
EDUCATION

Stanford University | Ph.D. Student in Social Psychology September 2022-2027
Stanford University, School of Medicine | M.S. in Community Health Prevention Research | **GPA: 3.9** September 2019-June 2022
University of California, Berkeley | B.A with Honors in Social Welfare | **GPA: 3.8** August 2014-Dec 2016

RESEARCH EXPERIENCE

Dweck-Walton Lab, *Graduate Student*, Stanford, CA Sept 2022- Current

- Conducting social-belonging and stereotype threat research with Dr. Greg Walton
- Designing “wise interventions” that promote connection and reduce bias, as alternatives to school suspension

Prochaska Lab, *Research Assistant*, Stanford, CA March 2019-May 2022

- Designed and field-tested interview questions and protocol with teenagers
- Created and managed a Facebook/Instagram ad campaign and study account to successfully target eligible participants
- Managed flow of participants throughout the study from recruitment to compensation
- Interviewed teenagers on Zoom and Messenger about social media use and vaping
- Coded and analyzed qualitative data using NVivo software for themes
- Disseminated results through parent and student educational materials
- **Thesis Title: Adolescents' Perceptions of Substance Use Messaging in the Age of Social Media: Resolving Cognitive Dissonance**

Sociology Department, *Student in Interview Methods Course*, UC Berkeley, CA Sept 2016-Dec 2016

- Conducted 12 in-depth qualitative interviews with secondary school health workers and alcohol and drug education program specialists in the Bay Area
- Developed semi-structured interview guide to understand how school personnel approached student substance use
- Disseminated findings to over 900 school-based health providers, educators, and school health partners at the California Healthy Youth Alliance conference
- **Research Title: A Qualitative Study of "No-Use" Drug Education: A School-Based Public Health Perspective**

Social Welfare Department, *Undergraduate Honors Thesis Student*, UC Berkeley, CA Sept 2015-May 2016

- Developed and executed a year-long independent literature review under the guidance of Dr. Amanda Reiman
- Presented findings in the form of a 40-page thesis paper, recommendations for the field, and an oral presentation at the Honors Symposium
- **Thesis Title: The Fallacy of the Ideological Pursuit of Abstinence: The Pitfalls of Youth Drug Prevention Programs in America**

PRESENTATIONS & SUBMITTED PAPERS

- **Hashemi R** & Vogel EA. Adolescents' perceptions of substance use messaging in the age of social media. *Health Educ Res.* In press.
- Vogel EA, **Hashemi R**, Ramo DE, Darrow SM, Costello C, Prochaska JJ. (*manuscript under review at Psychology of Popular Media*). Adolescents' Perceptions of Nicotine Vaping-Related Social Media Content.
- **Hashemi, R.** (March 2021). Evaluations of the Drug War Healing Circle Intervention. E-poster presented at Stanford's 19th Annual Community Health Symposium.
- **Hashemi, R.** (April 2016). Just Say Nothing? A School-Based Public Health Perspective on Drug Education. Presentation at the 2016 California Healthy Youth Conference.

GRANTS FUNDED

2022 **Harm Reduction Drug Education**
 \$25,000
 William G. Nash Foundation
 Role: Consultant
 Support the Stanford REACH lab to adopt a harm reduction philosophy and strategy into their curriculums and teacher training to support the health and well-being of teens who use substances and are at-risk for overdose.

