Sara Parent, ND

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Professional Summary

As an Assistant Professor in the Elson S. Floyd College of Medicine at Washington State University, I have developed extensive experience with Contingency Management, a behavioral treatment for substance use disorders. I have lead or supportive roles in several training and technical assistance contracts with states and tribes, as well as involvement in research and policy related activities. A focus of my work is collaborating with other CM experts to provide CM training and advise on implementation strategies that are evidence-based and feasible for diverse clinical settings, with a goal to increase equitable access to this potentially life-saving intervention for people and communities who are suffering.

Education

**December 2003** **Doctor of Naturopathic Medicine**

Bastyr University, Kenmore, WA

**May 1998** **Bachelors of Science in Biology**

Rensselaer Polytechnic Institute, Troy, NY

Current Position

**Jan 2022-present Assistant Clinical Professor**

Washington State University, Elson S. Floyd College of Medicine Department of Community and Behavioral Health

Previous Professional Experience

**Sep 2018-Dec 2021 Scientific Assistant**

Washington State University, Elson S. Floyd College of Medicine

**May 2018-Aug 2018 Community Worker**

Spokane Regional Health District, Health Promotion/ Healthy Communities

**Mar 2017-Jul 2018 Research Interventionist/Motivational Interviewer**

University of Washington, Dept. of Biobehavioral Nursing and Health Informatics

**May 2014-Oct 2017 Research Coordinator**

University of Washington, Dept. of Biobehavioral Nursing and Health Informatics

**Apr 2013-Mar 2014 Research Coordinator/ Physician**

Bastyr Center for Natural Health, Bastyr University, Seattle, WA

Selected Professional Activities

**Feb 2023-present American Academy of Addiction Psychiatry** (Opioid Response Network)

Role: training consultant

**Mar 2023-Jul 2023 Implementation of CM Training and Technical Assistance Task Force** (SAMHSA)

Role: Participated in virtual and in person meetings to build consensus among CM implementation experts on necessary components and requirements for CM training and technical assistance

**Jan 2023** **Implementing Contingency Management in Opioid Treatment Centers Across New England: A Hybrid Type 3 Trial.** (NIDA)

MPIs: Sara Becker, PhD and Bryan Garnder

Role: Data Safety Monitoring Board Year 4 Report, temporary board member

**Nov 2020-May 2021** **Mobile Medication Adherence Platform for Buprenorphine-Naloxone (MAP4BUP) During Treatment of Opioid Use Disorder: Phase** **I** (NIDA) PI: Sterling McPherson, PhD

Role: Medical Monitor

**Apr 2019-Dec 2019 Northwest Rural Health Network Rural Health Opioid Program** (HRSA); Principal Investigator: Jac Davies, Sub-award principal investigator: Liat Kriegel, PhD

Role: Interviewer for needs assessment/asset mapping

**June 2019** **Na-Ha-Shnee Summer Institute** (WSU)

Role: workshop instructor for AI/AN high school students interested in a career in science or medicine

Licenses and Certifications

2004-current Naturopathic Physician (Washington State)

2000-2007 Licensed Massage Practitioner (Washington State)

Current CITI Training, Human Subjects Research Curriculum

Current GCP Training for Social and Behavioral Research

Current CPR, First Aid and Mental Health First Aid

Awards and Service

2023-present Member: FRPT (Faculty Retention, Promotion, Tenure) Committee, Department of Community and Behavioral Health, College of Medicine, Washington State University

2024Ad hoc reviewer: Journal of Applied Behavior Analysis

2022 Award recipient: Society for Implementation Research Collaboration Outstanding Research Symposium Award (Sara Becker, Kelli Scott, Michael McDonell, Sara Parent, Westley Clark and Kait Hirchak).

2016 Elected board member: Parent Teacher Student Association, BF Day Elementary

2001-2004 Volunteer: Alternative Healthcare Access Campaign Massage Therapist serving homeless individuals.

1998 Rensselaer Polytechnic Institute, Magna Cum Laude

Professional Presentations

**Parent S**, Peavy KM, Weed, L. (October 2023) Contingency Management for Stimulant Use: Lessons learned from statewide implementation in Washington. [invited presenter] *COD & Treatment; WA State Conference,* Yakima, Washington*.* Approx 50 attendees.

Keshtkar M, Tyutyunnyk D, Weeks DL, King P, Palmer K, Brigman M, Paxton J, Jett JD, Beck R, **Parent S**, Reis R, McPherson S, Chaytor N, Roll J, McDonell MG. (June 2023) COVID-19 Vaccination Status and Beliefs of Individuals with Co-occurring Alcohol Use Disorder and Serious Mental Illness. [poster author]. *46th Annual RSA Scientific Meeting,* Bellevue, WA.

