

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.
Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Kodiak Ray Sung Soled

eRA COMMONS USER NAME (credential, e.g., agency login): KODIAK

POSITION TITLE: Predoctoral fellow

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE	Start Date MM/YYYY	End Date MM/YYYY	FIELD OF STUDY
Pitzer College, Claremont, CA	BA	08/2008	05/2012	International/Intercultural Studies & Healing/Self-Sufficient Practices
Johns Hopkins University School of Public Health, Baltimore, MD	Certificate	03/2017	05/2018	Health Disparities and Health Inequalities
Johns Hopkins University School of Nursing, Baltimore, MD	MSN	01/2017	08/2018	Nursing
Columbia University School of Nursing, New York, NY	PhD	08/2018	Anticipated 05/2022	Nursing

A. Personal Statement

I am dedicated to using my academic training, research knowledge, clinical expertise, and life experiences to reduce perinatal health disparities among underrepresented minority populations. My proposed research consists of a formative, qualitative exploration of sexual and gender minority (SGM) gestational parents (i.e., SGMs assigned female at birth). My interest in health disparities began at Pitzer College in a class called International and Intercultural Studies. My world view shifted as I read the work of critical and queer theorists such as Paulo Freire, Jacques Derrida, and Michel Foucault. These readings forced me to examine my privilege and develop a critical consciousness of how unequal social relations create inequities. This ignited my passion for social justice and I vowed to focus my undergraduate training on anti-oppressive education.

After graduation, I focused on food justice and health. I attended culinary school and then spent the next four years as a natural chef supporting the wellness of individuals with chronic illnesses by developing and cooking therapeutic meals. During this time, my curiosity led me to continue acquiring knowledge through several health and wellness certificates, including a Clinical Herbalist certificate. In this intensive two-year program, I wrote a thesis on postpartum mood and anxiety disorders and realized the connection between what we eat (i.e., microbiome health) and how we feel (i.e., mental health). I met my wife during this time and became interested in what family planning options were available for us and how I could support other SGMs expanding their families. This led me to establish an SGM parenting support group. I also became actively engaged in every online support group for SGM parents I could find to gain a better understanding of the major concerns in this population. I learned many things, but most important to this application, I realized that poor mental health was common among SGMs and rooted in a lack of social support and knowledge from providers about how to prepare this population for parenthood and support their needs. I was inspired to attend nursing school at Johns Hopkins University (JHU) to acquire the knowledge and scope of practice to provide care to this population, particularly underserved and disadvantaged SGMs, during a vulnerable time in their lives.

During my MSN program, I gained expertise in perinatal health through 336 hours of clinical experience on labor and delivery and postpartum mother-baby units at a community and high-acuity hospital. I took elective courses in childbearing and breastfeeding and shadowed a lactation consultant which allowed me to become a certified lactation consultant. I also sought opportunities to engage with the Baltimore community and deepen my knowledge of SGM health (See Contributions #1–3). For the former, I was a governing board member of JHU's community engagement and service-learning center (SOURCE), a founding board member of JHU's Carey School of Business SGM student organization (Out for Business), a facilitator for SafeZone trainings to

build SGM allyship among the JHU's academic community, and a research intern at a community-based non-profit focused on improving the health of underserved families (Green and Healthy Homes) (See Contribution #3). For the latter, I deepened my understanding of SGM health and the importance of research in partnership with communities (i.e., community-based participatory research [CBPR]) through a Health Disparities certificate at JHU's Bloomberg School of Public Health and as a research assistant for transgender health expert Tonia Poteat, Ph.D. (See Contribution #2). Fueled by my new understanding of the dearth of competent care and poor health outcomes in the SGM community, I was determined to become part of re-writing the story for SGMs to be one of resiliency and empowerment. The lack of evidence-based, perinatal guidelines for SGMs made it clear that more research was necessary to improve health outcomes in my community.

