**Education**

**University of Michigan, Ann Arbor -** PhD in Developmental Psychology Expected May 2029

**Stanford University -** BA in Psychology with Honors Earned June 2019

* Spring 2017 – Doshisha University in Kyoto, Japan
* Winter 2018 – Oxford University in Oxford, England

**American River College** – Four Associate Degrees Earned May 2016

* Associate of Arts in Psychology
* Associate of Arts in Social Science
* Associate of Science in General Science
* Associate of Science in Math and Physical Sciences

**Grants**

* Citizen Diplomacy Action Fund ($10,000) May – Nov 2022
* Fulbright Independent Research Award ($14,000) Aug 2019 – March 2020
* Undergraduate Advising and Research Major Grant ($7,000) June – Sept 2018
* Undergraduate Advising and Research Conference Grant ($700) March 2018
* Benjamin A. Gilman International Scholarship ($1,000) Jan – March 2018
* Stanford University Psych-Summer Research Program Stipend ($7,000) June – Sept 2017

**Honors and Awards**

* Rackham Merit Fellowship, University of Michigan Ann Arbor August 2024 – May 2029
* The OpEd Project Public Voices Fellowship on Homelessness September 2023 – April 2024
* SPOT Award, UCSF School of Medicine May 2021
* Commencement Speaker, Stanford University Department of Psychology June 2019
* Academic Award, Stanford Black Community Services Center May 2019
* Honors Thesis Award, Annual Stanford Latinx Community Awards Banquet May 2019
* Honors Thesis Candidate, Stanford University Department of Psychology September 2018 – June 2019

**Skills**

**Programs** –Microsoft Office Suite, EndNote, Zotero, NVivo, Covidence, Dedoose, R/RStudio, Python (Basic), SPSS (Basic)

**Languages –** English (Native), Japanese (Elementary)

**Research Experience**

**Research Data Analyst III (Previously Research Data Analyst II)**

**UCSF Center for Vulnerable Populations (CVP)**

**UCSF Benioff Homelessness and Housing Initiative (BHHI)**

**Margot Kushel, MD**

**August 2020 – August 2024**

I conducted research to inform evidence-based solutions to homelessness. My role was divided between survey development and data analysis (20%) and grant and manuscript writing (80%) while supervising two research data analysts. I helped create two large quantitative surveys, conducted surveys with people experiencing homelessness in encampments and shelters, created a qualitative coding manual, and coded over 150 qualitative interviews. I helped write, edit, and submit two NIA-funded R01s and completed numerous NIH progress reports and IRB applications. I contributed to 21 academic papers including five papers where I am the first author – three of which are published. I regularly managed papers from conception to publication, including writing manuscripts and cover letters for myself and junior authors. I created Dr. Kushel’s presentations about homelessness for academic, policy, and community audiences. I managed our Twitter accounts, which saw increased engagement and followers.

**Audio Transcriber**

**Stanford University, School of Medicine**

**Priya Fielding-Singh, Ph.D**

**March – April 2019, April – August 2020**

This study examined traumatic birth experiences to improve maternal health during labor. I transcribed interviews of mothers discussing their labor experiences and its effect on their parenting behavior in the early months of their children’s lives.

**Visiting Fulbright Scholar**

**Leiden University, Faculty of Social and Behavioral Sciences**

**Judi Mesman, Ph.D., Megumi Kitagawa, Ph.D., and Carolina Toscano, Ph.D.**

**September 2019 – June 2020 (part-time capacity beginning March 2020)**

I was the lead investigator of a project analyzing American, Dutch, and Portuguese maternal ethnotheories regarding “autonomy granting,” a parenting behavior that encourages age-appropriate independence. We examined cultural beliefs about the “right” amount of autonomy to give young children in Western contexts where intensive parenting is the norm. We investigated the information mothers use to decide “age-appropriate” independence. I led a qualitative project analyzing the online discourse regarding "free-range" parenting, a type of parenting that allows for large amounts of unstructured, unsupervised free time. I scraped online comments from popular parenting websites using Python, a software program, and created a qualitative coding scheme. I also conducted a large narrative review of parenting measures that researchers use to define permissive parenting. I hoped to elucidate how current parenting measures use parental beliefs, goals, and attitudes in their description of parenting style. I collaborated with Dr. Megumi Kitagawa from Konan University in Osaka, Japan. I coded maternal sensitivity in Japanese mothers who underwent an attachment intervention. This work was presented at the 2023 World Infant Mental Health Congress.

