



Laysha Ostrow, PhD.

Chief Executive Officer

laysha@livelearninc.net | (805) 900-7610 | www.livelearninc.net

Profile

Laysha Ostrow conducts research on the intersection of mental health and employment, including the peer support workforce and disability entrepreneurship. She is passionate about strategies to promote decent work for marginalized workers with disabilities. Dr. Ostrow has first-hand lived experience of the special education, Social Security disability, family court and psychiatric systems and is driven by a mission to conduct research that advances the use of evidence-based practices in real-world settings.

Project Experience and Research Support

The Reclaiming Employment Journey: An RCT of Business Coaching and Education for Self-Employed Individuals with Psychiatric Disabilities

Dates: **2023 – 2026**

Role: PI

Funder: National Institute on Disability, Independent Living, and Rehabilitation Research

Description: Over the course of this three-year project, Live & Learn, Inc., and Stakeholder Consultants will implement and test personalized business coaching as an addition to the existing *Reclaiming Employment*[™] platform using evidence-based business coaching and peer support practices.

Reclaiming Employment is an interactive online platform that supports people with psychiatric disabilities to pursue self-employment/entrepreneurship through flexible, self-paced courses, a library of curated business resources, and a community support forum. The goal of this project is to perform a three-arm randomized control trial to ensure that a more intensive, individualized model of business start-up support is justified before scaling up. Anticipated outcomes include developing an evidence-based model of peer-to-peer business coaching that can be adopted by the target population and service systems.

\$600,000

Elevate, Evaluate: Self-evaluation Resource for Behavioral Health Community-Based Organizations

Dates: **2022 – 2023**

Role: PI

Funder: National Institute on Disability, Independent Living, and Rehabilitation Research

Education

Doctor of Philosophy (PhD), Mental Health

Johns Hopkins
Bloomberg School of
Public Health
Baltimore, MD
2014

Master of Public Policy, Behavioral Health

Brandeis University
Heller School for
Social Policy and
Management
Waltham, MA
2010

Bachelor of Science, Psychology

Lesley University
Cambridge, MA
2006

Professional Experience

Founder and Chief Executive Officer

Live & Learn, Inc.,
Morro Bay, CA.
2014-Present

Visiting Professional
Department of
Psychiatry
University of
California San
Francisco
San Francisco, CA
2014 – Present

Description: During this six-month project, Live & Learn, Inc. and partners will determine the scientific merit and technical feasibility of an affordable, online capacity-building platform to provide evaluation technical assistance for small community-based organizations (CBOs). The goal of this project is to improve community living and participation by developing critical infrastructure tools for evaluation research that can be used to improve services and supports for, and outcomes of, people with psychiatric disabilities. The objectives are: 1) Determine user needs, demands, competencies, and preferences; 2) Develop a content architecture strategy; 3) Design a computer-based prototype for development in Phase II. This platform will support CBOs in developing the competencies, systems, and capabilities to conduct a program self-evaluation. Providing these programs with tools and methods that support high-quality program evaluation activities will result in new knowledge, services, and products that better address the needs of individuals with psychiatric disabilities.

\$100,000

Reclaiming Employment: Self-Employment Resources for Mental Health Service Users

Funder: **National Institute on Disability, Independent Living and Rehabilitation Research**

Dates: **2020 – 2023**

Role: PI

Description: The goal of this project is to develop and evaluate a public-facing online platform, *Reclaiming Employment*[™], that provides support for individuals with psychiatric disabilities to pursue self-employment and entrepreneurship. The aim of *Reclaiming Employment*[™] (RE) is to improve employment and workforce participation outcomes by increasing competencies for individuals with psychiatric disabilities who wish to become self-employed, and ability to sustain and grow for those already operating small businesses. Project objectives include: (1) Complete and implement a full-scale prototype of the RE platform; (2) test the full-scale RE prototype to assess user experiences and outcomes; and (3) refine the RE technology transfer plan in collaboration with research partners. Project outcomes include a full-featured platform with empirical evidence ready for broader adoption by the target population and service systems, as well as a technology transfer plan.

