

Curriculum Vitae

Jessica Mias, PhD, BCBA-D, LBA

August 2026

Formerly Jessica Newman

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EDUCATION

Ph.D. in Applied Behavior Analysis, April 2020

Simmons University, Boston, MA

Research interests include behavioral medicine, behavior analysis in education, instructional and curriculum design for learners with developmental delays and for learners in higher education

Dissertation: "The Effects of Behavioral Coaching on Exercise Behavior and Adherence"

M.S. in Early Childhood Education, August 2007

Eastern Connecticut State University, Willimantic, CT

Cumulative GPA: 3.98

Thesis: "A Comparison of Video Modeling and Video Self- Modeling for Teaching Social and Play Behaviors to Young Children with Autism"

B.A. in Psychology, May 2003

Eastern Connecticut State University, Willimantic,
CT Cumulative GPA: 3.26

NON-DEGREE PROGRAMS

BCBA Course Sequence, December 2011

University of North Texas Online

BCaBA Course Sequence, July 2008

Fitchburg State University

PROFESSIONAL CERTIFICATIONS AND LICENSES

State of Connecticut- Teaching Certification- Endorsement 113 (Not renewed)

Integrated Early Childhood/Special Education, Nursery- K and Elementary:

Grades 1 through 3 Certification Number: CO520090008

Board Certified Assistant Behavior Analyst, March 2009

Board Certified Behavior Analyst, September 2012
Certification Number: 1-12-12681

State of Connecticut- Licensed Behavior Analyst, March 2018
License Number: 4

Ace Health Coach, February 2021
Certification Number: W55971

TEACHING

UNIVERSITY AND COLLEGE TEACHING EXPERIENCE

Gruenberg, A. & **Newman, J.** (Spring, 2008). ECE 405: Adapting Early Childhood Education for Inclusive Classrooms. Co-taught course for undergraduate pre-service teachers. *Eastern Connecticut State University*.

Neault, N. & **Newman, J.** (Summer 2014). BEHV 427: Methods for Changing Behavior. *Teaching Assistant* for a graduate course on basic concepts and theories of applied behavior analysis. *Simmons College*.

Newman, J. (Fall 2014). PSYC 4654: Seminar in Behavior Modification. Undergraduate seminar course on integrating and applying knowledge of fundamental behavioral concepts, principles, and technologies to the treatment of challenging behavior and development of adaptive skills. *Northeastern University*.

Newman, J. (Spring 2015). BEHV 434: Methods for Changing Behavior II. Graduate course on evidence-based approaches to instructional design and practices. *Simmons College*.

Newman, J. (Summer 2015). PSYC 3358: Behavior Therapies. Undergraduate course on use of basic behavioral procedures to treat challenging behavior and develop adaptive skills. *Northeastern University*.

Newman, J. (Spring 2016) BEHV 461: Intensive Practicum in Applied Behavior Analysis. Group supervision course for graduate students seeking Board Certification in applied behavior analysis. *Simmons College*.

Newman, J. (Spring 2016). PSYC 4654: Seminar in Behavior Modification. Undergraduate seminar course on integrating and applying knowledge of fundamental behavioral concepts, principles, and technologies to the treatment of challenging behavior and development of adaptive skills. *Northeastern University*.

Newman, J. (Summer 2016) BEHV 462: Intensive Practicum in Applied Behavior Analysis. Group supervision course for graduate students seeking Board Certification in applied behavior analysis. *Simmons College*.

Mias, J. (Fall 2016). PSYC 4654: Seminar in Behavior Modification. Undergraduate course on use of basic behavioral procedures to treat challenging behavior and develop adaptive skills. *Northeastern University*.

Mias, J. (Fall 2016) BEHV 461: Intensive Practicum in Applied Behavior Analysis. Individual mentor for graduate student seeking Board Certification in applied behavior analysis. *Simmons College*.

Mias, J. (Spring 2017) BEHV 462: Intensive Practicum in Applied Behavior Analysis. Individual mentor for graduate students seeking Board Certification in applied behavior analysis. *Simmons College*.

Mias, J. (Fall 2021). EDU 307: Inclusive Elementary Education. Undergraduate course for pre-service teachers. *Eastern Connecticut State University*.

