

Monica M. Adams, PhD, LCSW, LISW-S
Binghamton University, State University of New York
Department of Social Work, College of Community and Public Affairs
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EDUCATION

PhD in Social Work - University of Louisville, Louisville, KY – 2020

Dissertation Title: *Identifying Protective Factors Against Overweight and Obesity within the Social Environment of Women with Low Incomes*

Chair: Emma Sterrett-Hong, PhD

Master of Social Work – Virginia Commonwealth University, Richmond, VA – 2000

Bachelor of Social Work – West Virginia University, Morgantown, WV – 1994

LICENSURE AND SPECIALIZED TRAININGS

Licensed Clinical Social Worker (New York) – 03/26 - Present

Licensed Independent Social Worker – Supervisor (Ohio) – 01/06 – Present

Delphi U Principals of Online Course Design - 2018

RESEARCH INTERESTS

- Poverty
- Health disparities
- Socio-political determinants of health -food insecurity
- Policies and ethics associated with the obesogenic environment

PUBLICATIONS

(* denotes student authors)

(** peer-reviewed article published in a book)

Published Peer-Reviewed Manuscripts:

Adams, M., Wint, K., & Robinson-Perez, A. (In press). Leveraging social and cultural capital to reduce the discipline gap and improve mental health outcomes for Black children. *Children & Schools*.

Adams, M., & Wallace, E. (2026). Preparing social work students to address food insecurity through micro-level practice. *Journal of Social Work Education*.

Gajewski, A*, Imbruce, V., Brenton, B., & **Adams, M.** (2025). The vital role of university-community organization partnerships to address food security. *Practicing Anthropology*

Wilson, B., Nwachuku, B., Moore, S., Jones, C., Young, B.L., Boamah, D., **Adams, M.** and Miller, S. (2024). “For crying out loud”: Racial battle fatigue and black America: implications for the counseling professions. *Journal of Progressive Human Services*

Yoon, D., Munshi, A., Park, J., **Adams, M.**, Yoon, S., Osei F. O., & Poplawski, A.* (2024). Child maltreatment and peer relationship quality: Types and timing of maltreatment and gender differences. *Journal of Adolescence*.

Adams, M., & Anderson, G. (2024). How children influence weight-related behaviors of women with low incomes: A Qualitative study. *Families in Society*

Adams, M. (2023). Engaging in healthy eating behaviors when access to affordable nutritious foods is limited. *Journal of Human Behavior in the Social Environment*. doi: 10.1080/10911359.2023.2195904

Adams, M. (2023). Social inequality: The pandemic's disparate impact on food insecurity among marginalized groups. L. Arduser, D. Bessett V. Carbonell, M. McGowan, K. Sorrels & E. Wallace (Eds.) *Ohio Under COVID: Lessons from America's Heartland in Crisis*. University of Michigan Press**

Moore, S.E., Sterrett-Hong, E.M., Miller, S., Foreman, J., Boamah, D., Storer, H., Nwachuku, B., **Adams, M.**, Moon, H., Jackson-Hurley, C., Frierson, K., & Doub, D*. (2022). Addressing anti-black racism through social work curriculum: Informed, prepared and competent? *The Journal of Teaching in Social Work*, 42(2-3), 142-156

Adams, M., & Sterrett-Hong, E. (2021). Creating true freedom in food choice in an obesogenic environment: A common good approach to ethical decision making. *Journal of Social Work Values Ethics*, 18(2), 55-66

Sterrett-Hong, E., Kincaid, C., Hardaway, C., **Adams, M.**, MacFarlane, M., & Jones, D. (2020). Individual- and family-level correlates of socio-emotional functioning among African American youth from single mother homes: A Compensatory Resilience Model. *Journal of Family Issues*, 41(8), 1355-1384

Manuscripts Under Review

Adams, M., McGinley, J., & Young, S. (Revise and resubmit). Food insecurity and individuals with intellectual and developmental delays: A Scoping Review. *Intellectual and Developmental Disabilities*.

