

LAURA M. LONGO, PH.D.(860)480-5246 | llongo@albany.edu**Education**

- 2019 Ph.D., Counseling Psychology
University at Albany, SUNY
Albany, NY
APA Accredited Program
- 2013 M.S., Counselor Education, Specialization in School Counseling
Central Connecticut State University
New Britain, CT
CACREP Accredited Program
- 2010 B.A., Psychology & Sociology
Stony Brook University, SUNY
Stony Brook, NY

Certifications

- 2020 - Present New York State License in Professional Psychology
License #024109-01

Professional Experience

- July 2025 - Present **Center for Behavioral Health Promotion and Applied Research, Research Foundation for SUNY, University at Albany**
Interim Associate Director
- Oversee implementation and compliance of translational research projects, ensuring adherence to scientific protocols and institutional standards
 - Supervise and mentor Center staff and students; co-lead the Center's research lab and support training, recruitment, and professional development
Collaborate on grant development and serve as formal liaison to Grant Project Officers and university research partners
 - Lead data collection, quality assurance, and project oversight to maintain momentum and achieve research milestones

- Develop and disseminate research reports, presentations, and publications for internal and external stakeholders, including local and national audiences

April 2025 - Present

LML Psychological Services, PLLC
Owner

- Provide individual therapy to adults with diverse concerns, including trauma and addictive behaviors
- Utilize evidence-based approaches such as CBT, Motivational Interviewing, and harm reduction
- Conduct assessments, develop treatment plans, and deliver in-person and teletherapy sessions
- Manage all aspects of private practice operations, including scheduling, billing, and clinical documentation

Feb 2023 - July 2025

Center for Behavioral Health Promotion and Applied Research, Research Foundation for SUNY, University at Albany

Senior Research Specialist; Project Manager

- Directed the development of the Community Awareness in Resource Engagement [C.A.R.E.S.] and Suicide Prevention training program.
- Provided oversight and management for tasks related to two SAMHSA grant funded projects
- Authored and obtained external research funding from the National Council on Problem Gambling
- Developed crisis intervention protocol and provided on-call support for students in acute distress
- Mentored and supervised doctoral student research, research assistant tasks, and served on dissertation committees
- Supervised masters and doctoral level peer prevention navigators in SBIRT and well-being check in appointments
- Prepared, entered, and analyzed quarterly grant data and target indicators
- Contributed to academic research through co-authored publications, multi-investigator studies, and dissemination of findings at national conferences

Mar 2023 - Jun 2025

Freedom First Psychological Services
Evaluator and Staff Psychologist

- Conducted psychological and neuropsychological evaluations in areas such as attention deficit-hyperactivity disorder, autism spectrum disorder, and general mental health diagnoses
- Provided individual psychotherapy services to a diverse population of adults addressing issues such as trauma, substance use, bipolar disorder, and borderline personality disorder

May 2022 - Jan 2023

Office of Health Promotion, University at Albany
Assistant Director

- Directed all services and programming for UAlbany's Collegiate Recovery Program (e.g., mutual aid support groups, recovery navigation services, recovery ally trainings, connection events)
- Overhauled procedures and policy, and provided oversight of daily operations for the Peer Wellness Coaching Program
- Supervised doctoral graduate assistants in the supervision of peer wellness coaching services and development and implementation of behavioral health prevention programming, based within a public health framework.
- Expanded campus wide AOD harm reduction services in overdose prevention trainings and distribution of fentanyl testing strips
- Coordinated the rollout of the Nod app, a social connection tool, with key campus stakeholders and course instructors

Sep 2019 - Apr 2022

Center for Behavioral Health Promotion and Applied Research, University at Albany
Alcohol and Other Drug Use Preventionist

- Spearheaded program revision and development of a brief personalized feedback intervention regarding cannabis and alcohol use.
- Conducted a multidimensional evaluation of a campus health communication campaign and used findings to improve materials and streamline efforts.
- Collaborated with key campus stakeholders to ensure smooth operation of early intervention services that address high-risk drinking and other drugs use behaviors.

- Launched virtual screening, brief intervention, and referral to treatment (SBIRT) tool in the areas of alcohol and cannabis use and gambling behaviors.
- Trained professional staff and doctoral trainees in motivational interviewing and brief interventions in alcohol and other drug misuse.
- Supervised professionals and students at the masters and doctoral level in the development and delivery of collegiate recovery programming initiatives.
- Mentored student leaders within the collegiate recovery program and executed the launch of UAlbany's first overdose awareness week.
- Contributed to various grant projects focused on college student health behaviors.

Sep 2019 - Apr 2022

Counseling and Psychological Services, University at Albany

Staff Psychologist

- Provided individual and group psychotherapy services to a diverse population of undergraduate and graduate students addressing issues such as trauma, substance use, anxiety, depression, relationship difficulties, and identity development.
- Administered single session alcohol-, cannabis-, and non-medical prescription stimulant-based interventions for judicially mandated students and student athletes using evidence-based practices (e.g., BASICS).
- Provided clinical consultation services to students, faculty, staff, parents, and providers in the community.
- Lead the clinical intervention and outreach workgroup on the diversity steering committee in evaluation of clinical service utilization and client satisfaction.
- Co-facilitated a student advisory board focused on the intersections of diversity, equity, and inclusion, and student well-being.
- Conducted workshops on topics such as stress management and self-care.

