

Zach Budesa

PhD, LPC/MHSP (TN)

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Addiction Science Team

Missouri Institute of Mental Health

University of Missouri, St. Louis

Research Interests

Scale development, impacts of measurement error on validity, novel evaluation methods, quantitative research methods, and treatment outcomes

Education and Licensure

- 2021 – 2022 **University of Tennessee Health Science Center** – Knoxville, TN
Postdoctoral Scholar, Healthcare Simulation and Medical Education Research
PI: Leo Lamsen, MD, PhD
- 2018 – 2021 **University of Tennessee, Knoxville** – Knoxville, TN
PhD, Counselor Education
Dissertation: *Addressing the inconsistencies in counselor skill development and measurement through deliberate practice and assessment tools*
Doctoral Minor: Intercollegiate Graduate Statistics and Data Science Program
Graduate Certificate: Evaluation, Statistics, and Measurement
- Licensed Professional Counselor (LPC/MHSP)**
Tennessee License #3981. Granted 2018.
- 2014 – 2016 **Tennessee Technological University** – Cookeville, TN
MA, Clinical Mental Health Counseling
- 2010 – 2014 **Tennessee Technological University** – Cookeville, TN
BA, Psychology

Academic Appointments

- 2022 – Present **University of Missouri, St. Louis**
Assistant Research Professor
Addiction Science, Missouri Institute of Mental Health
St. Louis, MO
Quantitative faculty for the Addiction Science team, with an emphasis on substance use treatment, recovery, and harm reduction services in the state of Missouri.

- 2022 **Lenoir-Rhyne University**
Adjunct Assistant Professor
Counselor Education
Asheville, NC
Adjunct teaching within the Counselor Education Program. Teaching includes online synchronous and asynchronous modalities.
- 2021 – 2022 **University of Tennessee, Knoxville**
Adjunct Assistant Professor
Educational Psychology & Counseling
Knoxville, TN
Adjunct teaching within the Counselor Education and Evaluation, Statistics, and Measurement Graduate Programs. Work with students included both face-to-face synchronous and online asynchronous instruction.
- 2019 – 2022 **University of Tennessee Graduate School of Medicine, Knoxville**
Research and Assessment Coordinator
Center for Advanced Medical Simulation
Knoxville, TN
Responsible for healthcare simulation-based research projects. Includes program and learner assessment, and data management. Developed data collection and management systems, aided in statistical analysis, and contributed to manuscripts intended for presentation and publication.

Honors and scholarships

- 2021 - 2022 **Emerging Leader, New Professional**
Association for Assessment and Research in Counseling
- 2019 **Outstanding First Year Doctoral Student**
Counselor Education Program
University of Tennessee, Knoxville
- 2018 - 2019 **J. Wallace & Katie Dean Graduate Fellowship**
University of Tennessee, Knoxville

Publications

Published

- 2023 Rachel Winograd, R.P., **Budesa, Z.**, Banks, D., Carpenter, R., Wood, C., Duello, A., Thater, P., & Smith, C. (In press). Outcomes of State Targeted/Opioid Response grants and the Medication First approach: Evidence of racial inequities in improved treatment access and retention. *Substance Abuse Journal*.

