Cassandra Kirkland Bolar

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Education

Ph.D.	2012	Human Development and Family Studies	Auburn University
M.S.	2008	Human Development and Family Studies; Marriage & Family Therapy Option	Auburn University
B.S.	2005	Child and Family Development	University of Georgia

Pr

Professional Experience				
2019 – Present	Assistant Professor, Psychology Department, University of West Georgia			
	Teach psychology courses related to the science of relationships and human development.			
2017 – 2022	Marriage and Family Therapist, Therapy and Co. Relationship Center			
	Utilize evidence-based strategies and interventions to assist distressed couples and individuals.			
2016 – 2019	Adjunct Professor, Community Health and Preventive Medicine, Morehouse School of Medicine			
2014 – 2016	Project Director, Satcher Health Leadership Institute- Division of Behavioral Health, Morehouse School of Medicine			
	Direct research efforts for three large NIH-funded projects that focus on eliminating health disparities among minority children through the use of a parenting education and leadership program – Smart and Secure Children (SSC); develop a trans-disciplinary collaborative center that replicates the SSC program in 13 states; and direct the modification of the SSC curriculum based on community feedback.			
2014 – 2014	Associate Project Director, Satcher Health Leadership Institute – Division of Behavioral Health, Morehouse School of Medicine			

Managed operational facets of NIH-funded, R24 grant activities; coordinated Community-Based Participatory Research (CBPR) efforts with Morehouse School of Medicine's Prevention Research Center and community-based coalition boards; supervised program manager; monitored, tracked, and reported progress on R24 research aims; researched and developed family health worker curriculum templates; monitored expenditures and prepared financial reports; and wrote scientific publications, briefings, and promotional materials.

Professional Experience (continued)

2012 - 2014Assistant Extension Professor, School of Human Sciences, Mississippi State University

> Provided statewide leadership in developing, implementing, and evaluating community programs in family life; provided direct leadership for extension agents in family and consumer sciences throughout the 82 counties in Mississippi; developed educational interventions and community systems that enabled families to successfully cope with high-risk environments; provided technical support for program planning and implementation; developed partnerships with community-based organizations and other stakeholders (governmental and private foundations); conducted needs assessments; presented evaluation and research findings at national conferences; secured grant funding; organized and conducted in-service training for field staff; and taught courses in Human Development and Family Studies.

2011 - 2012Instructor, Department of Human Development and Family Studies, Auburn University

> Taught a parent education course to undergraduate students. Topics included parenting, childcare, high risk families, stepfamilies, adoption, and family life education.

2010 - 2011Graduate Teaching Assistant, Auburn University

> Assisted in a lifespan development course and served as the instructor during the professor's maternity leave. Topics included genetic foundations of human development, infancy, early childhood, middle childhood, adolescence, early adulthood, middle adulthood, and later adulthood.

2005 - 2011Therapeutic Facilitator, Multiple-Family Group Intervention for Sex Offending Juveniles Program, Auburn University

> Facilitated group intervention with juveniles and their family members; and conducted qualitative interviews after the program.

2006 - 2011Head Start Partnership Coordinator, Alabama Community Healthy Marriage Initiative Program, Auburn University

> Directed collaboration with a local Head Start program; coordinated relationship education classes for Head Start parents; facilitated marriage curriculum training for relationship educators; created research manuscripts, briefs, posters, and presentations related to the project; served as the electronic guide for the project's website; and promoted the project on television programs, radio, and public service announcements.

2009 - 2010Consultant and Research Assistant, Bio-psychosocial Factors in Preschool Children and their Parents Program, Auburn University

> Advised primary investigator on the best practices for working in the specified community; developed relationships and collaborations with local community organizations; collected physiological data; and managed subject compensation.

Graduate Teaching Assistant, Joseph F. Bruno Auburn Abroad in Italy Program, College of Human Sciences, Auburn University, Rome, Italy

Professional Experience (continued)

Directed interpersonal skills laboratory; created learning activities; and facilitated positive interactions between students and members of the local Italian community.

Professional Internships

2011 Intern, U.S. Senator for Georgia, Senator Saxby Chambliss, Washington, D.C.

> Gained expertise in the role of developmental research in the legislative process; assisted the Budget and Finance Legislative Assistant with research tasks pertinent to current legislation during the U.S. Debt Crisis; and created memos on legislative issues for senatorial review.