**Undergraduate Research Assistant**

**Stanford University, Graduate School of Education**

**Kathleen Remington, Ph.D.**

**April – August 2019**

The Credible Messengers Project examined the mechanisms through which “credible mentorship,” a type of mentorship where the mentor and the mentee have similar experiences, may benefit youth who were formerly incarcerated. I completed a literature review of sociological and educational journal articles about mentorship and coded qualitative interviews and field notes data on NVivo.

**Undergraduate Research Assistant**

**Stanford University, Department of Psychology**

**Ian Gotlib, Ph.D., and Lucy King, Ph.D.**

**October 2016 – December 2018**

I was a research assistant for the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and National Institute of Mental Health (NIMH) funded Brain and Behavior Infant Experiences Study (BABIES) in the Stanford Neurodevelopment, Affect, and Psychopathology (SNAP) Laboratory. I completed an extensive literature review on infant affect coding procedures. After establishing the coding protocol, I coded infant affect and other emotion regulation behavior (i.e. infant gaze) in the context of the Still-Face Paradigm. I coded caregiving behaviors, such as sensitivity, cognitive stimulation, and intrusiveness, and infant affect during free play. I assisted the mother-infant interaction visits by storing cortisol samples and recording the sessions. I attended infant MRI sessions and administered computer-based surveys and tasks to the mothers while addressing their questions and concerns.

**Independent Research**

**Stanford University, Independent Study of Gender and Work in Japan**

**Shelley Correll, Ph.D.**

**April – June 2017**

While studying abroad in Kyoto, I completed independent research on Japan’s daycare shortage. I performed an in-depth literature review of scholarly journal articles, government publications, news articles, and first-hand sources (i.e. brochures given to parents) on the crisis. I interviewed a retired nursery school principal about proposed government changes and their impact on the future of nursery schools. I interviewed two families about how the systemic lack of daycare affects parenting behavior and career prospects, especially for mothers. This research culminated in a final paper presented to Dr. Correll that analyzed the multi-faceted problem and proposed policy changes.

**Secondary Investigator**

**American River College, Psi Beta Honors Psychology Club**

**Andrea Garvey, Ph.D., and Lori Hokerson**

**November 2015 – May 2016**

I assisted in a post-hoc analysis of the 2015-2016 National Research Project regarding the relationship between growth mindset and number of college units completed. We hypothesized that those who had more experience in college would have had more chances to develop growth mindset from firsthand experience. I led the development of the research question and hypothesis and used SPSS to analyze the data. I helped create the abstract that was accepted to present at the 2016 Western Psychological Association (WPA) Conference.

**Survey Administrator**

**CaliforniaVolunteers, Office of the Governor**

**Leah Farkas, Masters in Public Policy and Administration**

**October – November 2015**

CaliforniaVolunteers is an Office of the Governor whose mission is to increase volunteerism in California. This project measured the opinions of people who were incarcerated in various state prisons about their selection of programs, which are often led by volunteers. I administered surveys at two California state prisons - Central California Women's Facility and San Quentin State Prison – and completed data entry. The data from this project was used to inform the 2016 California Budget.

**Undergraduate Research Assistant**

**American River College, Department of Psychology**

**Andrea Garvey, Ph.D.**

**January 2014 – May 2015**

This project examined the relationship between maternal interaction type (e.g. touching with a toy and touching without a toy) and positive infant emotion in a free play context. I coded four different types of infant smiles and assisted the data analysis for this project using Gridware, an open-source data visualization software. I presented this work at the 2014 and 2015 WPA Conferences.

