Charis Wiltshire, MPH

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# Education

**Master of Public Health (MPH) Detroit, MI**

Wayne State University, Public Health Methods May 2022

GPA: 3.89

Advisor: Dr. Deborah Ellis

**Bachelor of Science Atlanta, GA**

Emory University, Neuroscience and Behavioral Biology May 2018

GPA: 3.14

Minored in Theatre

# Research Experience

**Detroit Trauma Project**, Wayne State University School of Medicine,

Detroit, MI 2018 - Present

Principal Investigator (PI): Dr. Tanja Jovanovic

* Regulatory Consultant
  + NIMH monitoring close-out visit of R01MH111682
* Community Engagement Coordinator – promoted October 2021
  + Led initiatives to foster collaboration between research lab and local community organizations (Brilliant Detroit & Empowerment Zone Coalition)
  + Built a cross department intergenerational research consortium with collaborators at Wayne State University
  + Built data collection instruments in REDCap
  + Prepared IRB submissions
* Lead Research Assistant – promoted October 2019
  + Acted as project coordinator on Critical Periods in Brain Development, National Institutes of Mental Health (NIMH) Grant R01MH111682
  + Coordinated study protocols, staff and participant schedules, and community engagement activities
  + Oversaw regulatory documents in preparation for NIMH monitoring visits
  + Maintained participant databases in HIPPA compliant research specific software (Ripple)
* Research Assistant
  + Collected data through participant interviews, psychophysiological response, neuroimaging, and biologics: blood and saliva
  + Collected & analyzed data, maintained regulatory documents for AURORA Study NIH U01 MH110925
  + Worked with pediatric populations and adults recruited from the ED
  + Processed and analyzed psychophysiological data: heart rate variability and electromyograph data
  + Wrote protocols for data collection with pediatric populations

**Henry Ford Health System, Department of Family Medicine**

Detroit, MI 2021-Present

Advisor: Dr. Denise White Perkins

* Evaluated the impact of a Group Medical Visit strategy on the Medicare Wellness Visit’s ability to close the health maintenance gap and improve patient satisfaction
* Assisted in data entry, analysis, and interpretation of their pilot data from a quality improvement project implementing group Medicare wellness visits
* Created infographics to share with stakeholders interested in adopting group Medicare wellness visit format
* Worked with an interprofessional team to build a data abstraction table in an online data collection tool (REDCap) to capture variables of interest

**The Grady Trauma Project**, Emory University School of Medicine

**Research Intern**, Atlanta, Georgia 2017 to 2018

* Collected data through participant interviews and psychophysiological response
* Updated study protocols for training purposes

# Publications and presentations

## Research Papers

**Charis N. Wiltshire, B.S**.\*, Cassandra P. Wanna, B.A.\*, Anaïs F. Stenson, Ph.D., Sean T. Minton, B.A., Mariam H. Reda, B.S., William M. Davie, B.S., Rebecca Hinrichs, M.A., Sterling Winters, B.S., John M. France, B.S., and Tanja Jovanovic, Ph.D \*Co-first authors. *“Associations between children’s trauma-related sequelae and skin conductance captured through mobile technology.”*  Behaviour Research and Therapy (2022): 104036.

Jovanovic, T., **Wiltshire, C.N.,** Reda, M.H., France, J., Wanna, C.P., Minton, S.T., Davie, W., Grasser, L.R., Winters, S., Schacter, H., Marusak, H.A., and Stenson, A.F. *“Uncertain in the face of change: Lack of contingency shift awareness during extinction is associated with higher fear-potentiated startle and PTSD symptoms in children.”* International Journal of Psychophysiology