\$600,000

Career Outcomes for Certified Peer Specialist Graduates with Psychiatric Disabilities

Funder: **National Institute on Disability, Independent Living and Rehabilitation Research**

Dates: **2019 – 2022**

Professional Experience

Adjunct Professor

School of Community and Global Health,
Claremont Graduate University
Claremont, CA
2018-2022

Visiting Professional

Institute for Research on Labor and Employment
University of California Los Angeles
Los Angeles, CA
2015

Research Coordinator

Cambridge Health Alliance, Child & Adolescent Neuropsychiatric Research Program
Cambridge, MA
2005-2006

Research Assistant

Cambridge Health Alliance, Department of Psychiatry, Family Pathways Project
Somerville, MA
2004-2005

Role: PI

Description: This three-year, national study of employment outcomes of individuals who have obtained a certified peer specialist (CPS) credential will examine how the CPS certification process contributes to new graduates' employment outcomes and opportunities for career advancement, regardless of whether they work in peer support. Using an observational prospective cohort study design, we will recruit and follow a sample of 675 working age adults who recently received a CPS in one of six U.S. states to address the following research objectives: What characterizes employment outcomes after certification as a peer specialist; To what extent are employment outcomes associated with peer specialist graduates' local labor markets?; How does certification impact peer specialist graduates' psychological and economic outcomes?

\$600,000

Reclaiming Employment Resources for Mental Health Service Users

Funder: **National Institute on Disability, Independent Living and Rehabilitation**

Research

Dates: **2018 – 2019**

Role: PI

Description: This Small Business Innovation Research (SBIR) grant will support the development of a Phase I prototype for *Reclaiming Employment*. *Reclaiming Employment* is an online capacity-building program with a goal to promote self-sufficiency and empowerment by preparing individuals with psychiatric histories for self-employment. Reclaiming Employment will provide access to resources to which may not otherwise be available, featuring resource links ("Library"), educational courses ("Courses"), and social support functions ("Social") related to starting and sustaining a small business as a self-employed individual with a psychiatric disability.

\$100,000

Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities

Funder: **National Institute on Disability, Independent Living and Rehabilitation**

Research

Dates: **2018 – 2023**

Role: Co-investigator

Description: As part of Temple University's Rehabilitation Research and Training Center (RRTC), serve as a co-investigator on two research projects. The first project involves a study of an intervention to enhance college student success in Years 1-3. The second study involves an internet-based peer support study to enhance community living and participation in Years 3-5.

\$110,000

Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities

Funder: **National Institute on Disability, Independent Living and Rehabilitation**

Research

Dates: **2017 – 2018**

Role: Co-Investigator (PI: Salzer, Mark)

Description: As part of Temple University's Rehabilitation Research and Training Center (RRTC), co-authored a study on personal and environmental factors determining child protective services

(CPS) involvement of parents with mental disorder diagnoses, including parenting resiliency, protective factors, and environment barriers that result in CPS involvement. Developed scientific hypotheses; collaborated on analytic methods; interpreted and wrote results for publication.
\$22,000

The Workers with Psychiatric Disabilities and Self-Employment through Microenterprises

Funder: **National Institute on Disability, Independent Living and Rehabilitation Research**

Dates: **2016 – 2017**

Role: PI

Description: This research project examines self-employment and microenterprise (“small business”) ownership as a strategy to improve career and financial outcomes for individuals with psychiatric disabilities. The main project activities are 1) to conduct an environmental scan by collecting and synthesizing information from literature, policy analyses, and key informants; 2) to collect survey data from self-employed individuals who operate microenterprises to understand their personal histories, experiences of work, and business strategies.

\$70,000

The Psychiatric Medication Discontinuation/Reduction

Funder: **Foundation for Excellence in Mental Health Care**

Dates: **2015 – 2018**

Role: PI

Description: This pilot study examines the process and strategies of discontinuing psychotropic medications, with the aim of understanding what helps or prevents people from stopping their psychiatric medications if they choose to do so. The study involves a web-based survey of U.S. adults. The goal is to develop more in-depth and robust research funded by larger research grants in the future.

\$60,000

Stakeholder Advocacy Measurement and Monitoring Strategy

Funder: **California Mental Health Services Oversight and Accountability Commission**

Dates: **2015 – 2016**

Role: PD

Description: In partnership with the California Association of Mental Health Peer-Run Organizations (CAMHPRO), this project explored potential strategies to measure and monitor the impact of stakeholder advocacy – particularly by people with lived experience of the mental health system – on decisions affecting the public mental health system in California.

The team pursued a two-part strategy: 1) Conduct a literature review of existing methods and 2) Pilot test a survey data collection method that could be used by the state in future evaluations of advocacy activities. We then made recommendations to the state Mental Health Services Oversight and Accountability Commission on a strategy.

