
Lisa T. Schrader, EdD, MPH, MCHES
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EDUCATION

2023 *Doctor of Education, Assessment, Learning, & Student Success*
Middle Tennessee State University

2022 *College and University Teaching Certificate*
Middle Tennessee State University

2004 *Master of Public Health, Public Health Education*
Western Kentucky University
Summa Cum Laude

2002 *Bachelor of Science, Nutrition and Food Science*
Middle Tennessee State University
Summa Cum Laude

EMPLOYMENT

Aug. 2022-
Present *Distance Learning Full-Time Lecturer, Middle Tennessee State University*
Murfreesboro, TN

- Instruct online courses in Healthcare Administration and Community and Public Health
- Participate in curriculum development and design
- Effectively utilize Desire 2 Learn online course management system
- Market and promote new Healthcare Administration minor
- Participate in program, departmental, college, and university faculty meetings

Oct. 2008-
July 2022 *Director of Health Promotion, Middle Tennessee State University,*
Murfreesboro, TN

- Developed and launched MTSU's Health Promotion unit, including vision and mission, scope of services, assessment and evaluation plans, and operating budget
- Established unit strategic plan, goals, objectives, policies, and practices
- Planned and conducted population-level student health assessments
- Designed, coordinated, and implemented holistic and multi-disciplinary outreach and education initiatives
- Nurtured relationships with campus and community entities to support health-related programming and policies and to solicit grant funding
- Organized MTSU's award-winning peer education program
- Served as the “face” of health promotion at MTSU, handling media requests coordinated by University news and media relations
- Supervised two professional staff and multiple student interns and volunteers

- Jan. 2012- May 2014 *Adjunct Faculty*, Middle Tennessee State University
Murfreesboro, TN
- Educated students enrolled in introductory health courses, as well as in upper-division program planning courses
 - Designed syllabi, course materials, and examinations, and prepared and delivered lecture materials for classes ranging from 20-60 students
- Aug. 2013- Dec. 2013 *Adjunct Faculty*, Motlow State Community College
Smyrna, TN
- Educated students enrolled in new hybrid lifestyle wellness course. Course met in person in person eight times with additional content and activities delivered over D2L in an asynchronous format
- Aug. 2004- Oct. 2008 *Health Educator*, Ball State University
Muncie, IN
- Designed, coordinated, and implemented health outreach activities, such as presentations for classrooms, distance learning students, student organizations, and residence halls; campus-wide health awareness activities; and health interest workshops
 - Collaborated with Counseling Center staff to implement outreach programming
 - Conducted population-level health assessments of student body
 - Served on task forces to design student health policies and procedures
 - Managed an operating budget of \$15,000- \$17,000
 - Supervised 2 staff members and approximately 30 student volunteers and interns

CERTIFICATIONS

- *Master Certified Health Education Specialist*, #11334; National Commission for Health Education Credentialing, Inc.
- *Certified Prevention Specialist II*; Tennessee Certification Board
- *Mental Health First Aid Certification*; Middle Tennessee State University
- *Safe Zone Program Trainee*; Middle Tennessee State University
- *Certified to provide OraQuick HIV-antibody test and to provide pre- and post-test counseling*; Tennessee Department of Health

LEADERSHIP ACTIVITIES AND HONORS

- Emeritus Member, Coalition for Healthy & Safe Campus Communities (2024-present)
- Nominated for Outstanding Online Faculty Award (2023)
- 1st Place Graduate Student, College of Education, in MTSU Scholars Week (2023)
- Chair, Coalition for Healthy & Safe Campus Communities (2022-2023, 2018-2019, 2014-2015)
- President, Prevention Coalition 4 Success Governing Board (2016- present)
- Programming Chair, Coalition for Healthy & Safe Campus Communities (2020-2022)
- Professional Development Chair, Coalition for Healthy & Safe Campus Communities (2019-2020)

