and rural health. First author on final report released in February 2019. Funding: National Network of Public Health Institutes and CDC.
- Co-Principal Investigator, *Maine Lung Health Study*. Led a seven-member team in a qualitative investigation designed to elicit perspectives of vulnerable rural Mainers on lung cancer risk, lung cancer screening, and engagement with the health care system. Developed study protocol and analytic plan. Led focus groups and analysis of qualitative data. First author on presentation of study findings/conclusions at Maine Public Health Association conference in October 2017. Coordinated revisions and completion of final report. Funding: MaineHealth and Maine Economic Improvement Fund.
- Project Co-Principal Investigator, *Impact of the Opioid Crisis on Rural Emergency Departments*. Project explores opioid-related visits by rural residents to rural and urban emergency departments. Developed analytic plan, coordinated analysis, and contributed to presentation of findings at 2018 National Rural Health Association conference. Funding: FORHP grant to MRHRC.
- Project Director, *Telebehavioral Health Use among Rural Medicaid Beneficiaries: Relationships with Telehealth Policies in State Medicaid Programs*. Acquired data, designed study, and coordinated coding and analysis of data. First author on draft article presenting study findings. Funding: FORHP grant to RTRC.
- Project Co-Principal Investigator, *Patterns of Telehealth Use among Rural Medicaid Beneficiaries*. Funded by a Federal Office of Rural Health Policy (FORHP) grant to the RTRC. Acquired Medicaid claims data. Designed analyses. Led team in analyzing data. First author on peer-reviewed article published in 2018. Funding: FORHP grant to RTRC.
- Project Director, *Long-Term Services and Supports Use among Older Medicare Beneficiaries in Rural and Urban Areas*. Funded by a FORHP grant to the MRHRC. Designed study and coordinated data analysis. Wrote study method and results for peer-reviewed article published in 2019. Funding: FORHP grant to MRHRC.

- 2013-2016** **Research Associate I**
Muskie School of Public Service, University of Southern Maine, Portland, ME
- Conducted research and policy analysis for the Maine Rural Health Research Center on issues related to rural health/behavioral health. Topics of projects included:
- Adverse childhood experiences (ACES) in rural vs. urban communities (quantitative, survey data)
 - Mental Health First Aid in rural communities (mixed methods, interview and questionnaire data)
 - Opportunities for improving mental health services in rural long-term care (policy brief)
 - Access standards for qualified health plans in rural health insurance exchanges (policy analysis)
- 2010-2013** **Graduate Assistant**
Muskie School of Public Service, University of Southern Maine, Portland, ME
- Conducted research on health reform and rural mental health.
- 2008-2010** **Legal Research Associate**
Downeast Legal Writing Services, Portland, ME
- Collaborated with attorney in conducting research and writing articles for legal reference publications on civil litigation relating to mental health, health care, and social services.
- 2007-2009,
2004-5,
1997-2001** **Research Associate, Families through Time Project**
Clark University, Worcester, MA/ University of Southern Florida, St. Petersburg, FL
- Participated in designing a five-year longitudinal investigation examining relationships among coparenting dynamics, individual parents' attachment status, parenting styles, and children's socioemotional development in families with infants and toddlers
 - Analyzed Adult Attachment Interviews
 - Co-authored conference presentations and journal submissions
- 2005-2007** **Staff Psychologist**
Twig Medical Associates/Outpatient Department, Rochester General Hospital, Rochester, NY
- Worked as a clinician in the primary care clinics of a large general hospital in an underserved urban area with high rates of poverty and a predominantly African American population
 - Provided psychotherapy to patients referred by primary care physicians and nurse practitioners
 - Assisted providers with consultation and referrals