Sep 2019 - Mar 2021

St. Peter's Hospital Addiction and Recovery Center (SPARC)

Behavioral Health Counselor III

- Facilitated weekly groups in Community Reinforcement and Family Training Support and Prevention (CRAFT-SP) in outpatient rehabilitation and intensive outpatient recovery programs

Sep 2018 - Sep 2019

Edith Nourse Rogers Memorial Veterans Hospital
Pre-Doctoral Intern: Addictive Behaviors Track

- Engaged in concurrent rotations in Inpatient/Outpatient Assessment Rotations, Tobacco Cessation Team, Residential Domiciliary Care for Homeless Veterans Program, and Outpatient Mental Health Clinic.

Assessment Rotations:

- Conduct varied assessments (e.g., diagnostic evaluations, vocational assessments) in three settings throughout the training year: Acute Inpatient Unit, Intensive Outpatient & Dual Diagnosis Unit, and Vocational Evaluation Center.
- Collaborated with interdisciplinary treatment team to determine treatment needs and appropriate level of care.

Tobacco Cessation Team:

- Co-lead psychoeducational groups on tobacco cessation in varied settings throughout the hospital (e.g., partial hospital program, domiciliary) to increase Veterans' engagement in tobacco cessation services.
- Administered phone and in-person screens with Veterans interested in receiving tobacco cessation services.
- Conducted individual and couples counseling sessions for tobacco cessation utilizing motivational interviewing and psychoeducation.
- Participated in interdisciplinary team meetings to coordinate and plan care.
- Facilitated Tobacco Cessation Contingency Management program.

Domiciliary Care for Homeless Veterans:

- Co-lead psychoeducational groups [e.g., CBT-Substance Use Disorders, Understanding

Relationships, S.E.L.F. (i.e., Safety, Emotion, Loss, and Future)] focused on maintaining sobriety, building coping skills, and increasing Veterans' knowledge of addictions.

- Conducted weekly individual psychotherapy.
- Participated in weekly interdisciplinary treatment team meetings to address concerns in milieu, coordinate care, and discuss admission decisions.

Outpatient Mental Health Clinic:

- Conducted weekly individual psychotherapy with Veterans presenting with substance use disorder, posttraumatic stress disorder, and bipolar disorder.
- Co-facilitated weekly Women's Military Sexual Trauma Seeking Safety group.
- Received 4 hours of individual and 2 hours of group supervision weekly with licensed psychologists and reviewed video recordings of therapy sessions.

- Sep 2015 – Aug 2018 **University at Albany, Grant-Funded Project: A Comprehensive, Collaborative, Multi-Component SBIRT Training Model in Professional Psychology, TI025946, SAMHSA, \$942,927**
Senior Research Assistant
- Assisted co-principal investigators, Drs. Jessica Martin, and M. Dolores, Cimini, in all grant activities
 - Created training module in Multicultural Considerations in SBIRT Delivery
 - Prepared data for analysis, created codebooks, analyzed data, and submitted findings to co-principal investigators
 - Managed online data collections and maintained participant contact over 12-month period
 - Created online surveys for longitudinal data collection in PsychData
 - Prepared and submitted participant data to SAMHSA's online portal
 - Presented project findings to the Council of Directors
 - Prepared and submitted original research findings for national conference presentations and peer-reviewed journals
- May 2017 – May 2018 **St. Peter's Hospital Addiction and Recovery Center (SPARC)**
Behavioral Health Counselor III

- Facilitated weekly psychoeducational groups in Feelings Management, Chronic Relapse, Marijuana Recovery, Problem Solving, Addiction Topics and Relapse Prevention to a diverse population of individuals (e.g., gender identity, race, ethnicity, etc.) in outpatient rehabilitation and intensive outpatient recovery programs
- Served as on-call therapist to facilitate groups as needed (e.g., Living Sober Skills, Dual Diagnosis)

Aug 2017 – May 2018

Counseling and Psychological Services, University at Albany

Practicum Trainee

- Administered single session alcohol-, non-prescription stimulant-, and cannabis-based interventions for judicially mandated students and student athletes per week using evidence-based practices (e.g., BASICS)
- Conducted weekly individual psychotherapy sessions with diverse college students
- Collaborated with Addictions Specialist in program development for campus-wide social norms campaign
- Participated in weekly clinical case conference to conceptualize and formulate treatment plans addressing complex clinical presentations with licensed psychologists
- Attended weekly assessment conference with licensed psychologists and staff psychiatrist
- Received 1 hour of individual supervision weekly with a licensed psychologist and reviewed video recordings of therapy sessions

Jan 2017 – Jun 2017

Union College Wicker Wellness Center

Intake Clinician

- Conducted and wrote intake interviews for new clients
- Provided counseling services to walk-in appointments

Aug 2016 – Jul 2017

Albany Stratton VA Medical Center, Behavioral Health Interdisciplinary Program

Practicum Trainee

- Administered and scored 18 assessment batteries and wrote 4 integrated reports to address a range of referral questions (e.g., dementia, TBI, learning disability, psychosocial functioning for transplant),

utilizing instruments such as the Wechsler Test of Adult Reading (WTAR), Wechsler Abbreviated Scale of Intelligence (WASI-II), Woodcock Johnson IV Tests of Achievement (WJ IV), California Verbal Learning Test (CVLT-II), and Millon Clinical Multiaxial Inventory (MCMI-III)