2011 Intern, Office of School Readiness, Alabama Department of Children's Affairs,

Montgomery, AL

Aligned programmatic standards across three state-funded, early childhood education programs to ensure compliance with federal regulations; reviewed applications for grant funding.

2006 - 2007Intern, Family and Children's Services, Phenix City, AL

> Conducted therapy sessions with children/families; facilitated anger management groups for families; managed administrative responsibilities for clients.

2005 Intern, Athens-Clarke County Juvenile Court, Athens, GA

> Assisted with procedures for juvenile probation; studied hearings involving termination of parental rights; shadowed a police officer and intervened in domestic disputes; and assessed level of distress/trauma experienced by small children in high conflict homes.

Professional Certification

2011 – Present Certified Family Life Educator – National Council on Family Relations

Honors

Exceptional Leadership Award, Satcher Health Leadership Institute, 2016

National Council on Family Relations Student Award, 2011

Ford Dissertation Fellowship, Honorable Mention, 2011

Department of Human Development and Family Studies Doctoral Scholarship, Auburn University, 2011 Graduate Student Award, Women of Distinction Leadership Award, Auburn University, 2010

First Place, Oral Presentation in the Humanities, Graduate Scholars Research Forum, Auburn University, 2010

Workshop Fellow, Michigan Center for Urban African American Aging Research, 2010 Endowed Scholarship, Women's Philanthropy Board, Auburn University, 2008

Grants

- HHS-2021-ACF-OPRE-PH-1916 (Rollins, L; **Bolar, C.L.** Co- I) 10/01/21 9/30/26 2.5 calendar ACF/OPRE \$9,000,000
 - Title: National African American Child and Family Research Center This center is the first of its kind in the United States and offered exclusively at Morehouse School of Medicine. It is designed to provide national leadership and excellence in community-engaged research to better serve African American children and families.
- 5P20MD006881-03 (Braithwaite, R. PI; **Kirkland, C.L.** Co- I) 08/17/2012 02/28/2017 1.8 calendar NIH/NIMHD \$6,721,250
 - Title: Smart and Secure Children Project 3

The major goals of this project are to determine the extent to which a comprehensive parenting curriculum, Smart & Secure Children, improves parenting knowledge and skills for parents of children 0-5 years old; and reduces the negative impact of poverty and related socio-cultural risk factors that may influence children's academic readiness, behavioral health, and general well being.

- 5U54MD008173-03 (Satcher, D. PI; **Kirkland, C.L**. Co- I) 09/26/2012 07/31/2017 3.0 calendar NIH/NIMHD \$3,000,000
 - Title: Early Childhood Policy to Reduce Health Disparities—Project 1 The major goal of this project is to help close the health disparity gaps in early childhood through policy and quality parenting practice in 13 participating States through a local collaborative.
- 5R24MD008084 (Satcher, D. PI; **Kirkland, C.L.** Co-PI) 04/24/13-12/31/15 7.2 calendar NIH/NIMHD \$941,559

Title: Using Quality Parenting to Address Health Inequities

The major goals of this project are to conduct a CBPR planning process to identify health inequity conditions that can be addressed through quality parenting; develop and implement a community-driven plan; and pilot a parenting intervention that will result in parent-led efforts to mitigate health inequities among vulnerable and minority children and their families.

- Kirkland, C.L. & Staton, L. (P-I; 2014-2015). MSU Extension Internal Seed Grant for SHAPE CARE Project. MSU Extension Service (48,840).
- L., Staton & Kirkland, C.L. (Co-I; 2014-2015). Creating a Restful Environment. American Sleep Medicine Foundation (20,000).
- Ragsdale, K., Walton, L., & Kirkland, C.L. (Co-I; 2013-2014). eBaby Research Group: Enhanced Early Infant Feeding & Care Among Teen/Young Mothers. ORED Cross-College Collaboration Grant. (\$2,000).
- Kirkland, C.L. & Staton, L. (Co-PI; 2013-2016). Sleep hygiene and parental engagement: Children's academic readiness enhancement (SHAPE-CARE). Kellogg Foundation (\$150,000).
- Ragsdale, K., Walton, L., Briley, C. & Kirkland, C.L. (Co-I; 2012-2013). eBaby Research Group: Enhanced Early Infant Feeding & Care Among Teen/Young Mothers. ORED Cross-College Collaboration Grant. (\$2,000).
- Worthy, S.L., Swortzel, K., & Kirkland, C.L. (Co-I; 2012-2013). Graduate Recruitment Assistance Grant. Office of the Graduate School. (\$1,800).

