

Alesha Cid-Vega

Full name: *Alejandra Cid-Vega*

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EDUCATION

University of Miami

Miami, FL

Doctor of Philosophy (PhD), Clinical Psychology

Expected: May 2029

APA and PCSAS Accredited Program - Area of Focus: Health Psychology

Mentors: Amishi Jha, Ph.D. and Ekaterina Denkova, Ph.D

The New School - The New School for Social Research

New York, NY

Master of Arts, Psychology - GPA: 4.0/4.0

Awarded: May 2024

Mentor: Adam Brown, PhD

Thesis: Assessment of Key Interviewing factors for Research Assistants (AKIRA): A Mixed-Methods

Examination of the Development of a Novel Competency-Based Evaluation Tool for Mental Health Data

Collection in Community Settings

Sarah Lawrence College

Bronxville, NY

Bachelor of Arts, Acting, Dance & Global Health - GPA: 4.0/4.0

Awarded: May 2022

Academic Research Projects (selected):

- Trauma-Focused Psychological Interventions in Natural Disasters (2022).
- Music Therapy: Impact on Heart Rate Variability & State Anxiety during Pregnancy (2021).
- A Climate of Gender-Based Violence in Adolescent Girls' Development in Mexico City (2020).

RESEARCH EXPERIENCE

University of Miami

Miami, FL

Graduate Research Assistant

August 2025 – Present

The Jha Lab - *PI: Amishi Jha, Ph.D.*

- Conduct research on mechanisms of mindfulness interventions including decentering, attention, in relation to autobiographical memory, affective processes and psychological wellbeing.
- Support projects implementing Mindfulness Based Attention Training (MBAT) interventions.

University of Miami

Miami, FL

Graduate Research Assistant

August 2024 – July 2025

Biopsychosocial Mechanisms and Health Outcomes Lab - *PIs: Frank Penedo Ph.D., Christina Cordero, Ph.D.*

- Support quantitative research and manuscript writing in a longitudinal multi-site study on hispanic health using advanced statistical methods.

The New School Center for Global Mental Health

New York, NY

Primary Investigator and Executive Producer - *PI and Supervisor: Adam Brown, Ph.D.*

June 2024 – Present

- Adapted WHO psychological interventions ([Problem Management Plus \(PM+\)](#) and [Self Help Plus \(SH+\)](#)) into culturally-relevant brief telenovela screenplays for Spanish-speaking populations, securing funding for adaptation, filming, and production.
- Coordinated community writers, filmmakers, and students internationally; led a 35-member cross-functional team on site in Mexico City to produce a multi-episode series.

- Established partnerships for a pilot implementation trial.

The New School Center for Global Mental Health

New York, NY

Bilingual Mental Health & Psychosocial Support (MHPSS) Technical Specialist

June 2024 – Aug 2024

Director and Primary Investigator (PI): Adam Brown, Ph.D.

- Led Spanish translation and cultural adaptation of PM+ training, and developed implementation strategies and community partnerships.
- Trained and supervised non-specialist staff at community organizations in delivery of a task-sharing psychological intervention.
- Coordinated Spanish-speaking staff across global mental health projects.
- Delivered Psychological First Aid trainings locally and internationally.

Consortium on Forced Migration, Displacement & Education

Bern, Switzerland

Program Coordinator for The New School's Bern Summer Program

Summer 2023 & 2024

- Managed recruitment (60+ applications), and coordinated program design and implementation.
- Co-led cohort of undergraduate students in study abroad global health research-based program in Bern.
- Developed and taught curriculum in global mental health and provided advising on students' research.
- Secured collaborations and co-led meetings with international United Nations agencies (e.g. WHO, UNHCR), University Hospital of Bern, and other key stakeholders.

The New School - The New School for Social Research

New York, NY

Center Manager, Center for Global Mental Health - *PI: Adam Brown, Ph.D.*

June 2023 – Aug 2024

- Supported lab operations, organizing weekly lab meetings, 1:1 student meetings with the PI, coordinating use of lab space and equipment, and supporting precise expense reconciliation and reimbursements.
- Participated in strategic decision-making around research and funding directions, supporting identification of key grants and pioneering new initiatives to enhance lab impact and resources.
- Co-organized dissemination events and liaised with stakeholders (e.g. funders, partner NGOs).
- Streamlined communication, collaborations and project tracking for 55+ students and members.
- Supported recruitment of staff and students and served as liaison for new and existing lab members.

