

Alexa Trolley-Hanson MS OTR/L

Education

PH.D CANDIDATE REHABILITATION SCIENCES| DEFENSE DECEMBER 2026| BOSTON UNIVERSITY

- Dissertation: Early Implementation Analysis of the Hopeful and Health Living Program, a Novel Intervention for Improving Aging in People with Serious Mental Illness

M.S. OCCUPATIONAL THERAPY | DECEMBER 2004 | UNIVERSITY OF NEW HAMPSHIRE

- Master's Project: A qualitative exploration of the experiences of therapists following AMPS training.

B.S. OCCUPATIONAL THERAPY | MAY 2003 | UNIVERSITY OF NEW HAMPSHIRE

Licenses/Certificates:

CITI Training Human Subjects Basic Research 7/18/23

NBCOT Registered Occupational Therapist # 1073800

NH Occupational Therapy License # 1784

MA Occupational Therapy License # 15064

Integrated Behavioral Health and Primary Care Certification (University of Massachusetts) (2018)

Early Intervention Specialist from University of Connecticut (University of Connecticut) (2008)

Sensory Integration and Praxis Test and Sensory Integration Certificate University of Southern California/Western Psychological Services (2008)

Academic Experience

DOCTORAL STUDENT| BOSTON UNIVERSITY'S PH.D IN REHABILITATION SCIENCES|AUGUST 2022-PRESENT

Research Coordinator:

- 2025-Present: "Enhancing Cognitive and Work/School Outcomes in People with First Episode Psychosis: Testing the Effectiveness of Cognitive Self-Management Strategies", a cluster randomized controlled trial evaluating the effects of a standardized cognitive remediation program on work and school outcomes in young adults experiencing first episode psychosis funded by a National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Research and Training Center (RTTC) grant.
 - Collaborated with research team to design an outcomes measure.
 - Assisted with grant activities including IRB application and management, quarterly reports, data tracking.
 - Engaged in project planning with research team including site PIs
 - Supported research training of site participants in research procedures (i.e., recruitment, informed consent, and data tracking and reporting) and in the cognitive self-management intervention.

- 2023-Present: “Enhancing Social Connection, Health, and Cognition in Older Persons: A Pilot Randomized Trial of the Hopeful and Healthy Aging Program,” a randomized controlled trial of a novel intervention for community dwelling older adults with serious mental illness. Funded as part of a NIDILRR RTTC grant.
 - Assisted with project design and initial grant application
 - Collaborated with the research team to design outcome measures and organize a multi-phase research design.
 - Co-developed the Hopeful and Healthy Living intervention
 - Facilitated grant project activities including project meetings, stakeholder groups, IRB application, quarterly reports, and assessor training and supervision.
 - Trained, supervised, and mentored Research Assistants throughout multiple phases of the project, including quantitative data analysis and qualitative interviewing, coding, and content analysis.
 - Partnered with 3-community based programs to implement the project
 - Co-facilitated the HHL intervention.
 - Participating in project planning and implementation with community-based organizations participating in the project.

Research Assistant: Assisted in grant activities for two federally funded grants at Boston University’s Center for Psychiatric Rehabilitation.

- National Institute on Disability, Independent Living, and Rehabilitation Research, Disability and Research Rehabilitation grant titled “The Integrated Scaling Approach (ISA): A Model for Large Scale Implementation of Effective Interventions for Employment”
 - Collaborating with a team to gather and organize quantitative data from the study.
 - Aiding in the development of a plan to gather qualitative data from stakeholders involved in the study.
- National Institute on Disability, Independent Living, and Rehabilitation Research, Rehabilitation Research and Training Center Program grant titled “RRTC on Improving Employment Outcomes for People with Psychiatric Disabilities”
 - Organized and moderated two Making Sense of Employment Research Webinars involving professionals in the field of Supported Employment
 - Recruited professionals from various backgrounds in academia to serve as Discipline Champions for the Changing Hearts, Minds and Practice: National Resource Center as a Hub for General Training project.
 - Created group moderator guides for the Town Hall Conversations about Employment project.

Student Supervisor: Utilized teaching, clinical, and mentoring experience to mentor both graduate and undergraduate students at the Center for Psychiatric Rehabilitation (CPR).