Mias, J. (Summer 2024). BEHVO 434: Methods for Changing Behavior II. Graduate course. *Simmons University*.

Campos Fleitas, C. & **Mias, J.** (Fall 2024). BEHVO 471: Practicum I. Practicum facilitator for graduate students pursuing Board Certification in applied behavior analysis. *Simmons University*.

Mias, J. (Spring 2025). BEHVO 427: Methods for Changing Behavior I. Graduate course. *Simmons University*.

Campos Fleitas, C. & **Mias, J.** (Spring 2025). BEHVO 472: Practicum II. Practicum facilitator for graduate students pursuing Board Certification in applied behavior analysis. *Simmons University*.

Mias, J. (Summer 2025). BEHVO 427: Methods for Changing Behavior I. Graduate course. *Simmons University*.

Mias, J. (Summer 2025). BEHVO 426: Behavioral Assessment. Graduate course. *Simmons University*.

Mias, J. (Fall 2025). BEHVO 434: Methods for Changing Behavior II. Graduate course. *Simmons University*.

Mias, J. (Spring 2026). BEHVO 426: Behavioral Assessment. Graduate course. *Simmons University*.

Mias, J. (Spring 2026). BEHVO 427: Methods for Changing Behavior I. Graduate course. *Simmons University*.

Mias, J. (Summer 2026). BEHVO 434: Methods for Changing Behavior II. Graduate course. *Simmons University*.

OTHER PROFESSIONAL EXPERIENCE

Hebron Public Schools, August 2023- Present

District BCBA

Program development, staff training, academic/behavioral instructional design, parent training, assessment

Grades Pre-Kindergarten- 6th grade

Hebron, CT

Norwich Public Schools, October 2022- August 2023

Coordinator of Specialized Behavior Support Services
Lead team of BCBA's, RBT's, develop training materials for district,
Norwich, CT

Norwich Public Schools, August 2013- October 2022

District BCBA
Program development, staff training, academic/behavioral
instructional design, parent training, assessments, supervision for
BCBA and BCaBA candidates
Grades Pre- Kindergarten-8th grade
Norwich, CT

Norwich Public Schools, August 2011- August 2013

Applied Behavior Analysis Coach/BCaBA
Mentor, trainer, designer of academic and behavioral programs
Grades Kindergarten-8th grade
Norwich, CT

Memorial Elementary School, August 2004-June 2011 Teacher,
Applied Behavior Analysis Program Grades Pre-K – 3rd grade
East Hampton, CT

Student Teaching, September 2005- December 2005 Memorial
Elementary School
Grade 1
East Hampton, CT

HONORS AND AWARDS

Excellence Award for Outstanding Student Work- 2004
Excellence in Student Teaching Award- December 2005
Excellence Award for Outstanding Student Work- 2006
East Hampton Public Schools Good Apple Award- August 2009
Cambridge Center Distinguished Scholar- 2018
Behavioral Medicine SIG Student Research Award- 2018
Cambridge Center Distinguished Scholar- 2019
Outstanding Educator Award- 2020

PUBLICATIONS

Mias, J. R., Dittrich, G. A., & Miltenberger, R. G. (2021). Effects of a behavioral coaching treatment package on physical activity and adherence. *Behavior Analysis: Research and Practice* Advance online publication. <http://dx.doi.org/10.1037/bar0000230>

