

# *Val Livingston, PhD, MSW, COI*

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## ***EXPERIENCE***

**Associate Professor, Norfolk State University.** Primary duties include cross teaching in both the MSW and BSW programs. Responsible for developing course syllabi, preparing class lectures and presentations and assessing student performance. Also involved mentoring BSW and MSW students to co-author journal articles and present at regional conferences. As the former MSW Admissions Director, responsibilities included recruiting new students, collecting and analyzing data to identify trends in referrals to program and teaching graduate level social work courses. Appointed as Chair of the faculty search committee for the School of Social Work for 2023-2024. Appointed as a University mentor for new faculty in 2024. Past member of university wide committees such as the Graduate Council and Marketing and Recruitment Committee. Prior appointments to the Faculty Workload Taskforce, Completion Grants and Resources Committee, and the Course Planning Taskforce. Appointed Head Marshal for Graduation Ceremony for Class of 2020. Appointed to search committee for AVP to Provost. Participated on two dissertation committees. Conducted research in conjunction with the Healthy Minds Survey in 2021 and on student utilization of counseling center services for 2018 & 2019. Co-developed proposal for modern day slavery/human trafficking project. Presented workshops at several regional, national and international conferences.

**SNAP E&T Project Director, Thomas Nelson Community College.** Principal investigator for a three year federally funded research project on workforce development. Developed and managed a 2.8 million dollar research study to train SNAP recipients for higher paying careers. Oversaw the provision of supportive services, counseling, occupational training, and employment assistance. Developed and implemented training curriculum, oversaw recruitment and retention initiatives for students, collected and analyzed data, prepared statistical reports for project analysts, and hired and trained staff. Assessed student needs and oversaw development of career assessments and educational plans. Collaborated with faculty and other departments to enhance student success.  
1/2016 to 9/2018

**Training Coordinator, Contractor Virginia Beach Department of Social Services.**

Designed and implemented induction training curriculum for child welfare staff and eligibility workers. Developed and administered evaluation tools to assess trainee knowledge. Developed intern and intern supervision handbook. Redesigned and coordinated organizational internship program. Conducted annual training needs assessment. Collected and analyzed survey data for professional development initiative. Developed and implemented professional development training protocol for more than 1300 staff. Coordinated training for 6 divisions. 4/2014 to 1/2016

**Lecturer, Christopher Newport University.** Taught undergraduate sociology and social work courses. Developed curricula for classes on Aging, Social Problems, Diversity, Macro Social Work Practice, Social Welfare, and Substance Abuse. Prepared lesson plans, developed and administered mid-term and final exams, and referred students for success initiatives and for counseling services. Consulted with students regarding educational needs and labor force requirements. Assisted students in developing and executing community projects for social entrepreneurial class. 8/2011 to 5/2013

**Executive Director, The Genieve Shelter.** Oversaw the operation of a domestic violence program including strategic planning, program development and fiscal stability. Duties included fiscal management; oversight and management of federal, state and foundation grants; budget development; development and implementation of policies and procedures; recruitment, training, supervision, and evaluation of staff, contractors, and volunteers; developed and maintained agency website; developed new programs and services; evaluated programs and services; collected & analyzed data; negotiated contracts; interfaced with political and social entities; engaged in systems advocacy; and community relations. Designed and implemented programs to enhance human capital and address a variety of health, recreational and/or lifestyle issues for families. Developed transitional housing program with job readiness component. Oversaw annual fund-raising campaigns and the execution of million dollar plus capital projects. Engaged in a variety of fund development activities with local and state governmental officials. Coordinated site visits by DHCD, DCJS, and DSS. 8/1996 to 6/2011 (Retired)

**Adjunct Professor, Norfolk State University.** Developed course curricula and taught social work methods, ethnicity and substance abuse courses to first and second year graduate students. Organized lesson plans, administered exams, and evaluated student performance. Assessed academic needs. Interacted with other faculty and university administrators on behalf of students. 1/1996 to 6/1999.

