

CURRICULUM VITAE

NAME: Margaret Swarbrick, PhD., OTR, FAOTA

E-MAIL ADDRESS: pswarbrick@cspnj.org; swarbrma@rutgers.edu

EDUCATION:

Undergraduate

Kean College of New Jersey
Union New Jersey
Bachelor of Science, Occupational Therapy 1991

Union County College
Associates in Applied Science, Occupational Therapy Assistant 1986

Graduate and Professional

New York University
New York City
Doctor of Philosophy Occupational Therapy 2005

New York University
New York City
Master of Arts, Occupational Therapy 1996

POST DOCTORAL TRAINING:

Advanced Training and Research Fellowship
National Institute on Disability and Rehabilitation Research
(H133P050006) Rutgers School of Health-Related Professions (*formerly*
UMDNJ) Department of Psychiatric Rehabilitation and Counseling
Professions October 2005-September 2008

EMPLOYMENT/WORK EXPERIENCE:

Associate Director of the Center of Alcohol and Substance Use Studies
Rutgers University Graduate School of Applied and Professional Psychology
3/2021-present

Wellness Institute Director
Collaborative Support Programs of New Jersey, Inc. (CSPNJ)
Freehold, NJ
1/2004-present

Director, Practice Innovation and Wellness
Rutgers University Behavioral Healthcare
Piscataway New Jersey
5/2016-2/2021

Associate Director, CSPNJ
7/2000-1/2005

Quality Improvement Director, CSPNJ
1/1998-7/2000

Senior Occupational Therapist
Morristown Memorial Hospital, Morristown, NJ
1993-1998

Staff Occupational Therapist
Marlboro Psychiatric Hospital, Marlboro, NJ
1991-1996

EMPLOYMENT/WORK EXPERIENCE:

Certified Occupational Therapy Assistant
Marlboro Psychiatric Hospital, Marlboro, NJ
1986-1991

CERTIFICATION:

Occupational Therapist, Certification # 585274
National Board for Certification in Occupational Therapy Inc.
Initial Certification: 2/27/1991 Renewal Date: 3/31/2024

ACADEMIC APPOINTMENTS:

Rutgers Graduate School of Applied and Professional Psychology

Research Professor, March 2021-present

Rutgers School of Health Professions
Department of Psychiatric Rehabilitation and Counseling Professions

Adjunct Associate Professor, July 2016-February 2021

Clinical Associate Professor, July 2014-June 2016

Clinical Assistant Professor, October 2008-June 2014

Adjunct Faculty, 2002-2005

Union County College

Adjunct Faculty, Occupational Therapy Assistant Program, 1991-2003

Kean University

Adjunct Faculty, Occupational Therapy Program, 2000-2003

New York University

Teaching Fellow, Occupational Therapy Program, 1993-1994

SAMPLE OF COURSES TAUGHT:

OTA 1051 (Rutgers University)—Principles and Practices: Wellness and Mental Health
Spring and Fall 2012-2016, 2020, 2022

PSRT 6101 (Rutgers University, MS Psychiatric Rehabilitation Leadership Track)—Independent Study in
Psychiatric Rehabilitation (sponsoring student project focused on sleep for people with mental disorders)
Fall 2021

PSRT 1103, (Rutgers University) **Group Interventions for People with Disabilities, Spring 2022**

PSRT4015/1102 (University of Medicine and Dentistry of New Jersey)—Wellness and recovery (combined courses for 6 credits): Lead instructor for team teaching, 2004-2013

PSRT 1103, **Group Interventions for People with Disabilities, Spring 2022**

AFFILIATE:

Affiliate, Rutgers Center of Alcohol and Substance Use Studies
Graduate School of Applied and Professional Psychology
Rutgers, The State University of New Jersey
5/2019-2/2021

HONORS AND AWARDS:

Collaborative Support Programs of New Jersey, *Tribute Award*
For decades of innovation and dedication to the field of peer-led leadership in the behavioral health field
November 10, 2020

New Jersey Association of Mental Health and Addiction Agencies, *Outstanding Leadership and Innovation*
October 2020

New Jersey Psychiatric Association, *Citizen of the Year*
November 16, 2014

National Alliance on Mental Illness (NAMI), *Lionel Aldridge Champion Award*
June 28, 2013

Fellow of the American Occupational Therapy Association (FAOTA)
American Occupational Therapy Association (AOTA)
April 28, 2012

USPRA (now PRA), *Carol Mowbray Early Career Research Award*
June 14, 2010

New Jersey Psychiatric Rehabilitation Association (NJPRA), *Mort Gati Award*
To acknowledge a career embodying principles and values of Psychiatric Rehabilitation
November 14, 2008

Occupational Therapists of the Mental Health Partnership of New Jersey & Metropolitan New York District, *Karen Stern Award for Advocacy in Mental Health*
March 7, 2008

National Alliance on Mental Illness, New Jersey (NAMINJ), *Special Recognition Award*
For outstanding contribution to the inclusion and collaboration of consumers and family members in gaining understanding of the challenges, meaning and values in implementing real transformation to a recovery and wellness oriented mental health system in New Jersey
November 10, 2007

NJ Occupational Therapy Association (NJOTA), *2007 Award of Merit in Mental Health*
October 28, 2007

Mental Health Association in New Jersey, *Leadership Award*
Evening of Excellence June 2007

New Jersey Association of Mental Health Agencies, *Courage and Compassion Award, Leadership in Fostering Recovery Award*
May 2, 2007

State of New Jersey Department of Human Services Division of Mental Health Services,
Certificate of Appreciation, Wellness and Recovery Transformation Stakeholder Participation Process
March 2007

NJPRA *Certificate of Recognition in Appreciation of Contribution and Commitment to the Field*
June 21, 2006

Morris County Public Forum for Consumers and Families, *Certificate of Appreciation*
May 31, 2006

Consumer Provider Association of New Jersey (CPANJ), *Appreciation Award*
For expanding the limits of our knowledge on consumer-run organizations through a doctoral dissertation and for bringing the NJ consumer provider movement to international attention through publications and presentations
March 2006

Coalition on Mental Health Consumer Organization of New Jersey (COMHCO), *Professional recognition award*
In appreciation for dedication and inspiring work in wellness and recovery on behalf of the mental health consumers in New Jersey
February 24, 2006

NJOTA, *Award in Recognition of Outstanding Contributions and Dedication to the Profession*
(1986-1994)
October 1994

NJOTA, *Certificate of Appreciation*
October 1994

RESEARCH GRANTS AND PROJECTS

Principal Investigator

Farris Foundation, Wellness Training & Learning Collaborative (W-TLC) PI: Swarbrick January 2022-December 2022

Indivior, Wellness in Recovery (WinR)Self-Care Guide, development of a wellness self-care educational toolkit /resource to support long term substance use recovery PI: Swarbrick September 2021-July 2022

NJ DMHAS – Transformation Transfer Initiative NASMHPD, Caregiver Wellness PI: Swarbrick
April 2017-December 2018

Development of Health Promotion Toolkit for Behavioral Health Homes for Peer Support Specialists and CT-R implementation and sustainability in BHHs
2018-2019

Transformation Transfer Initiative (TTI), funded through the National Association of State Mental Health Program Directors (NASMHPD), “Development of Training for a Peer Specialist Role, Wellness Coach”
December 2008-March 2010; April, 2011-December 2011; March 2012-2014

University of Medicine and Dentistry of NJ (UMDNJ) Foundation: Exploring the subjective experience of non-adherence to prescribed psychiatric medication, 2007-2009

Co-Investigator

Rutgers University

CIRCLE Peer Talk Discussion Groups (CIRCLE: Colleague Involved in Reaching Colleagues through Listening and Empathy). *Peer Support Approaches to Bolster Physician Well-Being during the COVID-19 Era and Beyond*.