PRESENTATIONS

CONFERENCE PRESENTATIONS

- Newman, J.** (2008). Effects of video other-modeling and self-modeling for teaching social/play behaviors to children with autism. Paper presented at the Annual Conference of the American Educational Research Association, New York, NY
- Newman, J.,** Swaminathan, S., & Trawick-Smith, J. (2008). Effects of video other-modeling and sled-modeling for teaching social/play behavior to children with autism. Spotlight Forum poster presented at National Association for the Education of Young Children 2008 National Institute for Early Childhood Professional Development.
- Newman, J. & Fitzgerald, D.L.** (2012) The Effect of Staff Training Procedures on Implementation of Behavioral Technologies: A Comparison of Video Modeling, In-vivo Modeling Paired with a Checklist, and Group Debriefing. Presented at the 33rd Annual Conference of the Berkshire Association for Behavior Analysis and Therapy, Amherst, MA.
- Jadro, B. V., & **Newman, J.** (2016). Active Student Responding in Higher Education. Presentation delivered at University of Massachusetts University Conference on Teaching, Learning & Technology, Boston, MA.
- Newman, J. & Dittrich, G.A.** (2016). Effectiveness of Using Behavioral Coaching and Fitbit to Increase Physical Activity. Paper presented at the 37rd Annual Conference of the Berkshire Association for Behavior Analysis and Therapy, Amherst, MA.
- Dittrich, G.A., Jin, S., & **Mias, J.** (2017). Treatment Adherence in Behavioral Medicine Research: Challenges, and Suggestions for Improvement. Panel discussion at the 43rd Annual Convention of the Association for Behavior Analysis International, Denver, CO.
- Peterson, J., Courtemanche, A., Groskreutz, N., & **Mias, J.** (2018). Competing with Stereotypy: An Evaluation of Matched, Unmatched, and Choice of Items. Poster presented at the 14th Annual Conference of the Connecticut Association for Behavior Analysis, Hartford, CT.
- Peterson, J., Courtemanche, A., Groskreutz, N., & **Mias, J.** (2018). Competing with Stereotypy: An Evaluation of Matched, Unmatched, and Choice of Items. Poster presented at the 44th Annual Convention of the Association for Behavior Analysis International, San Diego, CA.
- Mias, J. R. & Dittrich, G.A.** (2018). Effects of Technology and Behavioral Coaching on Daily Activity. Presentation at the 44th Annual Convention of the Association for Behavior Analysis International, San Diego, CA.
- Mias, J. R.,** Dittrich, G. A., Jin, S., & Turner, K.S. (2018). Beginning a Line of Research in Behavioral Medicine. Chair of panel discussion at the 44th Annual Convention of the Association for Behavior Analysis International, San Diego, CA.
- Mias, J. R. & Dittrich, G. A., & Maguire, R. W.** (2019). Effects of Behavioral Coaching on Exercise Behavior and Adherence. Presentation at the 40th Annual Conference for Berkshire Association for Behavior Analysis and Therapy, Worcester, MA.
- Mias, J. R. & Dittrich, G. A., & Maguire, R. W.** (2020). Effects of Behavioral Coaching on Exercise Behavior and Adherence. Presentation at the 46th Annual Convention of the Association for Behavior Analysis International, Washington, D.C.

Mias, J. R. (2023). Effects of Behavioral Coaching on Exercise Behavior and Adherence. Asynchronous Session at the Contemporary Developments in Behavior Analysis Conference by Simmons University and The Applied Behavior Analysis Center.

IN-SERVICE AND WORKSHOP PRESENTATIONS

Newman, J. & Harmon, K. (January 2005). *Introduction to Applied Behavior Analysis*. Lecture presented to parents and community members. East Hampton, CT.

Newman, J. (March 2012). *Differential Reinforcement*. Lecture presented to paraprofessional staff. Norwich, CT.

Newman, J. (January 2013). *Let's Talk Behavior*. Lecture presented at a district-wide professional development meeting. Norwich, CT.

Newman, J. (June 2013). *Roots to Results: How to Facilitate "Best" Behavior Among Your Students*. Workshop and lecture presented to middle school paraprofessional staff. Norwich, CT.

Newman, J. (August 2014). *Behavior Management Strategies*. Workshop presented to paraprofessional staff. Norwich, CT.

Newman, J. (August 2014). *Advanced Topics in Applied Behavior Analysis*. Workshop presented to school staff. Norwich, CT.

Newman, J. (August 2015). *Proactive Strategies for Promoting Best Student Outcomes*. Online workshop presented to school staff. Norwich, CT.

Mias, J. (August 2016). *Introduction to Applied Behavior Analysis*. Workshop and training presented to newly hired paraprofessional staff. Norwich, CT.

Mias, J. (January 2017). *Introduction to Discrete Trial Instruction*. Workshop and training presented to paraprofessional staff. Norwich, CT.

Mias, J. (August 2017). *Behavior Basics*. Workshop and training presented to paraprofessional staff. Norwich, CT.