While pursuing my PhD, I have continued to demonstrate my dedication to the SGM community by serving on the board of directors of a national SGM health organization (GLMA: Health Professionals Advancing Lesbian, Gay, Bisexual, Transgender, and Queer [LGBTQ] Equality) and on the leadership team of its Nursing Section. I've used every opportunity in my PhD program to deepen my expertise regarding SGM and perinatal health. I conducted an integrative review on Perinatal Mood and Anxiety Disorders in Sexual Minority Women and have written every final paper in my nursing courses on SGM gestational parents and social support (See Contribution #4). This has provided me a foundational understanding of the literature and sparked innovative ideas on how to fill the research gaps while also meeting the community's perinatal needs.

The proposed project will provide the foundation for a program of research that will (1) develop and validate a social support instrument in SGMs based on F31 findings (F32/T32); (2) assess the association between social support, symptoms of depression, and stress in SGM gestational parents (F32/T32); (3) refine and pilot test a culturally-congruent and community-based social support intervention in SGM gestational parents using a social support instrument developed in the F32/T32 and measure symptoms of depression and stress using biomarkers (K/R21); (4) evaluate the intervention (piloted in the K/R21) in a larger population and include partners (R01); and (5) influence healthcare practices and policies that improve the health of SGM gestational parents (additional R01 and other advocacy and policy activities). My interdisciplinary sponsorship team combined with the resource rich environment at Columbia University Irving Medical Center (CUIMC), puts me in an excellent position to achieve my short- and long-term goals. I look forward to a lifelong career as an academic researcher conducting trailblazing research that improves the health of SGM gestational parents.

B. Positions and Honors

Relevant Positions and Employment

2013-2016	Private Natural Chef, Ambrosia Healing (self-employed), Boulder, CO
2014-2016	Perinatal Consultant, Maternity Maven (self-employed), Boulder, CO
2015-2016	Community Partnerships Manager, The Joy Collective, Boulder, CO
2017-2018	Research Intern, Green and Health Homes Initiative (GHHI), Baltimore, MD
2017-2018	Research Assistant, JHU School of Public Health, Baltimore, MD
2017 & 2018	Biostatistics Tutor, JHU School of Public Health, Baltimore, MD
2018	Pharmacology Tutor, JHU School of Public Health, Baltimore, MD

Community Service Leader

2015-2016	Founder, LGBTQ Parenting Support Group, Boulder, CO
2017-2018	Governing Board Student Member, SOURCE: Community Engagement and Service-Learning Center, JHU School of Public Health, Baltimore, MD
2017-2018	Co-Vice President, Out for Business, JHU Carey Business School, Baltimore, MD
2017-2019	Lead, Safe Zone, JHU, Baltimore, MD
2018	Lead, Providing Care for SGMs Workshop, JHU School of Nursing, Baltimore, MD
2018-Pres	Health Professions in Training Co-Chair and Board Development Committee Member, GLMA Board of Directors; Leader-in-Training, GLMA Nursing Section
2019	Event Committee, Leadership Development Event, Jonas Philanthropies, New York, NY
2019	Conference Subcommittee and Abstract Reviewer, Nursing Summit, GLMA 2019 Conference
2019	Event Chair, Transgender-Inclusive Reproductive Health Workshop, CUIMC, New York, NY

Licenses and Certifications

2018-Pres	Registered Nurse, New York, License #759627
2019-Pres	Certified Lactation Counselor, Academy of Lactation Policy and Practice, License #311524
Other Certifications: Natural Chef, Clinical Herbalist, Maternity Nutrition Coach, Postpartum Doula, Certified Health Coach, Perinatal Mood and Anxiety Disorder Training	

Professional Memberships

2019–Pres	Eastern Nursing Research Society
2019–Pres	Association of Women’s Health, Obstetric, and Neonatal Nursing
2019–Pres	Public Responsibility in Medicine and Research
2018–Pres	World Professional Association for Transgender Health
2018–Pres	Graduate Nursing Student Academy
2018–Pres	Sigma Theta Tau International Honor Society of Nursing, Alpha Zeta Chapter
2017–2018	Sigma Theta Tau International Honor Society of Nursing, Beta Nu Chapter
2016–Pres	GLMA: Health Professionals Advancing LGBTQ Equality
2016–Pres	Postpartum Support International