PI: Dr. Brazeau. Co PIs: Drs. Chen, Ayala, & Swarbrick
June 2020- present

Healthcare Foundation of New Jersey

Comparing Peer Support Approaches to Bolster Physician Well-Being during the COVID-19 Era and Beyond

September 2020-April 2021

Sandra and Arnold Gold Humanism Research Fund

Comparing Peer Support Approaches to Bolster Resident Physician Well-Being during the COVID-19 Era and Beyond

January 2021-November 2021

Effects of Short-Term Self-Care Training on the Well-Being of Staff in an Applied Behavior Analysis Setting

PI: Dr. Massey; Co PIs: Drs. Frances, Paone, & Swarbrick
January 2021- 2022

Perceived Effectiveness of Online Teaching Strategies by Occupational Therapy Assistant Students PIs: Drs. Benaroya; McKernan, George, & Swarbrick

September 2021-2022

Effect of Traditional vs. Non-Traditional Psychosocial Fieldwork Placement on Occupational Therapy Assistant Students' Attitudes Towards Working with Individuals with Mental Illness

PI: Dr Benaroya; Co PIs: Drs. Zechner, Murphy, Cimmino, & Swarbrick.
December 2020-2022

New Jersey Health Foundation (Grant Number 810364), Preventive Medical Services Amongst Persons in NJ Public Mental Health Programs, PI: Lois Rockson, 2012-2019

University Illinois Chicago (UIC)

UIC Rehabilitation Research and Training Center on Health and Function of People with Psychiatric Disabilities, funded by National Institute on Independent Living and Rehabilitation Research, Administration for Community Living

PI: Dr. Judith Cook; Co-Investigator & Co-Director of Solutions Suite: Dr. Swarbrick
September 2020-August 2025

- *Healthy ReStart: National Web Survey on the Status of Adults with Psychiatric Disabilities, Intervention Development, & Pilot RCT, October 2020-September 2022*
- *National Survey on the Health Status of the Certified Peer Specialist Workforce, October 2021-September 2023*
- *Healthy ReStart to Life After COVID-19 and Beyond, October 2021-September 2023*
- *National Survey on the Health Status of the Certified Peer Specialist Workforce*
- *Promoting a Healthy Lifestyle: On the Road to a Tobacco-Free Life; & Kick Start Your Immunity, October 2022 to September 2025*
- *Peer Telehealth Navigator Manual, October 2023 to September 2025*

UIC Center on Mental Health Services Research and Policy, Field-Initiated Projects Program (Research), funded by the National Institute on Independent Living and Rehabilitation Research, Administration for Community Living

Testing an Intervention to Promote Financial Wellness among Adults with Psychiatric Disabilities,

PI: Dr. Cook; Co-Investigator: Dr. Swarbrick

September 2020-August 2023

UIC Center on Self-Directed Recovery and Integrated Health Care, funded by the National Institute on Independent Living and Rehabilitation Research, Administration for Community Living

PI: Dr. Cook; Co-Director of the UIC Solutions Suite: Dr. Swarbrick

October 2015 to September 2022

UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions, funded by the National Institute on Disability, Independent Living, and Rehabilitation Research, Administration for Community Living

PI: Dr. Judith Cook; Co-Investigator, *Use of Health Screening Data to Create a Risk Profile of Medical Co-Morbidities Among Public Mental Health Clients,* Dr. Swarbrick

October 2010 to September 2015

Yale University

R34 Peer Wellness Enhancement for Patients with Serious Mental Illness and High Medical Costs, funded by NIMH, Grant Number: 5R34MH117188-02

PI: Dr. Bellamy; Consultant: Dr. Swarbrick

2018-June 2021

Increasing Healthcare Choices and Improving Health Outcomes Among Persons with Serious Mental Illness, I.D. #IH-1304-7294

PI: Dr. Bellamy; Co-Investigator/Consultant, *Patient Centered Outcomes Research Institute:* Dr. Swarbrick

2013-2016

Columbia University

Perspectives on the International Classification of Diseases (11th revision); Using lived experience to improve mental health diagnoses in the United States: *INCLUDE – US Study.*

Co-Investigators: Drs. Pike & Swarbrick

(Report on mental health service users' perceptions for the World Health Organization

October 2017- 2019

New Jersey Health Foundation (Grant Number 810364), *Preventive Medical Services Amongst Persons in NJ Public Mental Health Programs,*

PI: Lois Rockson; Co-Investigator: Dr. Swarbrick

2012-2019

Kean University: Co Investigator/Mentor

Sleep Assessment. Faculty mentors: Drs. Gardner and Swarbrick

June 2021- May 2021.

Exploring Sleep Habits and Routines for Individuals with Mental Disorders During COVID-19,

PI: Monique Schulmann. Faculty mentors: Drs. Gardner and Swarbrick

June 2020- June 2021.

Columbia University

Perspectives on the International Classification of Diseases (11th revision); Using lived experience to improve mental health diagnoses in the United States: *INCLUDE – US Study*. Co-investigators: Drs. Pike & Swarbrick (Report on mental health service users' perceptions for the World Health Organization., October 2017- 2019.

Grant Consultant/Advisor

From Hardship to Hope: A Peer-Led Program to Foster Financial Wellness and Prevent Suicide, PI: Jimenez Solomon, Columbia University.
October 2021-present

Self-care projects for the Northeast & Caribbean Mental Health Technology Transfer Center (MHTTC), Rutgers School of Health Professions Substance Abuse and Mental Health Administration (SAMHSA) funded TA center. PI: Dr. Ann Murphy & Dr. Ken Gill
January-December 2021

National Institute of Mental Health Administrative Supplement to Peer-led Healthy Lifestyle Program in Supportive Housing (3R01MH104574-03S1); PI: Cabassa.
9/2016-6/2017

Comparative Effectiveness of Adaptive Pharmacotherapy Strategies for Schizophrenia, Stakeholder Advisory Committee of the PCORI-funded project, PI: Scott Strop
2015-2018

A Peer-Led, Medical Disease Self-Management Program for Mental Health Consumers, Member of The Data Safety and Monitoring Committee for NIMH funded project, PI: Dr. Druss
June 2011-2017

UMDNJ Foundation; Peer Employment Support Study
2008- 2011

UMDNJ Foundation; Illness Management and Recovery
2006- 2009

RAISE: Recovery After Initial Schizophrenia Episode, National Institutes of Mental Health, HHSN-271-2009-00019-C, PI: Kim Mueser
2009

Treating Internalized Stigma in Adults with Severe Mental Illness, NIMH R 34
2008-2009

Ethical Issues in Behavioral Health Research, The Center for Health Care Ethics at Saint Louis University.
2002-2004

SERVICE ON NATIONAL GRANT REVIEW PANELS, STUDY SECTIONS, COMMITTEES

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS).

RECOVERY NOW: SAMHSA Recovery Summit 2022, August 9-10, 2022

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS).

Older Adults Living with Serious Mental Illness Expert Panel: Strategies to Address Behavioral Health Workforce Needs. May 16, 2018.

National Research Council of the National Academies, Division of Behavioral and Social Sciences and Education Board on Behavioral Cognitive and Social Sciences. Committee on the Science of Changing Behavioral Health Social Norms. Opportunities and Strategies to Promote Behavior Change in Behavioral Health Workshop.

Invited panel presenter: *Peer Counselor: Wounded Healer Please Apply*. April 15, 2015.

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS).
BRINGING RECOVERY SUPPORTS TO SCALE, *Technical Assistance Center Strategy (BRSS TACS)*, Invited expert for the Virtual Expert Panel on *Peer Roles in Integrated Primary and Behavioral Health Care Settings*, July 23-24, 2013.

U.S. Department of Health and Human Services, SAMHSA, CMHS.
Building on Common Ground for Wellness -Prevention, Recovery, and Resilience Communities Coming Together, Bethesda, MD, April 24-25, 2013.

U.S. Department of Health and Human Services, SAMHSA, CMHS.
A Dialogue on Psychopharmaceuticals in Behavioral Healthcare, Rockville, MD, October 11-12, 2012.

National Association of State Mental Health Program Directors (NASMHPD)
Medical Directors Technical Report Meeting on *Consumer Involvement in State Operated Behavioral Health Services*, Arlington, Virginia, June 21-22, 2010.

U.S. Department of Health and Human Services, SAMHSA, CHMS.
Wellness, Prevention, and Self Care Dialogue Meeting, Bethesda, MD, December 15-16, 2009.

U.S. Department of Health and Human Services, SAMHSA, CMHS.
Training, Recovery, Transformation and Public Service Psychiatry, Rockville, MD, October 5-6, 2009.

U.S. Department of Health and Human Services, SAMHSA, CMHS.
Invited Contributor for Building Bridges, Mental Health Consumers and Employers In Dialogue, Bethesda, MD, September 23-24, 2008.

National Association of State Mental Health Program Directors Research Institute, Inc., and U.S. Department of Health and Human Services, SAMHSA, CMHS.
Primary Care Assessment and Wellness Indicators, Alexandria, Virginia, June 17-18, 2008.

U.S. Department of Health and Human Services, SAMHSA, CMHS.
Planning Committee Members and Presenters for the *National Wellness Summit for People with Mental Illnesses*, Rockville, MD, September 17-18, 2007.

National Institute on Disability and Rehabilitation Research (NIDRR).
Invited Expert Participant for the Adult Mental Health Panel, May 30, 2007.

U.S. Department of Health and Human Services, SAMHSA,
Grant Reviewer, Community Action Grants, 1998-2002.