Refereed Publications

- Bolar, C.L., Keiley, M.K., Adler-Baeder, F., Rauer, A., Watts, I., & Rollins, L. (under review). Contextual influences on paternal involvement: Economic resources, racial discrimination, and psychological functioning. *Under review with the Journal of Black Studies*.
- Shears, J., Bolar, C.L., Hopper, L., Wilbon, M., Miller, D., Rudd, C., & Smith, A.M. (under review). Barriers and facilitators of paternal engagement among Black fathers in Fulton County, Georgia. (Families in Society: The Journal of Contemporary Social Services)
- Henry Akintobi, T.K., Satcher, D. Ede, V., Wrenn, G., Bolar, C.L., Ferguson, A.; Perdue, E.; Okafor, M., Holden, K., & Reese, L. (2020). Utilization of a community-based participatory approach to design and implement a peer-led parenting pilot intervention to influence child nutritional and physical activity behaviors. Journal of the Georgia Public Health Association, 8(1) 79-89.
- Bolar, C.L., Hernandez, N., Akintobi, T.A., McAllister, C., Ferguson, A., Rollins, L., et al. (2016). Context matters: A community-based study of urban minority parents' views on child health. Journal of the Georgia Public Health Association, 5(3), 214-219.
- Kirkland, C.L., Staton, L.E., Thorne, M.E., Crow, K. (2014). Best practices for parent education with head start parents: Lessons learned from a parent and sleep education program. Journal of the National Extension Association of Family and Consumer Sciences, 9, 96-102.
- Kirkland, C.L., Skuban, E.M., Adler-Baeder, F., Ketring, S.A., Bradford, A., Smith, T., & Lucier-Greer, M. (2012). The effects of parent participation in relationship/marriage education on coparenting and children's social skills: Examining rural minorities' experiences. Early Childhood Research & Practice, 13(2). Retrieved from: http://ecrp.uiuc.edu/v13n2/kirkland.html
- Keiley, M.K., Kirkland, C.L., Zaremba, A, & Anders, A. (2011). Survival Analysis. In B. Laursen, T., Little, & N. Card (Eds.), Handbook in Developmental Research Methods. New York, NY: Guilford Publications.

Paper and Book Proposals Accepted for Publication

- **Bolar, C.L.,** Grange, C., Williams, E. (2024). African American fathers' paternal engagement: The salient role of the co-parenting relationship. In T. Alston (Ed.), African American fatherhood: Health, parenting, and community. Lanham, MD: Lexington Books.
- Bolar, C.L., Grange, C., Sanders, A., Lemmons, B., Hinkle, B. (2024). It takes a village: How familial, religious, and friendship networks support lasting African American marriages. Family Focus.

Manuscripts in Preparation

- Bolar, C.L., Rollins, L., Simon, L. (under review). An overview of demographic and social characteristics of nonresidential African American fathers: TANF benefits and child support. *Under review with the U.S. Office of Planning, Research and Evaluation.*
- Simon, L., Bolar, C.L., Head, J. The intergenerational messages of black women: The strong black woman.
- Chachere, B., Smith, N., Bolar, C.L., Rollins, L., McGregor, B. (2024). Parental mental health and parent child interactions during the Covid-19 pandemic: An examination of black households.

