

## 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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**Email Address:** jmeadows235311@troy.edu

#### 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*

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

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	<b>Troy University, College of Health and Human Services, School of Social Work and Human Services, Troy, Alabama. <i>Assistant Professor:</i></b> Course instruction, student advising, research and grant development.
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2024-Current	<b>Pike County Retired Senior Volunteer Program</b> , 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	<b>School of Social Work, University of Alabama</b> , Tuscaloosa, Alabama. <i>Adjunct Instructor</i> : Instructor of record for undergraduate courses.
2020	<b>Partners in PROMISE</b> , <i>Research Consultant</i> : Provided instrument development to survey families for national military parent advocacy organization.
2017-2019	<b>Crossing Points, College of Education, University of Alabama</b> , 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	<b>Mohave Mental Health Clinic, Inc.</b> , 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	<b>State of Arizona Department of Economic Security, Adult Protective Services</b> , 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	<b>State of Arizona, Department of Economic Security, Family Assistance</b> , 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	<b>Mohave County Community Development</b> , Kingman, Arizona <i>Vocational Counselor</i> : Taught evidence supported Welfare-to-Work workshop curriculum to participants, completed observations and assessments of participant growth.

1991-1995	<b>United States Air Force</b> , Ramstein, Germany; Phoenix, Arizona <i>General Purpose Vehicle Mechanic</i> : 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
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### **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 <b>Meadows, J.T.</b> , 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*

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., McCoy, L., 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

#### *Accepted*

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.

#### *Presented*

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 31<sup>st</sup> 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 16<sup>th</sup> 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**

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            Project Director, Retired Senior Volunteer Program, Troy University, Troy  
Alabama. \$111,153

#### **Contracts and Grants Pending**

2024            Co-Principal Investigator, IDEAS Grant, US Department of State IDEAS,  
\$35,000

## **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**

### **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**

*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. (3<sup>rd</sup> 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.