UNIVERSITY SERVICE

- Member, RBHS Student Wellness Strategic Planning Group, July 2021-present
- Member, Future of Work Employee Well-Being Workgroup, Fall, 2021

SERVICE ON JOURNALS/PUBLICATIONS

Associate Editor, *American Journal of Psychiatric Rehabilitation*, 2015-2022

Editorial Boards

Journal of Psychosocial Nursing and Mental Health Services 2008-present
Psychiatric Rehabilitation Journal, 2006 –present

AdHoc Reviewer

Psychiatric Services, 2010- present
American Journal of Psychiatric Rehabilitation, 2006-2015
Occupational Therapy in Mental Health, 2021-present

Co- Editor

Words of Wellness, a publication of Collaborative Support Programs of New Jersey, Wellness Institute. A monthly publication designed to bring useful information to readers, whether pursuing recovery themselves, supporting recovery, helping to administer and change our mental health and related services system, or researching the field and educating future practitioners; 2008-present.

Peer Connections, a quarterly e-newsletter, developed by CSPNJ and MHANJ, designed to connect persons in recovery, public, and private mental health provider agencies, government officials, and policy makers to issues surrounding the creation of a peer workforce and its impact on the transformation of the mental health service delivery system; 2009-2012.

Under Review in Journal:

Swarbrick, M., Kuebler, C., DiGioia-Laird, V., Estes, A., Treitler, P, & Nemeć, P. (under review). Co-Production: Journey to Wellness Guide. *Journal of Psychosocial Nursing and Mental Health Services*.

Jordan, A., Nich, C., **Swarbrick, M.**, Babuscio, T., Wyatt, J., O'Connell, M., Guy, K., Blackman, K., Anderson, R., Reis, G., Ocasio, L., Crespo, M., Bellamy, C. (2022). Breaking Through Social Determinants of Health: Results from Imani Breakthrough, a Community Developed Substance Use Program for Black and Latinx People. *Journal of Substance Abuse Treatment*

Treitler P., Enich M., Hillis, M., & **Swarbrick M.** A qualitative study of participant experiences working with peer health navigators after release from state prison (PS-20220310). *Psychiatric Services*

Teresa Lopez-Castro, T., Papini, S., Bauer, A., **Swarbrick, M.**, Paul, L., Nizzi, MC, Stanley, D., COVID-Dynamic Team, and Hien, **D.**(under review). PTSD Symptom Trajectories in a 16-month COVID-19 Pandemic Period. *Journal of Traumatic Stress*.

Refereed Original Article in Journal:

Jiménez-Solomon O., Primrose R., Moon, I., Wall, M., Galfalvy, H., Méndez-Bustos, P., Cruz A., **Swarbrick, M.**, Laing T., Vite, L., Kelley, M., Jennings, E., Lewis-Fernández, R. (2022). Financial Hardship, Hope, and Life Satisfaction Among Un/Underemployed Individuals With Psychiatric Diagnoses: A Mediation Analysis. *Frontiers in Psychiatry*, 13, <https://www.frontiersin.org/articles/10.3389/fpsy.2022.867421>

Cook, J.A., Steigman, P.J., **Swarbrick, M.**, Burke-Miller, J.K., Laing, T., Vite, L., Brown, I. (2022). Outcomes of peer-provided individual placement and support services in a mental health peer-run vocational program. *Psychiatric Services*.

Swarbrick, M., Nemeć, P., Spagnolo, A., Gould Fogerite, S., Lundquist, MC., Zechnr, M., & Townsend, M., (2022). Self-Care for All During the Pandemic. *American Journal of Psychiatric Rehabilitation*

Smullen Thieling, AM., **Swarbrick, M.**, Brice, B., Nemeč, P. A welcoming space to manage Crisis: “Wellness Respite”. *Journal of Psychosocial Nursing and Mental Health Services*. Published online 2022:1-7. doi:10.3928/02793695-20220428-04.

<https://journals.healio.com/doi/10.3928/02793695-20220428-04>

Benaroya, T. L., Swarbrick, M., Zechner, M., Murphy, A. A., & Cimmino, M. (2022). Faculty-Led Virtual Level 1 Community Fieldwork during the COVID-19 Pandemic. *Journal of Occupational Therapy Education*, 6 (2). Retrieved from <https://encompass.eku.edu/jote/vol6/iss2/17>

Brazeau, CMLR, Ayyala, MS, Chen, P-H, Swarbrick, M. Virtual faculty development peer programmes support physician well-being. *Med Educ*. 2022. <https://doi.org/10.1111/medu.14748>

Brandow, C., & **Swarbrick, M.** (2021). Improving Black Mental Health: A Collective Call to Action. *Psychiatric Services*. Advance online publication. <https://doi.org/10.1176/appi.ps.202000894>

Cook, J. A., Swarbrick, M., Boss, K. A., Steigman, P. J., Nemeč, P., Jonikas, J. A., Brice, G.H., & Aranda, F. (2022). The importance of employment to workers with preexisting behavioral health disorders during the COVID-19 pandemic. *Psychiatric Rehabilitation Journal*, 45(1), 11-17.

<https://doi.org/10.1037/prj0000499>

Zechner, M., **Swarbrick, M.**, Fullen, M., Barret, N., Santos-Tuano- S., Pratt CW. (2022). Multi-Dimensional Wellness for People Who are Aging with Mental Health Conditions: A proposed framework. *Journal of Psychiatric Rehabilitation*. Advance online publication. <https://doi.org/10.1037/prj0000510>.

Foglesong, D., Spagnolo, A. B., Cronise, R., Forbes, J., **Swarbrick, M.**, Edwards, J. P., & Pratt, C. (2021). Perceptions of Supervisors of Peer Support Workers (PSW) in Behavioral Health: Results from a National Survey. *Community Mental Health Journal*, 1–7. Advance online publication.

<https://doi.org/10.1007/s10597-021-00837-2>.

Benaroya, T. L., George, J. C., McKernan-Ace, D., & **Swarbrick, M.** (2021). Application of Active Learning Strategies for Online Delivery in an Occupational Therapy Assistant Program. *Journal of Occupational Therapy Education*, 5(2). Retrieved from <https://encompass.eku.edu/jote/vol5/iss2/10>

Gao, N., Solomon, P, Clay, Z., & **Swarbrick, M.** (2021). Pilot study of Wellness Coaching for smoking cessation among individuals with mental illnesses. *Journal of Mental Health*, 1-7. DOI: 10.1080/09638237.2021.1922630

Gardner, G., **Swarbrick, M.**, Dennis, S., Franklin, M., Pricken, M., & Palmer, K. (2021) Sleep Habits and Routines of Individuals Diagnosed with Mental and/or Substance-Use Disorders. *Occupational Therapy in Mental Health*. doi: [10.1080/0164212X.2021.1877592](https://doi.org/10.1080/0164212X.2021.1877592)

Jonikas, J. A., Cook, J. A., **Swarbrick, M.**, Nemeč, P., Steigman, P. J., Boss, K. A., & Brice Jr, G. H. (2021). The impact of the COVID-19 pandemic on the mental health and daily life of adults with behavioral health disorders. *Translational Behavioral Medicine*, 11(5), 1162-1171.

<https://doi.org/10.1093/tbm/ibab013>

McGrellis, K., **Swarbrick, M.**, Cummings, C., Wilson, B., & Gill, K. (2021). Development of a Nurtured Heart Approach® Questionnaire. *Journal of Psychosocial Nursing and Mental Health Services*, Advance online publication. <https://doi.org/10.3928/02793695-20210818-03>.

Swarbrick M, Fogerite SG, Spagnolo AB, Nemeč PB. (2021). Caregivers of People With Disabilities: A Program to Enhance Wellness Self-Care. *Journal of Psychosocial Nursing and Mental Health Services*. Jan 13:1-8. doi: 10.3928/02793695-20210107-04.

Brandow, C. L., **Swarbrick, M.**, & Nemeč, P. B. (2020). Rethinking the causes and consequences of financial wellness for people with serious mental illnesses. *Psychiatric Services*. 71:1

Marrone, J., & Swarbrick, M. (2020). Long-Term Unemployment: A Social Determinant Under addressed Within Community Behavioral Health Programs. *Psychiatric Services*. <https://doi.org/10.1176/appi.ps.201900522>

Mulry, C., Gardner, J., **Swarbrick, M.**, Maltempo, O., Ramirez, M., DiMaiuta, A., & Wollny, K. (2020) Feasibility of the Let's Go Mobility Program for Community Dwelling Adults with Mental Disorders. *Occupational Therapy in Mental Health*, 36(4), 307-329, doi: [10.1080/0164212X.2020.1825151](https://doi.org/10.1080/0164212X.2020.1825151)

Nemec PB, **Swarbrick M**, Spagnolo A, Brandow CL. (2020). Nudges to Support Health and Wellness for Individuals Served by Behavioral Health Programs. *Journal of Psychosocial Nursing and Mental Health Services*. 1; 59(1):21-28. doi: 10.3928/02793695-20201015-03. Epub 2020 Oct 23. PMID: 33095264.