Cook, K., Wint, K.M., Lee, M., **Adams, M.**, & Tripathi, S. (Under review). Community-engaged co-curricular approaches to enhance knowledge about violence against women: A mixed-method study. *Social Work Education*.

Manuscripts in Preparation

Gajewski, A., Imbruce, V., **Adams, M.** & Brenton, B. (In progress). Empowering communities through food councils: A case study of Broome County and lessons from the eastern United States.

Adams, M., & Lee, M. (In progress). Examining nutritional knowledge and self-efficacy for engaging in healthy eating among people with low incomes.

Adams, M. (In progress). Using photo elicitation to understand how people with low incomes interpret public health messages: A qualitative study.

Adams, M., Young, S., & McGinley, J. (In progress). Food Insecurity and the LGBTQ+ Community: A Scoping Review

FELLOWSHIPS

2023 – 2025 Institute for Research on Poverty (IRP)’s Emerging Poverty Scholars Fellowship
University of Wisconsin-Madison’s IRP (\$60,000)

HONORS AND AWARDS

Dr. Nuala Drescher Leave Program – Binghamton University, Fall 2025
Career Champion – Binghamton University, 2023, 2024
Graduate Dean’s Citation- University of Louisville, 2020
Kent School of Social Work Doctoral Assistantship – University of Louisville, 2018-2020
School of Graduate and Interdisciplinary Studies Diversity Assistantship – University of Louisville, 2016-2018

FUNDED GRANTS AND RESEARCH PROJECTS

(* denotes student researchers)

2025 **Principal Investigator-** Greater Good Grocery Mobil Food Market Study
Binghamton University’s Center for Civic Engagement Grant - \$2500

2024 **Co-Investigator** – *One Billion Rising Campaign to End Gender-based Violence*
Student Affairs Divisional Diversity Initiative Grant - \$700

2023 **Co-Investigator** - *Binghamton 2 Degrees*
PI – Andreas Pape
FEMA Higher Education Research Funding - \$10,000

2023 **Co-Investigator** - *Food councils as grassroots responses to changing food landscape across the U.S.*
PI – Aidan Gajewski*

2023 **Co-Principal Investigator** - *Examining When and How Neighborhood Variables Are Considered When Discussing Race-based Health Disparities*
Co-Principal Investigator – Cordelia Martin-Ikpe

2023 **Co-Investigator** - *Broome County Community Survey*
PI – Broome County Food Council
Binghamton University’s Center for Civic Engagement Grant - \$2500

2022 **Co-Principal Investigator** - *Examining Food Insecurity Among LGBTQ+*
Co-Principal Investigator – Sarah R. Young

Co-Principal Investigator – *Examining Food Insecurity Among Adults with*
Co-Principal Investigator – Jacqueline McGinley
Binghamton University’s Institute for Justice and Wellbeing Grant - \$4000

- 2021 **Principal Investigator** - *Public Health Campaign Weight-Related Messages: Their Impact on People with Low Incomes*
Binghamton University's Institute for Justice and Well-Being— \$3000
- 2021 **Principal Investigator** - *Understanding Knowledge and Self-Efficacy for Accessing Nutritious Foods among People with Food Insecurity*
Binghamton University's Presidential Diversity Research Grant - \$7,839.60

CONFERENCES & PRESENTATIONS

***Indicates student presenter**

Peer Reviewed

Adams, M., Martin-Ipke, C., & Wallace, E. *Disadvantage, the New “R” Word Driving Racial Health Disparities*. Oral presentation. 50th Annual National Council of Black Studies Conference. Baltimore, MD. March, 2026.

Adams, M., McGinley, J., & Young, S. *Examining Food Insecurity among People with Intellectual and Developmental Disabilities and Their Families*. Oral presentation. Council on Social Work Education Annual Program Meeting. Denver, CO. October, 2025.