Presentations

- **Bolar, C.L.,** & Rollins, L. (2023, October). An overview of demographic and social characteristics of nonresidential African American fathers: TANF benefits and child support experiences. Paper that will be presented at the National Association for Welfare Research and Statistics, Salt Lake City, UT.
- Shears, J., & Bolar, C.L. (2023, June). Barriers and facilitators to paternal engagement for Black fathers. Paper presented at the National African American Child and Family Research Center's Conference, Atlanta, GA.
- **Bolar, C.L.,** Cryer-Coupet, Q., & Rollins, L. (2023, March). The role of research in helping fathers, families, and communities thrive. Presentation that was presented at the National Healthy Start's Fatherhood Summit, Washington, DC.
- Bolar, C.L. Boosting the Immunity of Your Relationships During Covid-19. (2021, November). Invited virtual presentation with Auburn University (paid).
- Bolar, C.L. Boosting the Immunity of Your Relationships During Covid-19. (2021, March). Invited virtual presentation at Berea College (paid).
- **Bolar, C.L.** *Black Fathers' Mental Health: Fathering in the Midst of a Pandemic and Protest* (2020, June). Fathers Incorporated.
- Bolar, C.L. Managing Children and Their Virtual Class Load. (2020, November). National Cares Mentoring Program.
- Bolar, C.L., Akintobi, T.A., McAllister, C., Ferguson, A., Rollins, L., et al. (2019, November). The effects of a parent-led intervention on children's externalizing behaviors. Poster presented at the National Council on Family Relations annual conference, Fort Worth, TX.
- Bolar, C.L., Hernandez, N., Akintobi, T.A., McAllister, C., Ferguson, A., Rollins, L., et al. (2015, November). Context matters: A community-based study of urban minority parents' views on child health. Poster presented at the American Public Health Association's annual meeting, Chicago, IL.
- Kirkland, C.L., Akintobi, T., Ferguson, A., Gooding, L., & Collins, D. (2014, December). Child health priorities for urban minority parents. Poster presentation at the NIMHD grantee conference, Baltimore, MD.
- Ragsdale, K., Walton, L.R., Harper, S.K, & Kirkland, C.L. (2014, November). Improving infant feeding among African American moms through social media. Oral presentation at the American Public Health Association Annual Meeting, New Orleans, LA.
- Kirkland, C.L. (2013, November). Teaching family policy: Web-based instruction. Paper presentation at the 75th Annual National Council on Family Relations Conference, San Antonio, TX.
- Morgan, A.Z., Datubo-Brown, C., Keiley, M.K., Pyle, R., Kirkland, C.L., & Ryan, A. (2013, November). Six pathway profiles of adolescent males who have sexually offended. Paper presented at the 75th Annual National Council on Family Relations Conference, San Antonio, TX.
- Elmore-Staton, Kirkland, C.L., Mercer, A., & Ferrell, K. (2013, November). Sleep hygiene and parental engagement: Children's academic readiness enhancement. Poster presentation at the 7th Bi-Annual Conference on Pediatric Sleep Medicine, Amelia Island, FL.

Presentations (continued)