- Provided long- and short-term individual psychotherapy sessions to 4-5 racially diverse male Veterans per week ranging in age from 24 to 65, presenting with varied psychological distress and interpersonal conflict due to major depression, anxiety, substance use disorder, posttraumatic stress disorder, homelessness, and legal problems
- Co-led weekly process group for male and female Veterans with posttraumatic stress disorder and serious mental illness ranging from ages 50 to 76
- Co-led weekly psychoeducational group on advanced recovery for 6-8 outpatient male Veterans with substance use disorder
- Participated in weekly interdisciplinary treatment team meetings with a licensed psychology, nurse, psychiatrist, and clinical social workers
- Received 2 hours of individual supervision weekly from a licensed psychologist and post-doctoral resident; 1 hour group supervision weekly with neuropsychologist

Sep 2015 – Jun 2016

**Union College Wicker Wellness Center
Practicum Trainee**

- Provided 1 month of on-call after hour services
- Participated in disordered eating treatment team meetings with licensed psychologists, nurse practitioner, and dietician
- Conducted alcohol and other drug interventions for judicially mandated students
- Coordinated peer education program for 3 months
- Created a new peer-education event that focused on studying and selection of energy-based foods
- Developed materials for and presented outreach programming to the general student body and sororities that addressed unhealthy body image and social media
- Conducted weekly individual psychotherapy sessions to a diverse college student population

- Maintained a weekly caseload of 8-10 clients with presenting problems including depression, anxiety, adjustment disorder, explosive anger, binge eating disorder, and personality disorders
- Provided outreach services in substance use and stress management to the student body
- Received 2 hours of individual and 1 hour of weekly group supervision with licensed psychologist and post-doctoral fellow

Aug 201 – May 2015

Psychological Services Center, Community Mental Health Training Clinic, University at Albany
Psychology Trainee

- Conducted weekly psychotherapy sessions with clients aged 21 to 61, presenting with issues of depression, anxiety, marital dissatisfaction, personality disorders, history of incarceration, and domestic violence
- Administered 1 comprehensive vocational assessment battery and wrote corresponding integrative assessment report
- Conducted phone screenings to gather essential information use to determine level of fit for psychological services
- Composed intake, interim reports, closing reports, and progress notes
- Received 1 hour individual and 2 hours of weekly group supervision with licensed psychologist: presented and formulated case conceptualizations, reviewed treatment plans, and reviewed videotaped therapy sessions

Aug 2012 – Jun 2013

Farmington High School, School Counseling Center
School Counseling Intern

- Provided academic advisement, career planning, and emotional support to a caseload of 50 high school students
- Co-directed Peers Assisting Student Success (PASS) mentoring program designed to build resilience
- Created and implemented a 6-week psychoeducational girls' group focused on creating and maintaining healthy body image
- Delivered lesson plans on topics such as career and life planning, preparation for college applications, and alternatives to higher education

- Provided 765 hours of direct service
- Jan 2012 – Jun 2012 **Northeast Middle School, School Counseling Department**
School Counseling Practicum Trainee
- Provided individual counseling sessions to a caseload of 3-5 culturally diverse middle school students
 - Developed and led a weekly girls' psychoeducational group for improving self-esteem
- Sep 2010 – Aug 2012 **Department of Teacher Education, Central Connecticut State University**
Research Assistant
- Assisted in grant writing focused on creative instructional approaches
 - Formulated comprehensive coding manual to assess student creativity and self-expression in learning
 - Gathered data focused on the State of Connecticut's Achievement Gap
 - Reviewed and provided feedback on book manuscript
 - Prepared literature reviews on teaching pedagogy
- May 2009 – Aug 2010 **Susan B. Anthony Project, Domestic Violence and Sexual Assault Agency**
Peer Counselor
- Co-facilitated a self-esteem group of 8-10 adolescent women who were recently released from incarceration
 - Completed comprehensive training in answering crisis hotline phone calls from survivors of domestic violence and sexual assault (40 hours)
- Professional Consultation**
- 2026 **New York State Office of Addiction Services and Supports (OASAS)**
Consultant
- Developed and delivered training on SBIRT policy adoption and implementation for community coalitions, with emphasis on stakeholder engagement, organizational readiness, workflow integration, implementation, and sustainability.
- 2026 **Family and Children's Association (FCA)**
Consultant
- Co-developed and delivered a three-part workshop series on improving substance use screening for

older adults, including SBIRT and the SMAST-G, implementation and adoption within clinical systems, and strategies for engaging clinical and system-level partners.

Teaching Experience

2020, 2022

**Substance Abuse and Addictive Behaviors (ECPY 614),
University at Albany
Course Instructor**

2016

**University at Albany, Mental Health Counseling
Program
Supplemental Supervisor (Clinical)**

- Provided weekly individual supervision for 2 advanced Master's-level trainees on practicum at community-based agencies serving individuals with severe and persistent mental illness and intellectual disability
- Reviewed supervisees' recorded session and provided oral and written feedback regarding process and content of therapy session.
- Provided 1 hour of live supervision
- Generated weekly case notes using developmental and process theories of supervision
- Provided and received peer feedback regarding video review of supervision sessions and supervisee case conceptualization
- Attended weekly group supervision of supervision meetings and didactic seminars

2015

**Principles of Career and Life Planning (ECPY 204U),
University at Albany
Course Instructor**

- Instructed 4 sections of undergraduate students (140 students total) in career and life planning skills
- Developed lecture, class activities, assignments, and exams
- Evaluated student progress through graded written and presentation assignments
- Engaged in weekly group supervision reviewing course materials and addressing needs of individual students

2008

**Statistical Methods in Sociology, Stony Brook
University
Teaching Assistant**

- Planned and led exam review sessions
- Provided additional academic support during weekly office hours

Grant Funded Projects

Title: Mobilizing Campus Change (MC²): Engaging Peers to Prevent Problem Gambling and Co-occurring Risk Factors on a Minority-Serving Campus.