- OT fieldwork students: Supervised 4 OT students from 2025-present in their Level 1 Fieldwork experience. Provided clinical training, supervision, and mentorship as they facilitated the “Navigating Dating and Relationships” class in the CPR Recovery Education program for adult with serious mental illness
- CPR undergraduate interns: 2025-present. Coordinated, trained, and mentored 4 senior students from various universities and programs in the CPR Recovery Education Undergraduate Intern experience. This included training in psychiatric rehabilitation and class facilitation techniques and professional mentorship.

**CLINICAL ASSISTANT PROFESSOR|DEPARTMENT OF OCCUPATIONAL
THERAPY|UNIVERSITY OF NEW HAMPSHIRE|AUGUST 2013-AUGUST 2022**

Teaching and Curriculum Design: Participated in ongoing course development and curricular design with a focus on expanding and integrating evidence-based practice and clinical experiences in the areas of psychosocial evaluation and intervention, mental and behavioral health, and leadership.

- Mentorship/Supervision of adjunct lab instructors
- Developed and implemented clinically based services learning opportunities for OT students in mental health settings including a residential treatment program for people with substance use disorder and other mental health diagnoses and in a psychosocial clubhouse program.
- **Core Courses Taught:**
 - OT 893: Special Topics: Integrated Primary Care Behavioral Health II (Fall 2018-2021)
 - SW 897: Introduction to Integrated Primary Care Behavioral Health (Summer 2018-2021)
 - OT 760/860, Lab, and Service-Learning Experience: Psychosocial Evaluation and Intervention (2013 to present)
 - OT 875: Leadership in Systems of Practice (2014-2019)
- **Additional Courses Taught:**
 - OT 862, Lab, and Service-Learning Experience: Evaluation and Intervention for Children (2013-2018)
 - OT 886: Research Engagement (2017)
 - OT 752/852 and Lab: Human Movement and Environmental Effects on Occupation (2013-2014)
 - OT 865: Occupational Therapy Practice and Clinical Reasoning (2013)

Scholarship: Facilitated two projects focused on building clinical skills in the areas of psychosocial, mental, and behavioral health OT practice

- 2017-2022: University of New Hampshire Primary Care Behavioral Health Training Program Grant. This 4-year, \$1.9 million dollar grant, funded by the U.S. Department of Human Resource and Services Administration Behavioral Health Workforce Education and Training (HRSA-BHWET) program was issued to the UNH Departments of Occupational Therapy and Social Work to develop a clinical training program focused on integrated primary care behavioral health for master's level occupational therapy and social work students.
 - Co-Principal Investigator of the grant
 - Collaborated with my Co-Principal Investigator, the UNH Institute of Health Policy and Practice and the grant team to develop the program, collect data, and complete grant management responsibilities (ie: budgets etc.)
 - Developed the training program consisting of 2 interprofessional graduate courses and a clinical supervision program using evidence-based competencies related to integrated primary care behavioral health and interprofessional practice and education
 - Recruited and developed relationships with 10 primary care and/or mental/behavioral health organizations throughout NH to provide 6-month long clinical internships to students participating in the grant
 - Recruited and mentored 37 occupational therapy students as they completed the program
 - Disseminate project outcomes at a state and national level
- 2017-2021: "Building Capacity of Occupational Therapy Practitioners to Address the Mental Health Needs of Children and Youth in New Hampshire Schools Mixed Method Research Project": This mixed method research project measured the effectiveness of a continuing education program led by the New Hampshire Occupational Therapy Association, New Hampshire

Department of Education, and Strafford Learning Center. The “Every Moment Counts Program” was designed to give OTs, schoolteachers, and other school personnel the skills they need to address the mental health needs of students in public schools using a public health approach.

- Developed IRB and facilitated research project
- Collected data across the 8-month training program
- Analyzed data and reported outcomes to funders

Service: Utilized my interprofessional focus, organizational skills, and creativity to participate in various service activities at both the department and college level at UNH.

