

HELENA M. GARCIA

Environment, Ecology, and Energy Program (E3P) · University of North Carolina at Chapel Hill
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EDUCATION

Ph.D. University of North Carolina at Chapel Hill May 2026 (anticipated)
Advisors: Dr. Miyuki Hino & Dr. Antonia Sebastian
Dissertation: Repetitive Flood Exposure, Vulnerability, and Risk Mitigation Strategies

M.S. University of Michigan 2021
Conservation Ecology - Aquatic Sciences

B.C.E. University of Delaware 2018
Civil Engineering, *Magna Cum Laude*
Minors: Environmental Engineering & Spanish

PROFESSIONAL EXPERIENCE

Graduate Research Assistant, The University of North Carolina at Chapel Hill 2021-present
Environment, Ecology, and Energy Program; Carolina Population Center; Coastal Resilience Center
Research Advisors: Miyuki Hino, Antonia Sebastian, Philip Berke

Doctoral Economics Intern, Environmental Defense Fund 2023
Climate Resilience Research Team
Internship Advisors: Karina French, Jesse Gourevitch, Carolyn Kousky, Adam Gold

Graduate Research Assistant, University of Michigan 2019-2021
School for Environment and Sustainability

Water Resources Designer I, McCormick & Taylor - Baltimore, MD 2018-2019

RESEARCH INTERESTS

Flood exposure & risk; Natural hazard & climate impacts; Social vulnerability; Resilience, recovery & adaptation; Geospatial statistics; Machine learning; Risk mitigation; Climate mobility; Environmental planning

HONORS & AWARDS

UNC E3P STREAM (Service, Teaching, Research Excellence and Mentoring) Award 2025
AGU 2024 Outstanding Student Presentation Award, Natural Hazards Section 2025
NSF-ICFM8 Young Investigators Award **supporting attendance to workshop* 2022
University of Michigan Dow Sustainability Fellow 2020
University of Michigan SEAS Jonathan Bulkley Water Prize 2020
University of Michigan SEAS Dean's Challenge Fellowship Recipient 2019
RJN Foundation Civil and Environmental Engineering Award 2018
W. David & W. Corder Teter Civil Engineering Scholarship 2016, 2017
University of Delaware: College of Engineering Student of Distinction 2015, 2016

PUBLICATIONS

Published in peer reviewed journals

1. **Garcia, H.M.**, Sebastian, A., Fitzmaurice, K.P., Hino, M., Collins, E.L., Characklis, G.W. (2025). Reconstructing Repetitive Flood Exposure Across 78 Events From 1996 to 2020 in North Carolina, USA. *Earth's Future*, 13, e2025EF006026, <https://doi.org/10.1029/2025EF006026>.

Submitted to peer reviewed journals

1. Smiley, A.M.H., Grimley, L.E., **Garcia, H.M.**, Sebastian, A., Berke, P., Hino, M., Piehler, M.F. (2025). Coastal squeeze reduces ecosystem services and drives flooding: Applying an interdisciplinary framework to model impacts of future land use decisions. *Environmental Research Letters* (revise and resubmit).

2. Fitzmaurice K.P., **Garcia, H.M.**, Sebastian, A., Thomson, H., Zeff, H.B., Characklis, G.W. (2025). Flood impacts on the financial stability of residential mortgage borrowers: An integrated modeling approach. Under review at *Natural Hazard and Earth Systems Sciences*. Preprint: <https://doi.org/10.5194/egusphere-2025-2049>.
3. Schlumberger, J., Stolte, T., **Garcia, H.M.**, Sebastian, A., Jäger, W., Ward, P., de Ruiter, M., Šakić Trogrlić, R., Tijssen, A., Madruga de Brito, M. (2025). Stocktaking of methods for assessing dynamic vulnerability in the context of flood hazard research. Under review at *Natural Hazards and Earth System Sciences*. Preprint: <https://doi.org/10.5194/egusphere-2025-850>.
4. Gourevitch, J.D., Gold, A.C., **Garcia, H.M.** (2025). The value of wetlands in reducing flood losses. Under review at *Proceedings of the National Academy of Sciences*.
5. Khanal, K., Kaza, N., Kittner, N., Bradbury, K., **Garcia, H.M.** (2025). Characterizing solar PV exposure to flood risk in Central and Coastal North Carolina. Under review at *International Journal of Critical Infrastructure Protection*.

