

# Janice M. Prochaska

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#change2thrive

## **Home address:**

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## **Educational History:**

- 1998 Ph.D., Social Work in Administration and Policy  
Boston College, School of Social Work, Chestnut Hill, Massachusetts.  
Dissertation: *A Transtheoretical Model for Assessing Organizational Change*
- 1968 M.S.W., Clinical Social Work  
Wayne State University, School of Social Work, Detroit, Michigan. Public Health Fellow.
- 1966 B.A., Psychology and Sociology  
Wayne State University, Detroit, Michigan. Phi Beta Kappa.

## **Professional Experience:**

Prochaska Change Consultants (Formerly Prochaska Psychotherapists)

Consultant

1972-Present

Provide consultation and training on the Transtheoretical Model of Behavior Change in a variety of health, social, and organizational change areas.

Pro-Change Behavior Systems, Inc.

President and C.E.O.

South Kingstown, RI

1997 to 2015

Led research and development teams in applying the Transtheoretical Model to health and organizational behavior change, to provide guides, written feedback reports, reference manuals, consultation, and interactive media systems. Revenues exceeded \$3 million per year. Research on organizational change led to a contract with Electronic Data Systems and the formation of Pro-Change in 1997.

Collaborations included applying the Model to cutting edge issues like simultaneously reducing multiple risk behaviors and enhancing multiple domains of well-being, healthy weight management in children and adults, preventing bullying, keeping individuals out of trouble with the law, helping people be proactive about their health and health care, enhancing financial well-being, and advancing careers with populations like women scientists.

University of Rhode Island  
Adjunct Professor, Human Development & Family Studies  
West Kingston, RI  
2002 to Present

Serve on doctoral committees. Assist graduate students in their research.

Rhode Island College  
Adjunct Instructor, School of Social Work  
Providence, RI  
1991-1992

Taught classes in Administration to Social Work graduate students.

Child and Family Services of Newport County  
Vice President  
Newport, RI  
1969 to 1998

Wrote numerous grants that generated over \$4,000,000 for new program development. Planned and implemented new programs in elderly services, residential care, family preservation, transitional housing, child care, an agency volunteer program of over 100 participants, and an early intervention service for abused and neglected children and their families. Responsible for a staff of over 150.

Created ongoing staff orientation, senior management training, and staff retention plans. Enhanced Board Committee functioning by devising an advocacy format for the Public Issues Committee, a twice-yearly agency newsletter for the Public Relations Committee, and a strategic planning process for the Services Committee.

Strengths in the ability to prevent and solve key problems; to develop new ideas and to bring about changes and improvement; to lead and motivate others to achieve high levels of productivity; and to spot and realize key opportunities.

Acted for President/CEO in his absences.

Prepared and successfully led agency through the Council of Accreditation process five times.

Child and Family Services of Newport County  
Director of Professional Services  
Newport, RI  
1975-1979

Expanded programming in the Homemaker, Child Care, and Family Life Education areas by increasing staff, starting a school-age program, and writing and publishing curriculum for education groups. Doubled client volume and fee revenues.

Child and Family Services of Newport County  
Acting Executive Director  
Newport, RI  
1976 to 1977 and 1978 to 1979

Kept agency stable through two transitions. Prepared the annual budget and successfully negotiated its way through the United Way budget process.

Child and Family Services of Newport County  
Supervisor of Family Life Education  
Newport, RI  
1972 to 1975

Initiated a Sex Information Telephone Service staffed by volunteers which received International recognition. Went on to develop availability of sex therapy services as a result of client needs.

Designed groups on Assertiveness Training, Choosing Parenthood, Dual Career Families, Sex Education, Sibling Rivalry, and Mid-Life Transitions. Strengths in recognizing changing family needs and responding to them with innovative programs.

Child and Family Services of Newport County  
Clinical Supervisor  
Newport, RI  
1969 to 1970

Negotiated with four Schools of Social Work to receive interns for the first time at the agency. Refined the intake system, supervised and trained clinical staff. Strengths lie in mentoring new staff, shortening case record requirements, and making programs respected in the community.