- 2004-2007** **Clinical Senior Instructor**
University of Rochester Medical Center, Rochester, NY
- Provided psychotherapy supervision and consultation within the Medical Center's APA-approved predoctoral psychology internship program.
- 2003-2004** **Associate Director, Psychology Training, and Director, Psychological Testing Service**
University of Rochester Medical Center, Rochester, NY
- Provided psychotherapy consultation to psychology and psychiatry trainees
 - Coordinated predoctoral psychology interns' professional development series
 - Screened and assigned referrals for psychological testing
 - Supervised predoctoral psychology interns in integrative assessments of psychopathology, personality, cognitive functioning, and adaptive functioning
- 2001-2003** **Postdoctoral Fellow, Adult Clinical Psychology (APA-approved program)**
University of Rochester Medical Center, Rochester, NY/Ontario County Mental Health Center, Canandaigua, NY
- In a community mental health setting, conducted long-term and short-term individual and group psychotherapy with adult, low-SES patients presenting with problems including mood disorders, anxiety disorders, and Axis II diagnoses.
 - Conducted psychological evaluations for the county mental health center and family court in rural Ontario County
 - Provided psychotherapy training and supervision to trainees at University of Rochester Medical Center and to clinicians at Ontario County Mental Health
- 2000-2001** **Predoctoral Intern, Adult Clinical Psychology (APA-approved program)**
Boston Internship Consortium/ VA Boston Healthcare System, Boston, MA
- Conducted individual and group psychotherapy with adult outpatient and inpatient veterans with serious psychopathology including psychotic disorders, mood disorders, PTSD, and Axis II diagnoses. Treatment informed by cognitive-behavioral, interpersonal (IPT), psychodynamic, mindfulness-based approaches
 - Conducted structured PTSD assessments including the Clinician-Administered PTSD Scale
 - In Emergency Department, conducted clinical evaluations, provided crisis intervention, and formulated disposition plans

- 1998-2000 Extern, Behavioral Medicine Clinic**
UMASS-Memorial Medical Center, Worcester, MA
- Conducted short-term and long-term individual psychotherapy for adult outpatients with problems including mood and anxiety disorders, chronic pain, and obesity. Approaches used: Cognitive-behavioral, psychoeducational, mindfulness-based, psychodynamic
 - Conducted intake assessments for the Eating and Weight Management Program
 - Led and co-led time-limited groups on overcoming compulsive eating
- 1998-1999 Extern, Behavioral Medicine Program**
Fallon Behavioral Health, Worcester, MA
- Co-led time-limited psychotherapy groups for treatment of fibromyalgia and stress management.
- 1997-1998 Intern, Inpatient Psychiatry**
Westborough State Hospital, Westborough, MA
- Conducted intake evaluations, individual and group psychotherapy, and assessments with adult and adolescent inpatients suffering from severe psychotic disorders, affective disorders, PTSD, and Axis II psychopathology.
- 1996-1997 Extern, Outpatient Psychiatry Department, Child and Adolescent Service**
UMASS-Memorial Medical Center, Worcester, MA
- Provided individual, problem-focused and psychodynamic psychotherapy to children and adolescents with diagnoses including adjustment disorders, PTSD, and reactive disorder of attachment
 - Conducted psychological assessments of school-aged children
- 1996-1997 Extern, Family Therapy Practicum**
Youth Opportunities Upheld, Inc. (YOU, Inc.), and Clark University, Worcester, MA
- Provided on-site and outreach therapy to low-SES families and couples.
- 1996-1997 Extern, Child Assessment Practicum**
Hahnemann Family Health Center and Worcester Public Schools, Worcester, MA
- Conducted psychological assessments of school-age children.
- 1995-1996 Intern, Individual Adult Psychotherapy Practicum**
Clark University, Worcester, MA
- Provided individual psychotherapy to undergraduate and graduate students.

EDUCATIONAL CONTRIBUTIONS (SELECTED)

- 2016, 2017 Behavioral Health Policy Seminar**
Muskie School of Public Service, University of Southern Maine, Portland, ME
- Co-taught seminar for students in Master of Public Health program. Covered topics including psychiatric epidemiology, social determinants of behavioral health, and promotion/prevention in behavioral health.
- 2005 Case Conceptualization in Interpersonal Psychotherapy for Depression: Preoccupied Attachment Style and Interpersonal Sensitivity (2 ½ hours)**
University of Rochester School of Medicine, Rochester, NY
- Didactic presentation, case consultation, and demonstration for psychology interns and third-year psychiatry residents
- 2004 Case Conceptualization in Interpersonal Psychotherapy for Depression: The Assessment of Attachment Style (4 ½ hours)**
University of Rochester School of Medicine, Rochester, NY
- Didactic presentation, case consultation, and demonstration for psychology interns and psychiatry residents
- 2003 Interpersonal Psychotherapy with Diagnostically Complex Patients (6 ½ hours)**
University of Rochester School of Medicine, Rochester, NY
- Didactic presentation and demonstration for psychology interns and third-year psychiatry residents
- 2003 Psychodiagnostic Interviewing (10 hours)**
University of Rochester School of Medicine, Rochester, NY
- Didactic presentation, demonstration, and workshop for second-year medical students
University of Rochester School of Medicine, Rochester, NY
- 2001 In-service on Interpersonal Psychotherapy for Depression (6 hours)**
Ontario County Mental Health Center, Canandaigua, NY
- 2001 In-Service on Mindfulness Techniques in the Behavioral Management of Chronic Pain (1 hour)**
Ontario County Mental Health Center, Canandaigua, NY