Funder: National Council on Problem Gambling (NCPG)

Award Amount: \$40,000

Project Dates: 01/2025 - 12/2025

Role on Project: Principal Investigator

Title: Garrett Lee Smith Campus Suicide Prevention Grant

Funder: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services

Award Amount: \$306,000

Project Dates: 09/2022 – 09/2025

Role on Project: Project Manager (2022- 2024)
Principal Investigator (2025)

Title: Expanding Capacity for Screening, Brief Intervention, and Referral to Treatment (SBIRT) within a Comprehensive University-based Behavioral Health System

Funder: Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services

Award Amount: \$4.8 million

Project Dates: 09/2022 – 09/2025

Role on Project: Project Manager

Title: Nod Application: Campus Rollout

Funder: YOU at College

Award Amount: \$20,000

Project Dates: 03/2022 – 01/2023

Role on Project: Project Director

Title: University at Albany Diversity Equity Inclusion and Well-Being Student Advisory Board

Funder: The University at Albany, Student Affairs

Award Amount: \$2,500.00
Project Dates: 08/2021 – 06/2022
Role on Project: Principal Investigator

Title: University at Albany Collegiate Recovery Program Enhancement Project
Funder: New York State office of Alcoholism and Substance Abuse Services (OASAS)
Award Amount: \$240,000
Project Dates: 3/2019-10/2021
Role on Project: Project Leadership Team

Title: Project PHARM: Personalized Health Assessment Related to Medications
Funder: National Institute on Drug Abuse (NIDA)
Award Amount: \$460,703
Project Dates: 9/2019 - 8/2021
Role on Project: Clinical Site Coordinator

Title: A Comprehensive, Collaborative, Multi-Component SBIRT Training Model in Professional Psychology, TI025946
Funder: Substance Abuse and Mental Health Service Administration (SAMHSA)
Award Amount: \$924,927
Project Dates: 09/2015 – 09/2018
Role on Project: Senior Research Assistant

Doctoral Dissertation
2019

Drinking with Those Who Mind: College Students' Beliefs about Secondhand Effects of Alcohol and Intentions to Drink, Chair: Jessica L. Martin, Ph.D.

Peer-Reviewed Publications

Longo , L. M. Monley, C. M., Martin, J. L., & McCarthy, M. D. (2026). Validation of a novel individual attitudes toward secondhand effects of alcohol measure and implications for social norms prevention. *Translational Issues in Psychological Science*, 12(3), 430–441.
<https://doi.org/10.1037/tps0000528>

Cimini, M. D., Martin, J. L., & **Longo**, L. M. (2024). Addressing substance use in clinical assessment and treatment. In F. T. L. Leong, J. L. Callahan, J. Zimmerman, M. J. Constantino, & C. F. Eubanks (Eds.), *APA handbook of psychotherapy: Theory-driven practice and disorder-driven practice* (pp.

413-427). American Psychological Association.
<https://doi.org/10.1037/0000353-024>

- Longo, L. M., Fresquez, C. L., Martin, J. L., Cimini, D., & Sumski, N. L. (2023).** *Covid-19-anxiety and using substances to cope: Differences across race and gender in a New York state college student sample.* Addressing Differential Impacts of COVID-19 in New York State.
<https://soar.suny.edu/handle/20.500.12648/8464>
- Martin, J. L., Cimini, M. D., **Longo, L. M., Sawyer, J., & Ertl, M. M. (2020).** Equipping Mental Health Professionals to Meet the Needs of Substance-Using Clients: Evaluation of an SBIRT Training Program. *Training and Education in Professional Psychology, 14*(1), 42-51. doi: 10.1037/tep0000258
- Longo, L. M., Ertl, M. M., Pazienza, R., Agiliga, A. U., Dillon, F. R., & Martin, J. L. (2019).** Associations Among Negative Urgency, Sensation Seeking, Alcohol Use, Self-Esteem, and Casual Sexual Behavior for College Students. *Journal of Substance use and Misuse.* doi: 10.1080/10826084.2019.1703748
- Longo, L. M., Martin, J. L., Zamboanga, B. L., Milroy, J. J., & Wyrlic, D. L. (2018).** Gender and ethnic differences in heavy drinking and protective behavioral strategies among student-athletes. *Journal of Ethnicity and Substance Abuse.* doi: 10.1080/15332640.2018.1520172
- Ertl, M. M., **Longo, L. M., Groth Hoover, G., Berghuis, K. J., Prout, J., Hetz, M. C., & Martin, J. L. (2017).** Running on empty: High self-esteem as a risk factor for exercise addiction. *Addiction Research and Theory, 26*(3), 205-211. doi: 10.10080/16066359.2017.1347257
- Groth, G. G., **Longo, L. M., & Martin, J.L. (2017).** Social Media and College Student Risk Behaviors: A Mini-Review. *Addictive Behaviors, 65*, 87-91. doi: 10.1016/j.addbeh.2016.10.003
- Martin, J. L., Groth, G., **Longo, L. M., Rocha, T. L., & Martens, M. P. (2015).** Disordered eating and alcohol use among college women: Associations with race and big five traits. *Eating Behaviors, 17*, 149-152. doi: 10.1016/j.eatbeh.2015.02.002
- Werblow, J., & **Longo, L. (2013).** Addressing the root causes of the achievement gap. In D. G. Mulcahy (Ed.), *Transforming schools: Alternative perspectives on school reform* (pp. 67-86). Charlotte, NC: Information Age Publishing.