Saraiya T.C., **Swarbrick M.**, Franklin L., Kass S., Campbell A., & Hien D.A. (2020). Perspectives on trauma and the design of a technology-based trauma-informed intervention for women receiving medications for addiction treatment in community-based settings. *Journal of Substance Abuse Treatment*. May;112:92-101.

Wetzler, S., Hackmann, C., Peryer, G., Clayman, K., Friedman, D., Saffran, K., Silver, J., **Swarbrick, M.**, Magill, E., van Furth, EF., Pike, KM (2020). A framework to conceptualize personal recovery from eating disorders: A systematic review and qualitative meta-synthesis of perspectives from individuals with lived experience. *International Journal of Eating Disorders*. 1-16. <https://doi.org/10.1002/eat.23260>

Zechner, M., Lundquist, MC., **Swarbrick, M.**, Wey, M. (2020). Care2Caregivers: A Retrospective Examination of Needs Addressed and Services Provided by a Peer Support Helpline. *Journal of Psychosocial Nursing and Mental Health Services*. 58(10):13-16. <https://doi.org/10.3928/02793695-20200817-04>

Brandow, C. L., Swarbrick, M., & Nemec, P. B. (2020). Rethinking the causes and consequences of financial wellness for people with serious mental illnesses. *Psychiatric Services*, 71(1), 89-91

Hackmann, C., Balhara, Y. P. S., Clayman, K., Nemec, P.B., Notley, C., Pike, K., Reed, G.M. Sharan, P., Rana, M.S., Silver, J., **Swarbrick, M.**, Zeilig, H., & Shakespeare, T. (2019). Perspectives on the International Classification of Diseases, 11th Revision (ICD-11); an international qualitative study to Understand and improve mental health Diagnosis using expertise by Experience: INCLUDE Study. *The Lancet Psychiatry*. <https://ueaeprints.uea.ac.uk/69891/>

Rockson L, **Swarbrick, M**, Pratt C. (2019). Cancer Screening in Behavioral Health Care Programs. *J American Psychiatric Nurses Assoc.*:1078390319877227. doi: 10.1177/1078390319877227

Swarbrick, M., Bohan, MC., Gitlitz, R., & Hillis, M (2019). Peer Health Navigators Support Individuals with an Opioid Use Disorder Transitioning from Prison. *Drug and Alcohol Dependence*, 203(1), 88-91.

Bochicchio, L., Stefancic, A., Gurdak, K., **Swarbrick, M.**, Cabassa, L. (2018). We're all in this Together": Peer-specialist Contributions to a Healthy Lifestyle Intervention for People with Serious Mental Illness. *Administration and Policy in Mental Health and Mental Health Services Research*. doi:10.1007/s10488-018-0914-6.

Gardner, J., **Swarbrick, M.**, Kearns, D., Suero, L., Harder, P., Moscoe, E., Rutledge, J. (2018). Exploring Sensory Preferences Among Community-Dwelling Individuals Living With Mental Health Disorders. *American Journal of Psychiatric Rehabilitation*, 21(3), 381-398. <https://www.muse.jhu.edu/article/759940>.

Swarbrick, M., & Noyes, S. (2018), Guest Editorial: Effectiveness of occupational therapy services in mental health practice, *American Journal of Occupational Therapy*, 72 (1-4).

Swarbrick, M., Nemec, P.B., Brandow, C.L., Spagnolo, A. (2018). Strategies to Promote Walking Among Community-Dwelling Individuals With Major Mental Disorders. *Journal of Psychosocial Nursing and Mental Health Services*, Mar 1;56(3):25-32. doi: 10.3928/02793695-20171205-0

Cohn, J., Kowalski, K. Z., & **Swarbrick, M.** (2017). Music as a Therapeutic Medium for Occupational Engagement: Implications for Occupational Therapy. *Occupational Therapy in Mental Health*, 0(0), 1–11. <https://doi.org/10.1080/0164212X.2016.1248311>

Gardner, J., **Swarbrick, M.**, Ackerman, A., Church, T., Rios, V., Valente, L., & Rutledge, J. (2017). Effects of Physical Limitations on Daily Activities Among Adults With Mental Health Disorders: Opportunities for Nursing and Occupational Therapy Interventions. *Journal of Psychosocial Nursing and Mental Health Services* 55(10), 45-51. doi:10.3928/02793695-20170818-05

Smoyak, S. A., **Swarbrick, M.**, Nowik, K., Ancheta, A., & Lombardo, A. (2017). Consumers of Mental Health Services: Their Knowledge, Attitudes, and Practices About High Energy Drinks and Drugs. *Journal of Psychosocial Nursing & Mental Health Services*, 55(4), 37–43. <https://doi.org/10.3928/02793695-20170330-06>.

Swarbrick, M., Wilson, L., Becker, D., Swanson, S., Reese, S., & Bond, G. (2017). The role of the family advocacy team in sustaining supported employment. *Journal of Vocational Rehabilitation*, 47(1), 13-17. doi:10.3233/JVR-170879.

Swarbrick, M., Cook, J. A., Razzano, L. A., Jonikas, J. A., Gao, N., Williams, J., & Yudof, J. (2017). Correlates of Current Smoking Among Adults Served by the Public Mental Health System. *Journal of Dual Diagnosis*, 13(2), 82–90. <https://doi.org/10.1080/15504263.2017.1296603>

Cook, J. A., Razzano, L., Jonikas, J. A., **Swarbrick, M.**, Steigman, P. J., Hamilton, M. M., ... Santos, A. B. (2016). Correlates of Co-Occurring Diabetes and Obesity Among Community Mental Health Program Members With Serious Mental Illnesses. *Psychiatric Services*, 67(11), 1269–1271. <https://doi.org/10.1176/appi.ps.201500219>

Gill, K. J., Zechner, M., Zambo Anderson, E., **Swarbrick, M.**, & Murphy, A. (2016). Wellness for life: A pilot of an interprofessional intervention to address metabolic syndrome in adults with serious mental illnesses. *Psychiatric Rehabilitation Journal*, 39(2), 147–153. <https://doi.org/10.1037/prj0000172>

Jiménez-Solomon, O. G., Méndez-Bustos, P., **Swarbrick, M.**, Díaz, S., Silva, S., Kelley, M., ... Lewis-Fernández, R. (2016). Peer-supported economic empowerment: A financial wellness intervention framework for people with psychiatric disabilities. *Psychiatric Rehabilitation Journal*, 39(3), 222–233. <https://doi.org/10.1037/prj0000210>

Olker, S. J., Parrott, J. S., **Swarbrick, M. A.**, & Spagnolo, A. B. (2016). Weight management interventions in adults with a serious mental illness: A meta-analytic review. *American Journal of Psychiatric Rehabilitation*, 19(4), 370–393. <https://doi.org/10.1080/15487768.2016.1231643>

Rockson, L. E., **Swarbrick, M.**, & Pratt, C. (2016). Cancer Screening Among Peer-Led Community Wellness Center Enrollees. *Journal of Psychosocial Nursing and Mental Health Services*, 54(3), 36–40. <https://doi.org/10.3928/02793695-20160219-06>

Rogers, S. & **Swarbrick, M.** (2016). Peer-delivered services: Current trends and innovations. *Psychiatric Rehabilitation Journal*, 39(3), 193-196. <http://dx.doi.org/10.1037/prj0000223>

Swarbrick, M., Gill, K. J., & Pratt, C. W. (2016). Impact of peer delivered wellness coaching. *Psychiatric Rehabilitation Journal*, 39(3), 234–238. <https://doi.org/10.1037/prj0000187>

