

# Renata Sledge

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## **Education**

PhD, Medical Family Therapy, Saint Louis University, St. Louis, MO, May 2021

Dissertation Title: Exploring Dyadic Shared Decision-Making in Dialysis Through a Semi-Systematic Literature Review of Ethics and an Interpretive Phenomenological Inquiry

Certificate in Health Care Ethics, Saint Louis University, St. Louis, MO, June 2008

MSW, Indiana University-Purdue University Indianapolis, Indianapolis, IN, December 2004

BS, Music Therapy, Saint Mary-of-the-Woods College, St. Mary-of-the-Woods, IN, May 2001

## **Professional Certifications**

Licensed Clinical Social Worker, *Illinois* 149.012465, June 2007

Licensed Clinical Social Worker, *Missouri* 2012002298, February 2012

*Qualified Clinical Social Work Supervisor*

## **Additional Training**

Foundation Certificate in University Teaching Skills, Saint Louis University, December 2020

Meaning Centered Psychotherapy, Memorial Sloan Kettering Cancer Center, New York, NY, October 2017

Strategic Program Planning and Implementation, Washington University, St. Louis, MO, June 2017

From Cancer to Health, Ohio State University, Columbus, OH May 2014

Strengthening Communication, Recruitment, and Retention Practices in Cancer Clinical Trials, ENAACT, St. Louis, MO, August 2013

The Social Work End of Life Project, St. Louis, MO, March 2008

Nephrology Social Work Practice: An Outcomes-Driven Model, National Kidney Foundation, Orlando, FL, April 2007

Neurologic Music Therapy-Short Course, Academy for Neurologic Music Therapy, Ft. Collins, CO, January 2002

Bonny Method of Guided Imagery and Music, Level 1, Indianapolis, IN, November 2002

## **Research and Teaching Experience**

### **Medical Education Institute, *Director of Research and Development***

September 2020-Present

- Participate in strategic planning to further MEI's mission of helping people with chronic disease learn to manage and improve their health and research plan.
- Design and conduct research to better understand patient, decision partner, and provider experiences with chronic disease that conforms to IRB standards, and disseminate results internally to MEI staff and Board and externally to sponsors and relevant clinical audiences.
- Foster partnerships with external advisors and funders around research and educational project design and dissemination.
- Write grant and project proposals; disseminate information, materials, and messages; and secure resources (e.g., clients, grants, project revenue streams) for future work and sustainability; brainstorm with the MEI team as needed to identify opportunities.

### **Fontbonne University, *Instructor***

August 2020-Present

- Instructor of record for *Social and Economic Justice* and *Research and Social Work Practice*

### **Saint Louis University *Graduate Research Assistant***

September 2018-May 2020

- Coordinate research projects through facilitation of lab meetings, lab member communication, data management, and participant connection
- Participated in research design and intervention development for research proposals
- Co-authored articles and book chapters submitted to peer-reviewed journals

- Developed and implement data management strategies for dyadic and daily diary research projects

**Cancer Support Community of Greater St. Louis *Program Director***

March 2013-May 2018

- Collaborated with community partners to complete and disseminate a community needs assessment evaluating the interest of residents in North County/North St. Louis in psycho-oncology programming.

**Renal Advantage, Inc./Fresenius Medical Care *Clinical Services***

June 2008-March 2013

- Organized the Symptom Targeted Intervention (STI) Working Group which designed and implemented a practice outcome program introducing STI to social workers across the country
- Facilitated STI training workshops at professional conferences
- Co-authored articles submitted to peer-reviewed journals

**Walther Cancer Institute *Project Coordinator***

July 2001-July 2004

- Participated in research design and intervention development for research proposals
- Co-authored articles submitted to peer-reviewed journals
- Presented research results at National Conferences
- Executed interventions described in research protocols
- Developed database used during data collection and analysis

**Clinical and Supervision Experience**

**Pacem Wellness, *Owner and Psychotherapist***

October 2020-Present

- Provide individual and family therapy specializing in the impact of chronic disease and grief on relationships
- Provide supervision to community social workers in Illinois and Missouri

**SLUCare *Behavioral Health Consultant***

June 2019-Present

- Utilize motivational interviewing, cognitive behavioral intervention, and family systems intervention to address patient concerns including sleep, chemical dependency, mood, and anxiety disorders.
- Consult with physicians and nurses to advocate for mental health needs of patients