Working papers

1. Plough, J.P., Hino, M., Sebastian, A., **Garcia, H.M.**, Klass-Warch, H. (2025). Identifying Obstacles to Equitable Flood Mitigation Funding. Planned submission Fall 2025.

Datasets

1. **Garcia, H.M.**, Sebastian, A., Fitzmaurice, K.P., Hino, M., Collins, E.L., Characklis, G.W. (2024). NC Flood Extent Archive (NC-FLDEX): Flood Extent Rasters (30m) for 78 NC-FLDEX Events 1996-2020 [V5], UNC Dataverse, <https://doi.org/10.15139/S3/DOKK16>.

Reports

1. **Garcia, H.M.**, Murphy, L., Wendland, B., Wu, T. (2021). Assessing Equity and Environmental Justice in the Great Lakes Restoration Initiative, <https://dx.doi.org/10.7302/971>.

PRESENTATIONS & POSTERS

* denotes primary presenter(s)

Invited Talks

1. **Garcia, H.M.***, Sebastian A., Hino, M., Fitzmaurice, K.P., Collins, E.L., Characklis G.W. *Event-based approaches to understanding flood exposure and impacts in North Carolina*. NOAA Climate Adaptation Partnerships (CAP) monthly meeting. Virtual. May 2025.
2. **Garcia, H.M.***, & Smiley A.M.H.* *Incorporating Ecosystem Services into Flood Resilience Planning in New Bern, North Carolina*. North Carolina Sea Grant Advisory Board. Raleigh, NC. November 2022.
3. **Garcia, H.M.*** *Examining Social Equity in Great Lakes Restoration*. Great Lakes International Joint Commission 210th Water Quality Board Meeting. Virtual. October 2020.

Oral Conference Presentations

1. **Garcia, H.M.***, Hino, M., Frankenberg, E., Anarde, K. Repetitive Flood Exposure and Residential Mobility Trends in Eastern North Carolina. *Columbia MR2025: Mobility, Adaptation, and Wellbeing in a Changing Climate*. New York City, NY. June 2025.
2. **Garcia, H.M.***, Fitzmaurice, K., Sebastian, A., Hino, M., Collins, E., Characklis, G.W. Risks from repetitive flood exposure: Insights from the North Carolina Flood Extent Archive (1996-2020). *2025 AEESP Research and Education Conference*. Durham, NC. May 2025.
3. **Garcia, H.M.***, Hino, M., Frankenberg, E., Anarde, K. Residential mobility patterns following repetitive flood exposure in eastern North Carolina, USA. *Population Association of America (PAA) Annual Conference*. Washington, DC. April 2025.
4. Fitzmaurice, K.P.*, **Garcia, H.M.**, Sebastian, A., Thomson, H., Zeff, H.B., Characklis, G.W. Role of Insurance, Equity, and Liquidity in the Post-Flood Financial Resilience of Residential Mortgage Borrowers. *New Orleans Forum on Climate Linked Economics at the 105th AMS Meeting*. New Orleans, LA. January 2025.