- Kirkland, C.L., Elmore-Staton, L. (2013, September). Improving academic readiness in head start children: Integrating parent and sleep education. Paper presentation at Galaxy IV, Pittsburg, PA.
- Ragsdale K., Walton, L.R., Kirkland, C.L., Briley, C.A., Smith, C., Conrad, K., Frazier, T.E., & Pellegrine, S.E. (2013, August). Developing and disseminating eBaby4U: Using social media to optimize early infant feeding outcomes among resource-limited African American teen mothers. Oral presentation at the 2013 National Conference on Health Communications, Marketing & Media, Atlanta, GA.
- Kirkland, C.L., Keiley, M.K., Adler-Baeder, F., Rauer, A., & Watts, I. (2013, February). What's love got to do with it? - Fatherhood in context: Intergenerational, psychological, and relational influences. Paper presented at the 14th Annual National Fatherhood and Families Conference, San Francisco, CA.
- Morgan, A.Z., Keiley, M.K., Datubo-Brown, C., Pyle, R., Kirkland, C.L., & Ryan, A. (2013, February). Oualitative Interviews with male adolescents who sexually offended: Six profiles based on their pathways to adulthood. Paper presented at the Southeastern Council on Family Relations, Birmingham, AL.
- Kirkland, C.L., Keiley, M.K., Adler-Baeder, F., Rauer, A., & Watts, I. (2013, February). Fatherhood in context: Intergenerational, psychological, and relational Influences. Paper presented at the Southeastern Council on Family Relations, Birmingham, AL.
- Keiley, M.K., Morgan, A.Z., Brown, C.D., Ryan, A., Pyle, R., & Kirkland, C.L. (2012, November). Influence of fathers on male adolescents who have sexually offended. Poster presented at the National Council on Family Relations Conference, Phoenix, AZ.
- Keiley, M.K., Morgan, A.Z., Brown, C.D., Ryan, A., Pyle, R., & Kirkland, C.L. (2012, October). Pathways to adulthood for adolescent sexual offenders. Paper presented at the Society for Research in Child Development's Transition from Adolescence to Adulthood Themed Meeting, Tampa, FL.
- Kirkland, C.L., Keiley, M.K., Rauer, A.J., & Watts, I. (2011, November). Effects of economic stress, racism, and mental health on father involvement. Paper presented at the National Council on Family Relations Conference, Orlando, FL.
- Keiley, M.K., Jackson, A., Gregson, K., Zaremba, A., & Kirkland, C.L. (2011, November). Training competent and confident therapists and interventionists to be effective. Paper presented at the National Council on Family Relations Conference, Orlando, FL.
- Adler-Baeder, F., Kirkland, C.L., Skuban, E.M., Ketring, S., Smith, T., & Lucier-Greer, M. (2011, May). The effects of parent participation in relationship/marriage education on coparenting and children's social skills: Examining rural minorities' experiences. Poster presented at the annual meeting of the Office of Family Assistance Healthy Marriage and Promoting Responsible Fatherhood Grantees, Baltimore, MD.
- Adler-Baeder, F., Skuban, E.M., Kirkland, C.L., & Vaughn, B.E. (2011, March). Low-income minority pre school children's social competence following their parents' participation in relationship education. Poster presented at the Society for Research in Child Development Conference, Quebec, Canada.
- Mize, J., Pettit, G.S., Keiley, M.K., Ferretti, L.K., & Kirkland, C.L. (2011, March). Sympathetic, parasympathetic, HPA-axis activity, and behavior problems among low-income African American children. Poster presented at the Society for Research in Child Development Conference, Quebec, Canada.

Presentations (continued)

- Kirkland, C.L., Adler-Baeder, F., Skuban, E.M., Bradford, A., Ketring, S.A., & Smith, T. (2011, March). The effects of relationship/marriage education: Preliminary findings for parental involvement, coparenting quality, and the importance of father involvement in an ethnic minority sample. Poster presented at the Southeastern Council on Family Relations Conference, Birmingham, AL.
- Kirkland, C.L., Skuban, E.M., Adler-Baeder, F., Ketring, S.A., Bradford, A., & Smith, T. (2010, November). The effects of parent participation in relationship/marriage education on children. Paper presented at the National Council on Family Relations Conference, Minneapolis, MN.
- Adler-Baeder, F., Kirkland, C.L., Ketring, S.A., Bradford, A., & Lucier-Greer, M. (2010, May). The effects of parent participation in relationship/marriage education on coparenting and children's social skills: Examining rural minorities' experiences. Poster presented at the Children, Youth, and Families at Risk Conference, San Francisco, CA.
- Kirkland, C.L., Adler-Baeder, F., Ketring, S.A., Bradford, A., & Lucier-Greer, M. (2010, March). The effects of parent participation in relationship/marriage education on coparenting and children's social skills: Examining rural minorities' experiences. Paper presented at the Auburn University Graduate Research Scholars Forum, Auburn, AL.
- Kirkland, C.L., Adler-Baeder, F., Ketring, S.A., Bradford, A., & Lucier-Greer, M. (2010, February). The effects of parent participation in relationship/marriage education on coparenting and children's social skills: Examining rural minorities' experiences. Paper presented at the Southeastern Symposium on Child and Family Development, Athens, GA.
- Kirkland, C.L., Adler-Baeder, F., Ketring, S.A., Bradford, A., & Lucier-Greer, M. (2009, November). The effects of parent participation in relationship/marriage education on coparenting and children's social skills: Examining rural minorities' experiences. Poster presented at the National Council on Family Relations Conference, Burlingame, CA.
- Kirkland, C.L. (2009, October). How to have relationship smarts. Presentation at the Eve's Circle Conference on Empowering and Educating Adolescent American Females, Montgomery, AL.
 - Ketring, S.A., & Kirkland, C.L. (2009, February). The case for couples/marriage education as prevention programming. Presentation at the Alabama Conference on Social Work, Orange Beach, AL.
 - Futris, T., & Kirkland, C.L. (2008, December). Connecting to extension resources. Presentation at the Annual National Head Start Association's Parent Leadership Training, Atlanta, GA.
- Lucier, M.J., Kirkland, C.L., Ketring, S.A., & Adler-Baeder, F. (2008, November). The impact of relationship education on gender role malleability. Poster presented at the National Council on Family Relations Conference, Little Rock, AR.
 - Ketring, S.A., & Kirkland, C.L. (2007, October). Parenting matters. Presentation at VOICES for Alabama's Children 2007 Alabama Kids Count Conference, Birmingham, AL.
- Kirkland, C.L. (2012, October). Coping Skills. Presentation at the Youth Awareness/Suicide Prevention Program at the Central Mississippi Mental Health Residential Center, Newton, MS.
- Kirkland, C.L. (2005, November). Communication seminar. Presentation at the National 4-H Congress Conference, Atlanta, GA.

