

Lauren E. Lewis, Ph.D., LPC, LAC

Assistant Professor | Texas Tech University
Community, Family, & Addiction Sciences
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EDUCATION

2024 Texas Tech University

Ph.D. Addictive Disorders and Recovery Studies
Dissertation Title: Passion and substance use: Do passions protect against problem drinking and enhance recovery? An application of the Dualistic Model of Passion.
Advisor: Devin J. Mills, Ph.D.

2016 University of Northern Colorado

M.A. Clinical Mental Health Counseling and School Counseling (Magna Cum Laude)

2012 Vanguard University of Southern California

B.A. Psychology (Magna Cum Laude)

PROFESSIONAL EXPERIENCE

2025- Assistant Professor

Texas Tech University, Department of Community, Family, & Addiction Sciences
College of Health & Human Sciences

2024-2025 Postdoc Fellow

UConn Health, Collaborative Hub for Emerging Adults Recovery Research (CHEARR)
Primary Advisor: Kristyn Zajac, Ph.D.
Secondary Advisor: Angela Hagaman, Ph.D.

2022-2024 Research Assistant

Texas Tech University, Addiction & Social Harms Lab (ASH)
Primary Advisor: Devin J. Mills, Ph.D.

2021-2024 Research Assistant

Texas Tech University
Primary Advisor: Antover P. Tuliao, Ph.D.

PUBLICATIONS

Peer-reviewed Journal Articles

2025

1. Cioffi, C.C., Lewis, L.E., Gau, J. (2025). Understanding the needs of postpartum emerging adults with substance use disorders to improve recovery services. *Frontiers in Public Health*, 13, 1521093. doi: 10.3389/fpubh.2025.1521093.

2. Awua, J., Tuliao, A.P., Agordzo, M., Washburn, M., Botor, N.J.B., **Lewis, L.E.**, Adeyemo, Q.E., Mullet, N., Soloski, K., Bradshaw, S., & Park, O. (2025 IN PRESS) Perceived norms and alcohol-related problems: The moderated mediation role of protective behavior strategies and alcohol consumption. *Substance Use & Misuse*. doi: 10.1080/10826084.2025.2496930
3. **Lewis, L.E.**, Mills, D.J., Bergman, B.G., Kimball, T.G., Gerber, W. (2025). Examining the dualistic model of passion in addiction recovery. *Front. Public Health*, *13*. doi: 10.3389/fpubh.2025.1519430

2024

4. Hatch, S.M., Nichols, Z.C., **Lewis, L.E.**, Awua, J., & Austin-Robillard, H. (2024). Investigating the lived experiences of persons who were sentenced to the Substance Abuse Felony Punishment Facility: A qualitative study. *Journal of Offender Rehabilitation*, *63*(7), 440-461. doi: 10.1080/10509674.2024.2406761

2023

5. Tuliao, A.P., Tuliao, M.D., **Lewis, L.E.**, Mullet, N., North-Olague, J., Mills, D.J., Kimball, T., & Shumway, S. (2023). Perceptions of medication assisted treatment within collegiate recovery communities. *Journal of Addiction Medicine*, *17*(6), 732-735. doi: 10.1097/ADM.0000000000001224
6. Lee, U., **Lewis, L.E.**, & Mills, D.J. (2023). Association between gambling and financial trading: A systematic review. *F1000Research*, *12*, 111.

Manuscripts Under Review

1. Jurinsky, J., Hogue, A., Hagaman, A., Hoffman, L., Henderson, C., Hoepfner, B., Porter, A., Bowen, E., Miller, R., **Lewis, L.E.**, Hayes, B., Rodriguez, L. What gets measured, gets managed: The future of measures and metrics in addiction recovery science. *Journal of Substance Use and Addiction Treatment*.
2. Tuliao, A.P., Tuliao, M., **Lewis, L.E.**, Agordzo, M., Botor, N.J., Awua, J. Examining the role of recovery capital, social network and social support on lapse and relapse in collegiate recovery communities. *Substance Use: Research and Treatment*.

In Final Preparation

1. **Lewis, L.E.**, & Mills, D.J. Passion for recovery: Applying the dualistic model of passion to addiction recovery research.
2. Zajac, K., Sheidow, A.J., Kelly, L.M., Wenzel, K., Drazdowski, T.K., **Lewis, L.E.**, Flori, J.N., Hogue, A., Jurinsky, J., Hayes, B. Hagaman, A. Substance use treatment and recovery services for emerging adults in the US: Integrating developmental considerations for effective intervention.
3. **Lewis, L.E.**, & Mills, D. J. (2024). How do drinking motives explain the relationship between the dualistic model of passion and alcohol use?
4. **Lewis, L.E.**, & Mills, D. J. (2024). Exploring the role of the dualistic model of passion on the relationship between craving and problem drinking.

