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EDUCATION AND TRAINING

1985 BA, Psychology, University of Michigan, Ann Arbor, Michigan
1990 MSW, Clinical Social Work, University of Michigan, Ann Arbor, Michigan
2003 BSN, School of Nursing, University of Utah, Salt Lake City, Utah
2018 PhD, School of Nursing, University of Michigan, Ann Arbor, Michigan

CERTIFICATION AND LICENSURE

1990-1994 MSW, Clinical, State of Michigan
2003-2005 Registered Nurse, State of Utah
2003-present Registered Nurse, State of Michigan: #4704243523
2017 Certificate in Nursing Education, School of Nursing, University of Michigan, Ann Arbor, MI
2024 Certificate in Psychedelic Therapy and Research (CPTR), California Institute of Integral Studies
Certificate in MDMA-Assisted Therapy Education, Lykos Therapeutics (formally MAPS, Johns Hopkins Center for Psychedelic and Consciousness Research)

ACADEMIC, ADMINISTRATIVE, AND CLINICAL APPOINTMENTS

1986-1988 Graduate Student Instructor (GSI), Department of Psychology, University of Michigan, Ann Arbor. *Introduction to Psychology*.
1987-1989 Research Assistant, *The Coping Study*, PI Ken Silk, MD, University of Michigan, Ann Arbor.
1988-1990 Research Assistant, *The Family Styles Project*, PI Neil Kalter, PhD, University of Michigan, Ann Arbor.
1989-1994 Social Work Intern and Post-Intern, University of Michigan Psychological Clinic, University of Michigan, Ann Arbor, Michigan.
1992-1994 Psychotherapist, Wyandotte Health Center, Wyandotte, Michigan.
2001-2003 Student Professional Assistant (SPA II), Maternity Unit, University of Utah Health Center, Salt Lake City, Utah.
2003 Staff Registered Nurse, Maternity Unit, University of Utah Health Center, Salt Lake City, Utah.
2004-2009 Graduate Student Instructor (GSI), School of Nursing, University of Michigan, Ann Arbor, Clinical instructor (2007-2009), Grader/facilitator (2004-2007)
2005-2006 Graduate Student Research Assistant (GSRA). *Roadmap Project*. PI Scott Ransom D.O., MBA, CPE, MPH. African American health disparities in childbirth. University of Michigan School of Medicine, Ann Arbor, Michigan.
2006-2007 Research Assistant, *Possibilities Project*. PI Karen Farchaus-Stein, PhD, RN, FAAN. Self-concept and eating disorders. School of Nursing, University of Michigan, Ann Arbor, Michigan.
2009-2010 Research Staff, *BRIDGES* study, PI Janis Miller, PhD, ANP-BC. School of Nursing, University of Michigan, Ann Arbor, Michigan.
2010 Adjunct Clinical Faculty, McAuley School of Nursing, University of Detroit Mercy, Detroit, Michigan. *Community Health Clinical*.
2010-2013 Charge Nurse, Adult & Adolescent Psychiatric Partial Hospitalization Program, Huron Oaks, Saint Joseph Mercy Hospital, Ann Arbor, Michigan.
2013-2015 Assistant Professor, College of Nursing and Health, Madonna University, Livonia, Michigan.

- 2018-2020 Faculty Practice, Child and Adolescent Mental Health and Wellness (8CAP), Michigan Medicine, Ann Arbor, Michigan.
- 2018-2022 Clinical Instructor, Undergraduate Studies Program & Department of Health Behavior and Biological Sciences, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2021-2023 Faculty Practice, *Truly Healthy Bladder*, PI Janis Miller, PhD, APRN, FAAN
- 2022-present Clinical Assistant Professor, Undergraduate Studies Program & Department of Health Behavior and Biological Sciences, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2022-present Inclusive Teaching Liaison, Undergraduate Studies Program, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2022-present Clinical Specialty Lead – Behavioral Health Nursing, Undergraduate Studies Program, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2024-present Clinical Assistant Professor, Michigan Psychedelic Center, Michigan Medicine, Ann Arbor, Michigan.

RESEARCH INTERESTS

Doctoral Dissertation: Hortsch, S.B. (2018). The female overactive bladder in our beverage-centered society: An evolutionary perspective. [Doctoral dissertation, University of Michigan, Ann Arbor]. ProQuest Dissertations Abstracts International, Vol: 79-12(E), Section: B.