**Executive Director, Chesapeake Bay ASAP.** Oversaw the daily operation of a multi-jurisdictional agency charged with providing educational and case management services to individuals convicted of DUI and other drug-related driving offenses. Developed and implemented policies and procedures, hired and evaluated staff, developed and managed annual budget, and coordinated a variety of staff development activities. Interacted with the criminal justice system, wrote grants, and developed and implemented new programs. Developed and coordinated regional drug abuse conference. 10/1992 to 11/1995

**Program Administrator, Substance Abuse Outpatient Treatment**

**Services, Portsmouth Community Services Board.** Responsible for the daily operation of an outpatient treatment program providing varied treatment modalities. Duties included budget development and management, program development and implementation, oversight and management of federal treatment grant, and the hiring and evaluation of staff. Developed and implemented programs for adult methadone maintenance clients and adolescent substance abusers. Developed and coordinated agency-sponsored regional workshops, engaged in public relations activities, and interfaced with various community agencies and client groups. Participated in site/licensure visits by State Methadone Authority, DMHMRSAS, DEA, and FDA. Ensured compliance with state and federal guidelines. 8/1988 to 9/1992

**Program Director, Spectrum Chemical Dependency Center, Norfolk Community**

**Hospital.** Developed and implemented new hospital-based chemical dependency program. Responsible for budget development and management. Developed and implemented policies and procedures. Designed population specific treatment programs, hired and evaluated staff, engaged in public relations and mass media campaign to promote program, negotiated contracts and coordinated licensure visits with DMHMRSAS. 9/1987 to 8/1988

**Clinical Coordinator, Peninsula Drug Rehabilitation Services.** Supervised the day to day operation of an outpatient drug treatment program. Assessed eligibility and processed admissions. Developed and implemented a variety of treatment programs and services for adult substance abusers. Providing counseling to clients with substance use and mental health diagnoses. Engaged in public relations and fundraising activities. Hired and evaluated staff. Coordinated licensure visits by State Methadone Authority, DMHMRSAS, DEA, and FDA. 7/1983 to 9/1987

**Counselor/Advocate, Norfolk Adolescent Pregnancy Prevention and Services,**

**Norfolk Department of Social Services.** Developed and implemented social services component of federally funded teen pregnancy prevention program. Provided individual, group and family counseling to at-risk, pregnant or parenting inner-city youth. Designed

and coordinated summer therapeutic recreation program. Developed and coordinated regional conference “Working with Troubled Adolescents”. Engaged in a variety of public relations and fund-raising activities. Conducted workshops and trainings. 3/1981 to 7/1983

**Founder-Director, Alternative Behavior Therapy Institute.** Founded and coordinated consulting agency promoting Alternative Behavior Therapy techniques. Contracted with and supervised workshop leaders, developed workshop proposals, conducted workshops, and engaged in public relations activities. 7/1978 to 3/1981

### ***EDUCATION***

Norfolk State University, Doctor of Philosophy, Social Work, May 2000

Norfolk State University, Master of Social Work, May 1977

Norfolk State University, Bachelor of Arts-Psychology, May 1975

### ***PUBLICATIONS***

Livingston, V., Jackson-Nevels, B., Mitchell, B. D., & Riddick, P. M. (2025). Resilience, Adversity, and Social Supports During Childhood and Adolescence. *Encyclopedia*, 5(3), 108.

Livingston, V., Jackson-Nevels, B., Davis-Wagner, D., Jameson, D., & Joyner, C. (2025). Dignity in Mental Health: Examining the Dynamics of mental health Stigma, *Academia Mental Health & Well-being*, 2(3).

Livingston, V., Jackson-Nevels, B., Brown-Meredith, E., Campbell, A., Mitchell, B. D., Riddley, C., Tetteh, A. O., Reddy, V. V., & Williams, A. (2025). Poverty, Allostasis, and Chronic Health Conditions: Health Disparities Across the Lifespan. *Encyclopedia*, 5(1).

Livingston, V., Merriwether, H., Marcus, C., Trower, A., & Waddy, P. (2024). On Becoming a Professional Social Worker: Stressors and Successes. *Reflections: Narratives of Professional Helping*, 30(3), 77-89.