Technical Reports

2023

1. Spare, K. E., Harwell, W., Mills, D., Lee, U., & **Lewis, L.E.** (2023). 2022 Missouri Gambling Prevalence Study. Report to the Gaming and Kansas City Port Authority Problem Gambling Fund Advisory Committee. Kansas City, MO.
2. Harwell, W., Spare, K. E., Mills, D., Lee, U., & **Lewis, L.E.** (2023). 2022 Oklahoma Gambling Prevalence Study. Oklahoma Association for Problem Gambling and Gaming. Norman, OK.

PRESENTATIONS

Poster Presentations

2025

1. Strong, M.K., **Lewis, L.E.** (2025). Examining Basic Psychological Needs and Recovery Capital Associated with Life Satisfaction. *Texas Tech University Institute in Pragmaticism United in Research Annual Conference*, Lubbock, Texas.
2. *Bista, S., **Lewis, L.E.**, Sheidow, A.J., Kelly, L.M., Hibbard, P.F., Bruce, J., Chapman, J.E., Flori, J.N., Zajac, K. (2025). Recovery capital and identity within emerging adults initiating treatment for substance use disorder. *University of Connecticut Undergraduate Health Research Program*, Farmington, CT.
3. Strong, M.K., **Lewis, L.E.**, Mills, D.J. (2025). Basic psychological needs and their connection to recovery capital: A path to well-being. *Collaborative Perspectives on Addiction*, Providence, RI.
4. **Lewis, L.E.**, Strong, M.K., Mills, D.J. (2025). Mental health over time: Depression and anxiety in recovery. *National Conference on Addiction Recovery Science*, Virtual.
5. Kelly, L. M., Hu, N., Hersh, Flori, J. N., **Lewis, L.E.**, & Zajac, K. (2025). Suicide risk among persons in recovery, with substance use disorder, and without in the National Survey on Drug Use and Health. *National Conference on Addiction Recovery Science*, Virtual.

2024

1. Felipe, M. V., Reed, A., **Lewis, L.E.**, & Mills, D. (2024). The mediating role of emotion regulation in mindfulness, alcohol use, and hazardous drinking. *ISSUP-ICUDDR Global Conference 2024*, Thessaloniki, Greece.
2. *Hernandez, C.M., Risco, S.G., **Lewis, L.E.**, Mills, D.J. (2024). Raise a glass, mind the motives: Unveiling drinking profiles in US adults. *2024 Undergraduate Research Conference*, Lubbock, TX.
3. *Peoples, T.L., **Lewis, L.E.**, Risco, S.G., Mills, D.J. (2024). Pouring over personality: The intricate relationship between dark traits and problematic drinking. *2024 Undergraduate Research Conference*, Lubbock, TX.

2023

1. Lee, U., Mills, D. J., & **Lewis, L.E.** (2023). Self-control partially mediates the relation between need frustration and problem drinking: A path model. *2023 Self-Determination Theory Conference*, Orlando, FL.
2. **Lewis, L.E.**, & Mills, D. J., (2023). Expanding the dualistic model of passion to better understand problem drinking: A mediation model. *2023 Self-Determination Theory Conference*, Orlando, FL.
3. Lee, U., Mills, D. J., & **Lewis, L.E.** (2023). Exploring psychological characteristics of problem financial trading: The effect of self-control and dispositional greed. *The 18th International Conference on Gambling & Risk Taking*, Las Vegas, NV.
4. *Faires, A., **Lewis, L.E.**, & Mills, D. J. (2023) Association between adverse childhood experiences, autonomous functioning, and dispositional mindfulness: A conceptual study. *2023 TTU Undergraduate Research Conference*, Lubbock, TX.
5. *Hernandez, C., **Lewis, L.E.**, & Mills, D. J. (2023). The intersection of the Dualistic Model of Passion, emotion regulation, and alcohol use disorder. *2023 TTU Undergraduate Research Conference*, Lubbock, TX. Awarded 1st place in the well-being impact area.
6. *Mendoza, S., **Lewis, L.E.**, Mills, D. J. (2023). Exploring the effect internal and external self-control and emotion regulation process onto mental health: An application of self-determination theory. *2023 TTU Undergraduate Research Conference*, Lubbock, TX.
7. *Faires, A., **Lewis, L.E.**, Mills, D.J. (2023) How differing ACEs affect college student's mental health and alcohol use. *Collaborative Perspectives on Addiction*, Albuquerque, NM.

8. **Lewis, L.E.**, Mills, D. J., & Lee, U. (2023). Dispositional mindfulness, alcohol use, and the mediating role of basic psychological needs. *Collaborative Perspectives on Addiction*, Albuquerque, NM.