SPECIALIZED TRAINING EXPERIENCES

- 2008 Certificate Program in Primary Care Behavioral Health conducted by Alexander Blount, Ed.D.**
University of Massachusetts Medical School, Worcester, MA

- 2007** **Mindfulness-Based Stress Reduction for Health Professionals conducted by Michael Krasner, MD**
University of Rochester Medical School, Rochester NY
- 2006** **IMPACT Workshop on Treatment of Depression in Primary Care conducted by Jurgen Unutzer, MD and Mark Hegel, Ph.D.**
National Council for Behavioral Health, Orlando, FL
- 2003** **Two-day Training in Interpersonal Psychotherapy for Depression conducted by Scott Stuart, M.D., University of Iowa Medical School**
University of Rochester Medical School, Rochester, NY
- 2001** **Two-Week Intensive Training in Dialectical Behavior Therapy conducted by Behavioral Technologies**
University of Rochester Medical School, Rochester, NY
- 1998-2000** **Two-Week Intensive Training in Administration and Coding of the Adult Attachment Interview (AAI) conducted by June Sroufe, Ph.D.**
University of Minnesota, Mineapolis, MN and Clark University, Worcester, MA
- Earned certification as an AAI coder in 2000.

PUBLICATIONS (SELECTED)

Health Research and Policy Analysis

- Coburn, A.F., Ziller, E.C., Paluso, N., Thayer, D., & **Talbot, J.A.** (2019). Long-term services and supports use among older Medicare beneficiaries in rural areas. *Research on Aging*. Doi: 10.1177/0164027518824117.
- Coburn, A., **Talbot, J.**, Ziller, E., & Gage-Croll, Z. (2011). *CO-OP health plans: can they help fix rural America's health insurance markets?* Minneapolis, MN: State Health Access Reform Evaluation Program, Robert Wood Johnson Foundation.
- Larsson, E. M., & **Talbot, J.A.** (2009). Cause of action against an assisted living facility for injury or death of a resident. In *Causes of Action 2d*. Eagan, MN: West.
- Larsson, E. M., & **Talbot, J.A.** (2010). Cause of action against a nursing home for injury or death of a resident. In *Causes of Action 2d*. Eagan, MN: West.
- Paluso, N., Croll, Z.T., Thayer, D., Talbot, J.A., & Coburn, A.F. (March, 2018). *Residential settings and healthcare use of the rural 'oldest-old' Medicare population*. Portland, ME: Maine Rural Health Research Center.
- Talbot, J.A.**, Burgess, A.R., Thayer, D., Parenteau, L., Paluso, N., & Coburn, A.F. (2018). Patterns of telehealth use among rural Medicaid beneficiaries. *Journal of Rural Health*. Doi: 10.1111/jrh.12324

Talbot, J.A., & Coburn, A.F. (May, 2013). *Mental health services in rural long-term care: challenges and opportunities for improvement*. Portland, ME: Maine Rural Health Research Center.

Talbot, J.A., Coburn, A.F., Croll, Z., & Ziller, E. (2013). Regional considerations in establishing network adequacy standards for Qualified Health Plans in state and regional Health Insurance Exchanges. *Journal of Rural Health, 29*, 327-335.

Talbot, J.A., Szlosek, D.A., & Ziller, E.C. (October, 2015). *Implications of rural residence and single mother status for maternal smoking behaviors*. Portland, ME: Maine Rural Health Research Center.

Talbot, J.A., Szlosek, D.A., & Ziller, E.C. (2016). Mental Health First Aid in rural communities: goodness-of-fit and outcomes. *Journal of Rural Health*. Doi: 10.1111/jrh.12173.

Talbot, J. A., Thayer, D., Croll, Z., & Fox, K. (2013). *Survey of children served by MaineCare*. Portland, ME: University of Southern Maine, Muskie School of Public Service.

Talbot J.A., Williamson M.E., Pearson K.B. et al. (2019). *Advancing Tobacco Prevention and Control in Rural America*. Washington, DC: National Network of Public Health Institutes.