Department Level:

- 603 Challenge Committee (2019-2022): Plan and implement UNH OT Department’s annual alumni outreach and giving campaign
- Admissions Committee: (2016-2021):
 - Chairperson/Graduate School Liaison (2016-2018): Manage work of the admissions committee at both undergraduate and graduate levels and coordinate with UNH Graduate School around the graduate application process
 - Member (2018-2021): Review and participate in undergraduate and graduate applications to the accelerated BS/MS program and the MS only programs
- OT Department 75th Anniversary Planning Committee (2018-2020): Created and implemented a yearlong department celebration focused on alumni outreach, continuing education opportunities, and fundraising
- Academic Adviser (2013-2020): 1 cohort of accelerated BS /MS OT students, 1 cohort of MS only OT students
- Space Committee (2014 to 2019): Worked across the department and college to plan and implement updates to OT teaching space
- Search Committee (2015-2016): Collaborated with OT Department colleagues to recruit and interview potential new faculty members

College Level:

- Project ECHO: Medication Assisted Treatment Project (January 2019-2022): Serve as a subject matter expert in mental/behavioral health for the UNH Institute on Health Policy and Practice. Participate in monthly community of practice discussions around the care of people with substance use disorders and co-occurring disorders in NH.
- College of Health and Human Services Individual Development Network Behavioral Health Scholarship Committee (2019-2022): Review and grant scholarships to undergraduate and graduate students in the college of health and human service who are interested in working in behavioral health settings.
- College of Health and Human Services Behavioral Health Initiative (January 2017-2019): Participate in college wide discussions of how to improve behavioral health education and service within in the college and the community.
- UNH Collaborative Research Initiative (CoRE) funded: Promotion of Early Childhood Education Interdisciplinary Working Group (September 2017) focused on defining and articulating state policy issues around access to Early Childhood services within the community.
- UNH College Research Initiative (CoRE) funded: Youth with Emotional and Behavioral Concerns Interdisciplinary Working Group (September 2017) focused on defining and articulating state policy issues around services for youth with emotional and behavioral needs within the community.

ADJUNCT INSTRUCTOR OF OCCUPATIONAL THERAPY| UNIVERSITY OF NEW HAMPSHIRE | 2008-2012

- Lab Instructor for OT 760/860: Psychosocial Evaluation and Intervention
- Lab instructor for OT 862: Evaluation and Intervention for Children

Clinical Experience

PER DIEM OCCUPATIONAL THERAPIST |EASTER SEALS NH, MANCHESTER NH| 2013-PRESENT

Provide family focused occupational therapy services in two programs: Region 7 Family Centered Early Supports and Services and Easter Seals Occupational Therapy Consultation to Catholic Medical Center's Infant Special Care Nursery.

VOLUNTEER OCCUPATIONAL THERAPIST|SOUTHEASTERN NEW HAMPSHIRE SERVICES, DOVER, NH| 2017-2022

Design and facilitate vocational and wellness Occupational Therapy groups in two residential treatment programs for people with substance use and co-occurring disorders. Supervise OT students and provide training to staff regarding environmental modification for clients.

PER DIEM OCCUPATIONAL THERAPIST | OT IN MOTION, SUNAPEE NH| 2011-2018

Provide family centered evaluation, intervention, and program development of children ages birth to 18 in a private outpatient program. Utilize family centered principles, sensory integration principles, and cognitive behavioral principles to address self-regulation, behavioral and feeding issues that result from various medical and developmental diagnoses.

STAFF OCCUPATIONAL THERAPIST | EASTER SEALS NH, MANCHESTER NH | 2006-2013

Engaged in team focused interdisciplinary evaluation and intervention to address the occupational needs of children ages birth to 18 years of age in 3 different programs run by Easter Seals. These included OT consultant to Catholic Medical Center's Infant Special Care Nursery, Region 7 Family Centered Early Supports and Services (home/community based early intervention services) and The Family Place Easter Seal's Outpatient Sensory Integration Clinic.

STAFF OCCUPATIONAL THERAPIST | KIDZ PLAY PEDIATRIC THERAPY AND WELLNESS CENTER, LONDONDERRY NH| 2005-2006

Assess, design, and carry out treatment plans with children ages birth to eighteen in an outpatient Occupational Therapy clinic. Worked with a Physical Therapist to develop and lead an aquatic therapy group for children with autism

Elected/Volunteer Positions

NORTHEAST REGIONAL REPRESENTATIVE TO OT MENTAL HEALTH INTERSTATE COALITION (2024-present)

- Appointed 1 year position
- Representing the advocacy and policy actions of 7 states on the OTMHIC steering committee

NEW HAMPSHIRE REPRESENTATIVE TO OT MENTAL HEALTH INTERSTATE COALITION (2024)

- Represented NH in national discussions to set state policy advocacy agendas regarding occupational therapy services in community-based mental and behavioral health.