- Vice Chair, Community Anti-Drug Coalition of Rutherford County Executive Board (2013-2015)
- Regional Director, The Network Addressing Collegiate Alcohol and Other Drug Issues (2014-2015)
- Communications Chair, Coalition for Healthy and Safe Campus Communities (2011-2013)
- State Coordinator, The Network Addressing Collegiate Alcohol and Other Drug Issues (2009-2013)
- Outstanding Advisor, BACCHUS Network Area 8 (2011)
- Membership Chair, Coalition for Healthy and Safe Campus Communities (2009-2010)
- Indiana Member-at-Large, Mid-America College Health Association (2006-2008)
- Communications Committee Member, Indiana Society for Public Health Education (2006-2008)
- BSU Physiology and Health Science External Advisory Board Member (2007-2008)
- Student Affairs Outstanding New Professional Award (2007)
- Facilitator, Discovery Grant Retreat to Reduce High-Risk Drinking (2006)
- Facilitator, BSU Alcohol Summit (2005)
- F. Reid Buckley Orator-in-Residence (2004)

GRANTS

- Co-Author, Grant to Reduce Sexual Assault, Domestic Violence, Dating Violence, and Stalking on Campus. Funded by the Department of Justice Office on Violence against Women. \$300,000. 2017-2020.

PRESENTATIONS, PUBLICATIONS, & POSTERS

- Schrader, L. (2025). "Focus on Flourishing: A Public Health Approach to Improve Student Mental Health." Presented at the NASPA Strategies Conference, Boston, MA.
- Schrader, L. (2024). "Framing Mental Health Support to Increase Flourishing: An Inclusive Strategy that can Open Doors, Increase Engagement, AND Boost Student Success." Presented at the NASPA Conferences on Student Success, Anaheim, CA.
- Schrader, L. (2023). Focusing on the positive: An examination of the relationships between flourishing mental health, self-reported academic performance, and psychological distress in a national sample of college students (Publication No. 30568337) [Doctoral dissertation, Middle Tennessee State University]. ProQuest Dissertations Publishing.
- Schrader, L. (2022). "Mental Health and Happiness in the Workplace." Presented at the Tennessee Association of Collegiate Registrars and Admissions Officers Middle Tennessee Regional Meeting, Nashville, TN

- Green, G., Schrader, L., Porter, E., & Bush, R. (2022). "Addressing the Mental Health of Media and Entertainment Students." Presented at the Media and Entertainment Industry Educators Association (MEIEA) Summit, Virtual.
- Schrader, L. (2020). "Getting the Data Off Your Desk and into Your Campus Dialogues." Presented at the NASPA Strategies Conference, New Orleans, LA.
- Schrader, L. (2019). "Prevention 101: Things to Know when Prevention was NOT Your Training Background." Presented at the Partners in Prevention Conference, Nashville, TN.
- Schrader, L. and Black, V. (2018). "Coach 'Em Up: Expanding Prevention Efforts through Health Coaching." Presented at the Partners in Prevention Conference, Nashville, TN.
- Miles, J. and Schrader, L. (2017). "The Numbers Don't Lie... but What are they Saying? Turning CORE Data into Action." Presented at the Partners in Prevention Conference, Nashville, TN.
- Oswalt, S.B., Lederer, A.M., & Schrader, L.T. (2015). "Institutional Characteristics and College Student Health: An Exploratory Study." Poster presentation at the American College Health Association Annual Meeting, Orlando, FL.
- Oswalt, S.B., Lederer, A.M., & Schrader, L.T. (2015). Institutional Characteristics and the Connection to College Student Health. *American Journal of Health Behavior*, 39(4) 475-486. doi: 10.5993/AJHB.39.4.4
- Schrader, L. (2014). "Appealing to the Masses: How to Create Engaging Presentations for Large Audiences." Presented at the Southern College Health Association Annual Meeting, Atlanta, GA.
- Clark, E., Nokes, M.; Chapman, R., and Schrader, L. (2013). "Impacts of Social Media on the Management of a Meningitis Event." Presented at the American College Health Association Annual Meeting, Boston, MA.
- Mahoney-Dickson, P., Sowah, S., Owusu, A., Cole, A.R., Oliver, B.D., Thomason-Schrader, L., et al. (2012). "Negative Outcomes Associated with Alcohol Use among College Students." Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention and Exposition, Boston, MA.
- Powell, J., De Fouw, J., and Schrader, L. (2012). "Strategies for Development and Growth of a Statewide AODV Coalition." Presented at the Southern College Health Association Annual Meeting, Gainesville, FL.
- Powell, J., Catlett, J., De Fouw, J., Macke, L., and Schrader, L. (2012). "Lessons Learned from Building an Effective Statewide Higher Education Coalition." Presented at the NASPA Mental Health & Alcohol and Other Drug Abuse Prevention and Intervention Conference, Atlanta, GA.
- Schrader, L.T. (2010). "Sensory Overload: Challenging Media that Promote Rape-Supportive Cultures on College Campuses." Presented at the Tennessee Coalition Against Sexual Assault and Domestic Violence's Rape Prevention and Education Institute, Nashville, TN.