### **Certifications and Awards:**

Institute of Coaching Vision of Scientific Excellence Award, 2017  
Business Women Achievement Award, Providence Business News, 2013  
Rhode Island Recreation and Parks Association Volunteer of the Year Award, 2009  
Board Certified Diplomat in Clinical Social Work 013773  
Rhode Island Licensed Independent Clinical Social Worker ISW00424  
Certified Couples Communication Program Instructor  
Leadership Rhode Island, 1988

### **Affiliations:**

Reviewer for Journal of Health Care for the Poor and underserved, 2014 to present  
Reviewer for Children and Youth Services Review, 2004 to present  
Consulting Editor, Social Work, 2006 to 2009; Editorial Board, 2006-2009; and 2016-present  
Reviewer for American Journal of Health Promotion, 2004 to present  
Editorial Board, Family Science Review, 1992-1997  
National Network for Social Work Managers, 1990-1997  
Editorial Advisory Committee, Families in Society Journal, 1987-1991;  
Reviewer, 2000 to present  
Directors of Professional Services, Family Service America, 1974-1998; Chair 1990  
Council on Accreditation, Peer Reviewer, 1980 to 2002  
Council of Agency Professionals, Family Service of America, 1983-1989  
Academy of Certified Social Workers, 1970 to present  
National Association of Social Workers, 1968 to present

### **Community Organizations:**

Director of Building and Preservation, Outdoor Act Club, 2018 to present  
Vice President of the Unitarian Universalist Congregation of Marin, 2017 to present

Trustee of the Mill Valley Library, 2017 to present  
 Friends of Mill Valley Library, Board Member, 2016 to 2017  
 College Visions, Board Member, 2012 to 2015  
 San Francisco Tennis Coalition Advisory Board, 2010 to 2015  
 National USTA 3.5 Tennis Champion, Team Captain, 2015  
 National Recreation and Park Association, Board Member, 2003 to 2014,  
 Secretary 2010 to 2013  
 South County Hospital Corporation Board Member, 2002 to present  
 Star Island Corporation Board Member, 2005 to 2012  
 Mentor at Women's Prison, 1998 to 2015  
 South Kingstown Recreational Commission, 1992 to 2015, Chair, 2000 to 2003  
 Friends of South Kingstown Recreation, 1999 to 2015  
 Families First Community Steering Committee, 1997 to 2009  
 Newport Partnership for Families, President, 1997 to 1998  
 Women's Prison Advisory Board, 1996 to 1998  
 Rhode Island National Association of Social Workers, Vice President, 1992 to 1994  
 South Kingston Substance Abuse Task Force, 1988 to 1992  
 Soccer Coach for Girls' State Championship Team, 1988  
 Edward King Senior Center, Board of Directors, 1987 to 1990  
 Rhode Island Rape Crisis Center Board, Chair of Personnel Committee, 1980-1983  
 Marathon House, Board of Directors, Vice President, 1972 to 1974

### **Publications:**

#### **Book:**

Prochaska, J.O. & Prochaska, J. M. (2016). Changing to thrive: overcome the top risks to lasting health and happiness. Hazelden Publishing, Center City, MN. Trade paperback, ISBN 13:9781616496296.

#### **Articles and Chapters:**

- Prochaska, J.J. & Prochaska, J.M., & Prochaska, J.O. (2018). Building a science for multiple-risk behavior change. In M.E. Hilliard (Ed.). *The Handbook of Health Behavior Change Fifth Edition*, Springer Publishing Company, LLC. New York, NY
- Prochaska, J.O. & Prochaska, J.M. (2018). Digitally Assisted Interventions for the treatment and prevention of risky behaviors in adults. In Faust, D. & Faust, K. (Eds.). *Digital Technologies and Mental Health*. Oxford University Press.
- Prochaska, J.O. & Prochaska, J.M. (2018). Enhancing Motivation to Change. In Fiellin, D., Miller, S. & Saitz, R. (Eds.). *The ASAM Principles of Addiction Medicine* (Sixth edition, Chapter 63).
- Prochaska, J.O. & Prochaska, J.M. (2018). Prevention of illness and healthy promotion intervention. In T. Hadjistavropoulos & H.D. Hadjistavropoulos (Eds.) *Fundamentals of Health Psychology*. Ontario, Canada: Oxford University Press.
- Levesque, D. A., Johnson, J. L., & Prochaska, J. M. (2017). Teen Choices, an Online Stage-based Program for Healthy, Non-Violent Relationships: Development and Feasibility Trial. *Journal of School Violence*, 16(4), 376-385.
- Mauriello, L.M., Johnson, S. S., Prochaska, J.M. (2017). Meeting Patients Where They Are At: Using a Stage Approach to Facilitate engagement. In: O'Donohue, W., James, L., Snipes, C. (Eds.). *Practical Strategies and Tools to Promote Treatment Engagement*. Springer, Cham.

