

BENJAMIN NEIL MONTEMAYOR, PH.D.

DEPARTMENT OF HEALTH AND KINESIOLOGY
TEXAS A&M UNIVERSITY
PHONE 806-292-7650 • E-MAIL BNMONTEMAYOR@TAMU.EDU

EDUCATION

Ph.D. – University of Kentucky 2014 - 2020

Major: Education Science

Cognate: Health Education and Health Promotion

Dissertation: College Students Mandated to Substance Use Intervention Courses: An Exploration of Age-of-Onset, Perceived Norms, and the Theory of Planned Behavior

M.S. – Oklahoma State University 2011 - 2013

Major: Health and Human Performance

Concentration: Health Promotion

Thesis: Perceived Stress and Discrimination Influence on Alcohol-Use among Hispanics in a Culturally Plural Society

B.S. – West Texas A&M University 2007 - 2011

Major: Sports and Exercise Science

Concentration: All levels Health and P.E.

RESEARCH INTERESTS

- Alcohol and other drug use prevention and intervention among adolescent and young adult at-risk minority populations and underrepresented sub-groups
- Utilizing theory to explain and predict future use of alcohol and other drugs

PROFESSIONAL EXPERIENCE

Texas A&M University 2021 – Current

Accountability, Climate, Equity, and Scholarship Fellow and Visiting Assistant Professor – Department of Health and Kinesiology

- Serve as instructor of record for the following courses
 - Drugs and Society (HLTH 353)
- Responsibilities include creating the curriculum, presentations, methodology, assessments, and teaching strategies (problem solving, small-group discussions, pedagogical teaching, lab experiences) for my courses.
- Conduct research in the field of alcohol and drug use prevention and intervention through the lens of prioritizing and promoting an equitable and inclusive campus

University of Central Oklahoma 2020 - 2021

Visiting Assistant Professor - Department of Kinesiology and Health Studies

- Served as instructor of record for the following undergraduate courses:
 - Healthy Life Skills (HLTH 1112)

- Physical Activity and Health (KINS 2713)
- Exercise Prescription (KINS 4523)
- Exercise and Fitness Management Practicum (KINS 4900)
- Delivered synchronous instruction to both face-to-face students and students participating virtually.

Virginia Commonwealth University 2019 - 2020

Project Coordinator – Innovation in Child and Family Wellness Research Group in the School of Social Work

Title of Project: United In Building Evidence Together (U-BET)

- Translational science researcher in adverse childhood experiences (ACES) and adolescent tobacco, alcohol, marijuana, and other drugs misuse
- Conducted focus groups among community-based service providers, stakeholders, parents/caregivers, and youth to learn about the prevalence of ACES among youth in rural and urban Virginia and how to prevent future substance use.
- Designed curriculum, and recruited for the future implementation, and evaluation, of a behavioral health promotion and substance use prevention program utilizing trauma-focused cognitive-based therapy among ACEs-exposed youth in Virginia.

University of Kentucky 2017 - 2019

Teaching Assistant - Advanced Research Methods courses in the Department of Educational Policy Studies and Evaluation, and Department of Educational, School and Counseling Psychology

- Helped develop, plan, and teach course curriculum as a lab instructor, both in-person and online, in the following statistical courses:
 - Gathering, Analyzing and Using Educational Data (EPE 557)
 - Gathering, Analyzing and Using Educational Data II (EPE 558)
 - Research Design and Analysis in Education (Regression Analysis) (EPE 660)
- Operated SPSS, and other software, to guide students in data analysis, reporting, and dissemination.
- Graded all student assignments independently prior to meeting with professor in order to examine grading reliability and finalize grades.

University of Kentucky 2015 - 2018

Substance Education and Responsibility Instructor - Department of Campus Recreation and Wellness

- Conducted individual and group counseling motivational interviewing sessions for students mandated to alcohol and other drug programming due to violating campus alcohol and other drug policies.
- Engaged in evidence-based educational and harm-reduction techniques to address student substance use behaviors, perceived risks, perceived norms, myths, and risk reduction strategies.

University of Kentucky 2015 - 2017

Course Instructor - Department of Kinesiology and Health Promotion

- Served as instructor of record for the following undergraduate courses:
 - History and Philosophy of Physical Education and Sport (KHP 200)
 - Introduction to Fitness: Application and Fitness (KHP 210)
 - Drug Education (KHP 222)

University of Kentucky 2016 - 2017

Physical Education Instructor - The Montessori School

- Conducted physical, self-directed, activity aimed at increasing hands-on psychomotor learning and collaborative play among secondary school students.