\$40,000

Child Mental Health Services and Service Systems Training Grant

Funder: **National Institute of Mental Health**

Dates: **2010-2015**

Role: Pre-/Post-Doctoral Fellow (PI: Leaf, Philip)

Description: This pre- and post-doctoral training program trains scientists to conduct research from a public health perspective concerning factors that affect the organization, implementation, and outcomes of mental health services and preventive interventions. The grant supported both research time for dissertation study and coursework and related requirements for attendance and completion of a doctoral degree, as well as postdoctoral research, publication of papers from the dissertation, and development of grant applications by the fellow for independent research while stationed in the Department of Psychiatry at UCSF.

Lived Experience Research Network

Funder: **Foundation for Excellence in Mental Health Care**

Dates: **2013-2014**

Role: Co-PI

Description: Supported the Lived Experience Research Network in projects and initiatives related to research that informs advocacy and involves community members and stakeholders. Raised money through fundraising and grant-writing to obtain matching funds and decided on priorities for projects to carry out under the grant. Conducted projects related to consumer engagement in research, dissemination of research study results, and discrimination in higher education against students with psychiatric disabilities.

\$50,000

Disability Research Consortium

Funder: **Social Security Administration**

Dates: **2013**

Role: Dissertation Fellow (PI: Stapleton, David)

Description: The Disability Research Consortium (DRC) is dedicated to building the evidence base needed for policy changes to the disability support system. The fellowship award was made under the DRC to conduct data analyses and dissemination of results of data collected from April-October 2012 as part of the National Survey of Peer-Run Organizations.

\$10,000

National Survey of Peer-Run Organizations

Funder: **Center for Mental Health Initiatives, Johns Hopkins University**

Dates: **2012-2014**

Role: PI

Description: The overall goal of the study was to conduct a survey of peer-run organization and consumer-operated service programs. Developed project idea and wrote grant application; developed and carried out the project, including allocation of resources for instrument design, recruitment, analysis, and stakeholder engagement.

\$20,050

The Effects of Perceived Cultural Responsiveness and Technical Quality of Care on Perceived Overall Quality of Care

Funder: **Robert Wood Johnson Foundation**

Dates: **2008-2010**

Role: Project Coordinator (PI: Leff, H. Stephen)

Description: This project studied the relationship between Perceived Overall Quality of Care (POQC) and Technical Quality of Care (TQC) for quality of care for depression and other major mental illnesses in four sample populations (Haitians, Portuguese-speakers (mostly Brazilian), Hispanics/Latinos, and African Americans). Coordinated and co-wrote grant proposal; designed recruitment protocols and qualitative interview instrument, organized data collection and supervised project staff.

\$100,000

Peer-Reviewed Publications

- Ostrow L.,** M. P, Burke-Miller JK, Robinett K, Nemec PB. (in press). Reclaiming Employment: A pilot study of online entrepreneurship training for individuals with psychiatric disabilities. *Journal of Vocational Rehabilitation*.
- Ostrow, L.,** Cook, J.C., Salzer, M., Pelot, M., Burke-Miller, J. (2023). Employment of Certified Peer Specialists in Mental Health Professional Shortage Areas. *Administration and Policy in Mental Health and Mental Health Services Research*. Published online <https://doi.org/10.1007/s10488-023-01318-2>
- Ostrow, L.,** Cook, J.C., Salzer, M., Pelot, M., Burke-Miller, J. (2023). Multi-State Survey of Wages and Financial Well-Being of Mental Health Peer Specialists. *Journal of Vocational Rehabilitation*. Published online <https://content.iospress.com/articles/journal-of-vocational-rehabilitation/jvr230021>
- Siantz, E., Pelot, M., **Ostrow, L.** (2023). ‘Once a peer always a peer’ A qualitative study of peer specialist experiences with employment following certification. *Psychiatric Rehabilitation Journal*, 46(3):216-222 <https://doi.org/10.1037/prj0000569>
- Ostrow, L.,** Cook, J.C., Salzer, M., Pelot, M., Burke-Miller, J. (2022). Predictors of Worklife Burnout Among Mental Health Certified Peer Specialists. *American Journal of Orthopsychiatry*. Published online <https://doi.org/10.1037/orto000645>
- Ostrow, L.,** Cook, J.C., Salzer, M., Pelot, M., Burke-Miller, J. (2022). Employment outcomes after certification as a behavioral health peer specialist in four U.S. states. *Psychiatric Services*. Published online <https://ps.psychiatryonline.org/doi/10.1176/appi.ps.202100651>
- Darrow, S., Pelot, M., Naeger, S. & **Ostrow, L.** (2022). User perspectives on professional support and service use during medication discontinuation. *Community Mental Health Journal*. Published online <https://link.springer.com/article/10.1007/s10597-021-00933-3>
- Pelot, M. & **Ostrow, L.** (2021). Characteristics of Peer Respite in the United States: Expanding the Continuum of Care for Psychiatric Crisis. *Psychiatric Rehabilitation Journal*. Published online in advance <https://doi.org/10.1037/prj0000497>
- Ostrow, L.,** Burke-Miller, J., Blyler, C., Pelot, M. (2021). Supporting Business Owners With Psychiatric Disabilities: An Exploratory Analysis of Challenges and Supports. *Psychiatric Rehabilitation Journal*. Published online in advance <https://doi.org/10.1037/prj0000467>
- Penney, D., **Ostrow, L.,** Burke-Miller, J. (2021). Development and Properties of a Scale Designed to Assess Core Competencies in Intentional Peer Support. *Psychiatric Rehabilitation Journal*. Published online in advance <https://doi.org/10.1037/prj0000463>
- Croft, B., Weaver, A., **Ostrow, L.** (2020). Self-Reliance and Belonging: Guest Experiences of a Peer Respite. *Psychiatric Rehabilitation Journal*. Published online in advance July 1, 2020. <https://psycnet.apa.org/doi/10.1037/prj0000452>