5. **Garcia, H.M.***, Sebastian, A., Fitzmaurice, K.P., Hino, M., Characklis, G.W., Collins, E. L. Mapping repetitive damage hotspots in North Carolina: Insights from 78 flood events (1996-2020). *2024 North Carolina Coastal Conference*. New Bern, NC. November 2024.
6. Plough, J.P.*, Hino, M., Sebastian, A., **Garcia, H.M.**, Klass-Warch, H. Identifying Obstacles to Equitable Flood Mitigation Funding. *Preparing for a Changing Climate Conference*, Palo Alto, CA. October 2024.
7. Fitzmaurice, K.P*, **Garcia, H.M.**, Sebastian, A., Thomson, H., Zeff, H.B., Characklis, G.W. Role of insurance, equity, and liquidity in post-flood financial resilience of residential mortgage borrowers. *2024 AGU Fall Meeting*. Washington, DC. December 2024.
8. Sebastian, A.*, **Garcia, H.M.**, Zeff, H.B., Thomson, H., Fitzmaurice, K.P., Characklis, G.W. Developing a Database of Repetitive Flood Exposure to Improve Estimates of Flood Outcomes (and Other Applications) *Symposium on Hurricane Risk in a Changing Climate (SHRCC 2024)*. Honolulu, HI. June 2024.
9. Fitzmaurice, K.P.*, **Garcia, H.M.**, Sebastian, A., Characklis, G.W. Repetitive flooding, uninsured damage, and household financial stability: a model-based evaluation of strategies for increasing insurance uptake in flood-prone, lower-income areas. *2024 NC WRRRI Annual Conference*. Raleigh, NC. March 2024.
10. **Garcia, H.M.***, Fitzmaurice, K.P., **Sebastian, A.**, Characklis, G.W. Validation of machine learning methods for reconstructing repetitive flood damage exposure in North Carolina, 1996-2020. *2024 NC WRRRI Annual Conference*. Raleigh, NC. March 2024.
11. **Garcia, H.M.***, Fitzmaurice, K.P., Characklis, G.W., Zeff, H.B., Thomson, H., **Sebastian, A.** Validation of Machine Learning Methods for Reconstructing Repetitive Flood Damage Exposure in North Carolina, 1996-2020. *2023 AGU Fall Meeting*. San Francisco, CA. December 2023.
12. Quintal, H.C.*, **Garcia, H.M.**, Cawley, M., **Sebastian, A.**, Mapping Spatially Compounding Hazards across a North Carolina County using Random Forest. *2023 AGU Fall Meeting*. San Francisco, CA. December 2023.
13. **Garcia, H.M.***, Sebastian, A., Thomson, H., Zeff, H.B., Characklis, G.W. Dynamic Vulnerability: Reconstructing Historical Flood Footprints and Exposure in Eastern North Carolina. *2022 AGU Fall Meeting*. Chicago, IL. December 2022.
14. **Garcia, H.M.***, Smiley A.M.H.*, Grimley, L.E., Sebastian, A., Hino, M., Berke, P. [An interdisciplinary approach to quantifying flood mitigating ecosystems services and identifying beneficiaries in New Bern, North Carolina](#). *2022 North Carolina Coastal Conference*. Raleigh, NC. November 2022.
15. **Garcia, H.M.***, Grimley, L.E., Smiley, A.M.H., Ruiz, J., Berke, P., Hino, M., Sebastian, A. Integrating Ecosystem Services into Flood Resilience Planning in New Bern, NC. NSF International Flood Conference on Management (NSF-ICFM8). Iowa City, IA. August 2022.
16. Smiley, A.M.H.*, Grimley, L.E., **Garcia, H.M.**, Ruiz, J., Berke, P., Hino, M., Piehler, M., Sebastian, A. Integrating Ecosystem Services into Flood Resilience Planning in New Bern, NC. *Joint Aquatic Sciences Meeting*. Grand Rapids, MI. May 2022.

Poster Conference Presentations

1. **Garcia, H.M.***, Sebastian, A., Fitzmaurice, K.P., Characklis, G.W., Collins, E.L. Event-based Flood Exposure Mapping in North Carolina, 1996-2020. *2024 AGU Fall Meeting*. Washington, DC. December 2024. **2024 Outstanding Student Presentation Award (OSPA) (Natural Hazards Section)**
2. Lord, A.M.*, Fitzmaurice, K., **Garcia, H.M.**, Sebastian, A., Characklis, G.W. Quantifying Flood-Related Mortgage Credit Risk Through Regression and Machine Learning. *2024 AGU Fall Meeting*. Washington, DC. December 2024.
3. **Garcia, H.M.***, Berke, P. How resilience planning threatens poor and vulnerable communities: A case study of New Bern, North Carolina. *Association of Collegiate Schools of Planning (ACSP) Annual Conference*. Toronto, ON. November 2022.
4. **Garcia, H.M.***, Brines, S., Do, H.X., Anderson, E., Gronewold, A. Coastal water level variability, inundation, and impacts on nearshore infrastructure. *2020 AGU Fall Meeting*. *Virtual due to COVID-19. December 2020.

5. **Garcia, H.M.***, Brines, S., Wong, B., Brown, C., Gronewold, A. Incorporating remote-sensing data to improve conceptual floodplain modeling in Southeast Michigan *International Association for Great Lake Research (IAGLR) Conference*. *Virtual due to COVID-19. June 2020.