University of Kentucky 2014 - 2017

Graduate Assistant - Department of Kinesiology and Health Promotion's Living Learning Center

- Facilitated student enhancement and engagement through the use of lectures, team-building activities, monthly meetings, and panel discussions with department faculty, academic partners and resources, and professional staff in an effort to retain students and successfully guide them to their commencement.

West Texas A&M University 2013 - 2014

Instructor - Sports and Exercise Sciences Department

- Served as instructor of record for the following courses:
 - Elementary Group Dynamics (IDS 1071)
 - Personal Fitness Concepts (SES 2342)
 - Theory and Practice of Non-Traditional Games (SES 2355)
 - Programming for Health and Wellness of Children (SES 3325)
 - Applied Instruction in Physical Activity (SES 4322)

Oklahoma State University 2012 - 2013

Graduate Assistant - Health and Human Performance Department

- Served as teaching assistant for the following undergraduate courses:
 - Total Health and Wellness (HHP 2603)

RESEARCH ASSISTANT EXPERIENCE

University of Kentucky (*October 2016 – May 2017*) Lexington, KY

Research Assistant for Dr. Joseph Ferrare, Department of Educational Policy Studies and Evaluation

Title of Project: A Study of Social Capital Creation Among First-Generation College Students

- Assisted primary investigator in a social-network analysis project by conducting several 60-90 minutes, in-person, semi-structured interviews with first-generation, freshmen college students analyzing their social capital and collegiate experiences

PUBLICATIONS

Peer-Reviewed Manuscripts

4. **Montemayor, B.**, Noland, M., Ickes, M., Barry, A. (In Press). Effectiveness of mandated interventions for cannabis-using American college students: A systematic review. *Journal of Student Affairs Research and Practice*. Manuscript ID: [JSARP.2020.0114](#)

3. Shin, S., Bouchard, L. M., **Montemayor, B.** (October, 2021). An exploration of practitioners' perceptions and beliefs about trauma-informed youth drug prevention programs: A qualitative study. *Prevention Science*. [10.1007/s11121-021-01300-0](https://doi.org/10.1007/s11121-021-01300-0)
2. Shin, S., Wang, X., Yoon, S., Cage, J., Kobulsky, J., & **Montemayor, B.** (December, 2019) Childhood maltreatment and alcohol-related problems in young adulthood: The protective role of parental warmth. *Child Abuse and Neglect*. [10.1016/j.chiabu.2019.104238](https://doi.org/10.1016/j.chiabu.2019.104238)
1. Erwin, H., Beighle, A., Routen, A., & **Montemayor, B.** (2018). Perceptions of Using Sit-to-Stand Desks in a Middle School Classroom. *Health Promotion Practice*. [10.1177/1524839917730046](https://doi.org/10.1177/1524839917730046)

Currently Under Review

6. **Montemayor, B.N.**, Barry, A.E. (Submitted March 2022). How do college students characterize binge drinking? Substance Use and Misuse. Manuscript ID: LSUM-2022-0179
5. Moreno, O., Williams, C., Muñoz, G., De Jesus Elias, M., Santana, A., Fuentes, L., Garcia Rodriguez, I., Hernandez, C., Hood, K., Johnson, K., **Montemayor, B.N.**, The Spit for Science Working Group, Vassileva, J., Dick, D.M., & Amstadter, A.B. (Revise and Resubmit, Submitted March 2022). Moderating role of healthcare disruptions on friend and family pandemic-related negative life events predicting Latines' anxiety and alcohol use over time. *International Journal of Mental Health and Addiction*. Manuscript ID: IJMH-D-22-00219
4. **Montemayor, B.N.**, Noland, M., & Ickes, M. (Submitted December 2021). Examining intentions to reduce alcohol use among college students mandated to substance use courses: An exploration of the theory of planned behavior. *American Journal of Health Promotion*. Manuscript ID: AJHP-21-0776.R1
3. Russell, A.M., **Montemayor, B.N.**, Boardman Ndulue, E., Barry, A.E., & Massey, P.M., (Revised and re-submitted November 2021). Alcohol use disorder narratives in the U.S. digital news coverage and engagement on social media. *Health Communication*. Manuscript ID:219099689
2. Ferrare, J.J., Sims, L.R., Miller, J.M., **Montemayor, B.N.**, Vance-Berg, L. (Revise and re-submit, November 2021). Anticipated gains, unanticipated losses: The formation of social capital among first-generation college students. *Sociology of Education*. Manuscript ID: SOE-21-0195
1. **Montemayor, B.**, Noland, M., Barry, A. (Revise and re-submit, November 2021). College students mandated to substance use courses: Age-of-onset as a predictor of contemporary polysubstance use. *Journal of American College Health*. Manuscript ID: JACH-2021-11-0867