The New School for Social Research, Center for Global Mental Health

New York, NY

Graduate Research Assistant

June 2022 – May 2024

- Supported mixed-methods research for federally and privately funded large and middle-scale studies, centering on (1) traumatic stress and (2) adaptation, testing, implementation, and dissemination of evidence-based, task-sharing psychological interventions with a focus on scalable mental health solutions for trauma-impacted and underserved populations in the U.S. and global contexts, ensuring cultural applicability and impactful outreach in diverse settings.

Studies I had primary involvement in under this role 2022-2024 (selected):

- **RECOUNY (Restoring mental health after COVID-19 through community-based psychological services in NYC) - NIMH-R01**

PIs: Brandon Kobrt, MD, Ph.D., Adam Brown, Ph.D.

- Adapted and executed novel actor training from WHO's and Unicef's platform Ensuring Quality of Psychological Support (EQUIP) for role-played therapeutic competency-assessments of PM+ trainees .
- Served as a participant-facing data collection research assistant using REDCap and transitioned into recruiting, supervising and training 20+ Spanish-speaking research assistants.

- Carried and oversaw Spanish translation of 10+ self-report health data collection measures.
- Co-led remote PM+ training and clinical supervision for 20+ non-specialist providers at community-based organizations (in English and Spanish).

- **Assessment of Key Interviewing factors for Research Assistants (AKIRA)**

PIs: Alesha Cid-Vega, Adam Brown, Ph.D., Brandon Korbt, MD, Ph.D.

- Led the development of a novel competency-based assessment for data collection (AKIRA).
- Carried literature reviews and piloted and assessed tool's use, feasibility and relevance.
- Carried statistical analyses using SPSS and R evaluating tool's performance and implementation metrics.
- Provided technical support for cultural and contextual adaptation and pilot implementation of AKIRA in Uganda and Nepal.

- **Implementation of Group PM+ for Colombian and Venezuelan Displaced Women at Risk of Gender-based Violence in Barranquilla, Colombia**

PIs: Adam Brown, Ph.D., Ana Maria Trejos Herrera, Ph.D.

- Performed data cleaning, qualitative coding and analysis of focus groups and interviews in Spanish reporting findings in English and contributed to manuscript writing.
- Consulted on documentary film production accepted to major conferences and film festivals.
- Planned and executed dissemination events. e.g. international panels, film showings, academic presentations.

- **HopeX: Miller-Dwan Foundation PM+ Implementation Trial in Duluth, Minnesota**

PI: Adam Brown, Ph.D., Brandon Korbt, MD, Ph.D.

- Consulted on research design, data collection and implementation strategies with local NGOs, research team and foundation staff.
- Attended and organized fundraising and networking events with key stakeholders including government officials, funders, community organizations, academic institutions.

- **Climate Anxiety and Resilience Building in the Bahamas**

PIs: Adam Brown, Ph.D., Andy Laing, Ed.D.

- Provided support for PM+ implementation at the University of Bahamas-North through undergraduate social work student-helpers to address climate anxiety and the mental health aftermath of Hurricane Dorian in younger college students.

International Rescue Committee (IRC)

Mental Health & Psychosocial Support (MHPSS) Zolberg Fellow, Technical Health Unit

New York, NY

October – Dec 2022

Supervisor: Esubalew Haile, MD

- Supported monitoring and evaluation of MHPSS training and implementation programs.
- Documented MHPSS practices and implementation in country programs.
- Conducted a literature review on maternal mental health in humanitarian contexts and assisted in the development of a global evaluation tool of IRC's MHPSS services on maternal mental health.

CLINICAL EXPERIENCE

University of Miami - Dept. of Psychology, Psychological Services Center

Miami, FL

Clinician Trainee

June 2023 – May 2024

Supervisors: Marc Puccinelli, Ph.D., Bridget Davidson, Ph.D.

- Provide weekly psychotherapy services to individual adult patients from the local community utilizing evidence-based interventions presenting with depression, anxiety, and post-traumatic stress symptoms (in English and Spanish).

- Conduct psychological evaluations and reports for children for different forms of neurodivergence.
- Follow clinical safety procedures, keep SOAP session notes, and use HIPPA-compliant online platforms and Electronic Health Record Systems.