- Thomason, L.; Abram, L.; Gholston, W.A., Bennett, K., and Cooper, R. (2008). "Boosting HIV Testing Rates through Partnership." Poster presentation at the American College Health Association Annual Meeting, Orlando, FL.
- Thomason, L. and Lester, E. (2008). "Perfect Partners in Weight Management." Poster presentation at the American College Health Association Annual Meeting, Orlando, FL.
- Thomason, L. (2007). "Online Communities: An Introduction to MySpace and Facebook and their Potential Uses in College Health." Presented at the Mid-America College Health Association Fall Meet, Carbondale, IL.
- Thomason, L. (2006). "Fostering Campus Collaboration to Address a Growing Problem: A Look at Ball State University's Weight Loss Challenge." Poster presentation presented at the American Public Health Association Annual Meeting, Boston, MA.
- Thomason, L. (2005). "Fostering Campus Collaboration to Address a Growing Problem: A Look at Ball State University's Weight Loss Challenge." Presented at the Mid-America College Health Association Fall Meet, Lexington, KY.
- Thomason, L. and Gardner, M. (2004). "Perceptions of Pediatric Overweight and Weight Management: A Comparison of Parents and Physicians." Presented at the convention of the Kentucky Public Health Association, Louisville, KY.
- Thomason, L., Steward, K., and Moran, J. (2004). "Impaired Driving Programming at Western Kentucky University." Presented at the Kentucky Public Health Association's Impaired Driving Seminar, Louisville, KY.
- Thomason, L. and Gardner, M. (2003). "Perceptions of Pediatric Overweight and Weight Management: A Comparison of Physicians, Parents, and Educators." Poster presentation at the American Public Health Association Annual Meeting, San Francisco, CA.
- Gardner, M., Thomason, L., Blackerby, J., Callahan, T., and Kovar M. (2003). "Addressing Pediatric Obesity: A Multi-Disciplinary Approach to Planning." Presented at the meeting of the American Public Health Association, San Francisco, CA.

ACADEMIC SERVICE

- Member, Exercise is Medicine Committee (2022-present)
- Advisor, Raider Health Corps Student Organization (2012-2023)
- Member, MTSU Public Health Advisory Board (2021- 2022)
- Member, MTSU Crime Stoppers Board (2012- 2018)
- Member, Tobacco Free MT Taskforce (2011- 2012)
- Chair, Coordinator of Greek Affairs Search Committee (2011)
- Advisor, Active Minds Student Organization (2010-2012)
- Advisor, Truth Seekers Student Organization (2009-2011)
- Advisor, Circle K Student Organization (2009-2011)
- Member, Greek Awards Selection Committee (2007- 2009)
- Member, Student Affairs Staff Development Committee (2008)
- Member, Smokefree Campus Task Force (2007)
- Member, University Victim Advocate Search Committee (2006)

- Member, Student Affairs Immersion Task Force (2005-2006)
- Member, Student Activities Committee (2005-2006)
- Member, Campus Community Coalition (2004-2008)

PROFESSIONAL MEMBERSHIPS

American College Health Association

National Association for Student Personnel Administrators

Tennessee Public Health Association

References available upon request.