Gajewski, A.,* Imbruce, V., Brenton, Brenton, **Adams, M.** *Empowering Communities through Food Councils: A Case Study of Broome County and Lessons from the Eastern United States*. Oral presentation (virtual) - Agriculture, Food & Human Values Society and the Association for the Study of Food and Society Annual Conference. Portland, OR. June, 2025

Adams, M. *Public Health Campaigns Promoting Healthy Eating Behaviors: Their Impact on People with Food Insecurity*. – Oral presentation (virtual). Agriculture, Food & Human Values Society and the Association for the Study of Food and Society Annual Conference. Portland, OR. June, 2025

Adams, M., Wint, K., & Robinson-Perez, A. *Moving from Punishment to Protection: Creating School-Based Interventions that Support Positive Mental Health Outcomes among Black Youth*. Oral presentation - 49th Annual National Council of Black Studies Conference, Cincinnati, OH. March, 2025

Gajewski, A.,* Imbruce, V., Brenton, Brenton, **Adams, M.** *Developing a County-Wide Food Plan to Address Food Security in the Southern Tier of New York*. Oral presentation - Agriculture, Food & Human Values Society and the Association for the Study of Food and Society Annual Conference, Syracuse, NY. June, 2024

Gajewski, A.,* Imbruce, V., Brenton, Brenton, **Adams, M.** *The Vital Role of Food Councils in Addressing Food Security for Rust Belt Communities*. Oral presentation - Society for Applied Anthropology 84th Annual Meeting, Santa Fe, NM. March, 2024

Adams, M., Young, S.R., McGinley, J., Kuhl, K.,* Kildow, M., * & Belizaire, A.* *Examining Food Insecurity in the Context of Intersecting Marginalized Social Identities: Race and Sexual/Gender Minority Identities* - Oral presentation - 48th Annual National Council for Black Studies Conference, Santa Fe, CA. March, 2024.

Yoon, D., Munshi, A., Park, Jiho, **Adams, M.**, Yoon, S. Okyere Osei, F. & Poplawski, A* *Child maltreatment and peer relationship quality: Types and timing of maltreatment and gender differences*. Poster presentation - 28th Annual Society for Social Work and Research Conference, Washington, D.C. January, 2024.

Adams, M., Young, S.R., McGinley, J., Kuhl, K.,* Kildow, M.,* & Belizaire, A.* *Examining Food Insecurity Among LGBTQ+* - Poster presentation - 28th Annual Society for Social Work and Research Conference, Washington, D.C. January, 2024.

Adams, M., Sterrett-Hong, E.M., Miller, S., Moore, S.E., Foreman, J., Boamah, D., Storer, H., Nwachuku, B., Moon, H., Jackson-Hurley, C., Frierson, K., & Doub, D*. *Addressing anti-black racism through social work curriculum: Informed, prepared and competent?* Oral presentation - 69th Council on Social Work Education Annual Program Meeting, Atlanta, GA. October, 2023

McGinley, J., **Adams, M.**, Young, S.R., Kildow, M.,* Moe, K.,* & Kuhl, K.,* *Food Insecurity among People with IDD: Findings from a Systematic Review* – June 2023 – Oral presentation - 147th American Association on Intellectual and Developmental Disabilities Annual Meeting, Pittsburgh, PA. June 2023

Adams, M. *How Children Influence Weight-Related Behaviors of Women with Low Incomes: A Qualitative Study*. Oral presentation - 19th International Congress of Qualitative Inquiry Conference, Urbana, Illinois. May 2023

Adams, M. *Social Inequality: The Pandemic's Disparate Impact on Food Insecurity among Black Americans*. Oral presentation - 47th Annual National Council for Black Studies Conference, Gainesville, FL. March 2023

Adams, M. *Social Inequalities Across Society Amplified by COVID-19*. Oral presentation. - American Society for Public Administration National Conference, Virtual. April 2021.