TEACHING & MENTORSHIP

Undergraduate Student Research Mentor	2023-present
Advising four undergraduate students working on small research projects using geospatial data related to flood exposure, with a focus on teaching GIS skills and R for data cleaning, analysis, and visualization.	
Guest Lecture on Climate Adaptation in North Carolina	Spring 2025
Environment, Ecology and Energy Program, University of North Carolina, Chapel Hill, NC	
ENEC/PLCY 373: Confronting Climate Change in the Anthropocene: Science to Policy Solutions	
Graduate Teaching Assistant	Spring 2024
Environment, Ecology and Energy Program, University of North Carolina, Chapel Hill, NC	
ENEC 201: Environment & Society; 2 sections with 18 and 13 students	

GRANTS & FELLOWSHIPS

1. NC Sea Grant Coastal Resilience Team Competition. *Incorporating Ecosystem Services into Flood Resilience Planning in New Bern, North Carolina* (01/01/2022-12/31/2023; \$20,000). Student Team: Anne Smiley (PhD), Lauren Grimley (PhD), Helena Garcia (PhD), Jacqueline Ruiz (BA).
2. University of Michigan Dow Sustainability Master's Fellowship. *Championing Community Stormwater Solutions* (01/01/2020-12/31/2020; \$20,000). Student Team: Madeeha Ayub (MUD), Helena Garcia (MS), Collin Knauss (MBA, MS), Clare Kucera (MS, MURP), Jeremy Nyitrai (MS, MSE), Eva Roos (MLA, MS).

Grant Participation as Student Researcher

- NSF Human-Environment and Geographic Sciences – *The effects of chronic flooding on coastal migration* (Grant No. BCS-2215195)
- DHS Coastal Resilience Center – *Identifying obstacles to equitable flood mitigation funding* (Grant No. 15STCRC00001-07-01)
- NOAA RISA Program – *Innovating a community-based resilience model on climate and health equity in the Carolinas* (NOAA-OAR-CPO-2021-2006677)
- DHS Coastal Resilience Center – *A landscape study of social equity data needs and its access and availability to support the disaster resilience of marginalized communities* (Grant No. 15STCRC00001-07-01)
- NSF Growing Convergence Research – *Climate resilience in the coastal zone* (Grant No. OIA-2021086)
- North Carolina Policy Collaboratory – *Strengthening flood resilience in Eastern North Carolina* (Session Law 2019-224)

PROFESSIONAL SERVICE

AGU Student Convener Session NH43C	Fall Meeting 2024
North Carolina Coastal Conference Session Convener	November 2024
Environment, Ecology, and Energy Program (E3P) Seminar Series Organizer	2024
Graduate School Interest Advising for Undergraduates at UNC	2021-2022
Manuscript reviewer: <i>NHESS</i> , <i>npj Natural Hazards</i> , <i>Nature Water</i>	

SKILLS

Communication: Spanish (heritage speaker with some professional use)
 Software: ArcGIS, ArcGIS Pro, GitHub, Jupyter Notebooks, Overleaf, R Markdown, Quarto
 Programming: R, Python, MATLAB, Bash scripting, high-performance computing workflows (Slurm)
 Hydraulic & Hydrologic Models: HEC-HMS, HEC-RAS

MEDIA APPEARANCES

2025

WRAL News, [UNC study: 43% of flooded NC buildings were outside of FEMA's hazard zones](#)
UNC News, [New study reveals widespread and overlooked flooding across NC](#)
WPTF Afternoon News, [Helena Garcia, Ph.D. candidate at UNC-Chapel Hill, discusses extreme rainfall and inland flooding in North Carolina](#)
WBTV, [UNC study reveals widespread, overlooked flooding](#)
Spectrum News 1, [New study finds flaws in FEMA's North Carolina Flood Maps](#)
The News & Observer, [UNC study sees flooding outside NC high-risk areas. Can AI reveal blind spots?](#)
NBC News, [New study targets past flooding as key to helping property owners assess climate threats](#)
WECT, [New study reveals widespread flooding across NC is more common than previously thought](#)
NC Health News, [From flooded basements to smarter planning: What NC storm survivors can teach us](#)
WRAL News, [Record rainfall in Chapel Hill reveals growing inland flood risks](#)
CoastalReview, [UNC study: Repeat flooding more widespread than thought](#)
WUNC, [FEMA floodplains determine who must get insurance. NC's are insufficient](#)

2022

NC Sea Grant, [NC Sea Grant Announces Winners of the Coastal Resilience Team Competition](#)
UNC Institute for the Environment, [UNC-Chapel student team wins inaugural North Carolina Sea Grant's Coastal Resilience Team Competition](#)