Curriculum Intervention Development

1. Shin, S., & **Montemayor, B.** United In Building Evidence Together (U-BET) (2020). Rise Above: A Behavioral health promotion and substance-use preventive intervention program targeting trauma-exposed youth in rural and urban Virginia.
<https://www.riseabovenow.org/>

PRESENTATIONS

National

5. **Montemayor, B.N.**, Noland, M., & Ickes, M. (Accepted, June 2022). Examining intentions to reduce alcohol use among college students mandated to substance use courses: An exploration of the theory of planned behavior. *Research Society on Alcoholism*. Orlando, FL. Poster Presentation
4. **Montemayor, B.**, Noland, M., Barry, A. (Accepted, May 2022). College students mandated to substance use courses: Age-of-onset as a predictor of contemporary polysubstance use. *American College Health Association*. San Diego, CA. Poster Presentation.
3. Shin, S., Jiskrova, G., & **Montemayor, B.** (January 2020). Feasibility of a multi-level, transdisciplinary longitudinal study to prevent sudden unexpected infant death in low-income families. *Society for Social Work and Research*. Washington, DC. Poster presentation.
2. **Montemayor, B.**, Noland, M., & Ickes, M. (May 2018). Efficacy of college mandated programming on reducing alcohol and drug use: A systematic review. *American College Health Association*. Washington, DC. Poster presentation.
1. Erwin, H., Beighle, A., Routen, A., & **Montemayor, B.** (2018). Perceptions of using sit-to-stand desks in a middle school classroom. *Society of Health and Physical Educators*. Boston, MA. Poster presentation.

State/Regional

7. **Montemayor, B.** (March, 2020). Examining the rates of alcohol and cannabis use among students enrolled in mandated substance use programming. *University of Kentucky, University of Louisville, and University of Cincinnati Research Collaboration-2020 Spring Research Conference*. Cincinnati, OH. Poster Presentation.
6. Shin, S., & **Montemayor, B.** (February 19, 2020). The united in building evidence together (U-BET) prevention program. *Virginia Youth Tobacco Projects Annual Meeting*. Richmond, VA.
5. **Montemayor, B.** (February 2019). The war on drugs: Failures, secondary problems, and solutions. *Southeastern Educational Research Association*. San Antonio, TX.
4. **Montemayor, B.** and Croff, J. (2013). Perceived stress and discrimination influence on alcohol-use among Hispanics in a culturally plural society. (Thesis) *Oklahoma State Research Week*. Stillwater, OK. Poster presentation.

3. Ray, M., & **Montemayor, B.** (2013). The feasibility of placing “hydration stations” in a nursing home to increase water consumption among its residents: A qualitative assessment. *Oklahoma State Research Week*. Stillwater, OK. Poster presentation.
2. Lindle, A., Liu, L., & **Montemayor, B.** (2012). Comparison of eating habits and nutrition knowledge between accounting and health promotion students at a southern university. *Oklahoma State Research Week*. Stillwater, OK. Poster presentation.
1. **Montemayor, B.** (2011). Obesity incidence among college students in a southern regional university. *Oklahoma State Research Week*. Stillwater, OK. Poster presentation.