- Ostrow, L.**, Kaplan, K., Zisman-Ilani, Y., Brusilovsky, E., Smith, C., Salzer, M. (2020). Risk Factors Associated with Child Protective Service Involvement Among Parents with A Serious Mental Illness. *Psychiatric Services*. <https://doi.org/10.1176/appi.ps.202000036>
- Ostrow, L.**, Croft, B., Weaver, A., & Naeger, S. (2019). An exploratory analysis of the role of social supports in psychiatric medication discontinuation. Published online May 20, 2019. <https://www.tandfonline.com/doi/full/10.1080/17522439.2019.1615110>
- Croft, B., Battis, K., **Ostrow, L.** & Salzer, M. (2019). Service Costs and Mental Health Self-Direction: Findings from Consumer Recovery Investment Fund Self-Directed Care. Published online May 9, 2019. <https://www.ncbi.nlm.nih.gov/pubmed/31070443>
- Siantz, E. & **Ostrow, L.** (2019). Attitudes of mental health peer-run organizations towards health homes: Recommendations for policy and practice. *Community Mental Health Journal*, Published online ahead of print January 9, 2019. <https://link.springer.com/article/10.1007%2Fs10597-019-00366-z>
- Ostrow, L.**, Smith, C., Penney, D., & Shumway, M. (2018). "It Suits My Needs": Self-Employed Individuals with Psychiatric Disabilities and Small Businesses. *Psychiatric Rehabilitation Journal*, Published online ahead of print December 20, 2018. <https://doi.org/10.1037/prj0000341>
- Ostrow, L.**, Nemec, P. & Smith, C. (2018). Self-employment for People with Psychiatric Disabilities: Advantages and Strategies. *Journal of Behavioral Health Services & Research*, Published online ahead of print May 29, 2018 https://link.springer.com/article/10.1007/s11414-018-9625-8?wt_mc=Internal.Event.1.SEM.ArticleAuthorOnlineFirst
- Ostrow, L.**, Jessell, J., Hurd, M., Darrow, S., & Cohen, D. (2017). Discontinuing psychiatric medications: A survey of long-term users. *Psychiatric Services*, Published online ahead of print July 15, 2017. <http://ps.psychiatryonline.org/doi/10.1176/appi.ps.201700070>
- Ostrow, L.**, Penney, D., Leaf, P.J., & Stuart, E.S. (2017). Web-based survey data collection with peer support and advocacy organizations: Implications of participatory methods. *Progress in Community Health Partnerships: Research, Education, and Action*, 11(1), Spring 2017. <http://muse.jhu.edu/article/661291>
- Croft, B., **Ostrow, L.**, Italia, L., Bernard, A., Jacobs, Y. (2016). Peer interviewers in mental health services research. *The Journal of Mental Health Training, Education and Practice*, 11(4), 234-243. <http://dx.doi.org/10.1108/JMHTEP-02-2016-0012>
- Rodriguez, M., **Ostrow, L.**, & Kemp, S. (2016). Scaling up social problems: Strategies for solving social work's grand challenges. *Research on Social Work Practice*. http://rsw.sagepub.com/content/early/2016/07/11/1049731516658352.full.pdf?ijkey=4eGfi_tnbzUn65QP&keytype=finite
- Leff, H.S., Chow, C., Wieman, D.A., **Ostrow, L.**, Cortes, D.E., & Harris, T. (2016). Measurement of perceived and technical quality of care for depression in racially and ethnically diverse groups. *Journal of Immigrant and Minority Health*, Published online February 9, 2016, 1-9 <http://link.springer.com/article/10.1007%2Fs10903-015-0286-x>
- Ostrow, L.**, Steinwachs, D., Leaf, P.J., & Naeger, S. (2015). Medicaid reimbursement of mental health peer-run organizations: Results of a national survey. *Administration and Policy in Mental Health*. Published online July 29, 2015. <http://link.springer.com/article/10.1007/s10488-015-0675-4/fulltext.html>