Workshops

Cimini, M. D., **Longo**, L. M. (2025, July). *Understanding and Responding to Problem Gambling Among College Students: Unique Risks and Innovative Solutions*. Workshop presented virtually for the Coalition of Higher Education Associations for Substance Misuse Prevention.

Cimini, M. D., **Longo**, L. M., Martin, J. L., * McCarthy, M. (2024, November). *Understanding and Responding to Problem Gambling Among College Students: Unique Risks and Innovative Solutions*. Workshop presented virtually for the New York Council on Problem Gambling.

Longo, L.M. (2022, January). *College Student Cannabis Use: Development and Application of Skills for Conducting Brief Interventions Addressing Cannabis Use*. Workshop conducted at the University at Albany, Albany, NY.

Kilmer, J., **Longo**, L., Ferrera, A., & Graupensperger, S. (2022, Jan). *Student Athletes and Alcohol Use: Impacts, Associated Factors, and Opportunities for Support*, National Collegiate Athletic Association (NCAA). Panel Presented Virtually.

Longo, L. M. & Monserrat, J. (2021, August). *Alcohol and Other Drug Use on College Campuses: Prevalence, Screening, and Brief Intervention*. Workshop conducted at the University at Albany, Albany, NY.

Longo, L. M. (2021, August). *Making successful referrals to brief intervention utilizing a Motivational Interviewing Approach: Residential Life Staff*. Workshop conducted at the University at Albany, Albany, NY.

Longo, L. M., & Sawyer, J. (2018, April). *Screening, Brief Intervention, And Referral to Treatment Booster Session for Mental Health Trainees*. Workshop conducted at the University at Albany, Albany, NY.

Martin, J. L., **Longo**, L. M., & Sawyer, J. (2018, January). *Screening, Brief Intervention, And Referral to Treatment for Mental Health Trainees*. Workshop conducted at the University at Albany, Albany, NY.

Martin, J. L. & **Longo**, L. M. (2017, May). *Screening, Brief Intervention, And Referral to Treatment Booster Session for School Psychologists in Training*. Workshop conducted at the University at Albany, Albany, NY.

Martin, J. L., Cimini, M. D. **Longo**, L. M., & Hwang, V. (2017, May). *Screening, Brief Intervention, And Referral to Treatment Booster Session for Mental Health Counselors in Training*. Workshop conducted at the University at Albany, Albany, NY.

Martin, J. L., Cimini, M. D., & Longo, L. M. (2017, March) *Screening, Brief Intervention, and Referral to Treatment Basics: Development and Application of SBIRT Skills in Diverse Practice Settings*. Workshop conducted at the 5th Collaborative Perspectives on Addiction Annual Meeting, Albuquerque, New Mexico.

Service and Leadership Experiences

2024- current	College Problem Gambling Workgroup Workgroup Member
2022	Well-Being Collective, University at Albany Workgroup member
2021	Association of Recovery in Higher Education (ARHE) National Conference Steering Committee Member
2020, 2021	NASPA Strategies Conference for Alcohol and Other Drug Misuse in Higher Education Conference Program Reviewer
2020 - 2021	Incident Management Team: COVID-19 and AOD, University at Albany Workgroup member
2020 - 2021	Transitioning Behavioral Health-Related Messaging Into the Virtual Space, University at Albany Workgroup member
2021	New York State College Health Association Conference Conference Planning Committee Member
2017 - 2018	President's Advisory Council on Prevention of Alcohol, University at Albany Advisory Council Member: University at Albany
2017	Outreach for Suicide Prevention Committee, University at Albany Committee Member
2017	Eating Behaviors, Journal Ad Hoc Co-Reviewer

Honors and Awards

2020	University Professions Professional Development Award (\$550)
2018	National Institute on Alcohol Abuse and Alcoholism (NIAAA) R13- Travel Award (\$750)
2018	University at Albany Division of Counseling Psychology Graduate Student Travel Award (\$400)
2017	American Psychological Association Dissertation Research Award (\$1,000)
2017	National Institute on Alcohol Abuse and Alcoholism (NIAAA) R13- Travel Award (\$750)
2017	University at Albany Dissertation Research Fellowship Award (\$840)
2017	University at Albany Benevolent Association Graduate Research Award (\$500)
2017	University at Albany School of Education Wishnoff Professional Development Fund (\$1,000)
2016	University at Albany Graduate Student Association Professional Development Award (\$541)
2015	University at Albany Division of Counseling Psychology Graduate Student Travel Award (\$400)
2013	Central Connecticut State University Graduate Student Association Conference Scholarship Award (\$775)
2010	Golden Key National Honor Society

Presentations

- Cimini, M. D., Redden, C., Martin, J. L., & **Longo**, L. M. (2026, October 14-15). *Delivering gatekeeper training through a health equity lens: Key concepts, implementation strategies, and outcomes* [Conference presentation]. New York State College Health Association Annual Meeting, Syracuse, NY.
- Martin, J. L., **Longo**, L. M. Ozmat, E. O., & Cimini, M. D. (2026, March 10-12). *Gambling and College Students: Prevention, Education and Intervention*.

[Conference Presentation]. 2026 New York Council for Problem Gambling Annual Conference, Albany, NY, United States.

Longo, L. M., Redden, & C. L.* (2026, January 15 - 17). *Culturally Informed Suicide Prevention in Higher Education: CARES Training Outcomes*. [Conference Presentation]. 2026 NASPA Strategies Conference, Chicago, IL, United States.