**Published Papers**

1. Hargrave A.S., **Garcia C.M.,** Birkmeyer J.A., DeGaetano A., & Kushel M. (2024). Experience of Violence During Homelessness. *JAMA Intern Med.* DOI: 10.1001/jamainternmed.2024.5336.
2. Dobbins S.K., **Garcia C.M.,** Evans J.L., Valle K., Guzman D., & Kushel M. (2024). Continued Homelessness and Depressive Symptoms in Older Adults. *JAMA Netw Open*. DOI: 10.1001/jamanetworkopen.2024.27956.
3. **Garcia, C.M.,** Doran, K., & Kushel, M. (2024). Homelessness and Health: Factors, Evidence, Innovations That Work, And Policy Recommendations. *Health Affairs.* DOI: 10.1377/hlthaff.2023.01049.
4. **Garcia, C.M.,** Schrier, E., Carey, C., Valle, K., Evans, J., & Kushel, M. (2023). Sleep Quality among Homeless-Experienced Older Adults: Exploratory Results from the HOPE HOME Study. *Journal of General Internal Medicine.* DOI:10.1007/s11606-023-08429-4.
5. Duke M., Zena K. Dhatt Z.K., Jacques T., **Garcia C.M.,** Taylor G., Kushel M., & Knight K. (2023). A Mereological Qualitative Study Protocol for Understanding the Lived Experience of Homelessness in California. *Annals of Anthropological Practice*. DOI: 10.1111/napa.12207.\*

\*top 10% of 2023 papers published in Annals of Anthropological Practice

1. Zahir, A., Yip, D., **Garcia, C.M.,** Smith, A., Dhatt, Z., Duke, M., & Kushel, M. (2023). “I Needed for You to See What I’m Talking About”: Experiences with Telehealth among Homeless-Experienced Older Adults. *Gerontology and Geriatric Medicine.* DOI: 10.1177/23337214231172650.
2. **Garcia, C.M.** & Kushel, M. (2022). Integrating Mental Health and Substance Use Treatment with HIV Care for People Experiencing Homelessness. *The Lancet Psychiatry*. DOI: 10.1016/S2215-0366(22)00228-0.
3. Hargrave, A., **Garcia, C.M.**, Lightfoot, M., Handley, M., Weeks, J., Olsen, P., Knight, K, & Kushel, M. (2022). “We Remember the Pain”: A Qualitative Study of Intergenerational Trauma among Older Adults Experiencing Homelessness in the HOPE HOME Study. *Journal of Social Distress and Homelessness*. DOI: 10.1080/10530789.2022.2080793.
4. Semere, W., Kaplan, L., Valle, K. Guzman, D., Ramsey,C., **Garcia, C.M**., & Kushel, M. (2022). Caregiving Needs are Unmet for Many Older Homeless Adults: Findings from the HOPE HOME Study. *Journal of General Internal Medicine.* DOI: 10.1007/s11606-022-07438-z
5. Knight, K., Duke, M., Carey, C., Pruss, G., **Garcia, C.M.**, Lightfoot, M., Imbert, E., & Kushel, M. (2021). COVID-19 Testing and Vaccine Acceptability among Homeless-Experienced Adults: Qualitative Data from Two Samples. *Journal of General Internal Medicine.* DOI: 10.1007/s11606-021-07161-1.
6. Camacho, C. M., King, L., Ojha, A., **Garcia, C.M.**, Sisk, L. S., Cichocki, A. C., Humphreys, K. L., & Gotlib, I. H. (2019). Cerebral Blood Flow in 5- to 8-Month-Olds: Regional Tissue Maturity is Associated with Infant Affect. *Developmental Science.* DOI: 10.1111/desc.12928.
7. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (2019). Broken Cycles: Maternal Childhood Maltreatment is not Associated with Infant Affect Regulation. *Honors Thesis Paper - unpublished.*

**Papers in Review**

1. **Garcia, C.M.,** Evans, J., Graham-Squire, D., Carey, C., Valle, K., & Kushel, M. (in second review). Factors Associated with Exits from and Returns to Homelessness among Older Homeless Adults: Results from the HOPE HOME Study.
2. Fozouni, L., Carey, C.A., **Garcia, C.M.,** Dhatt, Z., Kim, M.N., & Kushel, M. (in first review). Sleep Quality among Currently or Recently Homeless Older Adults: A Photovoice Study with Additional Qualitative Interviews.
3. Yuan, Y., **Garcia, C.M.,** Evans, J., & Kushel, M. (in first review). Factors Associated with Loneliness among Older Adults who Experienced Homelessness: Results from the HOPE HOME study.