- Ostrow, L. & Croft, B. (2015).** Peer respites: A research and practice agenda. *Psychiatric Services*, Published online ahead of print March 1, 2015.
<http://dx.doi.org/10.1176/appi.ps.201400422>
- Ostrow, L. & Hayes, S. (2015).** Non-profit development and leadership by people with lived experience: Characteristics of mental health peer-run organizations nationwide. *Psychiatric Services*, Published online ahead of print February 2, 2015.
<http://dx.doi.org/10.1176/appi.ps.201400080>
- Ostrow, L., Manderscheid, R., & Mojtabai, R. (2014).** Stigma and difficulty accessing medical care in a sample of adults with serious mental illness. *Journal of Health Care for the Poor and Underserved*, 25(4), 1956-1965. <http://doi.org/10.1353/hpu.2014.0185>
- Ostrow, L. & Leaf, P.J. (2014).** Improving capacity to monitor and support sustainability of mental health peer-run organizations. *Psychiatric Services*, 65(2), 239-241.
<http://ps.psychiatryonline.org/doi/pdf/10.1176/appi.ps.201300187>
- Ostrow, L. & Adams, N. (2012).** Recovery in the USA: From politics to peer support. *International Review of Psychiatry*, 24(1), 70-78.
<http://ps.psychiatryonline.org/doi/pdf/10.1176/appi.ps.201300187>
- Ostrow, L. & Manderscheid, R. (2010).** Medicare mental health parity: A high potential change that is long overdue. *Journal of Behavioral Health Services & Research*, 37(3), 285-290.
<http://link.springer.com/article/10.1007%2Fs11414-009-9197-8>
- Ostrow, L. & Manderscheid, R. (2009).** Medicare and mental health parity. *Health Affairs*, 28(3), 922. <http://content.healthaffairs.org/content/28/3/922.1.full>

Book Chapters and Technical Reports

- Ostrow L., Robinett K., Pelot M., Hubbard M., Burke-Miller J. (2023).** Preliminary Results from the Reclaiming Employment Pilot Study. Morro Bay, CA: Live & Learn, Inc.
<https://livelearninc.net/reclaiming-employment>
- Ostrow, L. & Pelot, M., (2019).** Results from the 2018 Peer Respite Essential Features Survey Guest Stay Policies Report: Capacity, Activities, Eligibility. San Luis Obispo, CA: Live & Learn, Inc. <https://livelearninc.net/s/PREF-2018-GUEST-STAY-Report.pdf>
- Ostrow, L. & Pelot, M., (2019).** Results from the 2018 Peer Respite Essential Features Survey Program Operations Report: Funding, Staffing, Evaluation. San Luis Obispo, CA: Live & Learn, Inc. <https://livelearninc.net/s/PREF-2018-OPERATIONS-Report.pdf>
- Ostrow, L. (2017).** Planning for the Future: Growth-Oriented Entrepreneurship: Results of the Self-Employment Starts with You Study. <http://www.livelearninc.net/s/SESY-3-Growth-Oriented-Entrepreneurship-rhng.pdf>
- Ostrow, L. & Croft, B. (2017).** *Guidebook for Peer Respite Self-Evaluation: Practical Steps and Tools*. San Luis Obispo, CA: Live & Learn, Inc. <http://www.peerrespite.net/toolkit>
- Ostrow, L. & Croft, B. (2016)** *Results from the 2016 Peer Respite Essential Features Survey*. San Luis Obispo, CA: Live & Learn, Inc. http://www.peerrespite.net/s/PREF-Report-050516_FINAL.pdf
- Ostrow, L. & Croft, B. (2014)** *Toolkit for evaluating peer respites*. Lawrence, MA: National Empowerment Center. http://www.peerrespite.net/s/Peer-Crisis-Respite-Toolkit_FINAL-fpjd.pdf
- Jones, N, **Ostrow, L., Kelly, T. (2014)** *User/survivor leadership & capacity-building in research*. (White paper from the Promoting Engagement Practices in Peer Evaluation/Research