Martin, J. L., **Longo, L. M.**, Ozmat, E. E., Olson, G. *, & Cimini, M. D. (2026, January 15 - 17). *Reductions in College Drinking: The Impact of Peer Delivered Brief Interventions*. [Conference Presentation]. 2026 NASPA Strategies Conference, Chicago, IL, United States.

Sanchez, J. **Longo L. M.**, & Gayer, J. (2026, January 15 - 17). *Empowering Campuses: Insights and Opportunities with NCPG's Agility Grants for Problem-Gambling Prevention*. [Conference Presentation]. 2026 NASPA Strategies Conference, Chicago, IL, United States.

Martin, J. L., Ozmat, E. O., & **Longo, L. M.** (2025, October 15- 17). *Unpacking Two Decades of Campus Substance Use Prevention Data: AI-Driven Insights to Strengthen Public Health Strategies*. [Conference Presentation]. 2025 NECHA/NYSCHA Combined Annual Meeting, Vergennes, VT, United States.

Longo, L. M., & Redden C. L. (2025, October 15- 17). *Incorporating Identity and Cultural Context into Suicide Prevention Training in Higher Education*. [Conference Presentation]. 2025 NECHA/NYSCHA Combined Annual Meeting, Vergennes, VT, United States.

Wenzler*, S.K., Rosen*, H.A., **Longo, L.M.**, Martin, J.L., & Cimini, M.D. (2025, April). *Exploring gambling as a moderator between cannabis use and depression in college students*. [Poster]. Collaborative Perspectives on Addiction Annual Meeting, Providence, RI.

Cimini, M. D., Martin, J. L., **Longo, L. M.**, & Ozmat, E. O.(2025, March 10-12). *Advancing Innovation to Address Problem Gambling and Co-Occurring Substance Use and Mental Health Concerns Among New York State College Students*. [Conference Keynote Presentation]. 2025 New York Council for Problem Gambling Annual Conference, Albany, NY, United States.

Longo, L. M., & Redden, C. L. (2025, January 16-18). *Incorporating Identity and Cultural Context into Suicide Prevention Training in Higher Education*. [Conference Presentation]. Annual National Association of Student

Personnel Administrators Strategies Conference, Boston, MA, United States.

Cimini, M. D., Rivero, E. M., Martin, J. L., **Longo**, L. M., & Ozmat, E. E. (2025, January 16-18). *Two Decades of Campus Prevention: AI-Driven Insights and the Future of Evidence-based Interventions*. [Conference Presentation]. Annual National Association of Student Personnel Administrators Strategies Conference, Boston, MA, United States.

Martin, J. L., **Longo**, L. M., Ozmat, E. E. (2025, January 16-18). Health-related behaviors among students: A peer navigation approach to prevention. [Conference Presentation]. Annual National Association of Student Personnel Administrators Strategies Conference, Boston, MA, United States.

Redden, C., Stastny, P., **Longo**, L., Martin, J., Cimini, D. (2024, September 13-14). *The influence of beliefs about mental health help seeking and supportive behaviors in college students*. [Poster presentation]. New York State Psychological Association 2024 Convention, Saratoga, NY, United States.

Sharma, T., Monley, C. M., **Longo**, L. M., Martin, J. L., & Cimini, M. D. (August, 2024) *Psychometric evaluation of novel scale examining attitudes towards secondhand effects of alcohol use*. [Poster session]. Annual Meeting of the American Psychological Association, Washington D.C., United States.

Monley, C. M., Sharma, T., **Longo**, L. M., Martin, J. L., & Cimini, M. D. (August, 2024) *Students approving of secondhand effects of alcohol experience greater distress in response to them*. [Poster session]. Annual Meeting of the American Psychological Association, Washington D.C., United States.

Martin, J.L., Cimini, M.D., Ozmat, E., Monely, C., McCarthy&, M., Fresquez*, C., **Longo**, L., Sharma*, T. (November, 2023). *Engaging College Students Experiencing Health Disparities in HIV/STI Testing and Education Through Prevention Navigation*. [Conference Workshop]. Presented at the 8th Annual Ending the Epidemic Summit, Albany, NY.

Fresquez, C.L., Martin, J. L., Cimini, M. D., & **Longo**, L.M., (November, 2023). *COVID-19 Anxiety and Using Substances to Cope: Differences Across Race and Gender in a New York State College Student Sample*. [Poster Session]. Presented at the 8th Annual Ending the Epidemic Summit, Albany, NY.

McCarthy, M.D., Martin, J.L., **Longo**, L.M., Cimini, M.D. (November, 2023). *Health Literacy and Social Determinants of Health: Sexual Health Implications and Interventions for Low-Income Racial and Ethnic Minority College*

Students. [Conference Presentation]. Presented at the 8th Annual Ending the Epidemic Summit, Albany, NY.

Longo, L. M. (June, 2023). *Gambling Prevention and Early Intervention in College Students*. [Symposium Panelist]. Presented at Higher Education Center for Alcohol and Other Drug Misuse Prevention and Recovery 2023 National Meeting, virtual.

Martin, J. L., McCarthy, M. & **Longo, L. M.** (October, 2023). *Gambling, Cannabis, and Alcohol-related Behaviors among Diverse Groups of Students in 2023: Implications for Practice*. Presented at the New England College Health Association and New York State College Health Association Combined Annual Meeting, Albany NY.

