

Curriculum Vitae

James T. Meadows, PhD, LMSW

GENERAL INFORMATION

Address: 204R Jones Hall
327 Veteran's Memorial Drive
Troy, AL 36082

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Professional Preparation

2015-2024	Doctor of Philosophy, The University of Alabama, Tuscaloosa, Alabama. Major: Social Work. Dissertation: <i>Attorney Interpretations of Law and Policy Regarding Military Families with Dependents Experiencing Disabilities</i>
2016-2019	Graduate Certificate in Quantitative Educational Research, The University of Alabama, Tuscaloosa, Alabama.
2014-2015	Master's Degree, The University of Alabama, Tuscaloosa, Alabama. Major: Social Work.
2012-2013	Bachelor's Degree, The University of Alabama, Tuscaloosa, Alabama. Major: Social Work.
2006-2008	Northern Arizona University, Flagstaff, Arizona. Major: Social Work. (attended)
1990-2006	Associate of Arts, Mohave Community College, Kingman, Arizona. Major: Arizona General Education Curriculum.
1990-2006	Associate of Applied Science, Mohave Community College, Kingman Arizona. Major: General Technology.

Post-Degree Education and Training

Professional Credentials

2016-Current Licensed Master Social Worker, December 31, 2016,
Alabama License number 4131G

ACADEMIC APPOINTMENTS

2024-(Present) **Assistant Professor**
College of Health and Human Services,
Department of Social Work and Human Services
Troy University
Troy, Alabama

2019-2021 **Adjunct Instructor**
School of Social Work
University of Alabama
Tuscaloosa, Alabama

TEACHING

Courses Taught

Instructor of Record

Intro to Social Policy, Troy University, SWK6601, [Asynchronous Online]

Human Behavior in the Social Environment II, Troy University, SWK3320, [Face to Face,
Asynchronous Online]

Social Work Research 1, Troy University, SWK2280, [Face to Face]

Professional Communication in the Helping Professions, Troy University, HS3370, [Face to
Face]

Direct Practice Evaluation, Troy University, SWK7703, [Asynchronous Online]

Social Work with Military Families, Troy University, SWK7726, [Asynchronous Online]

Social Work Policy and Planning, Troy University, SWK3340, [Face to Face]

Human Development in the Social Environment I, The University of Alabama, SW410, [Face to
Face/Hybrid, Asynchronous Online]

Human Development in the Social Environment II, The University of Alabama, SW411, [Face to
Face, Synchronous Online]

Social Work Practice with Groups, The University of Alabama, SW441 [Face-to Face/Hybrid]

Social Work Practice with Groups, Skills Lab, The University of Alabama, SW441,
[Synchronous Online]

History of Social Welfare, The University of Alabama, SW200, [Face to Face]

Guest Lecturer

Human Behavior in the Social Environment II, Troy University, SWK 3320, End of Life (May 2025)

Social Work with Individuals and Families, Troy University, SWK3390, Managing Barriers to Change (May 2025)

Ethics in the Helping Professions, Troy University, HS2240, Ethical Decision Making, (January 2025)

Psychopathology, The University of Alabama, SW515, Post Traumatic Stress Disorder, Somatoform Disorders (November, 2018)

History of Social Welfare, The University of Alabama, SW200, Settlement House Movement (October, 2018)

Human Behavior in the Social Environment I, The University of Alabama, SW410, Middle Childhood (April, 2018).

Research for Social Work Practice, The University of Alabama, SW420 Instrumentation. (November, 2017)

Social Work Research I, The University of Alabama, SW620 Epistemological Unconsciousness. (October, 2017)

Introduction to Social Work, The University of Alabama, SW101 Military Social Work (October, 2016).

Research for Social Work Practice, The University of Alabama, SW420 Course Introduction. (August, 2016)

Social Work Practice with Groups, The University of Alabama, SW441 Substance Abuse Groups. (April, 2016)

New Course Development

Social Work with Individuals and Families Experiencing Disabilities, (Not yet Numbered). Troy University.

Social Work with Individuals with Developmental Disabilities, SW457/557 Special Topics. The University of Alabama.