Antonia V. Seligowski PhD, Elizabeth R. Steuber MD, Rebecca Hinrichs MS, Saswati Datta PhD, Mariam H. Reda BS, **Charis Wiltshire** BS, Sterling J. Winters BS, Karlye A. Phillips BA, Stacey L. House MD, PhD, Francesca L. Beaudoin MD, PhD, Xinming An PhD, Jennifer S. Stevens PhD, Donglin Zeng PhD, Thomas C. Neylan MD, Gari D. Clifford DPhil Sarah D. Linnstaedt PhD, Laura T. Germine PhD, Kenneth A. Bollen PhD, Guia Guffanti PhD, Scott L. Rauch MD, John P. Haran MD, PhD, Alan B. Storrow MD, Christopher Lewandowski MD, Paul I. Musey MD Jr., Phyllis L. Hendry MD, Sophia Sheikh MD, Christopher W. Jones MD, Brittany E. Punches PhD, RN, Michael C. Kurz MD, Robert A. Swor DO, Nina T. Gentile MD, Vishnu P. Murty PhD, Meghan E. McGrath MD, Lauren A. Hudak MD, MPH, Jose L. Pascual MD, PhD, Mark J. Seamon MD, Elizabeth M. Datner MD, Anna M. Chang MD, Claire Pearson MD, David A. Peak MD, Roland C. Merchant MD, MPH, ScD, Robert M. Domeier MD, Niels K. Rathlev MD, Brian J. O'Neil MD, Leon D. Sanchez MD, MPH, Steven E. Bruce PhD, Mark W. Miller PhD, Robert H. Pietrzak PhD, MPH, Jutta Joormann PhD, Deanna M. Barch PhD, Diego A. Pizzagalli PhD, John F. Sheridan PhD, Jordan W. Smoller MD, Thaddeus W W. Pace PhD, Beatriz Luna PhD, Elisabeth Binder MD, PhD, Steven E. Harte PhD, James M. Elliott PhD, Karestan C. Koenen PhD, Ronald C. Kessler PhD, Samuel A. McLean MD, MPH, Kerry J. Ressler MD, PhD, and Tanja Jovanovic PhD. “*A prospective examination of sex differences in posttraumatic autonomic functioning.*” Neurobiology of Stress, 15 (2021): 100384.

## Research Poster Presentations

*“Buffering Against Depressive Symptoms in Response to Community Violence”* **Charis Wiltshire** B.S., Anaïs Stenson, Ph.D., Tanja Jovanovic, Ph.D.

Presented virtually at Wayne State University’s Department of Family Medicine & Public Health Sciences Research Day 2021.

*“Mental Health During a Pandemic: The Association Between History of Depression and Community Stress”* **Charis Wiltshire**, BS, Anaïs Stenson, PhD, Mariam Reda, BS, William Davie, BS, Marwa Harp, BS, Jessica Woodford, MPH, Manessa Riser, BS, John France, BS, Seth Norrholm, PhD, Tanja Jovanovic, PhD.

Presented virtually at Anxiety and Depression Association of America Research Conference 2021.

“*Sex Differences in Self Report of Trauma-Related Symptoms and Physiology in Children”* **Charis Wiltshire**, B.S., Anaïs Stenson, Ph.D., Cassandra Wanna, B.A., Sean Minton, B.A., Mariam Reda, B.S., Tanja Jovanovic, Ph.D.

Abstract published online in lieu of Anxiety and Depression Association of America Research Conference 2020.

“*Violence Exposure is Associated with Testosterone and Emotion Regulation in Children*” **Charis Wiltshire**, B.S., Anaïs Stenson, Ph.D., Nadia Thompson, B.A., Aimee Clifford, B.A., Bekh Bradley, Ph.D., Tanja Jovanovic, Ph.D.

Presented at Anxiety and Depression Association of America Research Conference 2019. Chicago, Illinois

## Non-Presenting Co-Author Research Posters

*“Psychophysiology-based clusters of trauma-exposed individuals predict trauma-related psychopathology”* Lana Ruvolo Grasser; C Wanna, **C Wiltshire**, M Reda, W Davie, A Seligowski, K Phillips, J Stevens, V Murty, S Bruce, K Ressler, S McLean, & T Jovanovic. To be presented at the American College of Neuropsychopharmacology Annual Meeting 2021.

“*A Crisis within the Pandemic: ​COVID-19 Associated Stress Predicting Post Traumatic Stress Disorder Symptomology*” William M. Davie BS, Anaïs Stenson, Mariam Reda, Cassandra Wanna, **Charis Wiltshire**, Sean Minton, Marwa Harp, Jessica Woodford, Manessa Riser, Renie George, Jakayla Hart, Tanja Jovanovic, & Seth Norrholm, Ph.D.​ Presented virtually at Anxiety and Depression Association of America Research Conference 2021.