University of Miami - Dept. of Psychology, Trauma Treatment Program

Miami, FL

Auditor

August 2024 - May 2025

Supervisors: Gail Ironson, M.D, Ph.D., Blanche Freund, Ph.D.

- Received training in Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT), and audited weekly trauma treatment supervisions.

The New School - The New School for Social Research

Hybrid - New York, NY

Problem Management Plus (PM+) Facilitator and Peer Supervisor

June 2023 – May 2024

Supervisors: Chloe Sherrill, Ph.D.; Kendall Pfeffer, Ph.D.; Adam Brown, Ph.D.

- Delivered PM+ (brief CBT intervention) to college students through Student Health Services via telehealth at the university to address anxiety, depression, and provided peer supervision to new facilitators.
- Guided clients in weekly 90-minute sessions through a behavioral intervention that consists of four strategies, including stress management, problem solving, behavioral activation, and strengthening social support.

SKILLS AND ADDITIONAL TRAINING

- **Languages:** Spanish (native), English (bilingual), French (fluent).
- **Technical skills:** data analytics (GLM, multiple regression models, SEM), training, curriculum development, event and dissemination management, literature review, qualitative coding and analysis.
- **Software:** R, SAS, SPSS, Excel, Dedoose, NVivo, REDCap, Figma.
- **Clinical skills:** intakes, evidence-based psychotherapy, suicide risk assessment, psychological evaluation and report writing, clinical writing.
- **Other professional skills:** recruitment and engagement, oral and written communication, organization, attention to detail, partnerships and collaboration, cultural competency, project management.
- **Additional training and certifications:**
 - Cognitive Behavioral Therapy for Youth and Unified Protocol (10 weeks), *University of Miami by Jill Ehnrenreich-May, Ph.D.*
 - Problem Management Plus (PM+) Facilitator and Trainer (+80h training, +20h supervision) *The New School*
 - Psychological First Aid (PFA) Trainer (10h training), *The New School*
 - PFA for Children (3h training), *National Childhood Traumatic Stress Network*
 - Voice Science and Pedagogy, (+200h training and practice) *New York University Vocology course and Mamen Marquez Studio (Spain)*

MANUSCRIPTS AND PUBLICATIONS

Lee, Y. J., Kazungu, R., Ssekalo, I., Blackwell, S., Nakaziba, K. S., Monnig, E., Mbabazi, R., Muwereza, P., **Cid-Vega, A.**, Brown, A., Rohrbach, R., Rosenheck, R., Waiswa, P., & Kohrt, B. (2025). Mixed-methods evaluation of a global South-North research fellowship in Uganda: Global Health Experiential Fellowship (GHEF). *SSM - Mental Health*. <https://doi.org/10.1016/j.ssmmh.2025.100497>

Cid-Vega, A., Best, C., Sangraula, M., Pfeffer, K., Gwaikolo, W., Caracoglia, J., Brown, A. D., & Kohrt, B. (2025). Assessment of key interviewing factors for research assistants (AKIRA): Development of a novel training and

evaluation competency-based tool for public mental health data collection. *Frontiers in Education: Higher Education*. <https://doi.org/10.3389/feduc.2025.1539124>

Kohrt, B. A., Sangraula, M., Turner, E. L., Pfeffer, K., Best, C., Caracoglia, J., **Cid-Vega, A.**, Gwaikolo, W., McEneaney, C., Platt, A., Shah, C., Sun, S., Wong, J., Ganesh, K., Assoudeh, E., Wong, E., van Heerden, A., & Brown, A. D. (2025). Expanding the non-clinical mental health workforce: Protocol for a randomized controlled trial of a psychological intervention delivered by community-based organizations in New York City (RECOUP-NY). *Psychiatric Research and Clinical Practice*, 1–13. <https://doi.org/10.1176/appi.prcp.20250027>

Cid-Vega, A., Kim, L., Brown, A. (In press). Transforming mental health in the arts: Community-driven care in performing arts education and training settings. In *Perspectives in Performing Arts Medicine Book II: Occupational Health, Public Health, Arts for Healing*. Springer

Cid-Vega, A., & Brown, A. D. (2023). Reimagining communities of care in the performing arts: A call for a community-based task-sharing approach to address the mental health needs of performing artists. *Social Science & Medicine - Mental Health*, 3, 100222. <https://doi.org/10.1016/j.ssmmh.2023.100222>