McDonell MG, **Parent S,** Peavy KM.(May 24, 2023)Contingency Management: Breaking New Ground in Washington State. [invited presenter] *Washington State Opioid and Overdose Response Plan Treatment Workgroup,* virtual.

**Parent S.** (May 5, 2023) State Level Implementation of Contingency Management: Tales to Tell. [Invited presenter]. *New England ATTC Advisory Board Meeting*, virtual. Approx 25 attendees.

McDonell MG, **Parent S**, Peavy KM. (April 2023) State-Level Contingency Management Programs: Training, Outcomes, & Provider Perspectives. [Conference Presentation]. *American Society of Addiction Medicine’s 54th Annual Conference,* Washington, DC.

**Parent S,** Tyutyunnyk D. (December 2022). This addiction treatment works. Why is it so underutilized?: State level implementation of contingency management for stimulant use disorders. [Conference Presentation]. *The 15th Annual AcademyHealth/NIH Conference on the Science of Dissemination and Implementation in Health*, Washington, DC.

**Parent S**, McDonell MG., Tyutyunnyk, D. (September 2022). Bridging the Evidence-to-Practice Gap for Contingency Management: One of the Most Effective, but Least Implemented Interventions for Persons with Substance Use Disorders. State Level Implementation of Contingency Management for Stimulant Use Disorders: It’s About Time” [Conference Symposium]. *The* *Society for Implementation Research Collaboration Conference*, San Diego, CA.

**Parent S**, McDonell MG, Nauts T, Collins M. (June 2022). Contingency Management Implementation: Learning from Montana. Invited panelist for SAMHSA 1 hour webinar to SOR grant recipients, virtual.

**Parent S**. (February 2022). Contingency Management for Stimulant Use. [Presenter] *UW PACC Psychiatry and Addictions Case Conference*, virtual.

Burns A, Collins C, McDonell MG, **Parent S**. (December 2021). Implementing Contingency Management in the Clinic Setting [author and co-presenter] *AAAP 32nd Annual Meeting and Scientific Symposium*, virtual.

**Parent S**, McDonell MG. (October 2021). Contingency Management as a treatment for drug use disorders: A simple tool psychologists can use to address addiction. [Presenter] *Washington State Psychological Association Fall Convention*, virtual.

**Parent S**. (October 2021). Contingency Management—A positive reinforcement-based treatment for Substance Use Disorder. [Speaker] *Psychiatric Association of Naturopathic Physicians 2021 Conference*, virtual.

**Parent S**. (September 2021) CM for MOUD Providers. [Presenter] *Eastern Washington MOUD Provider Meeting,* virtual.

Pellegrini M, **Parent S**, Bradley R. (May 2015) Quercetin for Acute Glucose Tolerance in Type 2 Diabetes. [Poster author] *10th International Congress on Complementary Medicine Research.* Jeju, Korea.

Teaching, Training, Consulting, and Technical Assistance Experience

**Parent S**, Peavy KM. (September 2023) Invited trainer for 2-hour Contingency Management Overview offered to new sites and existing sites experiencing staff turnover to support ongoing statewide CM implementation in Montana. Virtual.

Peavy KM, **Parent S**. (August 2023) Invited trainer for two 2-hour CM implementation training sessions to support staff turnover within the site providing CM as part of Washington’s statewide CM pilot. Virtual.

Hirchak KA, **Parent S**, Bajet K, Thomas LR (August 2023) Invited trainer for 4-hour CM implementation training for an urban Indian organization preparing to begin a CM program. Virtual.

**Parent S**, Peavy KM. (June 2023) Invited trainer for full-day in-person implementation training for substance use treatment professionals throughout Montana. Anaconda, MT.

Hirchak KA, **Parent S**, Bajet K, Thomas LR (June 2023) Invited trainer for 2-hour CM overview training for an urban Indian organization. Virtual

Hirchak KA, **Parent S,** Bajet K, Granbois A, Thomas LR. (May 2023) Invited trainer for 4-hour Contingency Management: Nuts & Bolts for a tribal community in American Southeast.

**Parent S**, Peavy KM, Vogel D. (May 2022) Invited trainer for recorded CM Overview Training webinar sponsored by University of Wisconsin/ Center for Urban Population Health. Virtual.

