

Dena Barnwell

Competencies

Health Education	Violence Prevention	Program Planning	Data Management
Strategic Planning	Community Outreach	Social Determinants of Health	Social Ecological Model
Behavior Change	Relationship-Building	Needs Assessments	Social Connectedness
Risk Factor Identification	Capacity Building	Protective Factor Cultivation	Health Models & Theories
Primary Prevention	Secondary Prevention	Tertiary Prevention	Harm Reduction

Education & Certifications

Morgan State University, Baltimore, Maryland

- ◆ **Doctor of Public Health**, Dec 2025

Research Focus: Father-inclusive perinatal health and violence prevention

Research Experience: Black Female Fatherhood Scholars Network 2024 summer research lab – scoping review of paternal postpartum depression

Associated Experience: Practicum – 300+ hours working with CVI organizations in Baltimore City to reduce violence in some of Baltimore City’s highest risk neighborhoods

Towson University, Towson, Maryland

- ◆ **Master’s in Health Sciences**, Health Administration, May 2021

Highlights: Eta Sigma Gamma Induction

Academic Focus: Violence Prevention, Community Engagement, & Father-inclusive Perinatal Programs

Associated Experience: Working with Morehouse School of Medicine to improve the relationship between fathers and coparents and fathers and institutions.

- ◆ **Bachelor of Health Education & Promotion**, August 2019

Highlights: Graduated Magna Cum Laude, National Society for Leadership & Success Induction, Dean’s List

Associated Experience: Practicum - 450 hours working with seniors providing tertiary prevention initiatives for seniors with chronic illnesses

Certified Community Health Worker # 00636-20-A, State of Maryland, July 2020

Certified Health Education Specialist® #33164, NCHEC, October 2019

Certified Change Practitioner, Prosci, September 2023

Public Health Experience

Research Assistant

Aug 2024 – Present

Center for Maternal and Family Health | Morgan State University, Baltimore, Maryland

- ◆ Conduct qualitative and quantitative research, data collection, and analysis.
- ◆ Perform comprehensive reviews of academic literature to support new and ongoing research projects.
- ◆ Assist in the preparation of reports, academic papers, and presentations that summarize research findings.
- ◆ Support the drafting of grant proposals and other funding applications.
- ◆ Participate in meetings with community partners and other stakeholders as needed

Public Health Adjunct Faculty

Aug 2022 – Present

Towson University, Towson, Maryland

- ◆ Teach public health courses to undergraduate and graduate students: *Sexuality in a Diverse Society*, *CHES Exam Prep Course*, and *Special Topics: Maternal & Child Health*
- ◆ Use integrated technology, such as VoiceThread and Slido to create engaging asynchronous experiences.
- ◆ Utilize discussions and gamification tools to facilitate learning in the classroom.
- ◆ Complete development in online course delivery, universal learning design, and accessibility

Consultant / Health Educator / Community Health Worker**Sept 2019 – Present***Spring Forward, Baltimore, Maryland*

- ◆ Health Education & Promotion – conduct needs assessments and implement programs to encourage health and prevent illness. Populations of focus include: the historically underserved, justice system-impacted individuals, people who are survivors of human trafficking, and people who were impacted by violent crimes in Baltimore City.
- ◆ Provide primary and secondary diabetes prevention.
- ◆ Coach and facilitate workshops on wellness, self-care, prevention, social connectedness, and social fitness.
- ◆ Support non-profit organizations in the development and implementation of evidence-based and culturally-responsive strategic plans.
- ◆ Provide data management and program support to the Living Classrooms Foundation’s community safety initiatives.
- ◆ Assist in the implementation of Operation Respond, a Living Classrooms initiative aimed at reducing violence in the McElderry Park and Belair-Edison neighborhoods of Baltimore City.
- ◆ Support Initiatives of Fathers Matter ATL, an initiative of Morehouse School of Medicine’s Prevention Research Center.
- ◆ Provide Maryland Department of Health-accredited training for community health workers.

Birth & Postpartum Doula**Jan 2000 – Dec 2012***Kansas City, Kansas / Temple Hills, MD / Oxford, CT*

- ◆ Provide physical and emotional support to pregnant and birthing people.
- ◆ Refer families to evidence-based resources and information.
- ◆ Advocate for the needs of parents while also empowering them to make informed decisions about their care.
- ◆ Offer comfort measures, such as relaxation techniques, during labor.
- ◆ Provide six weeks of in-home postpartum support for mothers and families

Memberships & Affiliations

American Public Health Association (APHA), Member
 Black Female Fatherhood Scholars Network, Member
 Eta Sigma Gamma Honor Society, Member
 Fathers Matter ATL, Co-Chair of the Improving Relationships Committee
 Maryland Responds, Volunteer
 National Society for Leadership & Success (NSLS), Member
 Phi Theta Kappa Honor Society, Member
 Society for Public Health Education (SOPHE), Member

Presentations

Date	Topic	Organization
Nov 4, 2025	Power in Partnership (Moderator)	APHA 2025 Conference
Nov 4, 2025	Storytelling to Support Paternal Health (Poster)	APHA 2025 Conference
Nov 3, 2025	Worksite Wellness (Moderator)	APHA 2025 Conference
Apr 24, 2025	Storytelling as a Tool to Support Black Fathers	Center for Maternal and Family Health
Feb 2, 2025	Habits for Sustainable Change	Towson University
Dec 12, 2024	Building Bridges for Change	Building Bridges
Aug 12, 2024	Principles of Trustworthiness (Father-Serving Agencies)	Fathers Matter ATL
Apr 24, 2024	Harnessing the Power of Habits for Self-Care (Keynote)	University of Maryland, Baltimore County
Mar 14, 2024	Self-Care for Admin Support Staff	Building Bridges Across Maryland
Oct 23, 2023	Resisting the Scarcity Mindset	Towson University
Jul 24, 2023	Trauma & Change (The Influence of Epigenetics)	Teacher’s Democracy Project
Jan 19, 2023	Parenting & Partnering	Johns Hopkins University
Nov 2, 2022	You’re Human Too: Who’s Supporting YOUR Resources?	College and University Professional Association for Human Resources

Oct 24, 2022	Fathers are Not Accessory Parents: The Importance of Father-Inclusive Perinatal Programs	Mary's Center
Mar 1, 2022	Healing the Rift: Improving the Quality of Co-Parenting Relationships (w/ Dr. David Miller)	Healing City Baltimore
Jul 28, 2021	The Complementary Parenting of Dads and Moms	Triple Crowns Podcast
Jul 26, 2020	Black Fatherhood: The Mental Health of Dads & The Importance of Dads	The DG Show
Feb 13, 2020	Nutrition for Health & Wellness	Towson University
Nov 14, 2019	Self-Care for Leaders	Towson University
Nov 5, 2019	Wellness in the Workplace: Implementing Programs that Reach all Employees	National Association of College Auxiliary Services

Research / Publications

Date	Topic	Organization
In Progress	Stories of Baltimore Fathers (Dissertation)	Morgan State University
In Progress	A Fathers Matter: Storytelling as a Healing Intervention (PI – Dr. David O. Fakunle)	Center for Maternal and Family Health
In Progress	Paternal PPD in Marginalized Fathers: Scoping Review (PI – Dr. Felicia Murray)	Black Female Fatherhood Scholars
Oct 21, 2024	The Power of Habits for Improving Financial Wellness	TIAA Institute
Aug 12, 2024	Principles of Trustworthiness (Father-Serving Agencies)	Fathers Matter ATL