WORK EXPERIENCE

- REACH Lab, Harm Reduction Consultant, Stanford, CA** September 2022- Present
- Overseeing the transfer and integration of the Safety First Project into Stanford's REACH Lab
 - Building out a full-spectrum resource library of drug prevention programming for our nation's schools
 - Developing teacher training materials to support successful delivery of Safety First
- Know Drugs, Founder & Executive Director, San Francisco, CA** September 2018- Present
- Client: *La Scuola, Nueva School, Menlo School, International French American School*
- Trained educators to conduct school-based drug education and prevention
 - Collected data on student risk behavior and normative beliefs about drugs to inform curriculum development
 - Facilitated classroom discussions about drug use, mental health, and behavior change strategies
 - Administered pre-post survey to evaluate changes in student beliefs and behavior
- Client: *Harm Reduction Coalition* May 2019-Present
- Designed, facilitated, and evaluated the Asian American Drug War Healing Circle using a community-engaged participatory action approach under the mentorship of Dr. Tia Rich.
 - Applied a design thinking approach and behavioral change theories to develop a program logic model
 - Developed a mixed-methods research design, constructed and pilot tested survey and interview guide questions, analyzed data
 - Summarized and presented findings in the form of a poster presentation at Stanford's 19th Community Health Symposium
- Client: *Tamalpais Union High School District* September 2021-Present
- Directly advising the Wellness Director of all school health centers on harm reduction, overdose prevention, and health-based school drug policies
 - Conducted a comprehensive literature review on substance abuse prevention program best practices to inform the development of a training for educators
 - Partnered with students in Stanford School of Education Program Evaluation course to develop a two-year, mixed-methods evaluation plan to assess the impact of the aforementioned training on program implementation and fidelity
- Client: *Drug Policy Alliance* May-July 2021
- Updated Safety First, the nation's first harm reduction curriculum, based on student and teacher open-ended responses
- Berkeley Student Cooperative, Harm Reduction Facilitator, Berkeley, CA** January 2018-Present
- Develop, market, and implement the first-ever harm reduction course at UC Berkeley's largest student housing network
 - Host monthly workshops to train over 3,300 house leaders and cooperative members in recognizing and responding to overdose situations
- Oakland Unified School District, Drug Prevention & Education Coordinator, Oakland, CA** Jan 2017-Aug 2020
- Facilitated district partnerships with ten school sites to foster a positive school climate and replace zero-tolerance disciplinary responses to student drug use with supportive relationships and culturally relevant behavioral health services
 - Utilized youth development research to inform a professional development training for district and school administration
 - Developed an online research toolkit and the district drug education and prevention website for OUSD school personnel
 - Designed and facilitated a novel youth-led public health prevention program to empower students to develop data-driven health promotion campaigns for their community based on CHKS survey results
- Jumpstart AmeriCorps Member, Classroom Teacher, Oakland, CA** September 2015-June 2016
- Provided individualized attention and positive adult-child relationships to prepare children attending preschool in low-income neighborhoods for school success.
 - Implemented early childhood curriculum, supported family involvement, promoted children's language and literacy skills through ongoing relationships with 32 partner children, and increased adult support in the learning environment.

- Received intensive training and professional development in early childhood theory and practice, language and literacy development, leadership skills, and communication with families.

INVITED TALKS

- Hashemi, R.**, Farloch VF, Hellwich M, Jones, S. (August 2022). Focusing on Youth, Supporting Faculty and Families with Helping Students Navigate Substance Use. Invited talk given at The 2022 Illinois Harm Reduction Summit.
- Hashemi, R. (November 2021). *Adolescents' Perceptions of Substance Use Messages in the Age of Social Media*. Invited talk given at the Stanford Prevention Research Center; Stanford, CA.
- Hashemi, R. (October 2021). *Contemplative Practices for Substance Misuse Prevention*. Invited talk given at the Rethinking the Drug War course; UC Berkeley, CA.
- Hashemi, R. (October 2021). *Harm Reduction Praxis for Researchers: Meeting Young People Where They Are At*. Invited webinar given at the Play2PREVENT Lab; Yale, CT.
- Hashemi, R. (March 2021). *The Need For Political Drug Education In Prevention*. Invited webinar given at the Stanford Prevention Research Center; Stanford, CA.
- Hashemi, R. (March 2021). *How To Have The Drug Talk*. Invited webinar given for the Nueva School Parent Education Series; San Mateo, CA.
- Hashemi, R. (January 2021). *Changing Racist Drug Policies to Protect the Health of our Communities*. Invited webinar given for ARISE Public & Community Health Pathway CCARP conference; Oakland, CA
- Hashemi, R. (February 2021). *Harm Reduction: Preventing Teen Drug Use, Misuse, and Addiction*. Invited webinar given for the Nueva School Parent Education Series; San Mateo, CA.
- Hashemi, R. (February 2019). *The Power of Belonging for Youth Who Use Drugs*. Invited talk given at the 2019 Teens Tackle Alcohol and Drugs conference; Berkeley, CA.