Davis-Wagner, D., Jackson-Nevels, B., Chung, I., Livingston, V., & Ericksen, K. S. (2024). The intersectionality of Race, Gender and Low-wage Work. *Journal of Ethnic and Cultural Diversity*. E-online 8/19/24

Livingston, V., Nevels, B. J., Davis-Wagner, D., & Chung, I. (2024). The Therapeutic Accord: The Impact of Subjective Religiosity on the Utilization of Mental Health Services Among College Students. *Journal of Human Behavior in the Social Environment*, online March 5, 2024.

- Livingston, V., Benjamin, T., Freeman, J., Goode, C., Jones, Y., & Salgado, W. (2024). Subjective Religiosity and Mental Health Service Utilization: A Descriptive Study of the Help-seeking Attitudes and Behaviors of Students Attending an HBCU. *Social Work in Mental Health*, 22(3), 412-430.
- Livingston, V., Marshall, I., Deisch, D., Kochishan, A., Massey, D., Person, F., & Lomax, C. (in press). Embracing Diversity via an Unusual Sister Circle: The Pursuit of an Undergraduate Social Work Degree at an HBCU. *Reflections: Narratives of Professional Helping*.
- Livingston, V., Jackson Nevels, B., Chung, I., Duncan, E., Ericksen, K. S., Manley, C., Merriwether, H., & McCullar, J. (2022). The Enigma of Resilience at an HBCU during a Global Pandemic. *Journal of Human Behavior in the Social Environment*, 33(6).
- Livingston, V., Nevels-Jackson, B., & Reddy, V. V. (2022). Social, Cultural, and Economic Determinants of Well-being. *Encyclopedia*, 2:1183-1199.
- Livingston, V., Nevels, B. J., & Dinnerson, Q. (2022). Avoiding Allostatic Load: Black Male Collegians and the Quest for Well-being. *Trauma Care*, 2:298-306.
- Livingston, V., Bost, A., Wilson, K., & Williams, B. (2022). Teaching and Learning in the Midst of COVID-19: The Impact of Locus of Control on Emotional and Professional Survival during a Global Pandemic. *Reflections: Narratives of Professional Helping Journal*, 28(1), 21-34.
- Livingston, V., Chung, I., Davis-Wagner, D., Ericksen, K. S., Jenkins, V., Neely-Goodwin, S., & Jackson-Nevels, B. (2022). An Examination of the Help-Seeking Behaviors of HBCU Students by Gender, Classification, Referral Source, and Mental Health Concerns. *Social Work in Mental Health*, 20(3), 334-349.
- Livingston, V., Bost, A., & Copeland, A. (2022). Exploring Black Students' Mental Health Characteristics by Field of Academic Study Utilizing a Critical Race Lens. *Journal of Human Behavior in the Social Environment*, 32(6), 738-753.
- Livingston, V. My Life in Academia: Tales from the Darkside (and the Lightside), (2021). Book chapter In *African American Women in Academia*, (Ed. C. Gadling-Cole)
- Livingston, V. & Davis-Wagner, D. (2020). Two Sides of the Same Coin: The Pros and Cons of Continuing Education. (2020). *Reflections: Narratives of Professional Helping Journal*, 26(4), 94-109.

Nevels, B. J., Davis-Wagner, D., Neely-Goodwin, S. & Livingston, V. (2020). Navigating Through the Pandemic at a Historically Black College/University: Challenges and Opportunities. *International Journal of Social Policy and Education*, 2(5), 67-74.

Livingston, V., Chung, I., Davis-Wagner, D., Nevels, B. J., & Gabriel, N. (2020). Trapped in Poverty: A Conceptual Framework to Examine the Culture of Poverty vs Culture of Inequality Theses. *International Journal of Social Policy and Education*, 2(5), 1-13.

Livingston, V. (2019). It's Not Just About the Hijab. *Reflections: Narratives of Professional Helping Journal*, 25(1), 38-41.

Livingston, V. (2003). Black Female Career Success: The Importance of a Career Plan. (2003). *The Social Science Journal*, 40:299-305.