NEW HAMPSHIRE OCCUPATIONAL THERAPY ASSOCIATION: STATE POLICY SUBCOMMITTEE (2019-PRESENT)

- Facilitated development of an advocacy plan to address reimbursement for OT Services in Community Mental Health in NH
- Advocated for passage of NH OT Practice Act
- Revised and updated current NH OT Practice Act to address outdated language and promote access to OT services across practice areas
- Advocating to the New Hampshire Medicaid to Schools Committee around language in state rules/regulations governing OT services in school-based practice

NEW HAMPSHIRE OCCUPATIONAL THERAPY ASSOCIATION (2005-2019)

Served in both appointed and elected positions serving to promote occupational therapy practice within NH.

- Treasurer (elected position) (2014-2019): Managed NHOTA's finances
- Public Relations Chairperson (appointed) (2011-2014): Created and disseminated information to NHOTA members and communicated member concerns to the NHOTA Board of Directors

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION (2005-2011)

Served in various appointed and elected positions representing NH occupational therapy practitioners and shaping OT practice at a national level

- OT Nominating Committee (appointed): Created call for awards, receive and considered award nomination, and then granted awards based on national award criteria.
 - Vice Chair from 2010-2011
 - Member from 2009-2010
- New Hampshire State Representative to American Occupational Therapy Association (elected) (2005-2011): Represented AOTA members in discussions and decisions made by the AOTA Representative Assembly. Participated in conversations about the role of OT in mental/behavioral health.

Publications

2024

- **Trolley-Hanson, A. R.**, McGuire, R. A., Konopa, H., Lane, M., Krolick, J., Margulis, J., Mueser, K. T., & McGurk, S. R. (2025). Cognitive Remediation to Facilitate Independent Living in Persons With Serious Mental Illness. *Behavior Modification*, 0(0).
<https://doi.org/10.1177/01454455241310143>

Professional Presentations

INTERNATIONAL

- **Trolley-Hanson, Alexa & Wilcox, John.** (May 2018). Applying a Public Health Model in OT Education to Develop Student-Led Programs Promoting the Health and Wellness of Various Populations within a Community. Poster Presentation at the World Federation of Occupational Therapists Congress in Cape Town, South Africa.

NATIONAL

- Accepted. **Trolley-Hanson, A.**, Pratt, S., Coole, J., Braverman, D., Canter, B., Mueser, K., & McGurk, S. (April 2026). The Hopeful and Healthy Living Program: A Pilot Feasibility Study of a Novel Intervention for Older Adults with Serious Mental Illness. Poster presentation at the American Occupational Therapy Association Conference.
- **Trolley-Hanson, A.**, Canter, B., Mueser, K., & Hutchinson, D. (August 2025). Navigating Dating and Relationship (NRD): A Skills-Based Group for Adults with Serious Mental Illness. Poster presentation at the American Psychological Association Conference.
- Amero, D., **Trolley-Hanson, A.**, Jaime, Gallagher. (2025). Measuring Implementation and Sustainability of Occupational Therapy in the Community Behavioral Health Setting. Workshop at The American Occupational Therapy Association Annual Conference.
- Amero, D. & **Trolley-Hanson, A.** (October 2024). Measuring Implementation and Sustainability of Occupational Therapy in the Community Behavioral Health Setting. Poster at the American Occupational Therapy Association Mental Health Specialty Conference.
- Amero, D., **Trolley-Hanson, A.**, Finch, D., Owens, L., Dunstan, C., & Anderson, V. (April 2024). Advocacy in Action: real World Strategies for OTPs to Influence State Policy. Workshop at The American Occupational Therapy Association Annual Conference.
- LeFlore, A., Smith, B. & **Trolley-Hanson, A.** (April 2023). Break the Stigma: Harm Reduction in Occupational Therapy. Short course at the American Occupational Therapy Association Annual Conference.
- Brinkman, A., White, B. & **Trolley-Hanson, A.** Occupational Therapy in Promoting Behavioral Change for Health Management in Primary Care. (April 2023). Short course at the American Occupational Therapy Association Annual Conference.
- **Trolley-Hanson, Alexa.** (May 2022). Demonstrating the Value of Occupational Therapy in Integrated Primary Care Behavioral Health. Poster presentation at the American Occupational Therapy Association Annual Conference.
- **Trolley-Hanson, Alexa.** (May 2022). Using Academic-Community Partnerships to Create Opportunities for OT Services in Community Based Mental and Behavioral Health Settings. Short course at the American Occupational Therapy Association Annual Conference.
- **Trolley-Hanson, A.**, Lusenhop, W., & Humphries, D. (October 2021). "I never measured that...what do I do now?" Basic Skills in Retrospective Program Evaluation. Short Presentation at the Annual Collaborative family Healthcare Association Conference, online.
- Tshuma, L., Mason, L., Lusenhop, W., Dahl-Poplizio, S., & **Trolley-Hanson, A** (October 2020). Huddle Up! Short Presentation at the Annual Collaborative Family Healthcare Association Conference, online.

