

**Elaine B. Berrena, MEd**  
**The Bennett-Pierce Prevention Research Center**  
**The Pennsylvania State University**

**Area of Interest**

To promote the wellbeing of children, youth, families, and teachers through the scientific understanding and promotion of compassion and empathy through mindfulness and mindful practices..School-based prevention programs that improve wellbeing of students, teachers, and caregivers.

**Education**

Masters of Education, Special Education, Northeastern University  
Boston, Massachusetts, June 1975

Bachelor of Arts, Social Welfare, The Pennsylvania State University  
University Park, Pennsylvania, September 1971.  
Phi Beta Kappa, Alpha Kappa Delta Sociology Honor Society.

**Current and Past Projects**

**Curriculum Technical Advisor**, Learning to BREATHE Project, Prevention Research Center, The Pennsylvania State University  
Provide technical assistance to high school health teachers implementing the Learning to BREATHE, A Mindfulness Curriculum for Adolescents in Central Dauphin School District, PA. Assisted with development of process measures for project.  
April 2014 – present.

**Clinical Supervisor and Trainer**, Strengthening Families in Pennsylvania Project, Prevention Research Center, The Pennsylvania State University.  
Provide training and supervision for facilitators of the Modified Strengthening Families Program 10-14 in an efficacy trial. Assisted with development of mindfulness adaptation of SFP 10-14.  
March 2007 – June 2015.

**Prevention Coordinator**, PROSPER Partnership, Prevention Research Center, The Pennsylvania State University.  
Provide university support and technical assistance to Extension Educators in Cameron, Elk, Perry and Adams Counties implementing middle school prevention programs.  
December 2002 to present.

**Curriculum Trainer and Technical Advisor**, PATHS to Success, Manchester, England  
Train teachers and PATHS Psychologists for the UK version of PATHS in Manchester. Provide technical assistance to PATHS Psychologists with curriculum content and materials, coaching teachers, encouraging administrative support, and engaging parents.  
May 2012 - June 2013.

**Curriculum Trainer and Technical Advisor**, PATHS Plus Program, United Kingdom  
Train teachers and PATHS Coaches for the UK version of PATHS in Belfast, Scotland, Wales, and the London area. Provide technical assistance to PATHS Coaches and Friendship Group Leaders with PATHS and Friendship Group curriculum content and materials, coaching teachers, facilitating small group sessions, encouraging administrative support, engaging parents, and promoting a school-wide social-emotional learning ethos.  
February 2013 – June 2016.

**Curriculum Trainer and Technical Advisor**, Together-4-All Program, Craigavon, Northern Ireland.  
Train teachers and Specialist Coaches for an adapted version of PATHS® in Northern Ireland. Provide technical assistance to Together-4-All Coaches with curriculum content and materials, coaching teachers, recruiting principal support, and engaging parents.  
May 2008 to 2012.

**Master Trainer**, PATHS® and Preschool PATHS®  
Train teachers in school districts in Florida, Maryland, Pennsylvania, Virginia, Ohio, Croatia, England, Northern Ireland, Scotland and Wales.  
July 2000 to present.

**Master Trainer**, Iowa State Strengthening Families Program 10-14  
Train facilitators in Pennsylvania communities in a skill-building program for middle school youth and parents. SFP 10-14 is widely recognized as an effective prevention program that delays use and abuse of alcohol, tobacco and drugs.  
July 2013 to present.

**Research Coordinator**, Head Start REDI Project, Psychology Department  
The Pennsylvania State University.  
Coordinate research and data collection; train and supervise staff of research assistants; schedule classroom observations, child assessments and observations, teacher interviews, parent interviews; communicate with approximately 12 area school districts (24 classrooms, 180 families in Blair and Huntingdon counties).  
June 2003 to December 2008

**Educational Consultant**, FAST Track Program, Psychology Department  
The Pennsylvania State University.  
Implement therapeutic recreation and social skill programs with at risk children and youth. Train and supervise paraprofessional tutors. Conduct friendship skill groups. Consult with school staff, service providers, and parents. Conduct peer meditation training and conflict resolution workshops for children and youth. Facilitate parenting skill groups.  
August 1991 to June 2003.

**Lead Teacher**, Millian Preschool  
Rockville, MD  
Develop and implement curriculum and activities for 3-5 year old preschool children. Supervise assistant teacher.  
September 1986 to June 1990.

**Resource Room Teacher**, Northern Andover High School  
North Andover, MA  
Taught biology, math, and language arts curriculum  
September 1977 to June 1978.

**Teacher**, FLAC (Fitchburg, Leominster, and Clinton) Collaborative  
Fitchburg, MA  
Develop and implement curriculum in a self-contained setting for adolescents with emotional and behavioral problems.  
July 1976 to August 1977.

**Teacher**, The League School of Boston  
Boston, MA  
Design and implement curriculum for autistic children and youth.  
September 1975 to June 1976.

**Recreation Worker**, Community Center  
Pittsburg, PA  
October 1971 to August 1974

### **Publications and Presentations**

Nordstrom, L, LeMahieu, P., Berrena, E. (2017) *Implementation Science: understanding and finding solutions to variation in program implementation*. Quality Assurance in Education.

Coatsworth, J., Duncan, L., Berrena, E., Bamberger, K., Loeschinger, D., Greenberg, M., Nix, R., (2014) *The Mindfulness-enhanced Strengthening Families Program: Integrating brief mindfulness activities and parent training within an evidence-based prevention program*, Special issue New Directions in Youth Development.

Coatsworth, J., Duncan, L., Nix, R., Greenberg, M., Gayles, J., Bamberger, K., Berrena, E., Demi, M. A., (2014) *Integrating Mindfulness With Parent Training: Effects of the Mindfulness-Enhanced Strengthening Families Program*, Developmental Psychology.

Perkins, D.F., Syvertsen, A., Mincemoyer, C., Chilenski, S., Olson, J., Berrena, E., Greenberg, M., Spoth, R. (2013) *Thriving in School: The Role of Sixth Grade Adolescent-Parent-School Relationships in Predicting Eighth Grade Academic Outcomes*, Youth and Society.

Perkins, D. F. and Berrena, E. (2002). *Bullying: What Educators Can Do About It*. College of Agricultural Sciences, The Pennsylvania State University.

Perkins, D. F. and Berrena, E. (2002), *Bullying: What Parents Can Do About It*. College of Agricultural Sciences, The Pennsylvania State University.

Hoy, Perkins, Webster, et al. (2005). *After-School Programs Behavioral Issues Toolkit*.

Perkins, D. F. and Berrena, E. (2008). *Being Sustainable: What it Takes*.

Kranzelic, V., Slehan, M., Basic, J., Greenberg, M., Domitrovich, C., Berrena, E. (2008). *Implementation and Evaluation of PATHS Program in Croatia*.

### **Community Organizations**

American Cancer Society, Relay for Life Team

Special Olympics, The Pennsylvania State University

Tides Program for Children and Family, Centre County

### **REFERENCES**

Furnished upon request.