Mias, J. (March 2018). *Teaching and Developing Play and Leisure Skills for Individuals with Autism Spectrum Disorder*. Workshop presented to paraprofessional staff. Norwich, CT.

Mias, J. (March 2019). *Taking Data*. Training presented to paraprofessional staff. Norwich, CT.

Mias, J. (October 2023). *Factors Influencing Behavior*. Professional development session for certified and paraprofessional staff. Hebron, CT.

Mias, J. (January 2024). *Trauma-Informed Practices*. Professional development session for certified and paraprofessional staff. Hebron, CT.

Mias, J. (October 2025). *Oh, Behave*. Professional development session for paraeducator staff. Hebron, CT.

Mias, J. (March 2026). *Safety First*. Professional development session for paraeducator staff. Hebron, CT.

CT.

PROFESSIONAL AFFILIATIONS (PAST AND PRESENT)

Member, American Psychological Association- Division 25: Behavior Analysis Member, Association for Behavior Analysis International (ABAI)
Member, Health, Sport, Fitness Special Interest Group, ABAI Member, Verbal Behavior Special Interest Group, ABAI Member, Behavioral Medicine Special Interest Group, ABAI
Member, The Berkshire Association for Behavior Analysis and Therapy (BABAT) Member, Connecticut Association for Behavior Analysis (CTABA)
Member, Council for Exceptional Children (CEC)
Member, American Education Research Association (AERA)
Member, Rhode Island ABA (RIABA)

SERVICE TO COMMUNITY AND PROFESSION

Event Organizer- Autism Wellness Resource Fair. April 2015. Resource fair for families with children with Autism Spectrum Disorders. Focus on providing resources within the community for support services and leisure activities.

Event Organizer- Autism Wellness Resource Fair. April 2016. Resource fair for families with children with Autism Spectrum Disorders. Focus on providing resources within the community for support services and leisure activities.

Guest Speaker- Introduction to Early Childhood Education Course. Spoke about applied behavior analysis in public elementary schools. Three Rivers Community College, Norwich, CT.

Event Organizer- Autism Wellness Resource Fair. April 2017. Resource fair for families with children with Autism Spectrum Disorders. Focus on providing resources within the community for medical, dental, in-home, and leisure activities.

Founder- Expansion Book Club. February 2018. Started a book club for district staff as a platform to discuss applied behavior analysis and autism.

Event Organizer- Autism Wellness Resource Fair. April 2018. Resource fair for families with children with Autism Spectrum Disorders. Focus on providing resources related to in-home services, recreation opportunities, and dental services.

Developer of Online Continuing Education Module. August 2018. Contributed to developing an online continuing education course for Board Certified Behavior Analysts for Behavior Development Solutions, in partnership with the Cambridge Center for Behavioral Studies ([BDS® | Contingency-Shaped & Rule-Governed Behavior: Implications for Correct and Incorrect Instructions | 4.0 Learning BACB CEUs - 3 month license](#)).

Event Organizer- Autism Wellness Resource Fair. April 2019. Resource fair for families with children with Autism Spectrum Disorders with the intent to provide access to resources within the community for medical, dental, in-home, and leisure activities.

Event Co-Organizer- Autism Safety and Awareness Expo. April 2019. Event for families and individuals with autism as well as community members to raise awareness about autism and safety considerations. This event was co-hosted by UCFS and included a panel of speakers as well as a small resource fair.

Website Coordinator- Behavioral Medicine Special Interest Group of ABAI. Summer 2020- Present. Developing content, web pages, and resources for the SIG website ([Behavioral Medicine SIG of ABAI](#)).

Event Organizer- Autism Resource Fair. April 2023. Community resource fair for families of children with Autism Spectrum Disorders to provide access to information about resources within the community for medical, dental, in-home, and leisure activities.

Event Organizer- Neurodiversity Night. April 2025. Community event for families of neurodivergent children to provide access to information about resources in the community and to celebrate neurodiversity in the community.

Event Organizer- Neurodiversity Night. April 2026. Community event for families of neurodivergent children to provide access to information about resources in the community and to celebrate neurodiversity in the community.