Hirchak KA, **Parent S**, Bajet K, Granbois A. (April 25, 2023) Contracted trainer for 2 hour Contingency Management: An Overview for a tribal community in the Northeastern United States. Sponsored by the Opioid Response Network. Virtual.

**Parent S**, Peavy KM, Vogel D, Tyutyunnyk D. (November 2022) Invited trainer for three 4-hour Contingency Management Implementation seminars sponsored by University of Wisconsin/ Center for Urban Population Health. Madison, Green Bay, and Milwaukee, WI.

**Parent S**, Peavy KM, Vogel D. (September 2022) Invited trainer for 2-hour Contingency Management Overview webinar sponsored by University of Wisconsin/ Center for Urban Population Health. Virtual.

**Parent S**, Peavy KM, Hirchak KA, Bajet K. (September 2022). Invited trainer for two 4-hour webinars on Contingency Management for Native Communities. Virtual.

Hirchak KA, **Parent S**, Bajet K. (September 2022). Invited trainer for 2-hour webinar on Contingency Management for a Southwest Tribal Community. Virtual.

Hirchak KA, **Parent S**, Bajet K. (July, August 2022). Invited trainer for three 2-hour webinars on Contingency Management for Native Communities. Virtual.

**Parent S**, Hirchak KA, Bajet K. (May 2022). Invited trainer for 1-hour Contingency Management Refresher for Tribal Healthcare Providers. Virtual.

**Parent S**, McDonell MG, Peck J, Freese TE, Rutkowski B. (May 2022). Invited Developer for Recovery Incentives: California’s Contingency Management Program—Contingency Management Overview Training and presenter for module 4: Four Essential Ingredients of CM. On-demand, web-based training course.

**Parent S**, McDonell MG. (March 2022). Invited to present 1.5-hour webinar on Contingency Management: An Evidence-Based Recovery Approach. Fletcher Group, Rural Recovery Housing Project. Virtual.

**Parent S**, McDonell MG, Miguel A, Shin R. (March 2022). Developer and Trainer for CM for Stimulant Use Disorder: Nuts and Bolts, CROPTR Webinar Series. Trainer for 4-hour webinar offered pro-bono to an international audience. Virtual.

**Parent S**. McDonell MG, Miguel A, Shin R. (March 2021-January 2022). Contingency Management for Stimulant Use Disorder. Washington State Healthcare Authority. Trainer for 5 seminars delivered to 24 Hub and Spoke and Opioid Treatment Network sites in Washington State. Virtual.

McDonell MG, **Parent S**, Hirchak KA. (September 2021). Invited trainer for 2-hour webinar on Contingency Management in Native Communities offered through UCLA Semel Institute for Neuroscience and Human Behavior and the California Tribal Opioid Response Network. Virtual.

McDonell MG, **Parent S**, Hirchak KA. (September 2021). Invited trainer for 1- day seminar on Contingency Management for Tribal Organization. Bellingham, WA.

McDonell MG, **Parent S**, Hirchak KA. (March, April 2021). Invited trainer for 10 hours of Contingency Management: Overview and Nuts and Bolts webinars offered through the Opioid Response Network and the Mountain Plains Addiction Technology Transfer Center. Virtual and in-person in Bozeman, MT.

Publications

**Parent SC**, Peavy KM, Tyutyunnyk D, Hirchak KA, Nauts T, Dura A, Weed L, Barker L, McDonell MG. Lessons learned from statewide contingency management rollouts addressing stimulant use in the Northwestern United States. *Prev Med*. 2023 Jul 13:107614. doi: 10.1016/j.ypmed.2023.107614. Epub ahead of print. PMID: 37451553.

Hirchak KA, Echo-Hawk H, **Parent S**, Peavy KM, Webb K, Bajet K, Richardson M, Granbois A, Herron JL, Catron K, King K, Parsells E, Freese TE, Thomas LR, Rawson R, Clark HW, Roll J, McDonell MG. The urgent need for contingency management among Tribal communities in the United States: Considerations for implementation, policy, and sovereignty. *Prev Med*. 2023 Nov;176:107662. doi: 10.1016/j.ypmed.2023.107662. Epub 2023 Aug 11. PMID: 37573952.

Lu TT, **Parent SC**, Chaytor N, Amiri S, Palmer K, McPherson S, Jett J, Ries R, McDonell MG, Murphy SM. Budget Impact Tool for Implementing Contingency Management for Co-occurring Alcohol Use Disorders and Serious Mental Illness. *Psychiatr Serv*. 2023 Oct 19:appips20220547. doi: 10.1176/appi.ps.20220547. Epub ahead of print. PMID: 37855102.

