

Education

Syracuse University, New York

May 2025

- Bachelor of Science: *Neuroscience and Psychology*, Magna Cum Laude

Grants & Fellowships

- April 2026Accepted Fellow - **Firearm Suicide Prevention Fellowship**, New Jersey Gun Violence Research Center
Amount Awarded: \$500
- 2026 - 2027**Hunter’s Grant**, [Hunter Watson Memorial Fund](#)
Project: *Alcohol Language Early Risk Tool for Suicide (ALERTS): Developing an NLP Model for Suicide-Related Language in Online Alcohol Discourse*
Role: Principal Investigator (Mentors: Rebecca Fortgang, Ph.D., Chris Kennedy, Ph.D.)
Amount Awarded: \$5,000
- 2026 – 2027**Global Impact Fellowship**, [The Memorial Foundation](#)
Project: *Development of a Suicide Prevention Policy Addressing Alcohol Use Reduction in Virginia Substance Use Treatment Settings*
- 2024 – 2025**SOURCE Bridge Research Grant**, Syracuse University
Project: *Independent Undergraduate Research on Substance use and Suicidal Thoughts and Behaviors*
Role: Principal Investigator (Mentor: Joseph Ditre, Ph.D.)
Amount Awarded: \$1,500
- 2024 – 2025**Mental Health Education Grant**, Delta Tau Delta Fraternity,
Project: *Development of Narcan Training to Expand Peer-based Education on Harm Reduction and Opioid Overdose Prevention.*
Role: Principal Investigator (Mentor: Joseph Ditre, Ph.D.)
Amount Awarded: \$800

Awards & Honors

- Suicide and Self-Injury SIG Travel Award | \$250 | Association for Behavioral and Cognitive Therapies
- September 2025
- Active Minds Conference Travel Award | \$250 | Active Minds
- June 2025
- Floyd Allport Outstanding Research Award | Syracuse University Dept. of Psychology
- April 2025
- Dean’s List | Syracuse University College of Arts & Sciences
- 2023 - 2025
- Volunteer of the Month | American Foundation for Suicide Prevention
- April 2024

Manuscripts Under Review

- Jarratt, C.J.**, Carlin, V.E., Ripley, G.H., Nam, JK, Marfilius, K.J., & Ditre, J.W. (Under Review). *Graded Associations of Tranquilizer Use and Misuse with Suicidal Thoughts and Behaviors in a National Sample of U.S. Veterans.*

2. Carlin, V.E., **Jarratt, C.J.**, Nam, JK, Ripley, G.H., Zvolensky, M., Ditre, J.W. (Under Review) *Gender Differences in Relations between Pain-Related Anxiety and Hazardous Drinking Among African American Adults with Chronic Pain Who Smoke Cigarettes.*

Selected Manuscripts In Preparation

1. **Jarratt, C.J.**, Herrmann, F., Fortgang R.G. (In Prep) *Digital Markers of Suicide Risk: Alcohol Use and Cessation in Mental Health Reddit Communities.*
2. **Jarratt, C.J.**, Fortgang R.G. (In Prep) *Past-Year Alcohol Behavior Changes and Suicidal Ideation Among U.S. Alcohol Users.*

Curricula & Intervention Development

1. **Jarratt, C.J.**, Litt, S., Carlin, V.E., Bergen-Cico, D., Ditre, J.W., (2025). *Rescue Ready: Personalized Narcan Training.* A comprehensive naloxone training also involving harm reduction, opioid use disorder, fentanyl testing, and other resources to prevent and assist those struggling with addiction.
2. **Jarratt, C.J.** & Marin, N. (2023). *NeuroNavigators: A Comprehensive Journey into the ADHD Brain.* A neuroscience-based curriculum focusing on ADHD management for children grades three to five.

Oral Presentations

1. **Jarratt, C.J.** (2026, February 3) *Tranquilizer use, misuse, and suicide risk in U.S. veterans* [Guest Lecture], PSY 400: Veteran/Military Psychology and Behavioral Health. Syracuse University.

Poster Presentations

1. **Jarratt, C.J.**, Fortgang R.G. (Submitted) *Alcohol Use Disorder as a Moderator Between Failed Drinking Reduction and Suicidal Ideation.* Poster submitted to the 2026 Joint Statistical Meeting, American Statistical Association, Boston, MA.
2. **Jarratt, C.J.**, Fortgang R.G. (Submitted) *Associations Between Failure to Reduce Drinking and Suicidal Thinking in a Large Representative Sample.* Poster submitted to the 2026 American Association of Suicidology Annual Conference, St. Louis, MO.
3. **Jarratt, C.J.**, Herrmann, F., Fortgang R.G. (2025, December 11) *Digital Markers of Suicide Risk: Alcohol Use and Cessation in Mental Health Reddit Communities.* Poster at the Virtual 2025 Technology in Psychiatry Summit.
4. **Jarratt, C.J.**, Fortgang R.G. (2025, November 21). *Examining Past-Year Alcohol Behavior Changes and Suicidal Ideation Among U.S. Alcohol Users.* Poster at the Association for Behavioral and Cognitive Therapies, Suicide and Self-Injury Special Interest Group Expo, New Orleans, LA.
5. **Jarratt, C.J.**, Carlin, V.E., Nam, JK., Ditre, J.W. (2025, May 24). *Elevated Risk of Suicidal Ideation Among Veterans Who Reported Increased Drug Use During COVID-19.* Poster at the 2025 Association for Psychological Science Annual Convention, Washington DC.
6. **Jarratt, C.J.**, Litt, S., Carlin, V.E., Ditre, J.W. (2025, April 18). *Rescue Ready: Personalized Narcan Training.* Poster at the 2025 Syracuse University Neuroscience and Health Behavior Research Day, Syracuse, NY.
7. Abrams, A., Burch, G., **Jarratt, C.J.**, Meyer, D., Ha, R., Humphrey H., Macchia, A. (2025, April 11). *The Write Start: Prewriting and Writing Performance.* Poster at the College of Arts & Sciences Research Festival, Syracuse NY.