Curriculum Development

2022 EPAS Evaluation review Troy University

PROFESSIONAL EXPERIENCE

2024-Current	Troy University, College of Health and Human Services, School of Social Work and Human Services , Troy, Alabama. <i>Assistant Professor</i> : Course instruction, student advising, research and grant development.
2024-2026	Pike County Retired Senior Volunteer Program , Troy, Alabama. <i>Project Director</i> : Managed \$111k federal grant funded community volunteer program. Supervised volunteer coordinators. Developed community volunteer opportunities for individuals aged 55+.
2019-2021	School of Social Work, University of Alabama , Tuscaloosa, Alabama. <i>Adjunct Instructor</i> : Instructor of record for undergraduate courses.
2020	Partners in PROMISE , <i>Research Consultant</i> : Provided instrument development to survey families for national military parent advocacy organization.
2017-2019	Crossing Points, College of Education, University of Alabama , Tuscaloosa, Alabama <i>Program Development Consultant</i> : Provided social work perspective consulting for development of residential certificate program for individuals with intellectual disabilities.
2010-2012	Mohave Mental Health Clinic, Inc. , Lake Havasu City, Arizona <i>Behavioral Health Technician</i> : Provided direct individual and group mental health practice with adults with non-severe mental impairment; special populations included individuals with co-morbid developmental disabilities and individuals with substance abuse.
2003-2010	State of Arizona Department of Economic Security, Adult Protective Services , Kingman, Arizona <i>Case Investigator, Case Manager Assistant</i> : Assessed and investigated issues of abuse, neglect, and exploitation of vulnerable adults; special areas of practice military veterans, individuals with developmental disabilities, forensic investigation of financial exploitation.
2000-2003	State of Arizona, Department of Economic Security, Family Assistance , Phoenix / Kingman, Arizona <i>Eligibility Interviewer, Office Clerk</i> : Determined and assessed financial eligibility for SNAP, TANF, Medicaid, and state General Assistance benefits in both office and home-visit settings

- 1997-2000 **Mohave County Community Development**, Kingman, Arizona
Vocational Counselor: Taught evidence supported Welfare-to-Work workshop curriculum to participants, completed observations and assessments of participant growth.
- 1991-1995 **United States Air Force**, Ramstein, Germany; Phoenix, Arizona
General Purpose Vehicle Mechanic: Trained on machinery and documentation, Worked with limited English speaking workers, documented labor and cost expenditures, supervised inventory of materials, awarded Honorable Discharge, awarded National Defense Medal, awarded Air Force Good Conduct Medal

Fellowships and Internships

- 2019-2022 Graduate Teaching Assistant-Instructor of Record, Amy Traylor, The University of Alabama
- 2018-2019 Graduate Research Assistant, Lewis Lee, The University of Alabama, Tuscaloosa, Alabama.
- 2018 Graduate Teaching Assistant, Avani Shah, The University of Alabama, Tuscaloosa, Alabama.
- 2016-2018 Graduate Research Assistant, Brenda Smith & Kristy Holt, The University of Alabama, Tuscaloosa, Alabama.
- 2015-2016 The University of Alabama Alumni Association Graduate Fellowship, The University of Alabama, Tuscaloosa, Alabama.
- 2015 Graduate Research Assistant, Avani Shah, The University of Alabama, Tuscaloosa, Alabama.
- 2014 Undergraduate Internship, Alabama Disability Advocacy Program, The University of Alabama, Tuscaloosa, Alabama.
- 2013 Undergraduate independent study, David Pollio, The University of Alabama, Tuscaloosa, Alabama.