Rawson RA, Erath TG, Chalk M, Clark HW, McDaid C, Roll JM, McDonell MG, **Parent S**, Freese TE. Contingency Management for Stimulant Use Disorder: Progress, Challenges, Recommendations. *J Ambul Care Manage*. 2023 Apr-Jun 01;46(2):152-159. doi: 10.1097/JAC.0000000000000450. Epub 2023 Feb 3. PMID: 36745163

Green B, **Parent S**, Ware J, Hasson A, McDonell MG, Nauts T, Collins M, Frances K, Rawson, R. Expanding Access to Treatment for Stimulant Disorder in a Frontier State: A Qualitative Study of Contingency Management and TRUST program implementation in Montana. *J Subst Use Addict Treat.* 2023 Aug;151:209032. doi: 10.1016/j.josat.2023.209032. Epub 2023 Apr 13. PMID: 37061191.

Jett JD, Kordas G, **Parent S**, Keshtkar M, Shin R, King P, McPherson SM, Ries R, Roll JM, McDonell MG, Chaytor N. Assessing Clinically Significant Cognitive Impairment Using the NIH Toolbox in Individuals with Co-occurring Serious Mental Illness and Alcohol Use Disorder. *J Addict Med.* 2022 Nov 8. doi: 10.1097/ADM.0000000000001105. Epub ahead of print. PMID: 36346896.

McPherson SM, **Parent S**, Miguel A., McDonell MG, Roll J. Contingency Management Is a Powerful Clinical Tool for Treating Substance Use Research Evidence and New Practice Guidelines for Use. *Psychiatric Times*. 2022 Sep 9; 39(9): https://www.psychiatrictimes.com/view/contingency-management-is-a-powerful-clinical-tool-for-treating-substance-use-research-evidence-and-new-practice-guidelines-for-use

Alinia P, Sah RK, McDonell MG, Pendry P, **Parent S**, Ghasemzadeh H, Cleveland MJ. Associations Between Physiological Signals Captured Using Wearable Sensors and Self-reported Outcomes Among Adults in Alcohol Use Disorder Recovery: Development and Usability Study. *JMIR Form Res*. 2021;5(7):e27891. Doi:10.2196/27891

Price CJ, Thompson EA, Crowell SE, Pike K, Cheng SC, **Parent S** & Hooven C. Immediate Effects of Interoceptive Awareness Training through Mindful Awareness in Body-oriented Therapy (MABT) for Women in Substance Use Disorder Treatment. *Substance Abuse*, 2018;40(1):102-115. Doi: [10.1080/08897077.2018.1488335](https://doi.org/10.1080/08897077.2018.1488335)

Schauss AG, Somfai-Relle S, Financsek I, Glavits R, **Parent SC**, Endres JR, Varga T, Szucs Z, Clewell A (2009). Single- and repeated-dose oral toxicity studies of citicoline free-base (choline cytidine 5'-pyrophosphate) in Sprague-Dawley rats. *Int J Toxicol* 28(6): 479-87.

Media appearances/interviews

“WSU researchers train clinics including 2 in Spokane to help people quit stimulant drugs” by Treva Lind. Spokesman-Review. Sept 4, 2023. [print interview] <https://www.spokesman.com/stories/2023/sep/04/wsu-researchers-train-clinics-including-two-in-spo/#:~:text=Features-,WSU%20researchers%20train%20clinics%20including%20two%20in,help%20people%20quit%20stimulant%20drugs&text=People%20wanting%20to%20quit%20stimulant,of%20Washington%20State%20University%20research>

“WSU Helps State Pilot New Substance Use Treatment” by Judith VanDongen. WSU Insider. August 8, 2023. [print interview] https://news.wsu.edu/news/2023/08/08/wsu-helps-state-pilot-new-substance-use-treatment

“Can gift cards help someone quit an addiction?” live interview on Oregon Public Broadcast’s Think Out Loud. Interviewed by Geoff Norcross on Feb 3, 2023. [radio interview (live)] <https://www.opb.org/article/2023/02/02/can-gift-cards-help-someone-quit-an-addiction/>

“Research: Some Success with Incentivized Abstinence” by Rachel Sun. Northwest Public Radio Broadcasting an Lewiston Tribune. Jan 20, 2023. [print/radio interview (prerecorded)]

<https://www.nwpb.org/2023/01/20/rewarding-substance-abstinence-is-effective-but-faces-real-world-application-hurdles/>