

# Colin J. Jarratt

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## Education

Syracuse University, New York

May 2025

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

## Awards and Grants

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
SOURCE Bridge Research Grant   \$1,500   Syracuse University	August 2024
Volunteer of the Month   American Foundation for Suicide Prevention	April 2024
Mental Health Education Grant   \$800   Delta Tau Delta Fraternity	March 2024

## Selected Publications In Preparation

1. Fortgang R.G. et al. [including **Jarratt, C.**] (In Prep) *Ethical Considerations in AI and Big Data for Behavioral Health Prediction: Findings from a 2022 Radcliffe Seminar and a 2025 follow-up.*
2. **Jarratt, C.**, Bentley, K., Fortgang R.G. (In Prep) *Attempts to Reduce Alcohol Use and Suicidal Ideation in a National Sample of U.S. Adults.*

## Publications Under Review

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

## Implementation Manuals

1. **Jarratt, C.**, Litt, S., Carlin, V., Bergen-Cico, D., Ditre, J., (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.** & 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.

## Poster Presentations

1. **Jarratt, C.**, Fortgang R.G. (2025, November 21). *Examining Past-Year Alcohol Behavior Changes and Suicidal Ideation Among U.S. Alcohol Users.* Association for Behavioral and Cognitive Therapies, Suicide and Self-Injury Special Interest Group Expo, New Orleans, LA.

2. **Jarratt, C.**, Carlin, V., Nam, JK., Ditre, J. (2025, May 24). *Elevated Risk of Suicidal Ideation Among Veterans Who Reported Increased Drug Use During COVID-19*. 2025 Association for Psychological Science Annual Convention, Washington DC.
3. **Jarratt, C.**, Litt, S., Carlin, V., Ditre, J. (2025, April 18). *Rescue Ready: Personalized Narcan Training*. 2025 Syracuse University Neuroscience and Health Behavior Research Day, Syracuse, NY.
4. Abrams, A., Burch, G., **Jarratt, C.**, Meyer, D., Ha, R., Humphrey H., Macchia, A. (2025, April 11). *The Write Start: Prewriting and Writing Performance*. College of Arts & Sciences Research Festival, Syracuse NY.
5. **Jarratt, C.**, Carlin, V., Nam, JK., Ditre, J. (2025, April 10). *Prescription Tranquilizer Misuse as a Potential Risk Factor for Suicidal Ideation in U.S. Veterans*. Voices for Service Research Symposium, Syracuse, NY.
6. Ripley, G., **Jarratt, C.**, Ditre, J. (2025, April 10). *Cannabis Use, Psychological Distress, and Suicidal Ideation Among U.S. Veterans: A Comparative Analysis*. Voices for Service Research Symposium, Syracuse, NY.
7. **Jarratt, C.**, Ripley, G., Nam, JK., Ditre, J. (2025, April 1). *Associations Between Opioid Use Disorder and Suicidal Ideation among Veterans and Non-Veterans who Endorsed Lifetime Major Depression with Sleep Disturbance*. 2025 American Association of Suicidology Annual Conference, Columbus, OH.
8. **Jarratt, C.**, Litt, S., Carlin, V., Ditre, J. (2025, March 28) *Improving Overdose Response: Developing an Accessible, Personalized Narcan Training Program*. 2025 Syracuse SOURCE Spring Symposium, Syracuse, NY.
9. **Jarratt, C.**, Nam JK., Ditre, J. (2024, December 6). *U.S. Veterans, and Suicidal Ideation: Associations with COVID-19 Drug Use Changes*. 2024 Syracuse SOURCE Fall Expo, Syracuse, NY.
10. Czajkowski, E., Gramlich, A., Humphrey, H., **Jarratt, C.**, Macchia, A., Wang, Y. (2024, April 19). *The Best Laid Plans: An Examination of Gender Differences in Third-Grade Students' Writing Planning*. 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 Harvard Medical School and Massachusetts General Hospital*

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

- 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 Harvard Medical School and Massachusetts General Hospital*

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 to assess statistical significance between levels of suicidal behavior, and substance use disorders such as alcohol use disorder and opioid use disorder 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**

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**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**

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**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**

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**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**

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Student Grant Award Reviewer – *Association for Psychological Science*

RISE Award Reviewer – *Association for Psychological Science*

Student Special Interest Group Poster Expo Reviewer – *Association for Behavioral and Cognitive Therapies*

#### **Professional and Honors Organizations**

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American Association of Suicidology | *Board of Directors (July 2025 – Present)*

National Alliance on Mental Illness | *NEXTGen Community of Practice (July 2025 – Present)*

Nu Rho Psi | National Neuroscience Honors Society | *Vice President – Syracuse University Chapter 2024-25*

Delta Alpha Pi | International Honors Society for Students with Disabilities

Psi Chi | International Psychology Honors Society

American Psychological Association, Division 19 – Society for Military Psychology

American Psychological Association, Division 53 – Society of Clinical Child and Adolescent Psychology

#### **Professional Certifications**

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- *EMT-Basic*, National Registry of EMTs (renewed Mar. 2024) and Virginia Dept. of Health (issued Apr. 2022)
- *QPR Gatekeeper Suicide Prevention Instructor*, QPR Institute, Issued Mar. 2024, Active.
- *Basic Life Support Provider*, American Heart Association, Renewed Jan. 2024, ID 245414689156.
- *Psychological First Aid | Trauma & Disasters*, Nat. Child Traumatic Stress Network, Issued May 2023.
- *Mental Health First Aid*, National Council for Mental Wellbeing, Issued Jun. 2023.
- *Alcohol & Opioid Withdrawal Management*, U.S. Department of Veterans Affairs, Issued Jun. 2023.
- *CITI Human Subjects Research – Social/Behavioral*, CITI Program, Issued Sep. 2023.
- *Certified Peer Educator*, National Assoc. of Student Personnel Administrators, Issued Aug. 2022.
- *NYSDOH Registered Opioid Overdose Prevention Specialist*, ACR Health, Issued Nov. 2021.

#### **Software Skills**

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- Data Software: IBM SPSS, R (tidyverse), Python (pandas), G\*Power
- Clinical Skills: Columbia Suicide Severity Rating Scale (C-SSRS), Self-Injurious Thoughts and Behaviors Interview (SITBI), Beck Scale for Suicide Ideation (BSS), 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 administration (Narcan)

- Other Software and Languages: Qualtrics, REDCap, MetricWire, Java, C++, Final Cut Pro, Excel