- Swarbrick, M.,** & Nemece, P. B. (2016). Supporting the Health and Wellness of Individuals With Psychiatric Disabilities. *Rehabilitation Research, Policy, and Education*, 30(3), 321–333. <https://doi.org/10.1891/2168-6653.30.3.321>
- Swarbrick, M.,** Tunner, T. P., Miller, D. W., Werner, P., & Tiegreen, W. W. (2016). Promoting health and wellness through peer-delivered services: Three innovative state examples. *Psychiatric Rehabilitation Journal*, 39(3), 204–210. <https://doi.org/10.1037/prj0000205>
- Cook, J. A., Razzano, L. A., **Swarbrick, M.,** Jonikas, J. A., Yost, C., Burke, L., ... Santos, A. (2015). Health risks and changes in self-efficacy following community health screening of adults with serious mental illnesses. *PLoS One*, 10(4), e0123552. <https://doi.org/10.1371/journal.pone.0123552>
- Nemece, P., **Swarbrick, M.,** & Legere, L. (2015). Prejudice and discrimination from mental health service providers. *Psychiatric Rehabilitation Journal*, 38(2), 203-206. <http://dx.doi.org/10.1037/prj0000148>
- Davis, K., **Swarbrick, M.,** Krzos, I. M., Ruppert, S., & O'Neill, S. (2015). [Health literacy training: A model for effective implementation and sustainability](https://doi.org/10.1037/prj0000166). *Psychiatric Rehabilitation Journal*, 38(4), 377–379. <https://doi.org/10.1037/prj0000166>
- Nemece, P. B., **Swarbrick, M. A.,** & Merlo, D. M. (2015). [The Force of Habit: Creating and Sustaining a Wellness Lifestyle](https://doi.org/10.3928/02793695-20150821-01). *Journal of Psychosocial Nursing and Mental Health Services*, 53(9), 24–30. <https://doi.org/10.3928/02793695-20150821-01>
- Razzano, L. A., Cook, J. A., Yost, C., Jonikas, J. A., **Swarbrick, M. A.,** Carter, T. M., & Santos, A. (2015). [Factors associated with co-occurring medical conditions among adults with serious mental disorders](https://doi.org/10.1016/j.schres.2014.11.021). *Schizophrenia Research*, 161(2–3), 458–464. <https://doi.org/10.1016/j.schres.2014.11.021>
- Swarbrick, M.,** Rockson, L., Pratt, C., Yudof, J., & Nemece, P. (2015). [Perceptions of Overall Health and Recency of Screenings](https://doi.org/10.1080/15487768.2015.1001703). *American Journal of Psychiatric Rehabilitation*, 18(1), 5–18. <https://doi.org/10.1080/15487768.2015.1001703>
- Brice, G. H., **Swarbrick, M. A.,** & Gill, K. J. (2014). [Promoting wellness of peer providers through coaching](https://doi.org/10.3928/02793695-20130930-03). *Journal of Psychosocial Nursing and Mental Health Services*, 52(1), 41–45. <https://doi.org/10.3928/02793695-20130930-03>
- Luciano, A., Drake, R. E., Bond, G. R., Becker, D. R., Carpenter-Song, E., Lord, S., **Swarbrick, M.,** Swanson, S. J. (2014). [Evidence-based supported employment for people with severe mental illness: Past, current, and future research](https://doi.org/10.3233/JVR-130666). *Journal of Vocational Rehabilitation*, 40(1), 1–13. <https://doi.org/10.3233/JVR-130666>
- Legere, L., Nemece, P. B., & **Swarbrick, M.** (2013). [Personal narrative as a teaching tool](https://doi.org/10.1037/prj0000030). *Psychiatric Rehabilitation Journal*, 36(4), 319–321. <https://doi.org/10.1037/prj0000030>
- Swarbrick, M. A.** (2013). [Integrated care: wellness-oriented peer approaches: a key ingredient for integrated care](https://doi.org/10.1176/appi.ps.201300144). *Psychiatric Services*, 64(8), 723–726. <https://doi.org/10.1176/appi.ps.201300144>
- Swarbrick, M. A.,** Cook, J., Razzano, L., Yudof, J., Cohn, J., Fitzgerald, C., ... Yost, C. (2013). [Health screening dialogues](https://doi.org/10.3928/02793695-20130930-02). *Journal of Psychosocial Nursing and Mental Health Services*, 51(12), 22–28. <https://doi.org/10.3928/02793695-20130930-02>
- Swarbrick, M.,** & Fitzgerald, C. (2012). [The Million Hearts™ initiative: why psychosocial nurses should care](https://doi.org/10.3928/02793695-20120410-05). *Journal of Psychosocial Nursing and Mental Health Services*, 50(5), 10–11. <https://doi.org/10.3928/02793695-20120410-05>

- Pratt, C. W., Lu, W., **Swarbrick, M.**, & Murphy, A. (2011). [Selective Provision of Illness Management and Recovery Modules](https://doi.org/10.1080/15487768.2011.622133). *American Journal of Psychiatric Rehabilitation*, 14(4), 245–258. <https://doi.org/10.1080/15487768.2011.622133>
- Swarbrick, M.**, D'Antonio, D., & Nemec, P. B. (2011). [Promoting staff wellness](https://doi.org/10.2975/34.4.2011.334.336). *Psychiatric Rehabilitation Journal*, 34(4), 334–336. <https://doi.org/10.2975/34.4.2011.334.336>
- Swarbrick, M.**, Murphy, A. A., Zechner, M., Spagnolo, A. B., & Gill, K. J. (2011). [Wellness coaching: a new role for peers](https://doi.org/10.2975/34.4.2011.328.331). *Psychiatric Rehabilitation Journal*, 34(4), 328–331. <https://doi.org/10.2975/34.4.2011.328.331>
- Swarbrick, M.**, & Roe, D. (2011). [Experiences and motives relative to psychiatric medication choice](https://doi.org/10.2975/35.1.2011.45.50). *Psychiatric Rehabilitation Journal*, 35(1), 45–50. <https://doi.org/10.2975/35.1.2011.45.50>
- Burke-Miller, J. K., **Swarbrick, M. A.**, Carter, T. M., Jonikas, J. A., Zipple, A. M., Fraser, V. V., & Cook, J. A. (2010). [Promoting self-determination and financial security through innovative asset building approaches](https://doi.org/10.2975/34.2.2010.104.112). *Psychiatric Rehabilitation Journal*, 34(2), 104–112. <https://doi.org/10.2975/34.2.2010.104.112>
- Caldwell, B. A., Sclafani, M., **Swarbrick, M.**, & Piren, K. (2010). [Psychiatric nursing practice and the recovery model of care](https://doi.org/10.3928/02793695-20100504-03). *Journal of Psychosocial Nursing and Mental Health Services*, 48(7), 42–48. <https://doi.org/10.3928/02793695-20100504-03>
- Swarbrick, M.**, & Moosvi, K. V. (2010). Wellness: A Practice for Our Lives and Work. *Journal of Psychosocial Nursing and Mental Health Services*, 48(7), 2–3. <https://doi.org/10.3928/02793695-20100602-99>
- Gill, K. J., Burns-Lynch, W., Murphy, A. A., & **Swarbrick, M.** (2009). [Delineation of the Job Role](https://doi.org/10.1080/07430160903283952). *Journal of Rehabilitation*, 75(3), 23–31.
- Gill, K., Murphy, A., Zechner, M., **Swarbrick, M.**, & Spagnolo, A. (2009). [Co-Morbid Psychiatric and Medical Disorders: Challenges and Strategies](https://doi.org/10.1080/07430160903283952). *Journal of Rehabilitation*, 75(3), 32–40.
- Roe, D., Goldblatt, H., Baloush-Klienman, V., **Swarbrick, M.**, & Davidson, L. (2009). [Why and how people decide to stop taking prescribed psychiatric medication: exploring the subjective process of choice](https://doi.org/10.2975/33.1.2009.38.46). *Psychiatric Rehabilitation Journal*, 33(1), 38–46. <https://doi.org/10.2975/33.1.2009.38.46>
- Swarbrick, M.**, Schmidt LT, & Pratt CW. (2009). [Consumer-operated self-help centers: environment, empowerment, and satisfaction](https://doi.org/10.3928/02793695-20090527-03). *Journal of Psychosocial Nursing & Mental Health Services*, 47(7), 40–47. <https://doi.org/10.3928/02793695-20090527-03>
- Swarbrick, M.** (2009). [Collaborative Support Programs of New Jersey](https://doi.org/10.1080/01642120903083952). *Occupational Therapy in Mental Health*, 25(3–4), 224–238. <https://doi.org/10.1080/01642120903083952>
- Swarbrick, M.** (2009). [Designing a Study to Examine Peer-Operated Self-Help Centers](https://doi.org/10.1080/01642120903083978). *Occupational Therapy in Mental Health*, 25(3–4), 252–299. <https://doi.org/10.1080/01642120903083978>
- Swarbrick, M.** (2009). [Does Supportive Housing Impact Quality of Life?](https://doi.org/10.1080/01642120903084133) *Occupational Therapy in Mental Health*, 25(3–4), 352–366. <https://doi.org/10.1080/01642120903084133>
- Swarbrick, M.** (2009). [Historical Perspective—From Institution to Community](https://doi.org/10.1080/01642120903083945). *Occupational Therapy in Mental Health*, 25(3–4), 201–223. <https://doi.org/10.1080/01642120903083945>
- Swarbrick, M.**, Bates, F., & Roberts, M. (2009). [Peer Employment Support \(PES\): A Model Created Through Collaboration Between a Peer-Operated Service and University](https://doi.org/10.1080/01642120903084075). *Occupational Therapy in Mental Health*, 25(3–4), 325–334. <https://doi.org/10.1080/01642120903084075>