Academic and Professional Honors

2019	2018–2020 Jonas-Blaustein Scholar
2018	Featured in <i>Columbia Nursing</i> for improving care in the LGBT community
2018	Columbia University School of Nursing Diversity Fellowship
2018	Columbia University School of Nursing Travel Award
2018 & 2019	GLMA’s Student Scholarship Award
2018	The Johns Hopkins Nurses Alumni Award
2018	Johns Hopkins University Diversity Recognition Award
2017–2018	SOURCE Service Scholar
2017–2018	Johns Hopkins University School of Nursing Research Honors
2017–2018	Johns Hopkins University School of Nursing Merit Scholarship
2017	Sigma Theta Tau International Honor Society of Nursing (<i>inducted</i>)
2017	Featured in Johns Hopkins School of Nursing #WeGotThis campaign video
2012	Honors in Major for Healing and Self-Sufficient Practices, Pitzer College

C. Contributions to Science

1. **Formative work in the area of improving health outcomes in vulnerable, pregnant populations.** For the capstone of my Master’s in Nursing at JHU, I worked with a peer group to conduct a review on Multidisciplinary Treatment (MDT) for Pregnant Persons with Opioid Use Disorder. Over the past year, we completed this comprehensive, systematic review with the support of the course director. Our findings suggest that MDT may decrease the rate of drug use, increase the rate of sustained recovery, increase participation in and adherence to antenatal care, and increase the rate of infants discharged to the postpartum individual. This work has been accepted for oral and poster presentations at two conferences. The Senior Managing Editor of the *Journal of Gynecology and Neonatal Nursing*, has indicated the journal’s interest in our work and we intend to submit the manuscript to them this fall.
 - a. **Soled, K.R.S.**, Greenwood, L.E., & Ramirez-Kuykendall, E. Multidisciplinary Treatment for Pregnant Persons with Opioid Use Disorder. Poster Presentation. Johns Hopkins School of Nursing Synthesis Presentations. Baltimore, MD. August 2018.
 - b. **Soled, K.R.S.**, Greenwood, L.E., Ramirez-Kuykendall, E., Lucas, L.S., & Goldstein, N.S. Multidisciplinary Treatment for Pregnant Persons with Opioid Use Disorder. Oral and Poster Presentation. Sigma Theta Tau International Honor Society of Nursing’s 30th International Nursing Research Congress. Calgary, Alberta, Canada. July 2019.
 - c. **Soled, K.R.S.**, Greenwood, L.E., Ramirez-Kuykendall, E., Lucas, L.S., & Goldstein, N.S. Improving Neonatal Outcomes: Multidisciplinary Treatment Approach to Caring for Pregnant Persons with Opioid Use Disorder. Accepted for Oral Presentation. Sigma Theta Tau International Honor Society of Nursing’s 45th Biennial Convention. Washington, D.C. November, 2019.
2. **Foundational training in the health of SGM populations and in CBPR.** While at JHU, I was accepted into the Research Honors program. Through this program, I arranged to work with Tonia Poteat, PhD, MPH, PA-C—a leading expert in transgender health. I was able to work on several projects and gain a variety of research skills during this experience. I conducted a literature review on transgender CBPR under *The LITE Study* (UG3 AI133669). Among the 10 studies, I identified the most pressing needs in the transgender community to include: discrimination, barriers to accessing health services, and mental health issues. I also engaged in an independent study in CBPR during this time to increase my expertise in the method. Moreover, I developed a codebook for a community needs assessment of transgender people living in Baltimore and contributed edits to an online, qualitative, CBPR study examining the pre- and post-surgical experiences of transgender men. For my capstone research project, I designed a qualitative

project on provider knowledge gaps of transgender (trans) health using 12 interviews of healthcare providers from Dr. Poteat's previous work. I performed a content analysis with the support and feedback of her research team. The main findings included: knowledge acquisition (i.e., mentorship, self-taught, formal training), provider reflections (i.e., knowledge gaps, strategies for success, and proficiency), and perceived challenges (i.e., unconscious bias and prejudice, lack of knowledge and patient exposure, and management of care issues). I presented this data in a poster and two oral presentations last year.