Invited

Adams, M., McGinley, J., & Young, S. *Food Insecurity Among People with IDD*. Oral presentation - American Association on Intellectual and Developmental Disabilities Webinar. November, 2023

Adams, M. *Understanding Food Insecurity Through a Social Justice Lens*. Oral presentation - National Association of Social Workers Ohio Chapter Webinar. September 2023.

Gajewski, A.*, Imbruce, C., Brenton, B., Gowen, K., **Adams, M.**, & Mischen, P. *Food councils as grassroots responses to changing food landscape across the U.S.* - Poster presentation. - Binghamton University Annual Research Days. April 2023

Adams, M. Equitable Access Social Panelist. Let Us Dream International Conference: Ensuring Equity and Access for All, Virtual. November 2021.

Adams, M. *From Inequality to Justice: Creating Community Food Environments That Sustain Optimal Health & Well-Being*. Oral presentation - Transdisciplinary Areas of Excellence Sustainable Communities Colloquium Series. November 2021

Adams, M. *The Impact of COVID-19 on Food Insecurity within the African American Community*. Oral presentation. - University of Cincinnati's Department of Africana Studies' COVID-19 & Black America Symposium, Virtual. February 2021

MEDIA AND PUBLIC ENGAGEMENT

Young, E. (2026, February 10). *10 women shaping the future of science at Binghamton University*. Binghamton University News. <https://www.binghamton.edu/news/blog/story/6056/10-women-shaping-the-future-of-science-at-binghamton-university>

Poe, D. (2025, November 26). *The rundown: Government shutdown*. WNYU Radio. <https://on.soundcloud.com/WefRoZbcyGUQLwgnz3>

Bergman, S. (2025, October 31). *Snap fears spark viral wave of Food Bank videos-and controversy*. Newsweek. <https://www.newsweek.com/snap-fears-spark-food-bank-videos-social-media-10957215>

Higham, A. (2025, October 27). *US families preparing to skip meals if SNAP benefits are delayed*. Newsweek. <https://www.newsweek.com/us-families-preparing-skip-meals-if-snap-benefits-delayed-10926808>

Science X Staff. (2025, December 16). *From labs to local tables: How research is helping fight food insecurity*. MSN. <https://www.msn.com/en-us/money/careersandeducation/from-labs-to-local-tables-how-research-is-helping-fight-food-insecurity/ar-AA1SsW3p>

Mousseau, K. (2025, December 10). *Binghamton University consortium leverages academic interests to examine local food systems*. Binghamton University News. <https://www.binghamton.edu/news/story/5964/binghamton-university-consortium-leverages-academic-interests-to-examine-local-food-systems>

Social Work SmartBrief. (2025, June 17). *Social work professor focuses on root causes of hunger*. National Association of Social Work. <https://newsletter.smartbrief.com/sharedSummary/index.jsp?copyId=&issueId=E1336231-C418-4D6F-99AC-3464BA833A36&briefId=0F903AB2-45C8-4C5B-ACD6-4105BC396C54>

Blando-George, N. (2025, June 16). *Climbing the waterfall*. Binghamton University News. <https://www.binghamton.edu/news/story/5614/climbing-the-waterfall>

Robinson, D. (2025, February 14). *BU hosts an educational event to bring awareness of violence against women*. WICZ. https://www.wicz.com/video/bu-hosts-an-educational-event-to-bring-awareness-of-violence-against-women/article_d25908c4-a4f7-5237-9358-4baffa29f764.html

Micale, J. (2024). *Group Aims a Local Lens on the Global Climate Crisis*. *Binghamton University Research Magazine*.