- Swarbrick, M., & Ellis, J. (2009).** [Peer-Operated Self-Help Centers](https://doi.org/10.1080/01642120903083960). *Occupational Therapy in Mental Health*, 25(3–4), 239–251. <https://doi.org/10.1080/01642120903083960>
- Swarbrick, M., Roe, D., Yudof, J., & Zisman, Y. (2009).** [Participant Perceptions of a Peer Wellness and Recovery Education Program](https://doi.org/10.1080/01642120903084059). *Occupational Therapy in Mental Health*, 25(3–4), 312–324. <https://doi.org/10.1080/01642120903084059>
- Swarbrick, M., & Stahl, P. (2009).** [Wellness and Recovery Through Asset Building Services](https://doi.org/10.1080/01642120903084091). *Occupational Therapy in Mental Health*, 25(3-4), 335–342. <https://doi.org/10.1080/01642120903084091>
- Swarbrick, M., & Yudof, J. (2009).** [Words of Wellness](https://doi.org/10.1080/01642120903084158). *Occupational Therapy in Mental Health*, 25(3-4), 367–412. <https://doi.org/10.1080/01642120903084158>.
- Swarbrick, P., Hutchinson, D. S., & Gill, K. (2008).** [The Quest for Optimal Health: Can Education and Training Cure What Ails Us?](#) *International Journal of Mental Health*, 37(2), 69-88.
- Roe, D., & Swarbrick, M. (2007).** [A recovery-oriented approach to psychiatric medication: guidelines for nurses](#). *Journal of Psychosocial Nursing and Mental Health Services*, 45(2), 35–40.
- Swarbrick, M (2007).** [Consumer-operated self-help centers](https://doi.org/10.2975/31.1.2007.76.79). *Psychiatric Rehabilitation Journal*, 31(1), 76-79. <https://doi.org/10.2975/31.1.2007.76.79>.
- Swarbrick, M. & JR, G. H. B. (2006).** [Sharing the Message of Hope, Wellness, and Recovery with Consumers Psychiatric Hospitals](https://doi.org/10.1080/15487760600876196). *American Journal of Psychiatric Rehabilitation*, 9(2), 101-109. <https://doi.org/10.1080/15487760600876196>
- Swarbrick, M. (2006a).** [A wellness approach](https://doi.org/10.2975/29.2006.311.314). *Psychiatric Rehabilitation Journal*, 29(4), 311-314. <https://doi.org/10.2975/29.2006.311.314>
- Swarbrick, Margaret. (2006).** [Asset-building, financial self-management service model: piecing together consumer financial independence](#). *Journal Of Psychosocial Nursing And Mental Health Services*, 44(10), 22-26.
- Swarbrick P, & Pratt C. (2006).** [Consumer-operated self-help services: roles and opportunities for occupational therapists and occupational therapy assistants](#). *OT Practice*, 11(5), CE-2p.
- Swarbrick, M. (2004).** [A Cognitive Behavioral Treatment Program: Practical Considerations](https://doi.org/10.1080/15487760490476228). *American Journal of Psychiatric Rehabilitation*, 7(2), 193–199. <https://doi.org/10.1080/15487760490476228>
- Nolan C, & Swarbrick P. (2002).** [Supportive housing occupational therapy home management program](#). *Mental Health Special Interest Section Quarterly*, 25(2), 1–3.
- Refereed Original Article in Journal (continued):**
- Swarbrick, M., & Burkhardt, A. (2000).** [The spiritual domain of health](#). *Mental Health Special Interest Section Quarterly*, 23(1), 1–4.
- Swarbrick, M., & Duffy, M. (2000).** [A consumer run self-help program model](#). *Mental Health Special Interest Section Quarterly*, 23(1), 1–4.
- Gutman S., & Swarbrick P. (1999).** [The Multiple Linkages Between Childhood Sexual Abuse, Adult Alcoholism, and Traumatic Brain Injury in Women](https://doi.org/10.1300/J004v14n03_03). *Occupational Therapy in Mental Health*, 14(3), 33–65. https://doi.org/10.1300/J004v14n03_03
- Swarbrick, M (1997).** [A wellness model for clients](#). *Mental Health Special Interest Section Quarterly*, 20(1), 1–4.

Books

Swarbrick, M., & Schmidt, L. (Eds.). (2010). *People in Recovery as Providers of Psychiatric Rehabilitation Services: Building on the Wisdom of Experience*. Linthicum, MD: US Psychiatric Rehabilitation Assoc.

Book Chapters

Swarbrick, M. (2022). Chapter 63: Providing Wellness-Oriented Occupational Therapy Services for Persons with Mental Health Challenges., *Willard & Spackman Occupational Therapy*, 14th Edition. (Eds) Gillen & Brown. Lippincott Williams & Wilkins.

Swarbrick, M. (2022). Chapter 50.: **The Role of Occupational Therapy in Health Management.** *Willard & Spackman Occupational Therapy*, 14th Edition. (Eds) Gillen & Brown. Lippincott Williams & Wilkins.

Swarbrick, M. (2019). Chapter 30: Peer-led Services. In *Occupational Therapy in Mental Health: A Vision for Participation Second Edition*. (Eds). Brown, T. Stoffel, G. & Munoz, J.P. FA Davis.

Swarbrick, M. (2019). Chapter 48: Wellness. In *Occupational Therapy in Mental Health: A Vision for Participation Second Edition*. (Eds). Brown, T. Stoffel, G. & Munoz, J.P. FA Davis.

Swarbrick, M. (2018). Chapter 65: Providing Occupational Therapy Services for Persons with Major Mental Disorders: Promoting Recovery and Wellness. In eds Barbara A. Boyt Schell, *Willard & Spackman Occupational Therapy*, 13th Edition. Lippincott Williams & Wilkins.

Swarbrick, M. (2017). Peer-Led Treatment. **In A. Wenzel (Ed.),** *The SAGE encyclopedia of abnormal and clinical psychology* (pp. 2511-2512). Thousand Oaks, CA: SAGE Publications. doi: 10.4135/9781483365817.n1008

Book Chapters

Hutchinson, D., & **Swarbrick, M.** (2014). Wellness. In *Best Practices in Psychiatric Rehabilitation*, Eds Nemece, P., & Furlong-Norman, K. United States Psychiatric Rehabilitation Association.

Swarbrick, M., & Drake, R. (2013). Supported Housing, Socialization Education and Employment. In Eds. K. Yeager, D., Cutler, D. Svendsen, G. Sill, *Modern Community Mental Health: An Interdisciplinary Approach*. Oxford Press.

Ramsey, R., & **Swarbrick, M.** (2013). Providing Occupational Therapy Services for Persons with Psychiatric Disabilities. In eds Barbara A. Boyt Schell, *Willard & Spackman Occupational Therapy*, Twelfth Edition. Lippincott Williams & Wilkins.

McMahon, J., Hickey, M., & **Swarbrick, M.** (2012). Helping Couples Deal with Aging. In *Cognitive and Rational-Emotive Therapy for Couples*. Ed. A. Vernon. Springer.

Swarbrick, M. (2012). A Wellness Approach to Mental Health Recovery. In *Recovery of People with Mental Illness: Philosophical and Related Perspectives*. Abraham Rudnick,(ed). Oxford Press.

Swarbrick, M. (2011). Expertise from Experience: Mental Health Recovery and Wellness. In Eds. Graham, G., Thornicroft, G., Szmukler, G., Mueser, KT., & Drake, RE. *Oxford Textbook of Community Mental Health*. Oxford University Press.

Swarbrick, M. (2011). The lived Experience: Narratives through the Lens of Wellness. In *Serious Mental Illness: Patient Centered Approaches*. (Eds). Rudnick, A & Roe, D. Radcliffe Publishing.

Swarbrick, M. (2011). Self-help and Peer-delivered Services. In *Serious Mental Illness: Patient Centered Approaches*. (Eds). Rudnick, A & Roe, D. Radcliffe Publishing.

Solomon, P., Schmidt, L., **Swarbrick, M.**, & Mannion, E. (2011). Chapter 22. Innovative Programs for Consumer with Psychiatric Disabilities. In *Service Delivery for Vulnerable Populations: New Directions in Behavioral Health*, Eds. Steven A. Estrine, S., Hettenbach, R., Messina, M. *Springer Publishing*.