8. **Jarratt, C.J.**, Carlin, V.E., Nam, J.K., Ditre, J.W. (2025, April 10). *Prescription Tranquilizer Misuse as a Potential Risk Factor for Suicidal Ideation in U.S. Veterans*. Poster at the Voices for Service Research Symposium, Syracuse, NY.
9. Ripley, G.H., **Jarratt, C.**, Ditre, J.W. (2025, April 10). *Cannabis Use, Psychological Distress, and Suicidal Ideation Among U.S. Veterans: A Comparative Analysis*. Poster at the Voices for Service Research Symposium, Syracuse, NY.
10. **Jarratt, C.J.**, Ripley, G.H., Nam, J.K., Ditre, J.W. (2025, April 1). *Associations Between Opioid Use Disorder and Suicidal Ideation among Veterans and Non-Veterans who Endorsed Lifetime Major Depression with Sleep Disturbance*. Poster at the 2025 American Association of Suicidology Annual Conference, Columbus, OH.
11. **Jarratt, C.J.**, Litt, S., Carlin, V.E., Ditre, J.W. (2025, March 28) *Improving Overdose Response: Developing an Accessible, Personalized Narcan Training Program*. Poster at the 2025 Syracuse SOURCE Spring Symposium, Syracuse, NY.
12. **Jarratt, C.J.**, Nam J.K., Ditre, J.W. (2024, December 6). *U.S. Veterans, and Suicidal Ideation: Associations with COVID-19 Drug Use Changes*. Poster at the 2024 Syracuse SOURCE Fall Expo, Syracuse, NY.
13. Czajkowski, E., Gramlich, A., Humphrey, H., **Jarratt, C.J.**, Macchia, A., Wang, Y. (2024, April 19). *The Best Laid Plans: An Examination of Gender Differences in Third-Grade Students' Writing Planning*. Poster at the 2024 Syracuse University Undergraduate Research Festival. Syracuse, NY.

Research Experience

Clinical Research Coordinator | Massachusetts General Hospital **June 2025 – Present**

Associate Research Assistant | Nock Lab, Harvard University **June 2025 – Present**

Center for Suicide Research and Prevention at Massachusetts General Hospital and Harvard Medical School

Principal Investigators: Rebecca G. Fortgang, Ph.D., Matthew K. Nock, Ph.D., & Jordan W. Smoller, MD, ScD.

- Coordinate clinical research studies focused on suicide prevention, including participant screening, consent, and data collection from high-risk psychiatric populations.
- Program, test, and deploy Ecological Momentary Assessment (EMA) protocols to capture real-time data on mood, behavior, and suicidal ideation.
- Conduct regulatory tasks such as IRB submissions, protocol modifications, and ensuring compliance with federal and institutional guidelines.

Student Research Intern | Massachusetts General Hospital **August 2024 – May 2025**

Center for Suicide Research and Prevention at Massachusetts General Hospital and Harvard Medical School

Principal Investigators: Kate H. Bentley, Ph.D. & Rebecca G. Fortgang, Ph.D.

- Conducted regulatory compliance checks of research protocols and Institutional Review Board policies
- Conducted Ecological Momentary Assessment (EMA) testing to ensure proper functionality and data integrity before participant deployment

Undergraduate Researcher | Syracuse University Dept. of Psychology **February 2024 – May 2025**

Institute for Military Veterans and Families (IMVF) Research Program

Principal Investigator: Joseph W. Ditre, Ph.D.

- Designed studies examining associations between suicidal behavior and substance use disorders, including alcohol and opioid use, in veteran populations.
- Identified constructs, variables, and operational definitions in suicide prevention research, and evaluated existing measures of suicidality such as standardized questionnaires

Research Assistant | Syracuse University Dept. of Psychology

August 2023 – May 2025

Treatment Research in Academic Competence (TRAC) Lab

Principal Investigator: Tanya L. Eckert, Ph.D.