**Papers in Progress**

1. **Garcia, C.M.** & Mesman, J. Defining Permissive Parenting: A Narrative Review.
2. **Garcia, C.M.,** Birkmeyer, J., & Kushel, M. Prevalence of Police Brutality among Older Homeless-Experienced Adults: Results from the HOPE HOME Study.
3. **Garcia, C.M.,\*** Kiesow, A.,\* Dhatt, Z., Duke, M., Knight, K., Birkmeyer, J.,Shinn, M., & Kushel, M. Family Separation Among Homeless Families in California: Findings from the California Statewide Study of People Experiencing Homelessness.
4. Ponder-Young, K., Johnson, T., **Garcia, C.M.,** Kaileh, L., Djan, K., & Kushel, M. Everyday Discrimination among People Experiencing Homelessness: Findings from the California Statewide Study of People Experiencing Homelessness.

\*co-first authors

**Presentations**

1. Kiesow, A., **Garcia, C.M.,** Dhatt, Z., Duke, M., Knight, K., Birkmeyer, J.,Shinn, M., & Kushel, M. (June 2025). *Symposium on Family Homelessness.* Symposium presenter at 20th Annual Society for Community Research and Action Biennial Conference.
2. **Garcia, C.M.** & Antonucci, T. (June 2025). *Grandparent involvement in middle childhood and depressive symptoms, stress, and self-efficacy among young adults.* Poster presentation at the 12th Annual Society for the Study of Emerging Adulthood Conference.
3. **Garcia, C.M.** & Antonucci, T. (May 2025). *Grandparent Involvement in Middle Childhood and Depressive Symptoms and Stress in Emerging and Middle Adulthood.* Poster presentation at the 2025 Association for Psychological Science.
4. Fozouni, L., Carey, C.A., **Garcia, C.M.,** Dhatt, Z., Kim, M.N., & Kushel, M. (May 2025). *Sleep Quality among Currently or Recently Homeless Older Adults: A Photovoice Study with Additional Qualitative Interviews.* Poster presentation at the 2025 Society for General Internal Medicine Conference.
5. **Garcia, C.M.** & Antonucci, T. (February 2025). *Multi-generational bonds: Childhood closeness to a grandparent and adulthood depressive symptoms.* Presentation at the Michigan Academy of Science, Arts, and Letters session.
6. **Garcia, C.M.,** Doran, K., & Kushel, M. (February 2024). *Homelessness and Health: Factors, Evidence, Innovations That Work, And Policy Recommendations.* Invited speaker at Health Affairs Briefing on Homelessness and Health.
7. Kitagawa, M., Emmen, R., **Garcia, C.,** Toscano, C., & Mesman, J. (July 2023) *A pilot study on the effects of an attachment-based intervention in Japan.* Poster presentation at World Association for Infant Mental Health Congress.
8. **Garcia, C.M.,** Evans, J.E., Carey, C., Valle, K., & Kushel, M. (May 2023). *Factors associated with exits from and returns to homelessness among older homeless-experienced adults: Results from the HOPE HOME Study.* Podium presentation at UCSF Health Services Research Symposium.
9. **Garcia, C.M.,** Schrier, E.F., Carey, C., Valle, K., Evans, J.E., & Kushel, M. (November 2022). *Sleep quality among homeless-experienced older adults: Results from the HOPE HOME study.* Poster presentation at NIH and NIDDK’s Workshop on Housing and Obesity.
10. Hargrave, A., **Garcia, C.M.,** Handeley, M., Knight, K., & Kushel, M. (November 2021). *“We remember the pain:” A Qualitative Study of Intergenerational Trauma in Older Homeless Adults.* Poster presentation at the Trends in Psychology Summit hosted by Harvard University’s Women in Psychology.
11. **Garcia, C.** (March 2020).*Understanding Mother’s Perceptions of Autonomy Granting.* Selected speaker for the 66th Annual Berlin Seminar for the Fulbright Program. (Conference cancelled due to COVID-19)
12. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (June 2019). *Broken Cycles: Maternal Childhood Maltreatment is Not Associated with Infant Affect Regulation.* Poster presentation at the Stanford Psychology Honors Symposium.
13. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (May 2018). *Infant Distress During the Still-Face Procedure: Associations with Maternal Sensitivity and Intrusiveness.* Poster presentation at the 30th Annual Association for Psychological Sciences Conference.
14. **Garcia, C.**, King, L., Humphreys, K., & Gotlib, I. (August and September 2017). *Infant Affect Regulation during the Still-Face Procedure: Transgenerational Effects of Maternal Exposure to Maltreatment*. Poster presentation at the 2017 PsychSummer Research Program poster session and the 2017 Stanford Undergraduate Research Symposium.
15. **Garcia, C.** (September 2016). *Research for Busy College Students: What Can Research Do for You?* Invited presenter for College Hour Program at American River College.
16. Garvey, A., **Garcia, C.**, Rictor, A. & Knight, K. (April 2015). *Do Infants’ Different Smiles Reflect Different Emotional Experiences?* Poster presentation at the 95th Annual Western Psychological Association Conference.
17. Garvey, A. & **Garcia, C.** (April 2014). *Infant Smiling in Early Mother-Infant Communication*. Poster presentation at the 94th Annual Western Psychological Association Conference.