- a. **Soled, K.R.S.**, Cooney, E., Malik, M., & Poteat, T. Medical Provider's Beliefs, Attitudes, Knowledge Gaps, and Acquisition of Transgender Health Information. Oral Presentation. Research Honors Symposium. July 2018. Baltimore, MD.
 - b. **Soled, K.R.S.** Medical Provider's Beliefs, Attitudes, Knowledge Gaps, and Acquisition of Trans Health. Poster Presentation. Trans Wellness Conference. August 3, 2018. Philadelphia, PA.
 - c. **Soled, K.R.S.** Medical Provider's Knowledge Gaps and Acquisition of Transgender Health Education. Oral Presentation. Nursing Summit at GLMA's 36th Annual Conference on LGBTQ Health. October 10, 2018. Las Vegas, NV.
3. **Establishing core competencies in qualitative methods.** I was also accepted as a SOURCE Service Scholar during my time at JHU. SOURCE is a community engagement and service-learning center for JHU Schools of Public Health, Nursing, and Medicine. This year-long program paired me with a community-based, non-profit organization, GHHI, where I worked as a research intern one day a week. I led a qualitative research project focused on food insecurity and lead poisoning which resulted in a primary prevention screening tool. During this time, I performed a literature review on the topic and supervised master's in public health students to conduct participant observations, focus groups, and in-depth interviews with community members. The findings were disseminated to GHHI and the community.
- a. **Soled, K.R.S.** Lead Prevention Programming in Food Deserts: Malnutrition's Impact on Childhood Lead Incidence Rates. Poster Presentation. Johns Hopkins School for Public Health SOURCE Capstone Presentations. Baltimore, MD. April 2018.
4. **Building expertise in SGM health during the perinatal period.** At Columbia University, I worked closely with my sponsor, Dr. Walter Bockting, in fall 2018 to develop survey questions about conception and pregnancy that were included in the third wave of *AFFIRM* (R01 HD079603)—his longitudinal study of identity development, risk, and resilience in gender diverse populations. This study includes of a cohort of ~300 transgender individuals. I intend to examine responses to these questions and work with a team of reproductive endocrinologists at Columbia University to develop a manuscript on transgender conception and pregnancy in fall 2019.

I have developed expertise in my F31 population through working with Dr. Arlene Smaldone, the PhD Program Director, to conduct an integrative review on Perinatal Mood and Anxiety Disorders in Sexual Minority Women (SMW). Our finding suggests that SMW experience perinatal mood and anxiety disorders at higher rates than national estimates of childbearing individuals and that bisexual women experience higher rates of depression and anxiety and report lower overall mental health compared to other SMW. This work has been accepted as a conference poster for presentation this fall, and I continue to work on the manuscript which I intend to submit for publication in *Archives of Women's Mental Health*.

- d. **Soled, K.R.S** & Smaldone, A.M. Perinatal Mood and Anxiety Disorders in Sexual Minority Women. Poster Presentation. GLMA's 37th Annual Conference on LGBTQ Health. September 13, 2019. New Orleans, LA.
- e. **Soled, K.R.S** & Smaldone, A.M. Perinatal Mood and Anxiety Disorders in Sexual Minority Women. Oral Presentation. Nursing Summit at GLMA's 37th Annual Conference on LGBTQ Health. September 11, 2019. New Orleans, LA.
- f. **Soled, K.R.S** & Smaldone, A.M. Perinatal Mood and Anxiety Disorders in Sexual Minority Women. Poster Presentation. NYU's 5th Annual Health Disparities Symposium. October 24th, 2019. New York, NY.