- Trained in the use and scoring of Curriculum-Based Measurement (CBM), and administered manualized interventions in elementary schools in the Syracuse City School District
- Assisted doctoral and master's students with literature reviews, data analysis, data cleaning for both dissertations and master's theses

Clinical Experience

Behavioral Health Technician | Sandstone Care

May 2023 – August 2023

- Assisted in providing a safe, encouraging environment as clients worked through treatment plans in the substance abuse rehabilitation program and implemented behavioral and crisis intervention as needed

Research and Development Intern | Marin Psychology Associates

May 2023 – September 2023

Supervisor: Nancy Marin, Ph.D.

- Created a neuroscience-based curriculum on ADHD management techniques for grades three to five.

Volunteer Experience

Crisis Text Counselor | Crisis Text Line

January 2025 – Present

- Provide emotional support to texters experiencing crises, including mental health struggles, suicidal thoughts, and relationship issues

Certified Instructor | QPR Gatekeeper for Suicide Prevention Program

March 2024 – Present

- Conducts QPR (Question, Persuade, Refer) Suicide Prevention training sessions for audiences including community groups, schools, and workplaces

Volunteer | American Foundation for Suicide Prevention

January 2023 – Present

- **Emergency Medical Technician:** Monitor event attendees for health concerns and respond to medical incidents. Communicates with event staff to ensure safety protocols are followed.
- **Deputy Chairman, Paws for Prevention DC 2024:** Serves as the secondary leader and spokesperson for Paws for Prevention DC, an event raising awareness for suicide prevention and the effect that animals can have on us. Oversees the sponsorship committee to reach our donation goals. Recognized as the event's top individual fundraiser raising over \$4,000.
- **Event Planning Committee, Paws for Prevention DC 2023:** Organized the first annual DC Paws for Prevention DC. Recognized as the event's top individual fundraiser raising over \$3,000.

- **Public Policy Advocate:** Advocates for mental health education on state and federal government levels.

Crisis Hotline Telephone Worker | Contact Community Services

February 2023 – June 2024

- Provides confidential support, crisis intervention, and suicide prevention for those in emotional distress.
- Conducts suicide safety assessments using the Columbia Suicide Severity Risk Scale (C-SSRS)

Additional Experience

Psychology and Statistics Tutor Syracuse University	January 2025 – May 2025
Mental Health Coordinator Delta Tau Delta Fraternity	October 2023 – May 2025
Emergency Medical Technician American Medical Response	May 2022 – August 2022
Certified Peer Educator Syracuse University	April 2022 – November 2022

Professional Service

Suicide Prevention Consultant – <i>Graduate Wellness Alliance, Loyola Chicago University</i>	November 2025
Suicide Prevention Consultant – <i>The Hope Network</i>	September 2025
Student Grant Award Reviewer – <i>Association for Psychological Science</i>	March 2025
RISE Award Reviewer – <i>Association for Psychological Science</i>	March 2025
Student Special Interest Group Poster Expo Reviewer – <i>Association for Behavioral and Cognitive Therapies</i>	April 2025

Professional and Honors Organizations

Association for Behavioral and Cognitive Therapies <i>Student SIG Vice Chair (November 2025 – Present)</i>
American Association of Suicidology <i>Board of Directors (July 2025 – Present)</i>
National Alliance on Mental Illness <i>NEXTGen Community of Practice (July 2025 – Present)</i>
Nu Rho Psi National Neuroscience Honors Society <i>Vice President – Syracuse University Chapter 2024-2025</i>
Delta Alpha Pi International Honors Society for Students with Disabilities
Psi Chi International Psychology Honors Society
Research Society on Alcohol
American Statistical Association

Selected Professional Certifications

- *EMT-Basic*, National Registry of EMTs and Virginia Dept. of Health, March 2022 – Present.
- *QPR Gatekeeper Suicide Prevention Instructor*, QPR Institute, March 2024 – Present.
- *Basic Life Support Provider*, American Heart Association, January 2020 – Present.
- *Psychological First Aid – Trauma & Disasters*, National Child Traumatic Stress Network, Issued May 2023.
- *Mental Health First Aid*, National Council for Mental Wellbeing, Issued June 2023.
- *Alcohol & Opioid Withdrawal Management*, U.S. Dept. of Veterans Affairs, Issued June 2023.
- *CITI Human Subjects Research – Social/Behavioral*, CITI Program, Issued September 2023.
- *Certified Peer Educator*, National Association of Student Personnel Administrators, Issued August 2022.
- *Registered Opioid Overdose Prevention Specialist*, New York State Dept. of Health, Issued November 2021.

Additional Skills

- Statistical Software: IBM SPSS, R (tidyverse), Python (pandas, pytorch)
- Clinical Skills: Columbia Suicide Severity Rating Scale (C-SSRS), Self-Injurious Thoughts and Behaviors Interview (SITBI), Stanley-Brown Safety Planning Intervention (SPI), means safety counseling, Clinical Opiate Withdrawal Scale (COWS), Clinical Institute Withdrawal Assessment for Alcohol (CIWA-Ar), Basic Life Support (BLS), naloxone (narcant) administration
- Other Software and Languages: Qualtrics, REDCap, MetricWire, Final Cut Pro, Excel