

Serving our Communities Through Teaching and Research



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Teaching Philosophy

- Helping professionals must have the ability to self-reflect, think critically and be flexible. My teaching philosophy is derived from this belief and consequently, I believe that students need to feel safe to express thought, be free to make mistakes, and be able to evaluate themselves consistently. My teaching approaches attempt to foster this environment.
- Techniques:
 - Discussions
 - Hands-on demonstrations and practical skills development
 - Project-based learning
 - Experiential Learning
- My clinical approaches and experiences inform my teaching and influence my desire to ensure that each student approaches the helping field with appreciation and humility needed when we are asked to be such an important part of someone's life.

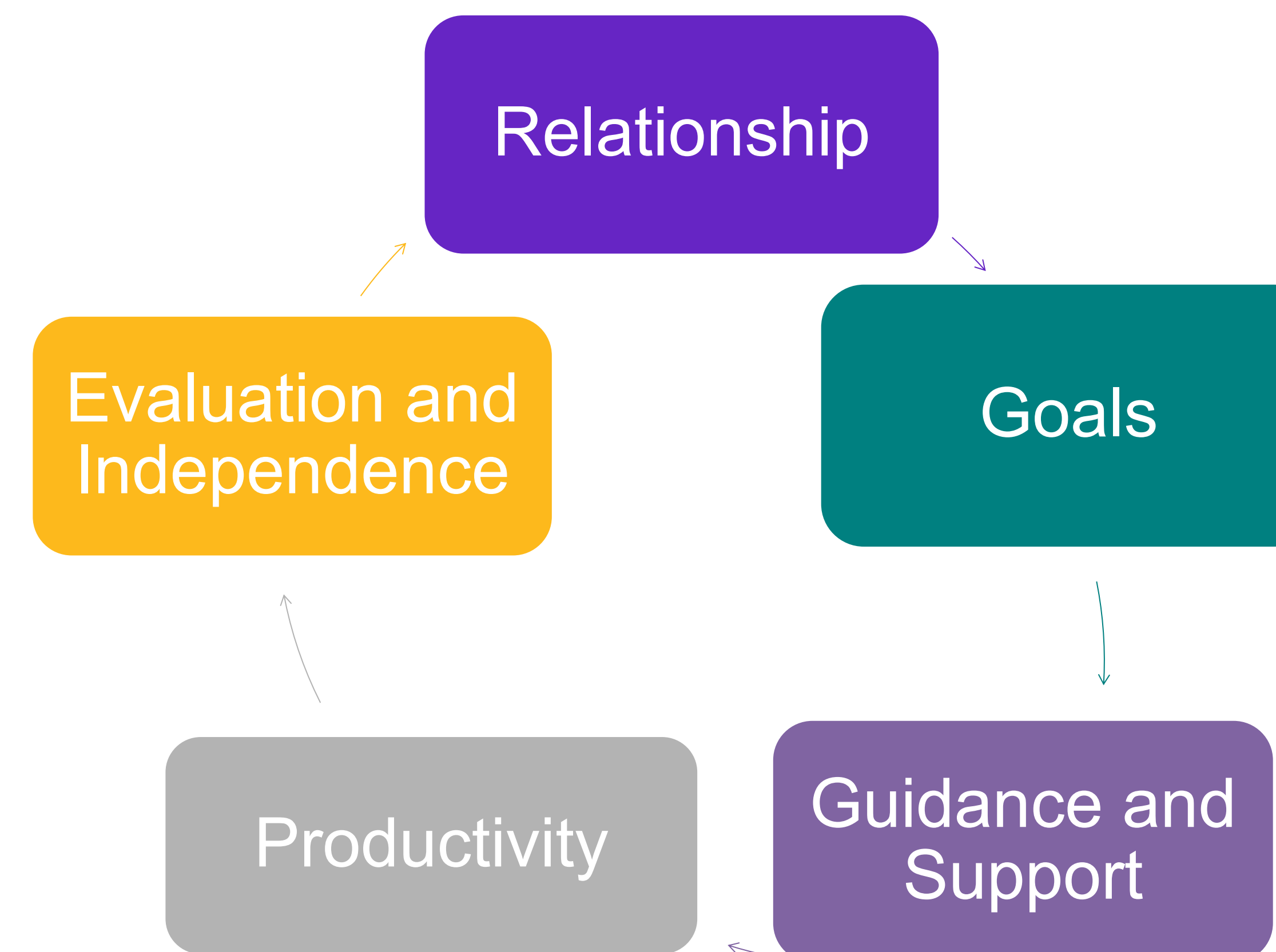
Research Goals

- Reduce barriers and stigma surrounding perinatal and post-partum substance use and mental health conditions
- Reduce disparities within perinatal and postpartum mental health and substance use treatment, specifically for minoritized populations
- Reduce stigma and barriers among individuals with substance use and mental health disorders through the integration of employment in mental health and substance use treatment.



Project Engage Recruitment event

Mentoring Process



Interprofessional Educational Objectives

- To improve mental health service delivery through interprofessional education and integration.
- To enhance student self-efficacy through interprofessional collaboration and education.
- To grow and promote collaboration among unique professionals in a variety of fields to improve service delivery in healthcare.

Community Outreach and Engagement

- Through teaching I help facilitate internship and service-learning sites for our courses in the undergraduate program to help provide services to community agencies. We work with multiple agencies such as
- Through research I help facilitate employment services for individuals in Eastern North Carolina who have substance use and mental health disorders.
- Through research I also direct a program to provide counseling and substance use services in combination with an electronic telephone application (eRecovery© through Chess Health) to assist in recovery services. Through this engagement we target and engage pregnancy and postpartum individuals from underserved areas and underserved populations in eastern North Carolina including Bertie, Edgecombe, Martin, Pamlico, Pitt, Washington counties.



Interprofessional Education Event through the College of Allied Health Sciences during college orientation

Interprofessional Collaboration Highlights

- Received internal funding to create a cross-campus interprofessional event for faculty and students teaching about the hidden needs and necessary collaboration among unique professions to enhance healthcare.
- Trust Leadership Workshop, Fall 2021-present. Engages faculty from multiple disciplines to facilitate improved patient engagement.
- Collaborations with College of Nursing, and ECU Health physicians, and public health offices to enhance substance use and mental health services for individuals who are pregnant and postpartum.

Selected Scholarship Accomplishments with Students

- Principal Investigator, Technology assisted Maternal, Occupational, Mental Health and Substance Use Services (Tech-MOMHS), grant funding through Duke Endowment, \$420,000
- Co-Investigator, Engage ENC, Employment Services Director, SAMHSA funding with Dr. Leigh Atherton, 1,936,629.16
- Scroggs, L. B., Goodwin, L., & McDougal, J. J. (2021). Co-occurring Substance Use Disorders and Grief during Recovery. *Substance Use and Misuse*.
- <https://doi.org/10.1080/10826084.2021.2019771>
- McDougal, J. J., Webber, W., Coltrain, S., & Lewis, G. (2024, April). The Integration of Individual Placement and Support Services within Addictions Treatment. In *Addictions Professionals of North Carolina*.