TEACHING EXPERIENCE

Assistant Professor – 2020 – Present

Binghamton University, Department of Social Work

- SW523 - Advanced Social Work Practice with Groups – *graduate -synchronous, hybrid*
- SWZ523 - Advanced Social Work Practice with Groups - *asynchronous**
- SW524 – Advanced Social Work Practice with Families – *graduate –synchronous*
- SWZ524 - Advanced Social Work Practice with Families - *asynchronous**
- SW505 – Human Behavior in the Social Environment- *graduate- asynchronous*
- SW305 – Human Behavior in the Social Environment – *undergraduate – synchronous*
- SW580 – Grief & Loss -*graduate –asynchronous*

*= Developed and taught course for new online MSW program

BSW and MSW Field Supervisor Experience

Field Instructor – MSW Program, University of Louisville, 2011-2012 and 2018-2019

Field Instructor – BSW and MSW Program, University of Cincinnati, 2006 – 2014

Field Instructor – BSW Program, Northern Kentucky University, 2008-2009

Field Instructor – BSW Program, Miami of Ohio University, 2006-2007

SERVICE**Department/College Service-level***Committees*

Field Advisory Committee – Member, 2020

Curriculum Committee -Member, 2020 – 2024

Capstone Committee – Chair, 2021

Diversity, Equity, and Inclusion Committee – Co-Chair, 2021, Chair, 2022-present

Search Committee (Department of Social Work) – Member, 2022-present

CSWE Accreditation Reaffirmation Committee – Member, 2026-present

Student mentorship

Comprehensive Exam/Dissertation Committee Chair- Kristen Daniels, PhD Candidate

Comprehensive Exam/Dissertation Committee Chair – Ammce Apply, PhD Candidate

University-level*Committees*

Search Committee – Vice President of Advancement – Member, 2024-25

Harriet Tubman Center for Freedom and Equity – Affiliate – 2024 - Present

Binghamton 2 Degrees – Member, 2023-present

Transdisciplinary Area of Excellence Sustainable Communities Steering Committee – Member, 2021 – present

Food Justice Working Group – Member, 2020- present

Student Engagement

Keynote Speaker – Multicultural Resource Center's Cultural Recognition Ceremony – Spring 2025

Guest Speaker – Scholars Program (SCHL227) – Spring 2025

Mentor - New Students of Color Networking and Mentorship Program, 2020 - 2023

Advisor – Taylor Garris – Undergraduate Curatorial Intern – Spring 2022

Consultation – Allison Zimmerman – Arts & Science Undergraduate – Fall 2020

Community-level

Healthy Lifestyles Coalition – Advisory Board – 2022 – present

Broome County Food Council – Member – 2022-present

Profession-level

Editorial Positions

Bibliographies Area Editor (invited) - Oxford University Press - 2026

Journal reviewer

Journal of Child and Family Studies

SSM-Population Health

Social Work

Family Process

Social Work in Health Care

Journal of Social Service Research

PROFESSIONAL MEMBERSHIPS

National Association of Social Workers

Society for Social Work & Research

National Council for Black Studies

Council on Social Work Education

PROFESSIONAL EXPERIENCE (POST-MSW)

Cincinnati Children's Hospital Medical Center, Cincinnati, OH 45229

Social Worker – Division of Psychiatry - 03/16 – 07/20

Social Work Care Manager – Division of Social Services -10/14 – 03/16

Social Worker II-Division of Social Services – 04/12 – 10/ 2014

Social Worker I -Division of Social Services– 09/10 – 04/12

Fort Hamilton Hospital, Hamilton, OH 45011

Social Worker—11/08 – 11/11

Children's Home of Northern Kentucky, Covington, KY 45011

Director of Treatment Services – 12/07 – 09/10

Clinical Supervisor – 02/07 - 12/07

Lighthouse Youth Services, Cincinnati, OH

Assistant Program Director—08/06 – 02/07

Clinical Supervisor – 03/06 – 08/06

Social Worker – 05/05 – 03/06

St. Joseph Orphanage (Altercrest Campus), Cincinnati, OH

Clinical Therapist – 03/03 – 06/05

Fairfax County Community Services Board, Fairfax, VA

Mental Health Therapist –05/00 – 11/02