Honors and Awards

- 2025 University of Alabama Outstanding Dissertation Award Finalist
- 2021 University of Alabama School of Social Work PhD Program Recognition of Contribution to Teaching

2020	University of Alabama School of Social Work Kim Nixon Memorial Award for Student Mentorship
2018	CSWE Disability Manuscript Award, Honorable Mention for Meadows, J.T. , Cheatham, L.P.. <i>Comparative Health Status of Military-Connected Families with Members with Disabilities</i> .
2015	Phi Alpha Social Work Honor Society. Social Work Society—Dean Lucinda L. Roff Endowed Graduate Scholarship. Lori Kaye Hebert Endowed Scholarship in Social Work. Mark Forester Memorial Student Veteran Award for Excellence. Master’s Scholar Award.
2006	Phi Theta Kappa Honor Society.
1998	Best Job Readiness Provider in Arizona, Region Three. Highest employment rate for all Arizona small Job Opportunity and Basic Skills (JOBS) offices for first half of year.
1994	US Air Force Overseas Long Tour Ribbon
1993	US Air Force Good Conduct Medal
1991	National Defense Service Medal US Air Force Training Ribbon

SCHOLARLY OR CREATIVE ACTIVITIES

Publications

Invited Articles in Refereed Journals

Classen, A., **Meadows, J.T.** (2019) Serving families living in the intersection of military and special needs cultures. *Professional Development: The International Journal of Continuing Social Work Education*, (22) 1, 40-47.

Refereed Journal Articles

Published

6. Ellis, T., Li, Q., Bertram, J.M., **Meadows, J.T.**, Ozturk, B., Nelson-Gardell, D.. (2020) Poetry authored by vulnerable populations as secondary data: Methodological approach and considerations. *Journal of Poetry Therapy*, DOI: 10.1080/08893675.2020.1803614.

5. Morthland, M., Shah, A., **Meadows, J.**, Scogin, F.. (2020) Development of an audio and computer cognitive behavioral therapy for depression in older adults. *Aging and Mental Health*, 24(8), 12107-1215, DOI: 10.1080/13607863.2019.1609901.
4. Shah, A., **Meadows, J.T.**, Granda Anderson, K., Raveis, V.H., Scogin, F., Templeton, S. Simpson, K. & Ingram, L.. (2019) Gerontological social work and cardiac rehabilitation, *Social Work in Health Care*, 58(7), 633-650, DOI: 10.1080/00981389.2019.1620903
3. Shah, A., Anderson, K., Li, A. X., **Meadows, J.**, Breitsrecher, T.B.. (2019) Clinical social work scope of practice related to diagnosis. *Clinical Social Work Journal*, 47, 332-342.
2. Brown, E. L., Ruggiano, N., & **Meadows, J.T.** (2018). The Caregiver Burden Alert: A graphic tool for dementia caregiver burden screening and referral. *Home Health Care Management & Practice*, 30(3), 103–109. DOI: 10.1177/1084822317743476.
1. Shah, A., Anderson, K., **Meadows, J.** (2016, November). Utilization of integrated geriatric mental health services by cardiac rehabilitation patients. *GERONTOLOGIST*, 56, 531-531.

Submitted

1. Shah, A., Kraemer, K., Won, C., **Meadows, J.**, Darling, M., McDonough, I., Anderson, K., Gandhi, S. (revise and resubmit). A clinician's perspective of attention bias modification training for depression and anxiety: A game example. Submitted to *Depression and Anxiety*.

In Progress

7. Grinell-Davis, C., Villareal Sosa, L., **Meadows, J.T.** Introduction to the special issue: The Stories We are Afraid to Tell: Experiences of Navigating Care When it Doesn't Fit the Standard Narrative. *Reflections*
6. Meadows, J.T., Rogers-Farris, S.. Impacts on disability community in current political climate.
5. Grinell-Davis, C., Meadows, J.T.. Epistemic trespass: AI in helping professions.
4. Jennings, K., Lewis, O., **Meadows, J.T.** Military connectedness of authors publishing on military topics in criminal justice journals
3. **Meadows, J.T.**, Cox, A.E., Lewis, O.. Military-connectedness of authors publishing in military focused social science journals.
2. **Meadows, J.T.**, & Cheatham, L.P.. Comparative health status of military-connected families with Members with Disabilities.