- Prochaska, J.O. & Prochaska, J.M. (2016). Methodological challenges in developing preventive health intervention for mental health and aging. Lavretsky, H. Sajatovic, M. and Reynolds, C. (Eds.). In *Complementary and Integrative Therapies for Mental Health and Aging*. Oxford University Press.
- Prochaska, J.O. & Prochaska, J.M. (2016). Stages of change in couple and family therapy. In Lebow, J et al. *Encyclopedia of Couple and Family Therapy*. Springer International Publishing.
- Levesque, D. A., Johnson, J. L., Welch, C. A., Prochaska, J. M., & Paiva, A. L. (2016). Teen dating violence prevention: Cluster-randomized trial of Teen Choices, an online, stage-based program for healthy, nonviolent relationships. *Psychology of Violence*, 6(3), 421-432. Retrieved from PM:27482470
- Prochaska, J.O. & Prochaska, J.M. (2016). Behavior change. In Nash, Daniel B., Fabries, R. J., Skoufalos, A., Clarke, J. L., and Horowitz, M. R. (Eds.) *Population Health: Creating a Culture of Wellness*. Second Edition. Burlington, MA: Jones and Bartlett Learning.
- Koyun, A., & Prochaska, J.M. (2015). The Stages Of Change Regarding Smoking Cessation Behavior: A Concept Analysis. *Uhd International Refereed Journal Of Nursing Researches*, (5), 81-81. doi:10.17371/uhd.2015514476
- Prochaska, J.M., Prochaska, J.O. & Prochaska, J.J. (2015). Transtheoretical model guidelines for families with child abuse and neglect. In A. R. Roberts & G .J. Greene (Eds.), *Third Edition Social Workers' Desk Reference*, (pp. 641-647). Oxford: Oxford University Press.
- Evers, K.E., Castle, P.H., Prochaska, J.O. & Prochaska, J.M. (2014). Examining relationships between multiple health risk behaviors, well-being and productivity, *Psychological Reports: Mental & Physical Health*, 114, 3, 843-853.
- Prochaska, J.O. & Prochaska, J.M. (2014). Transtheoretical Model. In O'Donnell, M. P. (Ed.) *Health Promotion in the Workplace: Improving Awareness, Enhancing Motivation, Building Skills, and Creating Opportunities*. Fourth Edition. Troy, MI: American Journal of Health Promotion.
- Prochaska, J.J., Prochaska, J.M. & Prochaska, J.O. (2014). Building a science for multiple-risk behavior change. In S. Shumaker, J. Ockene, K. Riekert (Eds.) *The Handbook of Health Behavior Change* Fourth Edition, Springer Publishing Company, LLC. New York, NY.
- Prochaska, J. M. and Prochaska, J. O. (2014) A stage approach to enhancing adherence to treatment. In *The Handbook of Behavioral Medicine* (Ed. D. I. Mostofsky), John Wiley & Sons, Ltd, Oxford, UK. doi:10.1002/9781118453940.ch4
- Prochaska, J.M., Prochaska, J.O., & Bailey, D. (2013). Towards an integration of stage theories of planned organizational change. In Leonard, Lewis & Freedman (Eds.) *The Wiley-Blackwell Handbook of The Psychology of Leadership, Change and Organizational Development*. Malden, MA: John Wiley & Sons.
- Araban, M., Tavafian, S.S., Arandi, S.M., Hidarnia, A.R., Gohari, M.R., Prochaska, J.M., Labuie, A., & Monatazeri, A. (2013). *Journal of Environmental Health Science and Engineering*. 11:16 doi:10.1186/2052-336-11-16.
- Johnson, J.L., Prochaska, J.O., Paiva, A.L., Fernandez, A.C., DeWees, S. L., & Prochaska, J.M. (2013) Advancing bodies of evidence for population-based health promotion programs: Randomized controlled trials and case studies. *Population Health Management*, 16(6): 373-380. doi:10.1089/pop.2012.0094
- Evers, K. E., Prochaska, J.O., Castle, P.H., Johnson, J. L., Prochaska, J.M., Harrison, P.L., Rula, E.Y., Coberley, C., & Pope, J.E. (2012) Development of an individual well-being scores assessment. *Psychology of Well-Being: Theory, Research and Practice*, 2(2) doi:10.1186/2211-1522-2-2.