Media/Press

- Bolar, C.L. (2024, February). Blueprint for Lasting Love. Fox-5 News Atlanta, GA. Link: https://www.fox5atlanta.com/video/1410933.
- Bolar, C.L. (2023, November). How to Pick a Therapist. Portia Show. Fox-5 News Atlanta, GA. Link: https://www.fox5atlanta.com/video/1167678.
- Bolar, C.L. (2022, November). The Anatomy of Envy. Portia Show. Fox-5 News Atlanta, GA. Link: https://www.fox5atlanta.com/video/1143454.
- Bolar, C.L. (2022, October). Breakup Bounce Back. Portia Show Fox-5 News Atlanta, GA. Link: https://foxsoul.tv/breakup-bounce-back/.
- **Bolar**, C.L. (2022, May). Mental health experts say 22-year-old's death in Buckhead could have been avoided. CBS-46 News Atlanta, GA. Link: https://www.atlantanewsfirst.com/2022/05/20/mental health-experts-say-22-year-olds-death-buckhead-could-have-been-avoided/.
- Bolar, C.L. (2022, March). How to manage emotional triggers. CBS-46 News Atlanta, GA. Link: https://www.cbs46.com/2022/03/28/psychology-professor-university-west-georgia-talksaboutslap oscar-show/.

Committees

MA Graduate Committee Member, UWG Psychology Program, 2019 – present.

Member, Faculty Advisory Committee, CACSI, 2022 – present

Graduate Student Representative, Committee of 19 and Universities Fighting World Hunger, Auburn University, 2011 - 2012

Committee Member, Executive Director Search for the Joseph F. Bruno Auburn Abroad in Italy Program, Auburn University, 2011

Focus Group Member, Administrative Review of the Dean of the College of Human Sciences, Auburn University, 2010

Graduate Student Representative, Interim Department Head Search, Auburn University, 2010

Reviewer, Emily & Gerald Leischuck Graduate Teaching Award, Auburn University, 2010

Professional Service

Co-Advisor, Psychology Student Association, 2023 – present

QPR Suicide Prevention Facilitator, CACSI, 2022 – present

Reviewer, Families and Society in Society, 2023 – present

Reviewer, Family Process Journal, 2021 – present

Reviewer, Journal of Marriage and Family, 2019 – present

Associate Editor, Journal of Human Science and Extension, 2013 – 2021

Treasurer, Southeastern Council on Family Relations, 2013 – 2015

Vice President for Public Relations, Mississippi Extension Association for Family and Consumer Sciences, 2013 - 2014

Local Arrangements Vice President, Mississippi Association for Family and Consumer Sciences, 2013 – 2014

Chair of Faculty Search Committee, College of Human Sciences, Mississippi State University, 2013

Advisor, Kappa Omicron Nu Honor Society, Mississippi State University, 2012 – 2014 Graduate Mentor,

Undergraduate Mentorship Program in Human Development and Family Studies, Auburn

University, 2010 – 2011

Teaching Interests

Community-based participatory research Personal Relationships Human Growth and Development Research Methods Lifespan Development

Research Interests

Influence of father involvement on children's socio-emotional and academic functioning Comorbidity of mental and physical health in relation to intimate relationships and marriage Program evaluation for public health interventions