**Family Care Health Centers *Behavioral Health Consultant***

August 2019-December 2019

- Provide behavioral health intervention as part of integrated medical team
- Precept with Family Medicine Residents about clinical cases
- Conduct family centered observation and provide feedback to Family Medicine Residents

**Center for Counseling and Family Therapy *Therapist***

September 2018-Present

- Provide long-term systemic therapy to individuals, couples, and families

**Cancer Support Community of Greater St. Louis *Program Director***

March 2013-May 2018

- Facilitated weekly support groups and mindfulness groups for people with cancer, their friends and family, and people who have lost someone to cancer
- Provided crisis intervention and short-term counseling to members in distress
- Conducted pre-group interviews for members wanting to join weekly support groups
- Facilitated a weekly Clinical Supervision session for facilitators and interns to monitor group process issues and continuing education about the Patient Active group model and methodology

- Supervised social workers pursuing clinical licensure
- Provided supervision to social work, counseling, and art therapy interns

**Renal Advantage, Inc./Fresenius Medical Care *Social Worker***

June 2006-March 2013

- Utilized solution-focused, family-systems, and task-centered interventions to address needs of patients, families and center staff
- Moderated staff and patient conflicts
- Developed quality improvement plans, disaster plans, and safety plans for the center
- Provided clinical supervision to social workers pursuing advanced licensure

**Seven Counties-Family Connections/Transitions Team West *Therapist***

April 2005-March 2006

- Provided therapy for families including those affected by domestic violence, physical abuse, sexual abuse, and severe emotional disabilities
- Developed a comprehensive child sexual abuse treatment program and summer program for children diagnosed with severe emotional disabilities
- Maintained and completed service documentation such as psychosocial assessments, case notes, case reviews and court reports and letters

**Indiana University Cancer Center/Complete Life Program *Music Therapist***

July 2003 – Dec. 2004

- Implemented individual and family sessions focusing on the child's response to their parent's cancer diagnosis
- Provided intervention and support to adult cancer patients

**Methodist Hospital/Adolescent Child Life Development *Music Therapist***

Dec. 2001-Dec. 2003

- Implemented group and individual sessions with general pediatric, pediatric behavioral care, pediatric rehabilitation and NICU patients
- Collaborated in development of treatment goals and objectives with interdisciplinary treatment teams
- Developed music therapy programs in various areas of the hospital
- Provided supervision to music therapy interns

**Leadership Experience**

**Cancer Support Community of Greater St. Louis *Program Director***

March 2013-May 2018

- Directed and implemented program including planning, budgeting, and reporting
- Fulfilled executive roles during periods of leadership transition
- Recruited, trained, managed, supervised and evaluated staff, independent contractors, and student interns
- In collaboration with other CSC staff and board, participated in the development of strategic goals and objectives as it relates to program delivery, research, and evaluation
- Established and conducted program data collection, analysis and reporting to the Board of Directors and community partners
- Represented CSC with local cancer advocacy groups through participation in advisory committees and community education
- Managed contracts with local hospitals and cancer centers to provide on-site psychosocial programming
- Facilitated a robust Professional Advisory Committee comprised of community leaders that offered guidance and support for Cancer Support Community

## **Renal Advantage, Inc./Fresenius Medical Care *Clinical Services***

June 2008-March 2013

- Oversaw national Social Work Board addressing concerns/issues of company social workers
- Created, implemented and managed national programming including patient education and staff training and orientation programs
- Developed corporate policy, procedure and documentation to meet Medicare Guidelines for dialysis centers
- Appointed to ensure adherence to Medicare Guidelines by satellite dialysis centers
- Authored and submit articles to peer reviewed journals and present at regional and national conferences