“*Sex Differences in Fer-Potentiated Startle, Depression and Anxiety in a Pediatric Sample*” Mariam Reda, BS, Anaïs Stenson, PhD, **Charis Wiltshire**, BS, Cassandra Wanna, BA, Sean Minton, BA, Tanja Jovanovic, PhD. Presented virtually at Anxiety and Depression Association of America Research Conference 2021.

“*Differential effects of school, home, and community violence exposure on mental health symptoms in children*” William M. Davie, BS, Anaïs F. Stenson, Mariam H. Reda, **Charis N. Wiltshire**, Cassandra P. Wanna, Sean T. Minton, Tanja Jovanovic PhD. Abstract published online in lieu of Anxiety and Depression Association of America Research Conference 2020.

“*Sex Differences in Fear-Potentiated Startle, Depression and Anxiety in a Pediatric Sample”* Mariam H. Reda, BS, Anaïs F. Stenson, PhD., **Charis N. Wiltshire**, BS, Cassandra Wanna, BA, Sean Minton, BA, Tanja Jovanovic, PhD. Abstract published online in lieu of Anxiety and Depression Association of America Research Conference 2020.

“*Effects of Violence Exposure on Fear Conditioning and Extinction Differ by Sex During Childhood*” Mariam H. Reda, BS, Anaïs F. Stenson, PhD., John M. France, BS, **Charis N. Wiltshire**, BS, Cassandra Wanna, BA, Sean Minton, BA, Tanja Jovanovic, PhD. Abstract published online in lieu of Society of Biological Psychiatry 2020.

“*Physiological Responses to Fear Conditioning as Indicators of PTSD and Related Symptom Trajectories Following Trauma*” Antonia Seligowski, PhD, Elizabeth Steuber, MD, Nathalie Dumornay, B.S., Karlye Phillips, B.A., Sean Minton, B.A., Mariam Reda, B.S., **Charis Wiltshire** B.S., Cassandra Wanna, B.A., Sterling Winters, B.S., Xinming An, Samuel McLean, PhD, Jennifer Stevens, PhD, Kerry Ressler, PhD, Tanja Jovanovic, PhD. Abstract published online in lieu of Society of Biological Psychiatry 2020.

“Kids do the darndest things: Correlations between skin conductance reactivity and trauma exposure within urban youth” Cassandra P. Wanna, B.A., Anais F. Stenson, Ph.D., **Charis N. Wiltshire**, B.S., Sean T. Minton, B.A., Mariam H. Reda, B.S., & Tanja Jovanovic, Ph.D. Presented at International Society of Traumatic Stress Studies 2019. Boston, MA

# Academic Service

**Student Member of MPH Admissions Committee**

November 2020 – May 2021

Reviewed applicant portfolios and discussed potential for successful completion of the MPH program with faculty committee members.

**MPH New Student Panel**

January 2021

Shared current experiences and advice as a Wayne State MPH student and responded to program related questions from incoming students.

# Community Service

**Community Engagement Events**

Created educational content, presentations, and psychophysiology demonstrations to demonstrate our research with the community in hopes to foster collaboration and recruit potential participants.

* Future Docs Day 2020 – March 2020
* Brain Day at the Michigan Science Center – March 2020
* Explainer Stations at the Michigan Science Center – December 2019-March 2020

**Shiloh Detroit**

Team Member, Highland Park, MI, June 2019 – November 2020

Led small groups, coordinated transportation, and assisted in life-skills coaching while fostering unique and lasting relationships with the children and families in the surrounding community.

**FitKids360**

Running buddy, Detroit, MI Summer 2019

FitKids360 is a summer long intervention for kids who are at risk for obesity and their families to participate in a program that helps them train for a 5k.

**Childcare at Tolan Park Medical Methadone Clinic**

Volunteer, Detroit, MI January 2019- May 2019

Worked with coordinators of the Methadone Clinic to initiate a volunteer-based childcare for the mothers attending weekly group therapy sessions.

# Computer Skills

**Programming**: SPSS, R

**Applications**: Data visualizations through Excel, R studio, Exploratory, Jasp and Jamovi

**Platforms**: Graphic Design on Canva