(PEPPER) project). Albany, NY: Mental Health Empowerment Project.

<https://livedexperianceresearchnetwork.files.wordpress.com/2015/05/pepper-white-paper-final.pdf>

Leaf, P.J, **Ostrow, L.**, Manderscheid, R., Shern, D. & Eaton, W.W. (2012). *Progress made but much more to be done*. In W.W. Eaton (Ed.), *Public Mental Health*. New York: Oxford University Press.

<http://www.oxfordscholarship.com/view/10.1093/acprof:oso/9780195390445.001.0001/acprof-9780195390445-chapter-18>

Ostrow, L. (2010). *A Case Study of the Peer-Run Crisis Respite Organizing Process in Massachusetts*. Master's project, Brandeis University Heller School for Social Policy and Management, Waltham, MA. Retrieved from

http://www.livelearninc.net/s/Ostrow_Groundhogs-case-study.pdf

Leff, H.S., Hughes, D.R., Chow, C.M., Noyes, S., & **Ostrow, L.** (2010). A mental health allocation and planning simulation model: A mental health planner's perspective. In Y. Yih (Ed.) *Handbook of Healthcare Delivery Systems*. New York, NY: Taylor & Francis Group.

<http://www.crcpress.com/product/isbn/9781439803332>

Leff, H.S., **Ostrow, L.** & Chow, C. (2007) *"Whatever It Takes": A Report on the California Mental Health Services Act*. Cambridge, MA: Human Services Research Institute.

Government and Community Service

CARE Act Data Collection, Reporting & Evaluation Ad Hoc Group

Working Group Member, (2023-)

SCORE San Luis Obispo California Chapter

Small Business Mentor, (2022-2023)

California Mental Health Services Oversight and Accountability Commission

Member, Evaluation Committee, (2020-2022)

Foundation for Excellence in Mental Health Care

Vice Chair, Board of Directors, (2018-2020)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Panelist, Developing a Measurement Strategy for Trauma-Informed Change in Organizations, (2018)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Panelist, Optimizing Data Collection by Peer-Operated Programs for Mental Health and Co-Occurring Conditions, (2017)

California Mental Health Services Oversight and Accountability Commission

Member, Client and Family Leadership Committee, (2017-2018)

Disability Rights California

Member, Alternatives to Restraint and Seclusion in Schools Coalition, (2017)

California Health Facilities Financing Authority (CHFFA)

Invited Speaker, Peer Respite Programs for the Investment in Mental Health Wellness Grant Program, (2015)

U.S. Senate Health, Education, Labor, and Pensions (HELP) Committee

Invited Speaker, Promoting College Access and Success for Students with Disabilities: Reauthorization of the Higher Education Act, (2014)

Mental Health Association San Francisco

Member, Advisory Council, (2013-2015)

National Institute of Mental Health

Member, Alliance for Research Progress, (2013-2014)

On Our Own of Frederick

Member, Advocacy Council, (2013-2014)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Member, Wellness Research and Evaluation Subcommittee, (2011-2013)

Protection & Advocacy for Individuals with Mental Illness

Member, Advisory Council, (2009-2010)

Cascap, Inc.

Member, Human Rights Committee, (2008-2009)

Selected Consulting and Advising

Early Implementation of California's Peer Support Specialist Certification Program,

RAND Corporation, *Research Quality Assurance Reviewer*, (2024)

Fulbright Postdoctoral Scholarship, Yale University /RMIT Australia

Research Advisory Panel Member, (2017-2018)

Mental Health Self-Direction National Advisory Committee, HSRI

Research Advisory Panel Member, (2017-2018)

Increasing Community Participation Among Adults with Psychiatric Disabilities

Through Intentional Peer Support, Advocates for Human Potential, Inc.