Arria, A. Kilmer, J., Fossos-Wong, N., Cimini, M., Larimer, M., Bugbee, B., Vincent, K., Gilson, M., **Longo, L.**, Subramaniam, G., & Liu, D. (October, 2022). *Substance Use Pattern Changes during the COVID-19 Pandemic: Implications for Clinical Professionals*. Presented at the American Academic of Child and Adolescent Psychiatry 2022 Annual Meeting, Toronto, Canada.

Sumski, N., & **Longo, L.** (July, 2022). *Using Student Feedback in Planning, Designing, and Evaluating Prevention Initiatives*. Presented at Higher Education Center for Alcohol and Other Drug Misuse Prevention and Recovery 2022 National Meeting, virtual.

Longo, L. M., & Ozmat, E. (January, 2022). *Support your Campus in Building Recovery-Ready Communities: Tailoring Programming and Measuring Outcomes*. Presented at NASPA Strategies 2022 Conference, Boston, MA.

Sumski, N., & **Longo, L.** (January, 2022). *Utilizing Student Voices: Strengthening the Design and Delivery of AOD Prevention Initiatives*. Presented at NASPA Strategies 2022 Conference, Boston, MA.

Sumski, N., **Longo, L. M.**, & Hadley, M. (November, 2021). *College Student Cannabis Use: The Impact of Legalization and Associated Harm Reduction Strategies*. Presented at the New England College Health Association Annual Meeting, Virtual.

Longo, L. M. (August, 2021). *College Student Substance Use, Distress, and Coping Motives during COVID-19: Disaggregating the Data*. Symposium presented at the 129th annual meeting of the American Psychological Association Convention, Virtual.

- Longo, L. M., Sumski, N., & Ozmat, E.** (June, 2021). *Navigating Virtual Spaces: A Comprehensive Approach for Delivering AOD Prevention and Recovery Support Services*. Presented at the Association of Recovery in Higher Education's 12th National Collegiate Recovery Conference, Virtual.
- Longo, L. M., Fresquez, C., Martin, J. L., Cimini, M. D., & Sumski, N.** (June, 2021). *COVID-19-Anxiety and Using Substances to Cope: Differences across Race and Gender in a New York State College Student Sample*. 2021 Summer Symposium: Addressing Differential Impacts of COVID-19 in New York State.
- Longo, L. M., & Sumski, N.** (June, 2021). *Delivering AOD Prevention Initiatives in the Virtual Space: A Comprehensive Approach*. Presented at Higher Education Center for Alcohol and Other Drug Misuse Prevention and Recovery 2021 National Meeting, virtual.
- Longo, L. M., & Sumski, N.** (January, 2021). *Delivering AOD Prevention Initiatives in the Virtual Space: A Comprehensive Approach*. Symposium presented at NASPA Strategies 2021 Conference, virtual.
- Kilmer, J. M., Fossos-Wong, N., Arria, A. M. Cimini, M. D., Larimer, M. E., Vincent, K. B., Longo, L. M.,.. Liu, D.** (January, 2021). *Project PHARM: A brief intervention to reduce non-medical use of prescription stimulants*. Presented at The American Professional Society of ADHD and Related Disorders Conference, Virtual.
- Longo, L. M., & Cimini, M. D.** (June, 2020). *Getting the conversation started: Student Veterans in collegiate recovery and culturally competent care*. Presented at the Association of Recovery in Higher Education's 11th National Collegiate Recovery Conference, Virtual.
- Longo, L. M., Sokolowski, K., & Sumski, N.** (January, 2020). *Correcting Misperceptions to Change Substance Use Behaviors: A Campus-Wide Prevention Approach*. Symposium presented at NASPA Strategies 2020 Conference, New Orleans, LA.
- Ertl, M. M., Cimini, M. D., Rivero, E., Wilson-Hwang, V., Sokolowski, K. & Longo, L. M.** (2020, January). *Addressing anxiety within a brief intervention for AOD use among mandated students*. Poster presented at NASPA Strategies 2020, New Orleans, LA.
- Longo, L. M. & Martin, J. L.** (August, 2019). Examining secondhand effects of college student alcohol use. In J. L. Martin & R. Pazienza (Chairs), *What about me? Secondhand effects of health risk behaviors*. Symposium

presented at the 127th annual meeting of the American Psychological Association, Chicago, IL.

Longo, L. M., Ertl, M. M., Sawyer, J. S., & Martin, J. L. (August, 2019). SBIRT knowledge, stigma, and self-efficacy among mental health professionals. Poster presented at the 127th annual meeting of the American Psychological Association Convention in Chicago, IL.

Boyle, M. A., Ertl, M. M., Sawyer, J. S., **Longo, L. M.**, Pazienza, R., & Martin, J. L. (August, 2019). Psychosocial risk factors for substance use among college student women. Poster presented at the 127th annual meeting of the American Psychological Association Convention in Chicago, IL.

Ertl, M. M., Pazienza, R., Martin, J. L., & **Longo, L. M.** (June, 2019). *Harmful and problematic alcohol use in association with impulsivity, exercise addiction, and disordered eating behaviors among college student men and women.* Presented at the 42nd Annual Research Society on Alcoholism Scientific Meeting 2019 in Minneapolis, MN.

Ertl, M. M., Pazienza, R., Martin, J. L., & **Longo, L.** (Accepted). *Personality factors associated with exercise addictive behaviors and other health risk behaviors among college student men and women: A latent profile analysis.* Presented at the 3rd joint conference between the University at Albany and the University of Coimbra in Coimbra, Portugal.

Longo, L. M., & Martin, J. L. (2019, March). *College students' attitudes toward secondhand effects of alcohol: Group differences and predictors.* Poster presented at the Collaborative Perspectives on Addiction Annual Meeting, Providence, Rhode Island.