1. **Meadows, J. T., & Cheatham, L. P.** Attorney understandings of the experiences of military families with members experiencing disabilities. (Dissertation related)

Refereed Proceedings

Meadows, J., Jagers, J., Young, S., Pollio, D.E. (Accepted 2013). *Qualitative study regarding homeless youth and technology*. Submitted to conference proceedings, 42nd Annual Alabama/Mississippi Social Work Education Conference.

Non-refereed Reports

Alabama Disabilities Advocacy Program. (2014). *“It’s My Job, It’s My Life!” Employment First for Alabamians with Disabilities*.

Presentations

Refereed Presentations at Conferences

Submitted

Meadows, JT, Lewis, O. (2026 October) *Practicing Social Work Ethics During Social Turbulent Times*. 24th Annual Fall Social Work Conference, Birmingham, AL

Presented

16. **Meadows, JT** (2026 April) *Practice Ethics in a Turbulent Climate*. Oral presentation for Troy University Social Work Symposium, 2026. Troy AL

15 **Meadows, J.T.** (2026 April) *Use of Theory in Practice*. Oral presentation for NASWAL 2026 Conference, Online

14. **Meadows, J.T.,** McCoy, L.. (2025 October) *Military families with dependents experiencing disabilities: Knowledge from attorneys*. Oral presentation for Council for Social Work Education 2025 Annual Program Meeting, Denver CO.

13. **Meadows, J.T.,** Cheatham, L.P.. (2024 January) *Military families in the Exceptional Family Member Program: Attorney understandings of experiences and policy*. Oral presentation for Society of Social Work Research 2024 conference, Washington D.C..

12. **Meadows, J.T.,** Cheatham, L.P.. (2023, October) *Military families with dependents with disabilities: Policy Understanding & Experiences of Attorneys*. Oral presentation for Council for Social Work Education 2023 Annual Program Meeting, Atlanta, GA.

11. Ellis, T., Nelson-Gardell, D., **Meadows, J.T.** (2019, October) Poetry authored by vulnerable populations as secondary data: Ethics, methods and lessons. Oral presentation for Council for Social Work Education 2019 Annual Program Meeting, Denver, CO.
10. **Meadows, J. T.**, Cheatham, L.. (2018, November). *Comparative Health Outcomes of Military Families with Members with Disabilities*. Poster for Council for Social Work Education 2018 Annual Program Meeting, Orlando, FL.
9. **Meadows, J. T.**, Cheatham, L.. (2018, January). *Military Families with Members with Special Health Care Needs*. Poster for Society for Social Work Research, 2018, Washington, D.C..
8. **Meadows, J. T.**, Cheatham, L., Bugella, N.. (2017, October). *Development of a Social Work Disability Curriculum: A Community-driven Approach* Poster presented at the Council for Social Work Education 2017 Annual Program Meeting, Dallas, TX.
7. Ellis, T., Li, Q., Bertram, J., **Meadows, J.T.**, Ozturk, B., Nelson-Gardell, D.. (2017, May). *Challenging Tradition: A phenomenological study of poetry written by youth with problematic sexual behaviors* Oral presentation at Thirteenth International Congress of Qualitative Inquiry, Champaign-Urbana, IL.
6. **Meadows, J.T.**, Classen, A.. (2016, November). *Understanding Families Living in the Intersection of Military and Special-Needs Culture*. Oral presentation at Council for Social Work Education 2016 Annual Program Meeting, Atlanta, GA.
5. Classen, A., **Meadows, J.T.** (2016, September). *Critical Concepts for Supporting Military Families and their Exceptional Family Members*. Oral presentation at Service Member to Civilian Summit, Birmingham, AL.
4. Shah, A., Granda-Anderson, K., **Meadows, J.**, Templeton, S., Simpson, K.. (2016, September). *Utilization of Integrated Mental Health Services by Cardiac Rehabilitation Patients*. Poster presented at 31st Annual American Association of Cardiovascular and Pulmonary Rehabilitation Meeting, New Orleans, LA.
3. **Meadows, J. T.**, Albright, D. L.. (2016, February). *Military families with special needs: Policies and service provision*. Oral presentation at National Association of Social Workers- Alabama Chapter 2016 Annual State Conference, Montgomery, AL.
2. **Meadows, J.T.**, Granda Anderson, K., Shah, A.. (2015, April). *Understanding the Mental Health and Social Service Needs of Rural and Urban Cardiac Rehabilitation Patients: A Descriptive Study*. Poster presented at 16th Annual Rural Health Conference, Tuscaloosa, AL.