**Teaching/Facilitation Experience**

**Developmental Psychology Graduate Student Instructor – January 2025 – April 2025**

I lead a section of the Developmental Psychology course with 22 undergraduate students. I create my own lesson plans to teach complex psychological concepts with an emphasis on experiential learning and scaffolding that connects vocabulary and research studies to student’s everyday lives.

**Sangha Peer Facilitator – August 2023 – August 2024**

I guided a weekly peer-led meditation group. I upheld community guidelines of having a welcoming space for people to share personal life details and engage in “dharma sharing,” a practice that encourages deep listening and authentic relating.

**Intergroup Facilitator – May 2019**

I co-facilitated an intergroup conversation on the experiences of queer students of color at Stanford University. I utilized intergroup facilitation methods to facilitate a difficult and productive conversation about the intersection of race and sexuality.

**Psychology One Teaching Fellow – September 2017 – June 2018**

I was one of nine undergraduate students selected to teach discussion sections for Stanford’s award-winning Psychology One Program. I developed my own teaching curriculum and explained introductory psychological concepts to undergraduate students. I developed a learner-centered pedagogy with an emphasis on community-building, group discussions, and interactive exercises that both expanded upon lecture material and reviewed content.

**Translational Research**

**Legislative Testimony**

* Synthesized literature and helped write expert testimony for California Eviction Moratorium litigation

**Op-Eds**

* When college students have no home, it’s up to their schools to step up. Opinion. Chicago Sun Times. https://chicago.suntimes.com/2024/1/5/24024687/college-university-students-housing-insecurity-homelessness-cheyenne-garcia
* How should we define homelessness? Opinion. The Progressive. https://progressive.org/op-eds/how-should-we-define-homelessness-garcia-20231120/
* End Generational Homelessness. Act Now for The Children's Sake. Opinion. Newsweek. https://www.newsweek.com/end-generational-homelessness-act-now-childrens-sake-opinion-1828252
* Intergenerational Homelessness and Housing Insecurity. BHHI Blog. https://homelessness.ucsf.edu/blog/intergenerational-homelessness-and-housing-insecurity

**Podcasts**

* Hosted a podcast examining the experiences of Latinx students studying abroad. https://www.youtube.com/@fulbrightlatinx5262/videos

**Professional Experience**

**WELL for Life, Stanford Prevention and Research Center (SPRC)**

**September – December 2016**

**Communications Intern**

I maintained a strong social media presence by managing the organization’s Twitter, Instagram, and Facebook. I wrote biweekly posts and found creative ways to increase WELL for Life’s online presence. I recruited Stanford-affiliated speakers to be interviewed for our weekly video series and transcribed the videos of these interviews. I prepared PowerPoint presentations for WELL for Life’s director.