- Upton, C., Diambra, J., Brott, P., & **Budesa, Z.** (2023). Photography as a wellness tool for counselors-in-training. *Journal of Creativity in Mental Health Counseling*. 13(1), 1-14. DOI: <https://doi.org/10.5590/JERAP.2023.13.1.01>
- 2022 Luke, C., **Budesa, Z.**, & Diambra, J. (2022). Using an experiential group to promote engagement in a career counseling course. *The Journal of Counselor Preparation and Supervision*. 15(4), 1-20. Retrieved from: <https://digitalcommons.sacredheart.edu/jcps/vol15/iss4/1>
- Duenyas, D., **Budesa, Z.**, Luke, C., & Fry, L. (2022). Examining self-awareness and perceived neuroscience-informed technology competency: Implications for professional counselors. *Journal of Technology in Counselor Education and Supervision*. 2(1). DOI: <https://doi.org/10.22371/tces/0013>.
- Budesa, Z.** & Barrio Minton, C. (2022). Enhancing counselor education and supervision through deliberate practice. *Teaching and Supervision in Counseling*. 4(1). 1-10. DOI: <https://doi.org/10.7290/tsc04k3n1>.
- Budesa, Z.**, Klar, M., Datta, S., Moore, E., & Lamsen, L. (2022). Evaluating first year residents' communication skills: A health literacy curriculum needs assessment. *The Journal of Health Care Communication*. DOI: <https://doi.org/10.1080/17538068.2022.2026054>
- 2020 **Budesa, Z.** (2020). Feedback-informed-treatment: A deliberate approach to responsible practice. *International Journal of Responsibility*, 3(2), 79-95. <https://commons.lib.jmu.edu/ijr/vol3/iss2/8>.
- Budesa, Z.** (2020, August). *Essentials of career-focused counseling: The essential toolbox for counselors-in-training* [Review of the book *Essentials of career-focused counseling*, by C. Luke]. *Career Convergence*. <https://associationdatabase.com/aws/NCDA/>
- 2019 Luke, C., & **Budesa, Z.** (2019). Review of the Self-Directed Search. In K. B. Stoltz and S. R. Barclay (Eds.) *A Comprehensive Guide to Career Assessment (7th Ed.)*. National Career Development Association.

Under Review

- Budesa, Z.** & Barrio Minton, C. A. (Under review). A psychometric case study of field experience evaluations in a single counselor preparation program. *Measurement and Evaluation in Counseling and Development*.
- Coffey, B., VonDras, L., Ruiz, A., Blanchard, B., Brown, K., Watson, L., Hampton, J., Collins, A., Hosto, M., Burns, J., **Budesa, Z.**, Anderson-Harper, R., & Winograd, R. P. (Under review). Peers helping peers: Development and evaluation of a peer support worker training series. *Journal of Behavioral Health Services & Research*.

Grant Support

Principle Investigator	<p><i>Missouri Coordinating Overdose Response Partnerships and Support (MO-CORPS; First Responders – Comprehensive Addiction and Recovery Support Services Act grant, FY23).</i> Funder: Substance Abuse and Mental Health Services Administration. Primary: Missouri Department of Health and Senior Services. (1H79SP082726-01; \$3,200,000 Total Costs; 2021-2026).</p> <p><i>Needs evaluation of multicultural skills and diverse experiences in the Graduate School of Medicine (Diversity and Inclusion Mini-Grant, 2020-2021).</i> Funder: University of Tennessee Health Science Center. (\$2300. Unfunded)</p> <p><i>The role of deliberate practice in skill development for student counselors in field experiences (Friends of EPC Research Grant; 2021).</i> Funder: University of Tennessee Department of Educational Psychology and Counseling. (\$400.)</p>
Lead Evaluator	<p><i>State Opioid Response (SOR 3.0; FY23-FY24).</i> Funder: Substance Abuse and Mental Health Services Administration. Primary: Missouri Department of Mental Health. (1H79TI085748-01, \$25,300,398; 2022-2024) Percent Effort: 45%</p> <p><i>State Opioid Response (SOR 2.0; FY21-FY22).</i> Funder: Substance Abuse and Mental Health Services Administration. Primary: Missouri Department of Mental Health. (1H79TI083284-01, \$25,017,670; 2020-2022) Percent Effort: 50%</p>
Methodologist	<p><i>Opioid Use Disorder Pharmaceutical Treatments: Investigating a Model and Measure of Intervention Stigma toward Medication (OPTIMISM).</i> Funder: National Institutes of Health. Mechanism: R15. Principle Investigator: Rachel P. Winograd, PhD. Submitted: 02/27/2023. (FOA: PAR-21-155, \$464,931; 2023-2026).</p> <p><i>Enhancing Effectiveness Research on Recovery Housing for Persons Prescribed Medication for Opioid Use Disorder.</i> Subaward Application through UMSL-MIMH. Funder: National Institute on Drug Abuse. Principle Investigator: Amy A. Mericle, PhD; Carmen L. Masson, PhD. Submitted: 03/28/2023. (R24DA051974, \$64,602; 2023-2026).</p>
Quantitative and Supervisory Support	<p><i>Expanding Naloxone Access and Community Trainings in Missouri (ENACT; Prevent Prescription Drug/Opioid Overdose Deaths grant, FY21).</i> Funder: Substance Abuse and Mental Health Services Administration. Primary: Missouri Department of Mental Health. (1H79TI084749-01; \$4,250,000 Total Costs; 2022-2026).</p> <p><i>Drug Overdose Trust and Safety (DOTS; First Responders – Comprehensive Addiction and Recovery Support Services Act grant, FY23).</i> Funder: Substance Abuse and Mental Health Services Administration. Primary: Missouri Department of Mental Health. (5H79TI082515-02; \$3,200,000 Total Costs; 2019-2023).</p>