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- Mauriello, L., Kue, M. Paiva, A., Gokbayrak, S., Fernadez, A., Wade, M., Prochaska, J. O., & Prochaska, J. M. (under review). Applying the Transtheoretical Model and measures to multicultural competence among college students.
- Paiva, A.L., Cummins, C.O., Gökbayrak, N.S., Johnson, J.L., Dymont, S., Prochaska, J.O. & Prochaska, J.M. (Under review). College dropout prevention: Development of stage of change, decisional balance, and situational temptation measures.
- Evers, K.E., Paiva, A.L., Johnson, J.L., Cummins, C.O., Prochaska, J.O., Prochaska, J.M., Padula, J., & Gökbayrak, N.S. (2012). Results of a transtheoretical model-based alcohol, tobacco and other drug intervention in middle schools. *Addictive Behaviors*, 37, 109-118. doi:10.1016/j.addbeh.2012.04.008.
- Prochaska, J.O., Evers, K.E., Castle, P.H., Johnson, J.L., Prochaska, J.M., Rula, E.Y., Coberley, C., & Pope, J.E. (2012). Enhancing multiple domains of well-being by decreasing multiple health risk behaviors: A randomized clinical trial. *Population Health Management*, 276-286.
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- Levesque, D.A., Ciavatta, M.M., Castle, P.H., Prochaska, J.M., & Prochaska, J.O. (2012). Evaluation of a stage-based, computer-tailored adjunct to usual care for domestic violence offenders. *Psychology of Violence*, 1-17.
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- Mauriello, L., Dymont, S., Prochaska, J.M., Gagliardi, A. & Weingrad-Smith, J. (2011). Acceptability and feasibility of a multiple behavior computer tailored intervention for underserved pregnant women. *Journal of Midwifery and Women's Health*, 56, 75-80.
- Mauriello, L.M., Gökbayrak, N.S., Van Marter, D.F., Paiva, A.L., & Prochaska, J.M. (2011). An internet-based computer tailored intervention to promote responsible drinking: Findings from a pilot test with employed adults. *Alcoholism Treatment Quarterly*, 30, 81-108.
- Prochaska, J.M., Mauriello, L., Dymont, S., & Gökbayrak, S. (2011). Designing a health behavior change program for dissemination to underserved pregnant women. *Public Health Nursing*, 28, 548-555.
- Prochaska, J. M., Prochaska, J. O., Evers, K. E., & Tsuda, A. (2011). Psycho-educational supports for school children and adolescents. In A. Tsuda, Y. Ohya, & Y. Tanno (Eds.), *Clinical Stress Psychology*. Tokyo: University of Tokyo Press.

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- Prochaska, J.O. & Prochaska, J.M. (2011). High-impact paradigms for changing behavior to enhance health, productivity, and well-being. In J. Brown & D.B. Nash (Eds.) *Disease Management and Wellness in the Post-Reform Era*, (pp. 61-710. Washington, D.C.: Atlantic Information Services, Inc.
- Horiuchi, S., Kim, E., Tsuda, A., & Prochaska, J.M. (2010). Relationship between stage of change and self-efficacy for stress management behavior in Korean university students. *Japanese Journal of Behavioral Medicine*, 16, 12-19.
- Horiuchi, S., Tsuda, A., Kim, E., & Prochaska, J.M. (2010). Relationships between stage of change and decisional balance for stress management behavior in Korean elementary school teachers. *Japanese Journal of Stress Science*, 25, 64-74.
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- Prochaska, J.M. & Prochaska, J.O. (2009). Transtheoretical model guidelines for families with child abuse and neglect. In A. R. Roberts & G .J. Greene (Eds.), *Second Edition Social Workers' Desk Reference*, (pp. 641-647). Oxford: Oxford University Press.
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- Prochaska, J.O. & Prochaska, J.M. (2008). Termination at each stage of change. In W.T. O'Donohue & M.A. Cucciare (Eds.) *Terminating Psychotherapy: A Clinician's Guide*, 147-162. New York: Rutledge.
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