TEACHING EXPERIENCE

Community Engagement Coordinator, “Global Drug Wars”. Stanford University, Online Spring 2021

- Designed, piloted, and coordinated a community-engagement component for a Stanford undergraduate course called “The Global Drug Wars”
- Organized mutually beneficial partnerships between ten students and five community groups working to transform drug policies and promote meaningful alternatives

Teaching Assistant, “Ethics and Leadership in Public Service”. Stanford University, Online Winter 2021

- Co-designed course materials, facilitated lectures, assigned grades, managed zoom technologies

Undergraduate Course Facilitator, “Rethinking the Drug War”. UC Berkeley Spring 2016-Spring 2018

- Founded and led UC Berkeley's first student-led political drug education course on the War on Drugs for five continuous semesters, which continues to enroll 60+ students annually
- Designed curricula to build critical awareness around racist drug policies and the ecological circumstances related to drug use for youth of color
- Tailored issues and speaker lineup the prioritize the stories and analyses of racial-ethnic minority students who had been most impacted by the War on Drugs

AWARDS

- Students for Sensible Drug Policy**, 40 Under 40 Leaders in Drug Policy November 2021
- Stanford University**, Graduate Public Service Fellowship Award September 2020
First Master's student to be awarded the fellowship in over 10 years
- University of California, Berkeley**, University Honors December 2016

- **University of California, Berkeley**, Department Honors Spring 2016
- **Students for Sensible Drug Policy**, Diversity, Awareness, Reflection & Education Award Fall 2016
- **Santa Monica College**, Dean's Honor List May 2014
- **Santa Barbara City College**, President's Honor Roll April 2013

MEDIA

- Opinion Contributor in **The Hill** (2023), In the fentanyl era, 'Just Say No' must become 'Just Say Know'
- Interview with **KALW 91.7 FM** (2022), *State of the Bay: Raising Awareness about Fentanyl*
- Interview with **NY TIMES** (2022), *How to Talk to Kids About Drugs in the Age of Fentanyl*
- Interview with **TIME** (2022), *What Euphoria Gets Right—and Wrong—About Teen Drug Use and Addiction*
- Interview on **Break the Chains** podcast (2020), *Celebrating your Symptoms and Differences*
- Interview with **NBC Today** show (2019), *Young people speak out about cannabis, criticize 'demonization'*
- Interview with **NBC Today** show (2019), *Kids, Cannabis, and New Concerns: Surgeon General on Dangers of Marijuana Use on Young Brains*
- Museum Guide for **UC Berkeley's Phoebe A. Hearst Museum of Anthropology** (2018), *Starting the Conversation: How and Why to Talk to Young People About Mind-Altering Substances*
- News article in **Psymposia** (2018), *How Should We Be Teaching Students about Drugs?*
- Interview with **The Addictive Podcast** (2016), *Teen Alcohol & Drug Education*

SKILLS & ACCOMPLISHMENTS

- **Technical:** Qualtrics, NVivo, RStudio, Python, MS Excel/Word/Powerpoint, Canva, Adobe Photoshop, Google Sheets/Docs/Slides, Google Analytics
- **Training & Certifications:** Certified Mindfulness-Based Substance Abuse Treatment Facilitator, 200-Hour Vinyasa Yoga Instructor, Niroga Dynamic Mindfulness Certified Trainer, Peer Resource Trainer, Motivational Interviewing Trainer
- **Language:** Proficient in Farsi & Spanish

SERVICE

- ARISE High School Community Health Pathway**, *Advisory Council Member*, Oakland, CA August 2020-2021
- Introducing students to public health academic concepts to strengthen the pipeline from high school to college and career readiness
 - Supporting pathway teachers in aligning curriculum with industry standards and participating in speaker series to promote student engagement and experiential learning
 - Served as an expert reviewer for the 12th Grade Collaborative Community Action Research Project
- Students for Sensible Drug Policy**, *President and Education Coordinator*, UC Berkeley, CA September 2015-Dec 2017
- Founded and led the UC Berkeley SSDP Chapter, a grassroots, student-run organization dedicated to ending the war on drugs, raising enrollment to 20-members in under 12-months
- Vipassana Organization**, *Course Manager*, North Folk, CA August-September 2018
- Served as a student manager for a 10-day Silent Vipassana Meditation course as taught by S.N. Goenka to support others in developing their meditation practice

REFERENCES

Dr. Greg Walton

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Dr. Bonnie Halpern-Felsher

Professor of Pediatrics, Stanford

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