Courses Taught

- Spring 2022 **Research and Statistical Methods (EDU 505)**, *Lenoir-Rhyne University*.
Survey course of human subjects research methods for Master's counseling students.
- Practicum in Counseling (COUN 555)**, *University of Tennessee, Knoxville*.
Introductory counseling field experience for first-year mental health and school counseling students.
- Fall 2021 **Internship in Mental Health Counseling (COUN 559)**, *University of Tennessee, Knoxville*. Field experience for Clinical Mental Health Counseling Students
- Fall 2021, **Statistics in Applied Fields II (EDPY 677)**, *University of Tennessee, Knoxville*.
Spring 2021 The purpose of this course is to understand statistics as a tool to analyze and interpret data in applied research settings.
- Fall 2019 **Theory and Practice of Counseling (COUN 551)**, *University of Tennessee, Knoxville*.
With Pamela Brott, PhD. Survey course of counseling theory and techniques.
- Spring 2019 **Lifespan Development (COUN 545)**, *University of Tennessee, Knoxville*. With Shawn Spurgeon, PhD. Survey course for the major theories of child, adolescent, and adult development.
- Fall 2018 **Practicum in Grief Support (COUN 560)**, *University of Tennessee, Knoxville*. With Laura Wheat, PhD. Supervised practice and application of knowledge and skills about grief, loss, and life transitions.

Clinical Experience

- 2018 – 2019 **Infinite Possibilities Counseling**
Counselor
Cookeville, TN
Counseling with individuals, couples, and families, which focused on relationship, career, mental health, and crisis issues. Included administrative work duties including psychotherapy notes and insurance billing.
- 2017 – 2019 **Ten Broeck Tennessee**
Counselor
Cookeville, TN
Counseling on inpatient psychiatric and detoxification unit. Aided in intakes and discharges, facilitated individual, group, and family counseling sessions, and completed case management and discharge planning.

2016 – 2017

Youth Villages

Child & Adolescent Crisis Counselor

Cookeville, TN

Mobile crisis counseling in the Upper Cumberland region. Worked with children experiencing mental health crises to achieve safe and secure resolution. Collaborated with DCS, community and school counselors, and administrators.

Presentations

- 2022 Winograd, R. P., **Budesa, Z.**, Blanchard, B., Thater, P., Newman, S. (2022, December 14). *State-funded treatment for Opioid Use Disorder during five years of Missouri's State Opioid Response grants: What we've seen (and how you can see it too!)* [Invited talk]. PreventEd Speaker Series, 2022.

Winograd, R. P., Brown, K., **Budesa, Z.**, Wing, B., Wilks, C., Banks, D., Carpenter, R. W., Orson, W., Becker-Markovich, C., Zychinski M., Kondai, R., Jasdanwala, S. (2022, October 10-12). *What about nights, weekends, and wait times? Adding an on-demand mobile telemedicine component to a community-based, post-overdose peer support outreach program* [Conference session]. Association for Medical Education and Research in Substance Abuse.

Winograd R.P., Coffey, B., Ruiz, A., Weinstock, J., Blanchard, B., Thater, P., Brown, K., **Budesa, Z.**, Smith, C. (2022, October 10-12). *Early Implementation of Contingency Management in Publicly-Funded Substance Use Treatment Programs in Missouri: Process and Lessons Learned* [Poster presentation]. Association for Medical Education and Research in Substance Abuse.

Irvine, T., Lewis, O., Nice, M., & **Budesa, Z.** (2022, April 7-10). *The future of counseling research: Trends and recommendations* [Poster presentation]. American Counseling Association, 2022.

Luke, C. & **Budesa, Z.** (2022, April 7-10). *Using an 8-factor, neuroscience-informed model to promote ethical, effective care* [Conference session]. American Counseling Association, 2022.