Invited

8. **Montemayor, B.** (April, 2022) What’s the Buzz? Updates on Cannabis Policy, Usage, and Research in the United States. *Texas A&M University – KINE 223 Life and Physical Sciences Instructors*. College Station, TX.
7. **Montemayor, B.** (November, 2021). Peer-to-Peer Health Alcohol Education. *Texas A&M University - HLTH 222: Concepts in Peer Health Education*. College Station, TX.
6. **Montemayor, B.** (October, 2021). Alcohol Responsibility. *Texas A&M University Physical Education and Activity Promotion Club*. College Station, TX.
5. Shin, S., & **Montemayor, B.** (July, 2020). Rise Above: A health promotion substance use prevention program for trauma-exposed youth. *Virginia Home for Boys and Girls*. Richmond, VA.
4. **Montemayor, B.,** & Shin, S. (March 2020). The impact of adverse childhood experiences (ACEs) on substance-use and the potential mitigating effects of a timely intervention. *Community Coalitions of Virginia*. Richmond, VA.
3. Shin, S., & **Montemayor, B.** (November 2019). The need for focus groups in substance-use prevention program development. *Henrico Area Mental Health & Developmental Services*. Henrico, VA.
2. Shin, S., & **Montemayor, B.** (November 2019). The impact of adverse childhood experiences (ACEs) on substance-use and the united in building evidence together (U-BET) prevention program. *Gayton Kirk Presbyterian Church Community General Assembly*. Tuckahoe, VA.
1. Shin, S., & **Montemayor, B.** (October 2019). The impact of adverse childhood experiences (ACEs) on substance-use and the united in building evidence together (U-BET) prevention program: What have we learned from focus groups thus far? *Henrico Too Smart 2 Start Coalition*. Henrico, VA.

Funded Projects

Health and Kinesiology Peer Collaboration Grant

Funder: Texas A&M University Department of Health and Kinesiology Climate and Diversity Committee

Funded Budget: \$1,000

Project Period: May 2022 – August 2022

Role: Co-Principal Investigator

Effectiveness of mandated alcohol, marijuana, and drug intervention programs for college students.

Funder: Arvle and Ellen Thacker Turner Research Fund, University of Kentucky

Funded Budget: \$1,000.

Project Period: May 2019 – May 2020

Role: Principal Investigator

Unfunded Submissions

Treatment and adaptation center for innovation in child and family wellness.

Funder: Substance Abuse and Mental Health Services Administration

Proposed Budget: \$2,999,980.00

Role: Project Coordinator/Reviewer

AWARDS AND RECOGNITIONS

- Mentee - American Academy of Health Behaviors (AAHB) Research Scholars Mentorship Program (RSMP) 2022
Mentees are selected from a competitive pool of junior-level health behavior researchers within AAHB for a 12-month mentorship program. The purpose of the RSMP is for Senior investigators from AAHB (mentors) to partner with and mentor selected junior investigators (mentees) in the production of high-quality scholarly research-based products that address any area of health behavior-related research. The overarching goal of the RSMP is to promote excellence in health behavior research among Academy members.
- ADVANCE Diversity Champion 2021
A special recognition at Texas A&M University designed to identify and celebrate individuals who are making meaningful contributions to diversity and inclusion efforts at Texas A&M. This designation recognizes individual efforts helping to change the institutional culture at Texas A&M and serves as a micro-affirmation to counter the micro-aggressions that faculty from underrepresented groups experience on a regular basis.
- Kay and Jerry Cox Fellow, Texas A&M University College of Education and Human Development 2021
The fellow is presented to promising future faculty and researchers in the College of Education and Human Development aimed as jump-starting faculty careers by matching new assistant professor ranked faculty with more tenured faculty. The fellow is designed for faculty who are looking for the perfect combination of empirically tested methods to improve research productivity through intense accountability, coaching, and peer support and to propel work-life balance and personal growth to a whole new level.
- University of Kentucky Deans' Interprofessional Honors Colloquium and Center for Interprofessional Health Education, Department of Kinesiology and Health Promotion Student Nominee and Affiliate 2017

Deans within the Colleges of Communication & Information, Dentistry, Education, Health Sciences, Medicine, Nursing, Pharmacy, Public Health, and Social Work recognized and nominated outstanding students to this program in order to support collaborative interprofessional practices targeting modern health issues. This colloquium provided an interactive, seminar-based forum in which students explored and presented on their concerted, practical approach aimed to address local and national substance abuse issues.

- **John Edwin Partington and Gwendolyn Gray Partington Scholarship** 2017 - 2018
Established in 1998, this scholarship is awarded by the College of Education at the University of Kentucky to honor graduate students for their academic achievement and recognition as a leader in the College of Education.
- **Ronald E. McNair Post-baccalaureate Achievement Program Scholar** 2010
Awarded by West Texas A&M University and faculty within the Sports and Exercise Sciences Department to nominate and “prepare qualified undergraduate students for doctoral studies through involvement in research and other scholarly activities. The goal of the McNair program is to increase graduate degree attainment of students from underrepresented segments of society.”
- **Allene Stovall Scholar, West Texas A&M University Sports and Exercise Science Department** 2010
Recognizes students in the Sports and Exercise Sciences department for school achievement and recognition. This scholarship is awarded by the department head.
- **Valedictorian, Hart High School** 2007
Awarded for having the highest rank in a graduating class and recipient of a one-year, full-tuition paid scholarship to any public university in the state of Texas.
- **American Legion Boys State** 2006
Recognizes students in an upcoming graduating class for their excellence and nominates them to participate in a governmental imitation program in Austin, TX. Here, each student becomes a part of the operation of his local, county, and state government to create local and statewide infrastructure, develop and approve policy platforms, and hold elections. This award is granted by each regions local American Legion.