Swarbrick, M. (2010). People in Recovery as Leaders and Innovators. In *People in Recovery as Providers of Psychiatric Rehabilitation Services: Building on the Wisdom of Experience*. Swarbrick, M., Schmidt, L., & Gill, K. United States Psychiatric Rehabilitation Association.

Swarbrick, M. (2010) Peer-operated Service Model. In *Persons in Recovery as Providers of Psychiatric Rehabilitation Services: Building on the Wisdom of Experience*. (Eds). Swarbrick, M., Schmidt, L., & Gill, K. United States Psychiatric Rehabilitation Association.

Swarbrick, M., Madara, E., White, B., & Schmidt, L. (2010). People in Recovery as Members of Self-help Groups. In *People in Recovery as Providers of Psychiatric Rehabilitation Services: Building on the Wisdom of Experience*. (Eds). Swarbrick, M., Gill, K., & Schmidt, L. United States Psychiatric Rehabilitation Association.

Swarbrick, M., Bates, F, & Roberts, M. (2010). Peer Employment Support Model. In *People in Recovery as Providers of Psychiatric Rehabilitation Services: Building on the Wisdom of Experience*. (Eds). Swarbrick, M., Gill, K., & Schmidt, L. United States Psychiatric Rehabilitation Association.

Swarbrick, M. (2010). Chapter 3: Occupational focused Community Health and Wellness Programs. In *Occupational Therapy in Mental Health: Considerations for Advanced Practice*. (Ed). Scheinholtz, M. American Occupational Therapy Association (AOTA) Self-Paced Clinical Course.

Swarbrick, M. (2010). Chapter 15: Lived Experience: Recovery and Wellness Concepts for Systems Transformation. In *Occupational Therapy in Mental Health: Considerations for Advanced Practice*. (Ed). Scheinholtz, M. American Occupational Therapy Association (AOTA) Self-Paced Clinical Course.

Swarbrick, M. (2010). Consumer-operated Services. In *Occupational Therapy in Mental Health: A Vision for Participation*. (Eds). Brown, T. & Stoffel, G.

Swarbrick, P., Skelton, E., & Baron, R. (2007). Community Resources. In Salzer, M. *Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook*. United States Psychiatric Rehabilitation Association.

Reports and Manuals

Jonikas, J., Swarbrick, M. A., Arnold, K., Brice, G. H. Jr., Cook, J. A. & Nemeck, P. B. (2021) *Enhancing immune health*. Chicago, IL: University of Illinois at Chicago Center on Mental Health Services Research and Policy and Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M., Lundquist, M. C., Nemeck, P., Gould Fogerite, S., & Zechner, M. Pilch, E, Tonwsend, M. (2020). *Self-Care Program Implementation Manual*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M. A., & Nemeck, P. B. (2020). *PROUD 2B Well Manual- revised*. Freehold, NJ: Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M.A., & Nemece P. (2019). *Peer Support Wellness Promotion Toolkit-Revised*. Piscataway, NJ: Rutgers University Behavioral Health Care, Department of Practice Innovation and Wellness.

Lundquist, M. C., **Swarbrick, M.**, Gould Fogerite, S., Nemece, P., & Pilch, Ed. (2019). *A Self-Care Guide for Professional Caregivers*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Jonikas, J., Swarbrick, M. A., Cook, J. A. & Nemece, P. B. (2019) *Building Financial Wellness*. Chicago, IL: University of Illinois at Chicago Center on Mental Health Services Research and Policy and Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M.A., & Nemece, P. B. (2018). *Peer Support Specialist Health Promotion Toolkit*. Piscataway, NJ: Rutgers University Behavioral Health Care, Department of Practice Innovation and Wellness.

Cummings, C., **Swarbrick, M.**, McGrellis, K., Lacy, D., Mader, P., Tommasi, M. Wilson, B. (2018). *Training and Technical Assistance Report*. Piscataway Township, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M. (2018). *Peer Health Navigator Training Manual- Intensive Recovery Treatment Support (IRTS)*. Piscataway Township, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M., Gould Fogerite, S., and Verni, K. (2017). *Caregiver wellness: A self-care program focused on wellness, mindfulness, and gentle yoga*. Piscataway Township, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M., Jonikas, J., Yudof, J., Kenny, M., Cohn, J., Serrano, C., Yost, C., Razzano, L., & Cook, J. (2014). *Promoting Wellness for People in Mental Health Recovery A Step-by-Step Guide for Planning and Conducting a Successful Health Fair*. http://www.integration.samhsa.gov/health-wellness/wellness-strategies/UIC_CSPNJ_Health_Fair_Manual.pdf. University of Illinois at Chicago Center on Psychiatric Disability and Co-Occurring Medical Conditions and Collaborative Support Programs of New Jersey.

National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Technical Report "Consumer Involvement in State Operated Behavioral Health Services" (2010). Park, J., Allen, J., Radke, A. & technical writers Ruter, T & **Swarbrick, M.**

Cook, J., Burke-Miller, J., Jonikas, J., **Swarbrick, M.** (2010). *Asset Development Feasibility Project: Individual Development Account Programs for People with Psychiatric Disabilities*. Substance Abuse and Mental Health Services Administration.

Swarbrick, M. (2014). *Health Screening Module for Parachute New York City*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. & Nemece, P. (2013). *Health Literacy Training Manual*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. (2013). *Introduction to Wellness Coaching*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. (2013). *Health Navigator Training for Parachute New York City*. Collaborative Support Programs of New Jersey Inc.

Swarbrick, M. & Nemece, P. (2013). *Health Literacy Training Manual*. Collaborative Support Programs of New Jersey Inc.

Stengel, L., Mathai, C., Jiminez, O., & **Swarbrick, M.** (2012). *We Can Save: A Provider's Guide to Promoting Economic Self-Sufficiency, A Recovery-Oriented Approach*. New York Association of Psychiatric Rehabilitation Services & New York State Office of Mental Health.

Jiminez, O., Mathai, C., Stengel, L., **Swarbrick, M.**, Duffy, M., & Yudof, J. (2011). *We Can Save: A Workbook for People in Recovery Seeking Economic Self-Sufficiency*. New York Association of Psychiatric Rehabilitation Services & New York State Office of Mental Health.

Swarbrick, M., Parks, J., & Reidy, W. (October, 2011). *Behavioral Health Medications in Primary Care Settings*. Dialogue on Psychopharmaceuticals in Behavioral Healthcare, SAMHSA, CMHS.

Swarbrick, M. (2010). Wellness Coaching Supervisor Manual. Collaborative Support Programs of New Jersey.

Swarbrick, M., Garafano, J., Brice, G.H. Jr. (2007). *Recovery Network Resource Manual*. Collaborative Support Programs of New Jersey.

Swarbrick, M. & Garafano, J. (2007). *Peer Employment Support Train the Trainer Manual*. Collaborative Support Programs of New Jersey.

Other Publications

Swarbrick, M. & Brown, J. (2013). Forward for *Mental Health First Aid USA Manual*-revised edition. Mental Health Association of Maryland and National Council for Behavioral Health.

Swarbrick, M. (2006). Book Review- *On Our Own Together: Peer Programs for People with Mental Illness*, Sally Clay, Vanderbilt University Press (2005). *Psychiatric Rehabilitation Journal*, 30, (2), 158-59

Berg, J., Burkhardt, A., & **Swarbrick, M.** (June 5, 1997). A wellness model for cancer recovery. *OT Week*, 16-17.

Swarbrick, M. & Keenan (1992, July). A wellness model in acute care psychiatry. *International Occupational Therapy Trends Worldwide Conference Proceedings*. Dublin, Ireland: Laceyprint Publications

Swarbrick, M. (April 17, 1989). Newest side of AIDS: Aids Dementia Complex (ADC). *Advance for Occupational Therapists*.