- Dissertation Chair: Janis M Miller, PhD, RN, APRN, FAAN
- Dissertation Committee: Ana Baylin, MD, MPH, DrPH
 Beatrice Kalisch, PhD, RN, FAAN
 Megan O’Brien Schimpf, MD, MHSA
 Abigail Smith, PhD

Research Interests:
 Mental Health, Psychedelic Therapies
 Women’s bladder health
 Evolutionary medicine, nutrition, and chronic disease

GRANTS

- NR-044539 Neuroscience/Nurse 2006-2007
- NIH \$31,000
- Institutional training grant
- Role: Student

HONORS AND AWARDS

- 2000-2003 Dean's List, University of Utah
- 2001-2003 Bamberger Memorial Foundation Scholarship, University of Utah
- 2003-2004 Cosgrove scholarship, University of Michigan, Ann Arbor
- 2015 Elected by BSN graduating class to give the inspirational speech at the Madonna University pinning ceremony.

MEMBERSHIPS IN PROFESSIONAL SOCIETIES

- 2003-present Sigma Theta Tau, Rho Chapter
- 2004-2008 Midwest Nursing Research Society
- 2014-2015 Sigma Theta Tau, Kappa Iota Chapter
- 2018-2022 International Continence Society
- 2018-present American Nurses Association
- 2019-present International Society of Psychiatric-Mental Health Nurses
- 2020-present Center for Global Health Equity, University of Michigan
- 2021-2023 International Society of Evolution, Medicine, and Public Health

TEACHING

Time Period	Institution	Course	Your Role
2004-2009	School of Nursing, University of Michigan, Ann Arbor	<i>NURS 352: Childbearing and Reproductive Health</i> <i>NURS 456: Population Health</i> <i>NURS 357: Introduction to the Research Approach in Nursing</i> <i>NURS 124: Growth and Development</i> <i>NURS 130: Health Promotion and Risk Reduction</i> <i>NURS 532: The Theoretical Base for Advanced Nursing Practice</i> <i>NURS 456: Population Health (Clinical)</i>	Graduate Student Instructor (GSI), Grader/facilitator, Clinical Instructor
2010	McAuley School of Nursing, University of Detroit Mercy, Detroit, Michigan.	<i>NURS 4350: Community Health Practicum</i>	Clinical Instructor

2013-2015	College of Nursing and Health, Madonna University, Livonia, Michigan	<i>NUR 3460</i> : Holistic Mental Health Nursing Care (Didactic) <i>PSY 3100</i> : Health Psychology (Didactic) Developed course. <i>NUR 7010</i> : Health Policy Analysis and Advocacy (Didactic) <i>NUR 4430</i> : Population-focused Professional Nursing (Clinical) <i>NUR 3460</i> : Holistic Mental Health Nursing Care (Clinical)	Assistant Professor
2018-2022	Undergraduate Studies Program & Department of Health Behavior and Biological Sciences, School of Nursing, University of Michigan, Ann Arbor, Michigan	<i>NURS 234</i> : Introduction to Clinical Practice Lab (Didactic) <i>NURS 373</i> : Behavioral Health Clinical (Clinical) <i>NURS 456</i> : Population Health Clinical, including one section conducted in Khon Kaen, Thailand, Spring 2020 (Clinical) <i>NURS 142</i> : Nursing Seminar (Grader)	Clinical Instructor
2022-present	Undergraduate Studies Program & Department of Health Behavior and Biological Sciences, School of Nursing, University of Michigan, Ann Arbor, Michigan	<i>NURS 196</i> : Communication, Groups, and Teams (Didactic) <i>NURS 234</i> : Introduction to Clinical Practice Lab (Clinical) <i>NURS 373</i> : Behavioral Health (Clinical) <i>NURS 482</i> : Therapeutic Nursing Care III (Clinical) <i>NURS 495</i> : Honors Project	Clinical Assistant Professor

Student Mentorship

Student Name	Time Period	Degree Program	Your Role: Title of Project
Park, Hannah	2021-2023	Undergraduate Honors, School of Nursing, University of Michigan, Ann Arbor	Mentor: Mentoring research experience, data analysis. Beverage and food intake and overactive bladder in females.

COMMITTEE, ORGANIZATIONAL, AND VOLUNTEER SERVICE

Institutional

- 2006-2007 Curriculum Committee, Doctoral Student Member, School of Nursing, University of Michigan.
- 2013-2015 Curriculum Committee, College of Nursing and Health, Madonna University, Livonia, Michigan.
- 2013-2015 Faculty participation in Spring Commencement Ceremony, College of Nursing and Health, Madonna University, Livonia, Michigan.
- 2013-2015 Sigma Theta Tau, Kappa Iota Chapter, Board of Directors.
- 2019-2020 Thailand Committee, Office of Global Affairs, School of Nursing, University of Michigan.
- 2019-2022 Curriculum Committee, School of Nursing, University of Michigan.
- 2019-present Reviewer: Honors applications, School of Nursing, University of Michigan.
- 2022 -present Faculty participation in Spring Commencement Ceremony, Rackham Auditorium, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2022-present Specialty Lead, Behavioral Health, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2022-present Faculty Liaison for Inclusive Teaching, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2022-present Mentor for new faculty, *NURS 373* Behavioral Health (Clinical).
- 2024 Reviewer: Poster Submissions, Research, Scholarship & Innovation Symposium, School of Nursing, University of Michigan, Ann Arbor.