PROFESSIONAL TRAINING AND CERTIFICATIONS

- **Brief Alcohol Screening and Intervention for College Students (BASICS) Training**
(Certified 2018)
Participants in this week-long facilitator training program learn how to utilize pragmatic, harm-reduction techniques, such as consciousness raising, Brief Motivational Interviewing (BMI), and personalized written feedback assessments to aid in the prevention and treatment of alcohol abuse among college students. This non-confrontational approach aims to change a student’s alcohol-use behavior by attempting to activate and increase an internal motivation to change.
- **Cannabis Screening and Intervention for College Students (CASICS) Training**
(Certified 2018)
Participants in this week-long facilitator training program learn how to utilize pragmatic, harm-reduction techniques, such as consciousness raising, Brief Motivational Interviewing (BMI), and personalized written feedback assessments to aid in the prevention and treatment of cannabis abuse among college students. This non-confrontational approach aims to change a student’s cannabis-use behavior by attempting to activate and increase an internal motivation to change.
- **Graduate Certificate in Research Methods in Education**
(Received 2017)
A certificate earned from the University of Kentucky College of Education and Department of Educational Policy Studies and Evaluation that specializes in education research methods. This certificate focuses on providing a foundation in a range of approaches to research, including quantitative methods, assessment,

evaluation, and measurement, which can be applied at the introductory or advanced level and can be applied to a host of disciplines (e.g., social sciences, physical sciences, K-12 instruction/administration, business).

SERVICE AND LEADERSHIP

Professional

- American Public Health Association (APHA)
 - Alcohol, Tobacco, and Other Drugs Program – Abstract Reviewer (2022)
- American College Health Association (ACHA)
 - Mental Health; Health Promotion and Wellness – Presider (2022)
- Mid-Western Regional Educational Research Association (MWERA)
 - School Mental Health Screening, Oral Presentation - Session Chair (2018)

University

- University of Kentucky Department of Campus Recreation and Wellness, Collegiate Recovery Community Advisory Board (2018 - 2019)
- University of Kentucky Graduate School, Graduate Assistant Orientation Microteaching Group Leader (2018)
- Oklahoma State University Graduate School, Co-founder & Historian of the Hispanic Graduate Student Association (2012 – 2013)

College

- University of Kentucky College of Education, Student Ambassador (2015 – 2016)

Department

- Texas A&M University Department of Health and Kinesiology, Visiting Clinical Assistant Professor Search Committee Member (2021)
- Texas A&M University Department of Health and Kinesiology, Health Education Online Director Search Committee Member (2021)
- Texas A&M University Department of Health and Kinesiology, Health and Kinesiology Climate and Diversity Committee Member (2021)
- Texas A&M University Department of Health and Kinesiology, Health and Kinesiology PhD Awards Selection Committee Member (2021)
- University of Kentucky Department of Kinesiology and Health Promotion, Department Chair Search Committee Graduate Student Member (2018)

- University of Kentucky Department of Kinesiology and Health Promotion, Chair of Health Promotion Graduate Student Committee (2018)
- Oklahoma State University Health and Human Performance Department, Seminar leader for HHP 5030: Theoretical Application in Health Behavior Guest Lecture Series (2013)

Community

- Community Coalitions of Virginia (CCoVA) Member (October 2019 – August 2020)
- Henrico Too Smart 2 Start Coalition Member (June 2019 – August 2020)
- Trauma-Informed Community Network Member (February 2019 – March 2020)

MANUSCRIPT PEER REVIEWER

- Family and Community Health (October 2021 – Present)

PROFESSIONAL AFFILIATIONS

- American Academy of Health Behaviors (AAHB) (2022 – present)
- American College Health Association (ACHA) (2018 – present)
- Mid-Western Educational Research Association (MWERA) (2018)
- South-Eastern Educational Research Association (SERA) (2019)