Livingston, V. (2000). An Analysis of the Personal and Social Characteristics that Impact Black Female Career Mobility. Dissertation Abstracts International.

### ***CLASSES/COURSES TAUGHT***

#### **Norfolk State University**

Substance Abuse  
Diversity, Inclusion and Oppression  
Social Work Methods I  
Social Work Methods II  
Human Behavior in the Social  
Environment  
Social Work Profession  
Ethnicity

#### **Christopher Newport University**

Social Problems  
Sociology of Aging  
Racial and Ethnic Relations  
Diversity  
Addictions  
Macro Social Work Practice  
Civic Engagement and Social  
Entrepreneurship

## ***WORKSHOPS CONDUCTED***

*Women, Military Service, and the Boys' Club.* The Global Conference on Women and Gender, CNU, March 2025.

*Mediating Allostatic Load for African American Social Workers and Social Work Students,* NASWVA Conference, Williamsburg, VA., March 24, 2023.

*The Black Superwoman and Opportunities for Allostatic Load,* The Global Conference on Women and Gender, CNU, March 17, 2023.

*The Unusual Sister Circle... Transforming Minority Student Success: Does It Matter Which Race?,* The Global Conference on Women and Gender, CNU, March 17, 2023.

*Allostatic Load Compensation and the Black Male Collegian's Quest for Well-being: A Social Justice Perspective,* 3rd Annual Southeastern Social Work Conference, UNCP Department of Social Work, April 1, 2022

Invited: 3<sup>rd</sup> Global Nursing Conference 2022. *A Critical Race Perspective on the Mental Health Characteristics of Nursing, Psychology, and Social Work Students,* March 25, 2022, Canada.

*Help-seeking Behaviors of Black University Students: Implications for Counseling Center Intervention.* 2021. Council on Social Work Education 2021 APM, Orlando, FL.

*My Life in Academia: Tales from the Darkside (and Lightside).* Council on Social Work Education 2021 APM, Orlando, FL.

*The Intersectionality of Race, Gender, and Motherhood.* (March 2021). The Global Conference on Women and Girls.

*Developing Excellence in Child Welfare,* Core Competencies workshops for Child Welfare direct service staff, Va. Beach Social Services, September 2014 through April 2015.

*Managing Excellence in Child Welfare,* Core Competencies workshops for Child Welfare Supervisors, Va. Beach Social Services, September 2014 through July 2015.

*Fundamentals of Group Counseling,* Workshop conducted for direct service staff at Portsmouth Behavioral Healthcare, December 2011.

*An Analysis of the Personal and Social Characteristics That Impact Black Female Career Mobility,* Workshop presented at the Norfolk State University Research Expo, March 28, 2002.

*Achieving Career Mobility: A Model for Black Women*, Workshop presented at the Blacks in Government Conference, Holiday Inn-Norfolk, November 10, 2001.

*Assertiveness*, Workshop presented at the Leadership/Training Workshop for Resident Assistants, Sheraton Inn-Norfolk, May 20, 1983.

*Non-traditional Family Therapy*, Workshop presented at the “Working with Troubled Adolescents” Conference, Holiday Inn-Norfolk, March 10, 1982.

*Stress Management*, Workshop for professionals working in stressful environments, Holiday Inn-Norfolk, July 1981

*Integrating the Rational and Intuitive Process: Techniques of Alternative Behavior Therapy*, Workshop presented at the American Group Psychotherapy Association Conference, New York, April 15, 1981.

*Social and Emotional Support Systems with Pregnant Adolescents*, Position paper presented at the 23<sup>rd</sup> Annual meeting of the International Psychiatric Research Society GWAN, New York, October 17, 1981.

*Dressing for Success*, Workshop for graduating seniors. Va. Wesleyan University, March, 1981.

*An Alternative Behavior Therapy Approach to Drug Abuse*, Workshop presented at the Virginia Association of Drug Programs Annual Conference, Va. Beach, May 16, 1979.

*Alternative Behavior Therapy*, Workshop presented at the Virginian Association of Drug Programs Annual Conference, Alexandria, June 4, 1978.

## ***REFERENCES***

Available Upon Request