In preparation

Qiu, X., Zhang, Y., Purushotham, Y., Qi, Q., Yu, B., Bressler, J., Perreira, K. M., Parada, H., Daviglius, M. L., **Cid-Vega, A.**, Cordero, C., Isasi, C. R., Gallo, L. C., & Sofer, T. (in preparation). *Serum metabolites associated with depression and anxiety in the Hispanic Community Health Study/Study of Latinos*

Sangraula, M., Diaz, J., **Cid-Vega, A.**, Martins Lanes, A., Greene, M. C., Castellar, D., Carmago, N., Diaz, J., Merino, V., Miller-Suchet, L., Chamorro Coneo, A., Venegas, M., Cristobal, M., Chavez, D., Kohrt, B., Venetevogel, P., Ramirez, C., Boz, A., Schojan, M., Brown, A. D., Bonz, A., & Trejos Herrera, A. (in preparation). Effectiveness and implementation of community-based training and supervision strategies for non-specialists delivering Group Problem Management Plus for Venezuelan women refugees and migrants in Colombia: A mixed-methods analysis

INVITED TALKS AND PRESENTATIONS

Cid-Vega, A., Sangraula, M., Diaz, J., Martins Lanes, A., Greene, M. C., Camargo, N., Diaz, J., Merino, V., Miller-Suchet, L., Schojan, M., Brown, A. D., Bonz, A., & Trejos, A. M. Bridging gaps in behavioral health: Contextual factors for engagement in a community-delivered mental health intervention for migrant women in Colombia. Poster. Society of Behavioral Medicine. San Francisco, CA

Cid-Vega, A., Sangraula, M., Diaz, J., Martins Lanes, A., Greene, M. C., Camargo, N., Diaz, J., Merino, V., Miller-Suchet, L., Schojan, M., Brown, A. D., Bonz, A., & Trejos, A. M. Bridging gaps in behavioral health: Contextual factors for engagement in a community-delivered mental health intervention for migrant women in Colombia. Poster. Society of Behavioral Medicine. San Francisco, CA

Lopes, M., **Cid-Vega, A.**, Chester, M. A., Antoni, M. H., Traeger, L., Perdomo, D. M., Yanez, B., & Penedo, F. J. Family cohesion and simpatía in patient-physician communication, health anxiety, and healthcare utilization among Hispanic prostate cancer survivors. Accepted for poster presentation at the 18th International Congress of Behavioral Medicine

Lopes, M., Walsh, E. A., Chester, M. A., **Cid-Vega, A.**, Antoni, M. H., Traeger, L., Perdomo, D. M., Yanez, B., & Penedo, F. J. (2024) Perceived stress management skills, family conflict, and social disruption in Hispanic prostate cancer survivors. Poster. Society of Behavioral Medicine Annual Meeting. San Francisco, CA

Cid-Vega, A., Holman, A., Luna, R., Iñigo, N., Petrone, O., Sangraula, M., Brown, A., & Kohrt, B. (2024). Adaptación cultural de la capacitación de facilitadores de la intervención psicológica Enfrentando Problemas Plus (EP+) para comunidades hispanohablantes en Nueva York. Rapid communication in Spanish. *World Psychiatry Congress 2024*, World Psychiatry Association, Mexico City, Mexico

Cid-Vega, A., Best, C., Pfeffer, K., Sangraula, M., Gwaikolo, W., Caracoglia, J., Sauharda, R., Chauhan, J., Brown, A., & Kohrt, B. (2024). A qualitative evaluation of the Assessment of Key Interviewing Factors for Research Assistants (AKIRA): A novel monitoring and evaluation tool to enhance data collection competencies. Rapid communication. *World Psychiatry Congress 2024*, World Psychiatry Association, Mexico City, Mexico

Cid-Vega, A., Holman, A., Luna, R., Iñigo, N., Petrone, O., Sangraula, M., Brown, A., & Kohrt, B. (2024). Adapting Problem Management Plus training and implementation for Spanish-speaking Latinx communities in the U.S. Oral presentation. *American Public Health Association Annual Meeting 2024*, Minneapolis, MN

Cid-Vega, A., Dolan, P., Tait, C., Barnhart, A., & Brown, A. (2024). Transforming mental health in the arts: Community-driven care in performing arts training. Panel presentation. *University of South Florida - Performing Arts Medicine Association (PAMA) Conference*, Tampa, FL. <https://www.usf.edu/arts/music/events/pama/index.aspx>