International

- 2020 Reviewer: Chiang Mai University 2020 conference, “Advocacy and Policy: Strengthening the Voice and Capacities of Health Professionals.”
- 2021 Reviewer: CUGH (Consortium of Universities for Global Health) “Lancet Global Health: CUGH best student poster competition 2021”

Volunteer Service

- 2013-2014 School Health Fair, Rutherford Elementary School, Detroit, Michigan.
- 2014 Disaster Management Drill, St. Mary Mercy Hospital, Livonia, Michigan.
- 2014-2015 Mental Health Screening, American Indian Family and Health Services, Powwow, Redford, MI
- 2015-2017 Mental Health Screening, American Indian Family and Health Services, Dance for Mother Earth Powwow, Skyline High School, Ann Arbor, MI.
- 2020-present Jewish Family Services of Washtenaw County, MI.
- 2021-2022 COVID vaccination administration, Washtenaw County Health Department, MI.

SEMINARS, AND EXTRAMURAL INVITED PRESENTATIONS

Extramural Invited Presentations

- 2019 “Guidelines for Helping Students in Distress”, Madonna School of Nursing, Livonia, Michigan.
- 2022 “The Beverage Intake Explosion: An Evolutionary Mismatch Proof of Concept”. Video presentation and discussion, University of Michigan Pelvic Floor Research Group (PFRG) annual meeting.

BIBLIOGRAPHY

Peer-Reviewed Journals and Publications

1. Stuart, J., Weston, D., Lohr, N., Benjamin, J., **Becker, S.**, Vorus, N., & Silk, K. (1990). Object relations in borderlines, depressives, and normals: An examination of human responses on the Rorschach. *Journal of Personality Assessment*, 55(1&2), 296-318.

2. Ford, B., Dalton, V., Lantz, P., Lori, J., Noll, T., **Rodseth, S.**, Ransom, S., & Siefert, K. (2005). Racial disparities in birth outcomes: Poverty, discrimination, and the life course of African American women. *African American Research Perspectives*, 11(1), 48-64.
3. Miller, J.M., **Rodseth, S.B.**, & Ying, G. (2011). Cluster analysis of intake, output, and voiding habits collected from diary data. *Nursing Research*, Mar-April, 60(2), 115-23.
4. Miller, J.M., Garcia, C.E., **Hortsch, S.B.**, Ying, G., & Schimpf, M.O. (2016). Does instruction to eliminate coffee, tea, alcohol, carbonated, and artificially sweetened beverages improve lower urinary tract symptoms: A prospective trial. *Journal of Wound, Ostomy and Continence Nursing*, 43(1), 69-79.
5. Miller, J.M., Schimpf, M., Hawthorne, K., **Hortsch, S.B.**, Garcia, C., & Smith, A.R. (2022). Fluids affecting bladder urgency and lower urinary symptoms: Results from a randomized controlled trial. *International Urogynecology Journal*, 33(5), 1329-1345.
6. **Hortsch, S.B.**, Smith, A.R., Schimpf, M.O., Miller, J.M. (2022). The beverage intake explosion: An evolutionary mismatch proof of concept. *In revision*
7. Lukacz, E.S., Fok, C.S., M. Bryant, M., Rodriguez-Ponciano, Casas-maya, M., Meister, M., Mueller, Lewis, C.E., Lowder, J., Smith, A.L., Stapleton, A., Ayala, A., Pakpahan, **Horstch, S.**, Putnam, S., Rudser, K., Song, S., Knight, R., Brubaker, L., for the PLUS Research Consortium. (2023) Feasibility of home collection for urogenital microbiome samples. (Accepted, *Urogynecology*)
8. Brady, S.S., Klusaritz, H.A., Falke, C., Gahagan, S., Hebert-Beirne, J., **Hortsch, S.B.**, Kenton, K., Lewis, C.E., Lipman, T.H., McGwin, G., Nodora, J.N., Norton, J.M., Nuscis, K., Rodriguez-Poinciana, D.P., Rudser, K.D., Sutcliff, S., Wilson-Powers, E., Cunningham, S.D. (2024) Ethnic and racial social identity, socioeconomic position, and women's bladder health. (Under review)

Published Abstracts

1. **Hortsch, S.B.** (2007). "Contingencies of Self Worth in Women with Eating Disorders", Poster presentation, Midwest Nursing Research Society (MNRS), Omaha, Nebraska.
2. **Hortsch, S.B.** (2021). "The Beverage Intake Explosion: An Evolutionary Mismatch Proof of Concept", Abstract and video presentation, International Continence Society 2021, Melbourne and Online. https://www.youtube.com/watch?v=U3hjhMOYy0Q&t=44s&ab_channel=icstelevision