### **Publications**

- Meyer, D., **Sledge, R.**, Manning, D. (2021). Gender dysphoria and transgender concerns in school counseling: Advocating for students. *Journal of LGBTQ Issues in Counseling, In Press.*
- Meyer, D., & **Sledge, R.** (2021). The relationship between conflict topics and romantic relationship dynamics. *Journal of Family Issues, In Press.*
- Meyer, D., & **Sledge, R.** (2021). Changes in couple dynamics between ovulation and menses. *Psychoneuroendocrinology, 119*(2020), 104978. <https://doi.org/10.1016/j.psyneuen.2020.104978>
- Sledge, R.**, Meyer, D., Zubatsky, M., Heiden-Rootes, K., Philipneri, M., & Browne, T. (2020). A systematic literature review of relational autonomy in dialysis decision making. *Health & Social Work, In Press*
- Meyer, D., & **Sledge, R.** (2020). The potential role of cortisol as a biomarker of physiological interdependence in romantic couples: A systematic review. *Psychoneuroendocrinology, 121*(July), 104834. <https://doi.org/10.1016/j.psyneuen.2020.104834>
- Sledge, R.** (2020). Cancer, meaning, and family resilience rituals. *NCFR Report, Spring.*
- Sledge, R.**, Barnes, J., Knight, J., Meyer, D. (submitted to editors). *Screening, Assessment, and Diagnosis in Addictions.* In C. Williams & T. Hourihan (Eds). *Addictions: Mind, Body, and Spirit.* San Diego, CA: Cognella Academic Publishing.
- Meyer, D., **Sledge, R.**, & Amick, M. (submitted to editor). *Psychopharmacology.* In R. Fulmer (Ed.). *Counseling Theories.* San Diego, CA: Cognella Academic Publishing
- Sledge, R.**, Barton-Burke, M., Taylor, J., Shepek, C., Gettinger, T. (2014). Investigating the psychosocial needs of individuals impacted by cancer in north St. Louis. Missouri Foundation for Health Mini-grant funding grant #13-0599-OOA-13 Final Report.
- Sledge, R.** (2014). Do not resuscitate orders for adults with developmental disabilities: Ethical considerations in the dialysis center. *Journal of Nephrology Social Work, (37)*, 8-14.
- Sledge, R.** (2013). The impact of technology on nephrology social work practice. *Nephrology News and Issues, 27*(5), 20-29.
- Sledge, R.**, Aebel-Groesch, K., McCool, M., Johnston, S., Witten, B., Contillo, M., Hafner, J. (2011) Social Work Part 2: The promise of Symptom Targeted Intervention (STI) in improving mood and quality of life outcomes in dialysis patients. *Nephrology News and Issues, 25*(7), 24-31.
- McCool, M., Johnstone, S., **Sledge, R.**, Witten, B., Contillo, M., Aebel-Groesch, K., Hafner, J. (2011) The Promise of Symptom Targeted Intervention to Manage Depression in Dialysis patients. *Nephrology News and Issues, 25*(6), 32-36.
- Sledge, R. B.** (2010) KDQOL-36 and the interdisciplinary team. *Nephrology News and Issues, (7)*, 36.
- Burns, D.S., Azzouz, F., **Sledge, R.B.**, Rutledge, C., Hinchey, K., Monahan, P.O., Cripe, L.D. (2007). Music imagery for adults with acute leukemia in protective environments: A feasibility study. *Supportive Care in Cancer, 16*(5), 507-513.
- Burns, DS, **Maddux, R.**, Daggy, J., Monahan, PO. (2005). Cancer patients' interest and preferences for music therapy. *Journal of Music Therapy, 42*, 185-199.

### **Posters and Presentations**

- Sledge, R.**, Meyer, D., Zubatsky, M., Heiden-Rootes, K., Philipneri, M., & Browne, T. (2021). Patient and Decision Partner Shared Decision-Making in Dialysis. Poster presentation for National Kidney Foundation Spring Clinicals, Virtual Meeting, March 2021.