Talbot, J.A., Ziller, E.C., Lenardson, J., & Hartley, DA. (May, 2014). *Implications of rurality and psychiatric status for diabetic preventive care use among adults with diabetes*. Portland, ME: Maine Rural Health Research Center.

Talbot, J.A., Ziller, E.C., & Szlosek, D. (April, 2016). *Adverse childhood experiences in rural and urban contexts*. Portland, ME: Maine Rural Health Research Center.

Psychology

Elliston, D., McHale, J., **Talbot, J.**, Parmley, M., & Kuersten-Hogan, R. (2008). Withdrawal from coparenting interactions during early infancy. *Family Process, 47*, 481-499.

McHale, J.P., Kazali, C., Rotman, T., **Talbot, J.A.**, Carleton, M., & Lieberson, R. (2004). The transition to coparenthood: Parents' prebirth expectations and early coparental adjustment at three months post-partum. *Development and Psychopathology, 16*, 711-733.

Talbot, J.A., Baker, J.K., & McHale, J.P. (2009). Sharing the love: Prebirth adult attachment status and coparenting adjustment during early infancy. The transition to parenthood [special issue]. *Parenting: Science and Practice, 9*, 56-77.

Talbot, J.A., Bibace, R., Bokhour, B., & Bamberg, M. (1996). Affirmation and resistance of dominant discourses: The rhetorical construction of pregnancy. *Journal of Narrative and Life History, 6*, 225-251.

Talbot, J.A., & McHale, J.P. (2003). The impact of family emotional climate on the flexibility of relationship representation. In P. Erdman & T. Caffery (Eds.), *Family systems and attachment theory* (pp. 31-61). New York: Brunner-Routledge.

Talbot, J.A., & McHale, J.P. (2004). Individual parental adjustment moderates the relationship between marital and coparenting quality. *Journal of Adult Development, 11*, 191-205.

Talbot, J.A., Talbot, N.L., & Tu, X. (2004). Shame-proneness as a diathesis for dissociation in women with histories of childhood sexual abuse. *Journal of Traumatic Stress, 17*, 445-448.

CONFERENCE PRESENTATIONS (SELECTED)

Talbot, J.A., Elbaum Williamson, M., & Ziller, E. (2017, October). *Smoking, lung cancer, and the health care system: views from rural Mainers at risk*. Paper presented at the Maine Public Health Association, Portland, ME

Talbot, J.A., Elliston, D. Thompson, J., Scull, C., Lieberson, R., & McHale, J. (2006, July). Do early coparenting dynamics benefit from coherent states of mind with respect to attachment? Paper presented at the World Association for Infant Mental Health, Paris, France.

Talbot, J.A., Szlosek, D., & Ziller, E.C. (2015, April). Mental Health First Aid in rural communities: goodness-of-fit, implementation, and outcomes. Paper presented at the National Rural Health Association, Philadelphia, PA.

Talbot, J.A., Szlosek, D., & Ziller, E.C. (2016, June). Rural residence and single mother status: Implications for smoking. Paper presented at the National Association for Rural Mental Health, Portland, ME.

Kazali, C., **Talbot, J.A., Elliston, D.B., & McHale, J.P.** (2005, April). Coparenting narratives of expectant couples varying in states of mind with respect to attachment. Presented in J.P. McHale (convener), Coparenting from pregnancy through preschool: Expansion and validation of a construct. Poster symposium presented at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.

Talbot, J.A., & McHale, J.P. (2002, July). Reintegrating individuals back into our understanding of within-family dynamics: Parental traits as moderators of marital-family linkages. Presented in J.P. McHale & **J.A. Talbot** (co-conveners), Piecing together the family puzzle: Reintegrating individuals back into our understanding of within-family dynamics. Paper symposium presented at the biennial meeting of the World Alliance of Infant Mental Health, Amsterdam, Netherlands.

Talbot, J.A., Pouquette, C., & McHale, J.P. (1999, April). The second wave of transition-to-parenthood research in context. Presented in **J.A. Talbot & J.P. McHale** (co-conveners), Transitions to parenthood revisited: Prebirth precursors of coparenting and family-level dynamics. Paper symposium presented at the biennial meeting of the Society for Research in Child Development, Albuquerque, NM.

Talbot, J.A., & Talbot, N.L. (2002, November). Shame-proneness as a diathesis for dissociation in adult survivors of childhood sexual abuse. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Maine Psychological Association

Maine Public Health Association

National Rural Health Association

National Association for Rural Mental Health