1. **Meadows, J.**, Jagers, J., Young, S.R., Pollio, D.E.. (2013, October). *Qualitative study regarding homeless youth and technology*. Paper presented at 42nd Annual Alabama/Mississippi Social Work Education Conference, Natchez, MS.

Submitted

Meadows, J.T. (2024 July) *Exceptional Family Member Program: Understandings of Attorneys related to the experiences and policies influencing military families with dependents with disabilities*. Military Child Education Coalition Global Training Summit, Washington D.C..

Invited Keynote and Plenary Presentations at Symposia

Meadows, J. T. (Accepted 2017, January). *Exceptional Families in a Military Context*. Invited Presenter for NASW-AL Meet and Greet event. Tuscaloosa, AL.

Invited Presentations at Symposia

3. **Meadows, J. T.** (Presented 2026, March). *CrossingPoints @ The University of Alabama: Experiences and understandings of a participant parent*. Invited panelist for Montgomery Exceptional Community PTA. Montgomery, AL.

2. **Meadows, J. T.** (Presented 2018, November). *Diversity and Disability Inclusion*. Invited panelist for University of Alabama College of Arts and Sciences Diversity Day. Tuscaloosa, AL.

1. **Meadows, J. T.** (Presented 2018, September). *Family Experiences of Individuals with Disabilities at Transition Programs*. Invited panelist for University of Alabama College of Education at Alabama's College Prep Summit. Tuscaloosa, AL.

GRANTS AND CONTRACTS

Contracts

Contracts and Grants Funded

2024	Co-Principal Investigator, IDEAS Grant, US Department of State IDEAS, \$35,000
2024	Project Director, Retired Senior Volunteer Program, Troy University, Troy Alabama. \$111,153

SERVICE

Troy University

2025-Current Honors Council Member Representing College of Health Sciences, University Honors Global Scholars Program, Troy University, Troy, Alabama

2025-Current Community Engagement Lead, University Honors Global Scholars Program, Troy University, Troy, Alabama

School of Social Work and Human Services, Troy University

2025-Current Chairperson, Continuing Education Unit Committee, Troy University, College of Health Sciences-School of Social Work and Human Services, Troy, Alabama

2025 Moderator, Social Work Lecture Series Symposium, Troy University, College of Health Sciences-School of Social Work and Human Services, Troy, Alabama

2024-Current Member, Continuing Education Unit Committee, Troy University, College of Health Sciences-School of Social Work and Human Services, Troy, Alabama

2024-Current Member, Faculty Search Committee, Troy University, College of Health Sciences-School of Social Work and Human Services, Troy, Alabama

2024-Current Member, Bachelor of Social Work Program Committee, Troy University, College of Health Sciences-School of Social Work and Human Services, Troy, Alabama

Additional Activities

2024-2025

March Alabama Conference of Social Work Conference, School of Social Work and Human Services. Vendor booth recruitment

February Alabama College of Osteopathic Medicine (ACOM), Troy University, Interdisciplinary Simulation Event

September Trojan Day, College of Health Sciences, School of Social Work and Human Services. Student recruitment

August Trojan Night Out, School of Social Work and Human Services. Faculty representation for student organizations

Media Appearances

2025, March Faculty Focusing on Military Families with Disabilities, *Troy Today*
<https://today.troy.edu/news/faculty-focusing-on-military-families-with-disabilities/>

Other Institutions

University Level

2017-2020 Council Member, CrossingPoints Program Advisory Board, The University of Alabama, College of Education, Tuscaloosa, Alabama.

College Level

2017-2018 Student Representative, Recruitment at University of Alabama booth at Society for Social Work Research.

2016-2019 Student Representative, Recruitment at University of Alabama booth at Council for Social Work Education, Annual Program Meeting.