- **Trolley-Hanson, A.** (December 2019). Occupational Therapy A Missing Piece in Integrated Primary Care Behavioral Health. New Hampshire Behavioral Health Summit in Manchester, New Hampshire.
- **Trolley-Hanson, A.,** Lusenhop, W. Mason, L. and Dahl-Poplizio, S. (October 2019). Applying a Public Health Framework to Develop Integrated PCBH programs in a Variety of Settings to Address Client Needs. National Collaborative Family Healthcare Association Conference in Denver, CO.
- **Trolley-Hanson, A.** (September 2019). Using Academic-Community Partnerships to Create an Infrastructure for OT Services in Community-Based and Behavioral Health Settings. The American Occupational Therapy Association's Specialty Conference: Mental Health and the Opioid Crisis in Chicago, Illinois.
- **Trolley-Hanson, A.** (April 2019). Developing OT Student Competencies in Primary Care Behavioral Health (PCBH) Using an Interprofessional, Team-Based Approach. Poster presentation at the American Occupational Therapy Association's Annual Conference in New Orleans, LA.
- Muir, S., Smith, K., Day, M., Goldstein, D., Eichler, J., Pape, S., Doll, J., Royeen, L., and **Trolley-Hanson, A.** (April 2019). OT in Primary Care: Coming Together to Move Forward. Pre-conference Institute at the American Occupational Therapy Association's Annual Conference in New Orleans, LA.
- **Trolley-Hanson, A.** (September 2018). Occupational Therapy-The Missing Piece in Integrated Primary Care Behavioral Health. Poster Presentation at the Collaborative Family Healthcare Association's Annual Conference in Rochester, NY.
- Lusenhop, William and **Trolley-Hanson, A.** (September 2018). Online Interprofessional Training in PCBH with Social Workers and Occupational Therapists: Implementation Successes and Challenges. Short Concurrent Presentation at the Collaborative Family Healthcare Association's Annual Conference in Rochester, NY.
- **Trolley-Hanson, A.** (May 2018). Using a Public Health Model and Experiential Learning to Build Occupational Therapy Student Knowledge and Skills in Community-Based Mental Health. Poster presentation at 2018 American Occupational Therapy Association Annual Conference in Salt Lake City, UT.
- Mulligan, Shelley & **Trolley-Hanson, A.** (April 2012). Early Intervention with Young Children with Autism Spectrum Disorder. Short Course presented at 2012 American Occupational Therapy Association Conference in Indianapolis, In.
- Griswold, Lou Ann, White, Barbara Prudhomme, & **Trolley, A.** (October 2005). Understanding how the AMPS is being used in practice. Poster presentation of research at the American Occupational Therapy Association's Annual Conference in Long Beach CA.

REGIONAL

- **Trolley-Hanson, A.** (2021). Healthy Balance and Recovery Skills for People Living with Co-Occurring Disorders. Continuing Education Course for the Co-Occurring Collaborative Serving Maine.
- **Trolley-Hanson, A.** (2011). Untangling the Web: Addressing Feeding and Eating Issues in EI. Full day conference for EI professionals at Easter Seals in Newport, RI.