**CaliforniaVolunteers, Office of the Governor**

**October 2014 – September 2016**

**Disaster Volunteering and Preparedness Student Assistant**

I managed clerical and administrative tasks for my department including preparing contract documents, budgeting, and completing purchase orders following state regulations. Additionally, I served as the point of contact for any travel and meeting related logistics. I led the logistics for our annual Community Emergency Response Teams conference which had over 300 attendees. I traveled across the state to represent CaliforniaVolunteers at meetings and outreach events for the public, including disaster response. For instance, I helped manage volunteers and educated concerned citizens about volunteer opportunities during the 2015 Santa Barbara Oil Spill. When our department planned to start a new disaster-affiliated program, I researched and presented data on state AmeriCorps program grants and models. I assisted the development of a statewide Disaster Volunteer Management curriculum.

**Volunteer Experience**

**Michigan Association of Psychological Scholars (MAPS)**

**September 2024 – Present**

I mentor two first-generation undergraduate students about applying to graduate school and post-baccalaureate fellowships.

**Black Student Psychological Association (BSPA)**

**September 2024 – April 2025**

As the Secretary of BSPA, I help foster community by organizing board meetings and events.

**Trauma-Informed Workplace Workgroup**

**October 2023 – August 2024**

As part of UCSF Benioff Homelessness and Housing Initiative (BHHI)’s Strategic Plan, I was a member of a working group aimed to make BHHI a trauma-informed workplace that better acknowledges, reduces, and prevents trauma while we do important, but sometimes emotionally heavy, work with people experiencing homelessness and housing insecurity. We brainstormed guidelines for the leadership and management teams to implement and promoted resources for staff (e.g., mental health days).

**Fulbright Latinx Mentorship Program**

**August 2020 – October 2023**

The Fulbright Latinx Mentorship Program pairs prospective Latinx Fulbright applicants with Latinx Fulbright alumni to help navigate potential grantees through the application process. During my weekly meetings with my three mentees, all of whom are Black women, I provided helpful feedback on their essays, practiced mock interview questions, and answered questions about the Fulbright process and the experience of being a FLI (first-generation/low-income) woman of color living abroad. One of my mentees was a Fulbright scholar in England.

From May 2021 to October 2023, I was a member of the Fulbright Latinx Board as the Mentorship Program Co-Coordinator. I oversaw the mentorship program, including finding and matching mentors and mentees and creating fun networking events. This program was successful - during its first year, four applicants received the Fulbright award. I grew the program’s mentor pool, increasing our reach and impact with 45 mentees and 33 mentors. I attended monthly Fulbright Diversity Collective meetings and bi-monthly Fulbright Latinx Board meetings. I mentored four women of color through the Fulbright application process and experience abroad. In May 2022, I created a self-sustaining job board to match individuals with job opportunities and began to organize monthly panels. In 2022, I wrote an application for the Citizen Diplomacy Action Fund (CDAF) grant, which we received to host a series of panels for Latinx alumni of U.S. exchange programs to create community and mentor the next generation of applicants.

**Southern Florida Scholars Program**

**August 2020 – May 2021**

The Southern Florida (SoFlo) Scholars Program is a non-profit mentorship program that helps underserved Miami-Dade area high school students apply to colleges. I met with my mentee once a week to provide guidance on the college application process, including financial aid forms, scholarship applications, and researching which schools to apply for admission.

**The Phoenix Scholars Program**

**June 2018 – April 2019**

The Phoenix Scholars is a non-profit mentorship program that helps low-income, first-generation, and/or minority students access higher education by providing pro-bono college counseling and mentorship. I mentored a local FLI high school senior who applied to elite universities. I reviewed their college application essays, advised how to create a college list, and found financial resources available to undocumented students.

**Child and Family Institute**

**June 2015 – March 2016**

Child and Family Institute is a non-profit that provides mental health services to low-income children. I used games to help children practice skills they learned in therapy. I organized patient files following county and HIPAA guidelines.