- Granger, D., **Sledge, R.**, & Knight, J. (2020). A new perspective of cultural humility: Hermeneutic conversations and the fusion of horizons in maternal mortality. National Council on Family Relations Conference. St Louis, MO, November 2020
- Heiden Rootes, K., Meyer, D., & Sledge, R. (2020). A qualitative study of experiences of transgender adults on hormone therapy in medical and mental health services. National Council on Family Relations Conference. St Louis, MO, November 2020
- Meyer, D., Heiden-Rootes, K., **Sledge, R.**, & Salas, J. (2020). The role of couple dynamics in contraception decision-making. Poster presentation for the Missouri-Kansas Marriage and Family Therapy Network Annual Conference. St. Louis, MO March 2020.
- Meyer, D., **Sledge, R.**, & Ford, K. (2020). Move over sex, screen time is the newest couple conflict topic. Poster presentation for the Missouri-Kansas Marriage and Family Therapy Network Annual Conference. St. Louis, MO March 2020.
- Meyer, D., **Sledge, R.**, & Buchanan, T. (2020). The potential role of cortisol as a biomarker of physiological interdependence in romantic couples. A systematic review. Poster presentation for the Missouri-Kansas Marriage and Family Therapy Network Annual Conference. St. Louis, MO March 2020.
- Sledge, R.** and Planells, A. (2020). Implicit and generational bias. National Kidney Foundation Spring Clinical Meetings, New Orleans, LA, March 2020.
- Sledge, R.** and Granger, D (2019). A deeper look at implicit bias. CNSW Serving Eastern Missouri Metro East, St. Louis, MO, June 9, 2019.
- Sledge, R.** (2019). Managing cancer related distress. Association on Aging with Developmental Disabilities 29<sup>th</sup> Annual Conference on Aging with Developmental Disabilities, St. Charles, MO May 20, 2019
- Sledge, R.** (2013). Mental Illness and Dialysis Care Planning. Heartland Kidney Network, February 1, 2013
- McCool, M., **Sledge, R.** (2012). Symptom Targeted Intervention. National Kidney Foundation Spring Clinical Meetings-Pre-Conference Course, National Harbor, Maryland May 9, 2012
- Sledge, R.** (2011). Symptom Targeted Intervention: Integrating new techniques into practice. FMQAI 2011 Annual Forum, Tampa FL, November 18, 2011
- Sledge, R.B.** (2010). KDQOL-36. CNSW Serving Eastern Missouri, Metro East, St. Louis, MO
- Sledge, R.B.** (2008). Understanding the New Conditions for Coverage. CNSW Serving Eastern Missouri Metro East, St. Louis, MO
- Maddux, R.B.** (2003). Developing cultural competence. Indiana Music Therapists State Meeting, Saint Mary of the Woods, IN
- Burns, D.S., Haase, J.E., Robb, S.L., **Maddux, R.B.**, Hannan, A., Phillips, C., Stancombe, K. (2003). A Pilot study of therapeutic music video production intervention for resilience and quality of life in adolescents/young adults undergoing stem cell transplant, phase II. Poster presentation for the Association of Pediatric Oncology Nurses 27<sup>th</sup> Annual Conference. Philadelphia, PA October 2003.
- Burns, D.S., **Maddux, R.B.**, Fuller, L.A., & Cripe, L.D. (2002). Cancer Patient's Interest in the Use of Music Therapy and Preferred Treatment Modality. Poster presentation at the American Music Therapy Association Annual Conference, Atlanta, GA.
- Burns, D.S. & **Maddux, R.B.** (2001). America's interest in complementary and alternative therapy: What it means to music therapy research and practice. American Music Therapy Association National Conference, Pasadena, CA

### **Grants and External Funding**

KidneyX Innovation Accelerator, \$20,000, January 2021

National Kidney Foundation Council of Nephrology Social Workers Research Grant, \$4,100, January 2020-January 2021

### **Service to Profession and Community**

Cancer Support Community of Greater St. Louis

- Volunteer Meaning-Centered Psychotherapy Facilitator

Medical Family Therapy Graduate Student Association

- *President (2019)*

Health Resource Center

- *Behavioral Health Coordinator (2019)*

CNSW serving Eastern MO and Metro East

- *Program Chair (2019)*
- *Program Committee (2011-2013)*
- *Co-Chair (2006-2011)*

Cancer Support Community (National Office)

- *Board of Directors (2015-2018)*

Crime Victims Advocacy Center

- *Board of Directors (2016-2017)*

Cancer Agencies Network

- *Treasurer (2015-16)*

Illinois State Chronic Renal Disease Program

- *Advisory Committee (2011-2013)*

National Kidney Foundation Serving Eastern Missouri, Metro East and Arkansas

- *Board of Directors (2008-2013)*
- *Medical Advisory Committee (2010-2013)*

**Professional Memberships**

2020	Society for Medical Decision Making
2019	National Council on Family Relations
2018	American Association of Marriage and Family Therapists
2006	Council of Nephrology Social Workers
2013	Association Oncology Social Work
2011	National Association of Social Workers