Cid-Vega, A., Sangraula, M., Diaz, J., Martins Lanes, A., Greene, M. C., Camargo, N., Diaz, J., Merino, V., Miller-Suchet, L., Schojan, M., Brown, A. D., Bonz, A., & Trejos, A. M. (2023). Implementation of Group Problem Management Plus among displaced women in Colombia: A qualitative examination of a community-delivered mental health intervention. Oral presentation. *Association of Pacific Rim Universities Global Health Conference*. Mexico City, Mexico. <https://aprough23.com/summaries.php>

Amelinckx, M. (Director), Brown, A., & **Cid-Vega, A.** (2023). *Small changes, big transformations* [Film]. American Public Health Association Film Festival. <https://apha.confex.com/apha/2023/meetingapp.cgi/Paper/540830>

Cid-Vega, A. (Guest), & Apple, J. (Host). (2023). A different approach to mental health and the arts (61) [Audio podcast episode]. In *Empowering Artist Collective*. <https://www.empoweredartistcollective.com/alesha-cid-vega>

Cid-Vega, A., Best, C., & Wong, J. (2023). Toward improved quality in public health data: A competency-based framework for the training and evaluation of individuals conducting interviews with communities. *Global Public Health Week*, World Public Health Federation. Webinar

Cid-Vega, A. (2022). "Adversidad y estrés traumático en la infancia" (Childhood adversity and traumatic stress). Guest lecture, Universidad de Alcalá de Henares, School Counseling and Psychology Department, Madrid, Spain

Cid-Vega, A. (2021). Music therapy interventions: Impact on heart rate variability & state anxiety during pregnancy. *Sarah Lawrence College Science Poster Symposium*, poster presentation

OTHER PROFESSIONAL AND SERVICE ENGAGEMENTS

ArcaMind Global Institute for Mental Health Solutions

Remote - Duluth, MN

Strategy Council Co-chair

2025 -Present

- Support strategic planning and stakeholder engagement across nonprofit and private sectors, acting as a liaison

between efficacy-focused psychological research and the real-world implementation of scalable digital interventions; provide consulting on culturally relevant, evidence-based innovations in stepped models of mental health care.

American Public Health Association (APHA) Film Festival

Remote - Atlanta, GA

Reviewer

2023

- Reviewed and evaluated film submissions for thematic relevance, clarity, and impact and provided critical feedback and recommendations for festival inclusion.

Sarah Lawrence College

Bronxville, NY

Senior Admission Ambassador & International Liaison, Admissions

November 2020 – May 2022

- Conducted 150+ interviews with prospective students and advised on admission, carried out 100+ information sessions, trained and mentored 20+ incoming ambassadors and coordinated digital content.

HIAS New York

New York, NY

Volunteer Spanish Interpreter and Career Mentor

May 2021 – May 2022

- Interpret intake interviews, client check-ins and legal meetings for Spanish-speaking refugees and asylum seekers and HIAS case managers, lawyers and program officers.
- Support resettled refugees in 1:1 meetings with resume writing, job search, and interview preparation.

The Fund For Sarah Lawrence

Bronxville, NY

Co-Chair, Senior Class Gift Committee

September 2021 – May 2022

- Served as the chief spokesperson for Senior Class Gift Campaign, planned and executed fundraising events, and coordinated donor data.

HONORS & AWARDS

- International Society for Behavioral Medicine Meritorious Abstract Award (2025)
- Miller-Dwan Foundation & ArcaMind Institute Community Mental Health Innovation Fellowship (2025-2026)
- University of Miami Doctoral Fellowship in Psychology (2024 - 2026)
- Outstanding Master's of Psychology Award, The New School for Social Research, New York (2024)
- Nova Talent 111 under 26 Student List Finalist, Spain (2023 & 2024)
- Zolberg Institute on Migration and Mobility Conference Award, The New School, New York (2023)
- The New School for Social Research Conference Award (2023)
- International Rescue Committee (IRC) Mental Health Fellowship (2022)
- The New School for Social Research Graduate Merit Scholarship (2022)
- Sarah Lawrence College Gryphon Summer Research Grant, Bronxville, NY (2021)
- Sarah Lawrence College International Scholarship Award, Bronxville, NY (2020)