Research Advisory Panel Member, (2016-2018)

Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities,

Temple University

Steering Committee Member, (2016-2023)

National Center for Trauma-Informed Care, Alexandria, VA

Advise on evaluation of the impact of technical assistance on organizational practices, (2016)

Foundation for Excellence in Mental Health Care, Portland, OR

Scientific Advisory Council Coordinator, (2014)

University of California San Diego, Los Angeles, CA

Consultation on evaluation of Los Angeles peer respites, (2013)

Community Access, New York, NY

Consultation on peer support and advocacy training and programs, (2013)

Nathan Kline Institute, Orangeburg, NY

Consultation on implementation and evaluation of Parachute NYC, (2013)

On Our Own of Maryland, Baltimore, MD

Assistance on evaluation of cultural competency of wellness & recovery centers, (2013-2012)

Invited Presentations and Panels

Ostrow, L. (2023, November). *Striving and Thriving Among Certified Peer Specialists*. Substance Abuse and Mental Health Services Administration (SAMHSA), Office of Recovery webinar. <https://www.youtube.com/watch?v=FosEPz3HwKA>

Ostrow, L. (2022, September). *Supporting Business Owners With Psychiatric Disabilities: An Exploratory Analysis of Challenges and Supports*. Boston University Center for Psychiatric Rehabilitation 'Making Sense of Research' Series.

- Ostrow, L.** (2022, March). *Reclaiming Employment: Self-employment support, Overcoming mental health-related challenges around work*. Doors to Wellbeing Peer Specialist Webinar Series.
- Caplan, L., Farkas, M., **Ostrow, L.**, Blanck, P. & Houghton, J. (2020, October). “*Looking Forward After Looking Back*”: Promising New Research Innovations in Disability Employment. A National Disability Employment Awareness Month (NDEAM) Virtual Event Employment Innovation: Improving Work for People with Disabilities. Panel presentation National Institute of Disability, Independent Living, and Rehabilitation Research, Washington, DC.
- Ostrow, L.** (2017, November). *Self-Employment by Individuals with Psychiatric Disabilities: Opportunities and Challenges in Entrepreneurship*. Presentation to Administration for Community Living, Washington, DC.
- Ostrow, L.** (2016, November). *Peer support: Leveraging Lived Experience into Cultures of Wellness*. The 32nd Rosalynn Carter Symposium on Mental Health Policy, Carter Center Mental Health Task Force, Atlanta, GA.
- Ostrow, L.** (2016, October). *Integrating Research & Advocacy into Public Mental Health Systems*. Peer Advisory and Advocacy Team (PAAT) General Meeting, San Luis Obispo, CA.
- Ostrow, L.** (2016, September). *Peer Respite: A National Perspective*. Milwaukee Mental Health Task Force Karen Avery Award and Peer Respite Forum, Milwaukee, WI.
- Ostrow, L.** (2015, December). *Participatory Policy Research with Mental Health Services Users*. University of New Mexico Department of Psychiatry and Behavioral Sciences Grand Rounds, Albuquerque, NM.
- Jacobs, Y., Myrick, K., **Ostrow, L.** & Vega, E. (2013, November). *Peer Respite Centers*. Roundtable Discussion at the Mental Health Services Oversight and Accountability Commission (MHSOAC), Sacramento, CA.
- Ostrow, L.** (2013, November). *Peer Respite Programs and Peer-Driven Crisis Supports for Mental Health: Programs and Findings in Innovative Support Services*. Featured presentation at Community Forum Presented by the Mental Health Association of San Francisco, San Francisco, CA.
- Dykens, E., Hyman, S., Insel, T., **Ostrow, L.** & Volkow, N. (2013, October). *Pushing Back the Frontiers of Knowledge: Research into Mental Illness, Substance Use Disorders, and Intellectual and Developmental Disabilities*. Panel discussion at the Kennedy Forum, Boston, MA.
- Ostrow, L.** (2012, June). *Using Peers as the Path to Crisis Care*. Presentation at the On Our Own of Maryland 2012 Annual Conference, Rocky Gap, Maryland.
- Ostrow, L.** (2010, February). *Peer-Run and Delivered Mental Health Services*. Presentation at 2011 ISCTM National Mental Health Research-to-Policy Forum, Washington, DC.