Martin, J. L., Cannon, M., **Longo, L. M.**, Ertl, M. M., & Pazienza, R. (2019, March). *When you run the risk for exercising too much: Exercise addiction correlated among college students.* Symposium presented at the Collaborative Perspectives on Addiction Annual Meeting, Providence, Rhode Island.

Longo, L. M. & Martin, J. L. (2018, August). *Secondhand effects of drinking: Instrument development and relationship to peer disapproval.* Poster presented at the 126th annual meeting of the American Psychological Association, San Francisco, CA.

Longo, L. M., Martin, J. L., Cimini, M. D., & Sawyer, J. (2018, March). *Training of psychology graduate students in SBIRT: Identifying and assessing essential competencies.* Poster presented at the Collaborative Perspectives on Addiction Annual Meeting, Tampa, Florida.

- Longo, L. M., Ertl, M. M., Pazienza, R., Agiliga, A. U., & Martin, J. L.** (2018, March). *Feeling down? The roles of negative urgency and self-esteem in casual sexual behavior*. Poster presented at the Collaborative Perspectives on Addiction Annual Meeting, Tampa, Florida.
- Friedenberg, B., Lewis, A., **Longo, L. M., & Kangos, K.** (2017, September). *Building a student athlete social norms campaign*. Symposium presented at the 2017 NASPA Region II Careers in Student Affairs Conference, Albany, NY.
- Longo, L. M., Martin, J. L., Zamboanga, B. L., Milroy, J. J., Wyrlic, D. L.** (2017, August). *Ethnic and gender differences in drinking and protective strategies among student-athletes*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.
- Longo, L. M., Ertl, M. M., Pazienza, R., Agiliga, A. U., & Martin, J. L.** (2017, September). *At Risk for Risky Sexual Behavior: The roles of self-esteem, alcohol use, and gender*. Poster presented at the 3rd Annual School of Education Day Conference, Albany, NY.
- Longo, L. M., Ertl, M. M., Pazienza, R., Agiliga, A. U., & Martin, J. L.** (2017, August). *At Risk for Risky Sexual Behavior: The roles of self-esteem, alcohol use, and gender*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.
- Ertl, M. M., **Longo, L. M., Groth Hoover, G., Berghuis, K. J., Prout, J., Hetz, M., Martin, J. L., & Pazienza, R.** (2017, May). *High self-esteem as a potential mediating factor of exercise addiction among women*. Poster presented at the 29th Annual Association for Psychological Science Convention, Boston, MA.
- Ertl, M. M., **Longo, L. M., Groth, G., & Pazienza, R.** (2016, October). *Racial differences in relations among body shame, self-esteem, and disordered eating*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Martin, J. L., Cimini, D., Wang, V., & **Longo, L. M.** (2016, September). *SBIRT training collaborative in professional psychology: Initial evidence of impact*. Symposium presented at the 2nd Annual School of Education Day Conference, Albany, NY.
- Ertl, M. M., **Longo, L. M., Groth, G., & Pazienza, R.** (2016, September). *Racial differences in relations among body shame, self-esteem, and disordered*

eating. Poster presented at the 2nd Annual School of Education Day Conference, Albany, NY.

Ertl, M. M., **Longo**, L. M., Groth, G., Berghuis, K., Prout, J., Hetz, M., & Martin, J. L. (2016, September). *The discontinuous paper chase: Reflections on preparing a scientific manuscript in less than a month*. Poster presented at the 2nd Annual School of Education Day Conference, Albany, NY.

Longo, L. M. (2016, August). Binge Drinking. In L. M. **Longo** (Chair), *Going 'viral': A call to modernize college student outreach*. Symposium presented at the 124th Annual Convention of the American Psychological Association, Denver, Colorado.

Longo, L. M. (2015, September). Disordered eating and exercise addiction. In L. Buckner (Chair), *Health-Risk Behaviors Among College Students: Trends and Implications for Research Practice*. Symposium presented at the 1st Annual School of Education Day Conference, Albany, New York.

Longo, L. M., Groth, G. G., & Martin, J. L. (2015, August). *Answers to the Unasked Questions: Why College Students Drink and Their Views of Intervention Efforts*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, ON.

Longo, L. M. (2015, August). Disordered eating and exercise addiction. In L. Buckner (Chair), *Health-Risk Behaviors Among College Students: Trends and Implications for Research Practice*. Symposium presented at the 123rd Annual Convention of the American Psychological Association, Toronto, ON.

Gale, M. M., Martin, J. L., & **Longo**, L. M. (2014, August). *And be not drunk with wine, but be filled with the spirit: Religiosity as a protective factor among Black college students*. Poster presented at the 122nd annual meeting of the American Psychological Association, Washington, DC.

Longo, L. M. (2013, April). *The media's influence on body image: A school intervention*. Poster presented at Connecticut School Counselor Association Fall Conference, Cromwell, CT.

Werblow, J., & **Longo**, L. (2013, April). *Restructuring for Equity: Redistribution, Regionalization, and Robin Hood*. Paper presented at the American Educational Research Association Annual Meeting, San Francisco, CA.

Professional Affiliations

American Psychological Association (APA)

American College Health Association (ACHA)

New York State Psychological Association (NYSPA)
Psychological Association of Northeastern New York (PANNY)
Association of Recovery in Higher Education (ARHE)
National Association Student Affairs Professionals in Higher Education (NASPA)
Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery
(HECAOD)