Klar, M., **Budesa, Z.**, Calzada, J., Sherman, M., Cappaert, M., & Anderson, A. (2022, March 3-5). *Data management and solutions* [Conference session]. American College of Surgeons Surgical Simulation Summit, 2022.

Budesa, Z. (2022, January 15-19). *Evaluating of existing rating systems for surgical residents' suturing technique using Item Response Theory* [Conference session]. 22nd International Meeting on Simulation in Healthcare.

- 2021 Gibbons, M., Matthews, L., **Budesa, Z.**, & Barrio Minton, C. (2021, October 6-10). *Using Development and Counseling Theory as a supervision framework* [Conference session]. Association for Counselor Education and Supervision, 2021

Nice, M., Lewis, O., **Budesa, Z.**, Irvine, T., Stargell, N., & Whisenhunt, J. (2021, September 10-11). *Membership in AARC: A gathering space for graduate students and new professionals* [Conference session]. Association for Assessment and Research in Counseling Conference, 2021

Lamsen, L. & **Budesa, Z.** (2021, March 9). *The role of deliberate practice in skill acquisition* [Invited lecture]. Educational Enhancement for Academic Physicians, University of Tennessee Medical Center. Available at: gsm.utmck.edu

2020 **Budesa, Z.** (2020, October 26-27). *Evaluating first year residents' communication skills: A health literacy curriculum needs assessment* [Paper presentation]. American College of Surgeons Virtual Simulation Summit, Virtual Conference.

Luke, C., Redecop, F., & **Budesa, Z.** (2020, July 14-16). *Career-focused counseling: A neuroscience-informed, ethical perspective* [Conference session]. National Career Development Association Conference, Virtual conference [Presentation canceled due to COVID-19 pandemic].

Budesa, Z. (2020, February 29). *'What am I even doing?' How deliberate practice can benefit counselors* [Conference session]. Smokey Mountain Counseling Association One-Day Conference, Knoxville, TN, United States.

2019 **Budesa, Z.**, Hightower, J., & Gonzalez-Rosario, L. (2019, October 10-13). *Improvised learning: Applying theater improvisation techniques to teach counseling skills to counselors-in-training* [Conference session]. Association for Counselor Education and Supervision Conference, Seattle, WA, United States.

Budesa, Z., Hightower, J., Gonzalez-Rosario, L. (2019, February 16). *Understanding best practices for working with clients in an inpatient setting* [Conference session]. Smokey Mountain Counseling Association One-Day Conference, Jefferson City, TN, United States.

Service

University

2020 – Present	Tennessee Technological University Counseling Program Advisory Board <i>Board Member.</i>
2020 – 2021	Upsilon Theta Chapter of Chi Sigma Iota <i>Professional Development Co-Chair.</i>

Professional

2021 – Present	Association for Assessment and Research in Counseling <i>Emerging Leader.</i> One year term, 2021 – 2022. <i>Assessment Committee Member.</i> 2021 – Present
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2021 – Present	Measurement and Evaluation in Counseling and Development <i>Ad hoc Reviewer.</i>
2020 – Present	Journal of Mental Health Counseling <i>Editorial Board Member. 2022 – Present.</i> <i>Ad hoc Reviewer. 2020 – 2022.</i>
2021 – Present	Counseling Outcome Research and Evaluation <i>Editorial Fellow. One year term, 2021 – 2022.</i> <i>Ad hoc Reviewer. 2020-2021.</i>
2021	Association for Assessment and Research in Counseling <i>Conference Proposal Reviewer.</i>
2021	International Meeting on Simulation in Healthcare <i>Conference Proposal Reviewer.</i>
2021	ACES Research Grants Award Committee <i>Committee Member.</i>
2021	SACES Research Grants <i>Grant Proposal Reviewer.</i>
2019	International Journal on Responsibility Special Issue: “What responsibility do mental health professionals hold toward clients and the public at large?” <i>Invited Reviewer.</i>

Professional Memberships

Since 2020	Association for Assessment and Research in Counseling
Since 2019	Society for Simulation in Healthcare Chi Sigma Iota — <i>Upsilon Theta Chapter</i>
Since 2018	Association for Counselor Education and Supervision — <i>Southern Region</i>
Since 2014	American Counseling Association