Selected Conference Presentations and Posters

- Ostrow, L.** (2019, October). *Reclaiming Employment: Make your journey your business*. International Association of Peer Supporters annual meeting, San Diego, CA.
- Ostrow, L.** (2018, May). *Entrepreneurship as a pathway to improved employment for individuals with psychiatric disabilities*. 24th NIMH Mental Health Services Research Conference, Rockville, MD.

- Ostrow, L.** (2017, May). *Self-Employment Starts with You: Opportunities and Challenges in Entrepreneurship by Individuals with Psychiatric Disabilities*. Workshop at the California Association of Social Rehabilitation Agencies (CASRA) Spring Conference, Concord, CA.
- Harris, L., **Ostrow, L.**, Long, L., Daly, J. & Hendry, P. (2015, May). *Second Generation Collaborations: Curing the Ailment of Politics in Psychiatric Treatment*. Panel at the 168th American Psychiatric Association Annual Meeting, Toronto, ON.
- Croft, B., Hughes, D., **Ostrow, L.**, Chambers, R., & Blyler, C. (2014, November). *Peer-Led, Person-Centered, and Self-Directed Approaches in Behavioral Health: Recent Innovations and Relevance to Health Reform*. Panel presentation at the American Public Health Association 142nd Meeting and Exhibition, New Orleans, LA.
- Ostrow, L.**, Fisher, D., Frank, R., Davidow, S. & Leaf, P. (2013, November). *Peer-Run Organizations and the Affordable Care Act: Research, Policy and Practice Perspectives*. Panel presentation at the American Public Health Association 141st Meeting and Exhibition, Boston, MA.
- Campbell, J., **Ostrow, L.**, Child, B. & Dech, E. (2013, December). *Advocacy and Research Hand-in-Hand*. Workshop at the SAMHSA Alternatives 2013 Conference, Austin, TX.
- Ostrow, L.** (2012, October). *Peer-Run Respite in the Continuum of Care*. Poster presented at the American Public Health Association 140th Meeting and Exhibition, San Francisco, CA.
- Blyler, C., Lupton, C., Leff, H.S., Chow, C., Gonzalez, G., Cichocki, B., Wieman, D., Camacho-Gonsalves, T. & **Ostrow, L.** (2011, March). *Before We Disrupt, Have We Transformed?* Poster presented at the ACMHA Summit, New Orleans, LA.
- Leff, H.S., Wieman, D., **Ostrow, L.**, Chow, C., Cortes, D., Desrosiers, A. & Hermann, R.C. (2010, March). *The Effects of Perceived Cultural Responsiveness and Technical Quality of Care on Perceived Overall Quality of Behavioral Healthcare*. Poster presented at the 2010 Harvard Psychiatry Research Day Poster Session, Boston, MA.

Teaching and Mentoring

- Dissertation committee member, Emiley Morton, Doctorate of Social Work Program, University of Southern California (2022-2023)
- Dissertation committee member, Jiro Arase-Barham, Department of Public Policy and Administration, Rutgers University – Camden, (2018-2017)
- Guest Lecturer, Clinical Psychology, University of San Francisco, (2014)
- Guest Lecturer, Brain and Behavior, Johns Hopkins Bloomberg School of Public Health, (2014)
- Teaching Assistant and Guest Lecturer, Seminar in Methods in Public Mental Health, Johns Hopkins Bloomberg School of Public Health, (2013)
- Teaching Assistant and Guest Lecturer, Introduction to Mental Health Services, Johns Hopkins Bloomberg School of Public Health, (2013)

Professional Memberships and Awards

- Social Enterprise Alliance, (2017-2023)
- Association of Writers and Writing Programs (2020-2024)
- National Association of Rehabilitation Research and Training Centers (NARRTC) (2018-2017)
- Guest Lecturer, Clinical Psychology, University of San Francisco, (2016-2018)
- Psychiatric Rehabilitation Association, *Carol T. Mowbray Early Career Research Award*, (2016)
- American Public Health Association, Mental Health section and Disabilities section, (2012-2016)

College for Behavioral Health Leadership, (2009-2023)

Peer Review Activities

Editorial Board Member, *Psychiatric Rehabilitation Journal* (2024-)

Lead Editor, Community-based Participatory Research Section for *Community Mental Health Journal*, (2019-2022)

Peer reviewer for NIDILRR Grant Competitions, (2017-2020)

Ad hoc reviewer for *Health Equity*, *Current Psychiatric Reviews*, *Psychiatric Rehabilitation Journal*, *American Journal of Public Health*, *BMC Health Services Research*, *Journal of Mental Health*, *Psychiatric Services*