SAMPLE PRESENTATIONS:

Sample of Invited Keynotes

Swarbrick, M. *The Journey to Wellness Guide: A New Recovery Tool*. Michigan Peer Conference Michigan Department of Health and Human Services. Michi Disability Rights Association. August 3 2022

Swarbrick, M: Wellness Self-Care for Peer Supporters and to Ensure Social Justice, Washington Peer Workforce Alliance, Washington State Health Authority, August 19, 2021

Swarbrick, M: Wellness in 8 D: A Framework for to Transform Lives, Services and Communities, RI Learning Communities: The Imani Breakthrough Recovery Project, Strengthening System of Care for People with HIV and Opioid Use Disorders, August 18, 2021

Swarbrick, M: Wellness Self-Care for Peer Supporters and to Ensure Social Justice, 15th Annual NYC Conference for Working Peer Specialists. July 22, 2021

Swarbrick, M: *The 8 Dimensions of Wellness: A Model to Enhance Recovery*, Oregon Center of Excellence for Assertive Community Treatment (OCEACT), 2021 Annual Statewide OCEACT Conference, June 17, 2021

Swarbrick, M: *The 8 Dimensions of Wellness: A Model to Enhance Resilience* Consumer Family Member Action Team (CFMAT) 1st Annual Peer Empowerment Conference, May 27, 2021

Swarbrick, M.: *Secret Sauce: How Peer Support Specialists Can Enhance Individualized Placement and Support (IPS) Fidelity*, Oregon Supported Employment Center for Excellence, IPS Conference, October 28, 2020

Swarbrick, M.: *Wellness Benefits of Work*, Tennessee Individualized Placement and Support (IPS) Conference, Tennessee Department of Mental Health and Substance Use Treatment, [Office of Wellness and Employment](#), September 18, 2020

Swarbrick, M. *8 Dimensions of Wellness*, National Alliance on Mental Illness New Jersey (NAMINJ) Annual Conference, December 5, 2019

Sample of Invited Panels

Swarbrick, M (June 14, 2022). Community Engaged Scholarship: Embracing Wellness & Co-production. (June 14, 2022. Community Engaged Scholarship: Best Practices to Promote Health Equity. New Brunswick NJ

Swarbrick, M., Smullen-Theiling, A., NJ DMHS 6th Annual Suicide Prevention Conference, *Trauma: The Hidden Face of Suicide*. Invited panelists for Unmaking the Trauma of Suicide, October 6, 2021

Invited Seminars

Brandow, C., Bauer, A., Digioia-Laird, V., & Swarbrick, M. (March 3, 2022). Culturally Driven Research Partnerships to Promote Wellness and Recovery Outcomes. Center of Alcohol & Substance Use Studies Education and Training Conference.

Sample of Invited Workshops

Jonikas, J.A. & Swarbrick, P. Supporting the Behavioral Health Workforce: Enhancing Immune Health and Wellness. Invited webinar, National Association of State Mental Health Program Directors, Technology Transfer Centers Information Exchange, July 27, 2022.

Swarbrick, M. Chrono, A., Brice G., Jones, N. From the Bottom all the Way to the Top: Building Financial Wellness. **2022 Annual Statewide OCEACT Conference**, June 15, 2022.

Swarbrick, M & McKernan Ace, D. **Creative Tools and Sensory Approaches to Build Wellness** Pennsylvania Association of Psychiatric Rehabilitation Conference April 28, 2022

Dick, L., & Swarbrick, M. Whimsical Wellness Strategies for Youth. Community Care Behavioral Health Organization, April 15, 2022

Brandow, C., Bauer, A., Digioia-Laird, V., & Swarbrick, M. (April 29, 2022). Culturally Driven Research Partnerships to Promote Wellness and Recovery Outcomes. Center of Alcohol & Substance Use Studies Education and Training Conference.

Brazeau, C, Ayyala, M, Chen, P, Swarbrick, M: *Creating a Culture of Peer Support for Physicians during COVID-19 using Synchronous and Asynchronous Virtual Peer Discussion Groups*, International Conference on Physician Health, Virtual Conference, April 26-30, 2021

Swarbrick, M. & Leitch, J.: *Best Practices for Recruiting and Retaining a Vibrant Peer Support Workforce*, New Jersey Association of Mental Health and Addiction Agencies Annual Conference: Reimaging Healthcare, October 30, 2020

Swarbrick, M. & Luna, V: *Financial Wellness*, New Jersey Association of Mental Health and Addiction Agencies Annual Conference: Reimaging Healthcare, October 29, 2020

Swarbrick, M. Wellness in 8D: A Lens to Build Resilience Magellan, January 27 2022

Swarbrick, M. (2022, February 4). Building a workplace wellness culture [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Nemec, P. & Swarbrick, M. (2022, January 7). Creating and sustaining wellness routines for work and home [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, December 3). Winter wellness planning [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, July 21). The 8 dimensions of wellness and social determinants of health: Prevention, treatment and recovery supports [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, July 14). You're muted: Engaging through telecommunication technologies [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Brice, G., Jr. (2021, April 14). Environmental wellness (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, March 18). Emotional wellness: It's more than mood (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, March 4). Emotional wellness: It's more than mood (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, February 18). Social wellness: Connecting is critical to health (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, February 4). Social wellness: Connecting is critical to health (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemec, P., & Brice, G., Jr. (2021, January 21). Intellectual wellness through a range of activities (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemec, P., & Brice, G., Jr. (2021, January 7). Intellectual wellness through a range of activities (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemec, P., & Brice, G., Jr. (2020, December 17). Spiritual wellness: A path to peace and contentment [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M. (2022, February 4). Building a workplace wellness culture [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Nemec, P. & Swarbrick, M. (2022, January 7). Creating and sustaining wellness routines for work and home [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2021, December 3). Winter wellness planning [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemec, P., & Brice, G., Jr. (2020, December 3). Winter wellness planning [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2020, November 19). Occupational wellness: The value of work and productive activity (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemec, P. (2020, November 5). Occupational wellness: The value of work and productive activity (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemec, P., & Brice, G., Jr. (2021, October 15). Financial wellness: An achievable goal (part 2) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., Nemec, P., & Brice, G., Jr. (2021, October 1). Financial wellness: An achievable goal (part 1) [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick M., Spagnolo, Smullen-Thieling A. Self-Care & Compassion for Our Everyday Lives. New Jersey Association of Mental Health and Addiction Agencies Annual Conference: IMCS Conference November 2021

Swarbrick, M. The 8 Dimensions of Wellness & Social Determinants of Health: Prevention, Treatment and Recovery Supports. New Jersey Psychiatric Rehabilitation Association Conference, November 2021

Swarbrick, M. The 8 Dimensions of Wellness & Social Determinants of Health: Prevention, Treatment and Recovery Supports. New Jersey Association of Mental Health and Addiction Agencies Annual Conference October 2021

Swarbrick, M., & Dick. Self-Care for Peer Supporters: Creative Approaches to Build Wellness. Washington Peer Workforce Alliance, Washington State Health Authority August 19, 2021

Swarbrick, M., & Nemecek, P. (2021, July 21). The 8 dimensions of wellness and social determinants of health: Prevention, treatment and recovery supports [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (2021, July 14). You're muted: Engaging through telecommunication technologies [Virtual conference presentation]. Behavioral Health Home Plus Conference, [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M & Tindle, J. Self-Care for Peer Supporters: Creative Approaches to Build Wellness. Louisiana Association of Substance Abuse and Counselor Training (LSACT'21) Virtual Conference, July 25, 2021

Swarbrick, M., & Dick, L.: Self-Care for Peer Supporters: Creative Approaches to Build Wellness. 15th Annual NYC Conference for Working Peer Specialists. July 22, 2021

Swarbrick, M.: Creating Wellness in Your Work and Life. Community Health Worker, Community Health Worker Association & Rhode Island College, June 25, 2021

Swarbrick, M & Armstrong, J.: *Structured and Creative Tools to Enhance Wellness*, OCEACT, 2021 Annual Statewide OCEACT Conference, June 17, 2021

Swarbrick, M. & Brandow, C.: *Take Charge! of Your Goals with Wellness Coaching*, New York Association of Psychiatric Rehabilitation Practitioners Conference, Sept 25, 2020

Swarbrick, M., & Nemecek, P.: *Fidelity to the Wellness Coaching Model*, Community Care Behavioral Health Organization Behavioral Health Home Plus Conference, July 17, 2020

Swarbrick, M., & Nemecek, P.: *Addressing the social determinants of health through the 8 dimensions of wellness*, Community Care Behavioral Health Organization Behavioral Health Home Plus Conference, July 10, 2020

Swarbrick, M., Nemecek, P., Brice, G.: *Wellness A Framework for Our Work & Lives*, Pennsylvania Association of Psychiatric Rehabilitation Conference, June 5, 2020

Swarbrick, M., & Nemecek, P.: *Wellness Self-Care During Crisis*, New York Association of Psychiatric Rehabilitation Practitioner Spring Conference, April 21, 2020

Swarbrick, M.: *Wellness During Crisis*, National Alliance on Mental Illness New Jersey (NAMINJ), April 15, 2020

Swarbrick, M., Nemecek, P., & Brice, G., Jr. (2020, September 17). Overview of wellness coaching [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

Swarbrick, M., & Nemecek, P. (2020, September 3). Wellness: A lens to build resilience [Wellness webinar series]. [Community Care Behavioral Health Organization, Pittsburgh, PA, United States.](#)

A listing of invited keynotes, workshops, and panels prior to 2020 is available upon request.