

# Janice M. Prochaska

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## **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., School of Social Work  
Wayne State University, 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 in the Transtheoretical Model of Behavior Change to 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 include 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.

### **Honors, Certifications, and Awards:**

Established with James O. Prochaska the "Prochaska Professorship in Population Health at the University of Rhode Island

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:**

Editorial Board, Social Work Journal, 2019 to present

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 2020

National Association of Social Workers, 1968 to present

### **Community Organizations:**

Chair, Trustees of Mill Valley Library, 2021 to present

Community Service, Outdoor Art Club, 2021 to present

2<sup>nd</sup> Vice President, Outdoor Art Club, 2019 to 2021

Friends of Mill Valley, Board Member, 2016 to 2017

College Visions, Board Member, 2012 to 2015

San Francisco Tennis Coalition Advisory Board, 2010 to 2015

National Recreation and Park Association, Board Member, 2003 to 2014,

Secretary 2010 to 2013

South County Hospital Corporation Board Member, 2002 to 2017

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: Using the Stages of Change to Overcome the Top Threats to Your Health and Happiness*. Hazelden Publishing, Center City, MN. Trade paperback, ISBN 13:9781616496296.

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

- Prochaska, J.O. & Prochaska, J.M. (2020). 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. (2019). Transtheoretical Model. In J.M. Rippe (Ed.). *Lifestyle Medicine Third Edition*. NY: CRC Press Taylor and Francise Group.
- 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). 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.
- Prochaska, J.O. & Prochaska, J.M. (2017). Transtheoretical Model. In O'Donnell, M. P. (Ed.) *Health Promotion in the Workplace: Improving Awareness, Enhancing Motivation, Building Skills, and Creating Opportunities*. Fifth Edition (pp. 303-323). Troy, MI: Art and Science of Health Promotion Institute.
- 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 (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). 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.
- 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.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.
- 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. 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
- Prochaska, J.O. & Prochaska, J.M. (In press). Self-directed change. In Maddox & Tangney (Eds.) *Social Psychological Foundations of Clinical Psychology*. New York: Guilford Publications.
- 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. 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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- 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.
- Levesque, D.A., Van Marter, D.F., Greene, R.N., Prochaska, J.M., Castle, P.H., & Prochaska, J. O. (2011). Assessing adolescents' readiness to use healthy relationship skills for dating violence prevention: Measure development and validation. *Family and Intimate Partner Violence Quarterly*, 3, 319-343.
- Levesque, D.A., Van Marter, D.F., Schneider, R.J., Bauer, M.R., Goldberg, D.N., Prochaska, J.O., & Prochaska, J.M. (2011). Randomized trial of a transtheoretical model intervention for depression in primary care. *American Journal of Health Promotion*, 26, 77-89.
- 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.

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- Prochaska, J.O. & Prochaska, J.M. (2011). Recent findings related to the transtheoretical model. In J. Trafton & W.P. Gordon (Eds.) *Best Practices in the Behavioral Management of Disease*, (Volume 1, pp S1-1-S1-5).
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- Prochaska, J.M. (2007). The transtheoretical model applied to the community and the workplace. *Journal of Health Psychology*, 12, 198-200.
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**Updated:** March 2021