2015-2017 Student Representative, Alternate, PhD Program Committee, The University of Alabama, School of Social Work, Tuscaloosa, Alabama.

2013-2015 Student Representative Board Member, The University of Alabama Social Work Society, Tuscaloosa Alabama.

Media Appearances

2017 University of Alabama, CrossingPoints Program, News interview. College experience for individuals with developmental disabilities.

2015 University of Alabama, School of Social Work, News interview. University of Alabama #1 Best place for veterans seeking higher education.

The Profession

Guest Editor

Submitted

2026 The stories we are afraid to tell: Experiences of navigating care when it doesn't fit the standard narrative. *Reflections Narratives of Professional Helping*. Guest Editors Grinnell-Davis, C.L., **Meadows, J.T.**, Villareal Sosa, L

Expert Panels

2024 *Parents with Disabilities* Expert panel to establish national training for social workers and case managers when dealing with cases where parents are experiencing a disability. Chairperson: Elizabeth Lightfoot, University of Arizona

Reviewer for Refereed Journals

Clinical Social Work Journal

Child and Adolescent Social Work Journal

Journal of Public Child Welfare

Studies in Clinical Social Work

Journal of Veteran Studies

Journal of Interpersonal Violence

Armed Forces and Society

Home Health Care Management and Practice

Journal of Family Theory and Review

Military Behavioral Health

Best Practices in Mental Health special issue on military-connected populations.

Reviewer for Conference Proposals

Troy University School of Social Work and Human Services, Social Work Lecture Series.

College of Health Sciences Student Research, Troy University, College of Health Sciences

Council for Social Work Education, Annual Meeting, Military, First Responders and their Families Track.

Council for Social Work Education, Annual Meeting, Disabilities Track.

Invited Reviewer/Content Expert

Cox, L. E., Tice, C. J., & Long, D. D. (3rd Edition). Chapter 15, Military Social Work in *Introduction to social work: An advocacy-based profession*. Sage Publications. (\$250 Honorarium)

The Community

Expert Panels

September 2024 *Arthur of Albion*, Expert panel presentation on Medieval life and medieval heraldry presented to students of Troy Homeschool Co-op, Troy, Alabama.

Consultation

2020 Research Consultant, Partners in PROMISE,

2017-2019 Program Development Consultant, On Campus Certificate Program for Individuals with Intellectual Disabilities, Crossing Points, University of Alabama, Tuscaloosa, Alabama.

Board member

2009-2011 Council Member, Kingman Middle School Band Boosters, Kingman Middle School, Kingman, Arizona.

2006-2008 Council Member, Regional Advisory Council, Northern Arizona University Senior Corps, Flagstaff, Arizona.

Officer

2012-2024 Officer, Society for Creative Anachronism, Tuscaloosa, Arizona

2015-2017 Vice President, Doctoral Student Organization, The University of Alabama, School of Social Work, Tuscaloosa, Alabama.

1996-2012 Officer, Society for Creative Anachronism, Kingman, Arizona

Committee chair

2009-2010 Chairperson, Kingman Middle School Band Boosters, Kingman Middle School, Kingman, Arizona.

2006-2008 Chairperson, Local Advisory Council, Northern Arizona University Senior Corps Programs, Kingman, Arizona.

Stakeholder Member

2018-2019 Stakeholder member, State of Alabama Medicaid Waiver planning group, Tuscaloosa, Alabama

Organizational member

1994-Current Member, Society for Creative Anachronism, Troy and Tuscaloosa, Alabama, Kingman and Phoenix, Arizona

2012-2018 Member, The University of Alabama Campus Veterans Association, The University of Alabama, Tuscaloosa, Alabama.

2003-2008 Member, Kingman Area Partnership for Children with Special Needs (KAPCSN), Kingman, Arizona.

Membership in Professional Organizations

2016-Current Society for Social Work Research

2016-Current Council for Social Work Education

2013-Current National Association of Social Workers

Media Appearance

2023 United Way of West Alabama, United Cerebral Palsy of West Alabama, Funding Campaign video.