NEW HAMPSHIRE

- Accepted. Amero, D. & **Trolley-Hanson, A.** (December 2025). Occupational Therapy in Community Behavioral Health: What Have We Accomplished and Where Are We Going? Short Workshop at the New Hampshire Behavioral Health Summit.
- Amero, D. & **Trolley-Hanson, A.** (December 2024). Occupational Therapy and Community Mental Health: A Pilot Project in NH. Short course at the New Hampshire Behavioral Health Summit.

- Amero, D. & **Trolley-Hanson, A.** (November 2024). Measuring the Implementation and Sustainability of Occupational Therapy in the Community Behavioral Health Setting. Short course at the New Hampshire Occupational Therapy Association Conference.
- Amero, D., **Trolley-Hanson, A.**, Simmons, D. (October 2024). Measuring the Implementation and Sustainability of Occupational Therapy in the Community Behavioral Health Setting. Poster at American Occupational Therapy Association Mental Health Specialty Conference.
- **Trolley-Hanson A.** (2023, June 21). *SUD harm reduction strategies: Patient-centered treatment planning*. Presentation at the Collaborative for Advancing Rural Excellence and Equity's (CARE) Substance Use Disorder ECHO: Fostering Connections to Drive Assessment, Treatment, and Outcomes, online.
- **Trolley-Hanson, A.** (2023, December 9). How To Be an Agent of Change: My Story of OT Advocacy in Community Based Mental Health. Keynote Address: 2023 University of New Hampshire Occupational Therapy Association Hooding Ceremony.
- **Trolley-Hanson, A.** (November 2021). Substance Use Disorder 101: Understanding How to Work with People Experiencing Substance Use Disorders Across All Areas of OT Practice. Short Course New Hampshire Occupational Therapy Association Conference, online.
- **Trolley-Hanson, A.** (December 2019). Occupational Therapy A Missing Piece in Integrated Primary Care Behavioral Health. New Hampshire Behavioral Health Summit in Manchester, New Hampshire.
- **Trolley-Hanson, A.** (October 2019). Short Course: OT in Primary Care Behavioral Health. New Hampshire Occupational Therapy Association Fall Conference, Manchester NH.
- **Trolley-Hanson, A.** (October 2019). Short Course: The Power of "Doing": How Enabling Engagement in Meaningful Life Activities Leads to Patient Health and Wellness. Citizen's Health Initiative Conference, Concord, NH.
- **Trolley-Hanson, A.** (October 2017, 2016, and 2015) Legislative Update. New Hampshire Occupational Therapy Association Annual Fall Conference
- **Trolley-Hanson, A.** (October 2014). Empowering Families: Creating Family Centered Home Programs in Early Intervention and Outpatient Pediatric Care. Presented at the New Hampshire Occupational Therapy Association's 2014 Annual Conference in Durham, NH.
- **Trolley-Hanson, A.** (May 2014). Is It Sensory or behavior? Understanding Typical and Atypical Sensory Processing in Children. Presented at Division of Children, Youth, and Families Annual Conference in Manchester, NH.
- Finch, D. & **Trolley-Hanson, A.** (October 2012). Legislative Update. Presented at New Hampshire Occupational Therapy Association's Annual Conference in Manchester NH.
- **Trolley-Hanson, A.** (October 2012). Advances in Feeding with Children with Disabilities. Presented at New Hampshire Occupational Therapy Association's Annual Conference in Manchester NH.
- Borr, J. & **Trolley-Hanson, A.** (October 2009). Fun and Functional Feeding Strategies for the Home and Clinic. Presented at New Hampshire Occupational Therapy Association's annual conference in Concord NH.
- Griswold, L., **Trolley-Hanson, A.**, & White, B. (October 2008). Shake, Bake and Go! De-mystifying Research. Presented at New Hampshire Occupational Therapy Association's Annual Conference in Concord NH.

Awards

- Center Club of Boston Public Service Award 2025
- New Hampshire Occupational Therapy Association OT Practitioner of the Year Award 2023
- New Hampshire Occupational Therapy Association Service Award 2021
- New Hampshire Occupational Therapy Association Service Award 2018
- American Occupational Therapy Association Service Accommodation 2012

- American Occupational Therapy Association Service Accommodation 2011
- American Occupational Therapy Association Service Accommodation 2008