2022

1. Botor, N.J.B., **Lewis, L.E.**, Awua, J., Tuliao, A.P., Mullet, N., Martin, M.J., Soloski, K.L., Bradshaw, S. (2022). The role of protective behavioral strategies in the relationship among pre-gaming, alcohol use, and alcohol-related consequences. *Research Society on Alcoholism*, Orlando, FL.
2. **Lewis, L.E.**, Awua, J., Botor, N.J.B., Tuliao, A.P., Mullet, N., Martin, M.J., Soloski, K.L., Bradshaw, S. (2022). Examining the role of alcohol use, gender, drinking motives, and outcome expectancies on alcohol -involved risky sexual behavior. *Research Society on Alcoholism*, Orlando, FL.
3. Awua, J., Botor, N. J. B., **Lewis, L.E.**, Kimball, T., Shumway, S., & Tuliao, A. (2022). Alcohol cravings, depression, and effective coping as predictors of drug avoidance self-efficacy of students in collegiate recovery communities. *The McKenzie lectureship series*, Lubbock, TX.
4. Botor, N. J. B., Awua, J., **Lewis, L.E.**, Kimball, T., Shumway, S., & Tuliao, A. (2022). Intrapersonal and interpersonal correlates of recovery capital among adult students in collegiate recovery communities. *The McKenzie lectureship series*, Lubbock, TX.
5. Hatch, S., & **Lewis, L.E.** (2022). A Review of Utilizing Telehealth Family Therapy in Adult Incarcerated Individuals with Substance Use Problems. *The McKenzie lectureship series*, Lubbock, TX. **Awarded 3rd place.**
6. **Lewis, L.E.**, Botor, N.J.B., Awua, J., Kimball, T., Shumway, S., & Tuliao, A.P. (2022). Determinants of Relapse for Students in Collegiate Recovery Communities. *The McKenzie lectureship series*, Lubbock, TX.

Paper Presentations

2025

1. Strong, M.K., **Lewis, L.E.** (2025). Work in progress: Supporting recovery to work transitions with Schlossberg's Transition Theory. *Texas Association of Addiction Professionals Annual Conference*, San Antonio, Texas.

2023

1. **Lewis, L.E.**, & Mills, D.J. (2023). Passion for recovery: Applying the dualistic model of passion to addiction recovery research. *2023 Fall Community, Family, & Addiction Sciences Research Colloquium*, Lubbock, TX.
2. Mills, D. J., **Lewis, L.E.**, Lee, U. (2023). Weakening the link between craving and addiction: The role of passionate engagement. *2023 Self-Determination Theory Conference*, Orlando, FL.
3. Mills, D. J., **Lewis, L.E.**, Lee, U. (2023). Disrupting the relation between gambling cravings and problem gambling: The role of non-gambling passions. *The 18th International Conference on Gambling & Risk Taking*, Las Vegas, NV.
4. **Lewis, L.E.**, Botor, N.J.B., Awua, J., Kimball, T., Shumway, S., & Tuliao, A.P. (2022). Determinants of Relapse for Students in Collegiate Recovery Communities. *Center for Addiction Recovery Research Brownbag Series*, Lubbock, TX.

2022

1. **Lewis, L.E.**, Botor, N.J.B., Awua, J., Kimball, T., Shumway, S., & Tuliao, A.P. (2022). Determinants of Relapse for Students in Collegiate Recovery Communities. *Center for Addiction Recovery Research Brownbag Series*, Lubbock, TX.

Note. *Denotes undergraduate student mentee

Undergraduate Poster Presentation

1. **Lewis, L.E., Dulin, N. (2012).** School Satisfaction and Life Satisfaction in Relation to Stress and Other Measures. *Cal State University San Marcos Research Symposium.*

GRANTS

Funded Grants

2023

Texas Tech University Graduate Student Research Support Award

- Project Title: Exploring the relationship between the Dualistic Model of Passion and addiction recovery outcomes
- Role: PI
- Amount: \$1,496

2022

International Center for Responsible Gaming – Seed Research Grant

- Project Title: Exploring Pathways to Gambling and Gambling Related Harms among Simulated Sport Video Gamer Players: A Multi-Wave Study
- PI: Devin Mills, Ph.D., Texas Tech University
- Role: Collaborator
- Amount: \$29,995

Oklahoma Association for Problem Gambling and Gaming and Kansas City Port Authority Problem Gambling Fund Advisory Committee – Prevalence Study

- Project Title: Prevalence of Problem Gambling in Oklahoma and Missouri
- PI: Devin Mills, Ph.D., Texas Tech University
- Role: Collaborator
- Amount: \$35,767

Unfunded Grants

2024

Peer Recovery Innovation Network – Recovery Research Accelerator Program

- Project Title: Voices of Recovery: Exploration of Peer Recovery Support Outcomes
- Role: Co-PI with Dr. Jessica Flori
- Amount: \$50,000

NIH Loan Repayment Program

- Project Title: Addiction Recovery Research Plan for LRP Period
- PI: Lauren E. Lewis

2022

Research Society on Alcoholism – Doctoral Student Small Grants Program

- Project Title: Exploring the Construct and Correlates of Recovery Passion: An Application of Dualistic Model of Passion
- PI: Lauren E. Lewis
- Amount: \$5,000

NIH R21 – Exploratory / Developmental Research Grant Award

- Project Title: Exploring Loneliness in Collegiate Recovery Communities Through Social Network Analysis

- PI: Antover Tuliao, Ph.D., Texas Tech University
- Role: Collaborator
- Amount: \$224,750

International Center for Responsible Gaming – Large Research Grant

- Project Title: Do Motivations Increase Players’ Use of and Adherence to Safe Gambling Practices? An Application of Self-Determination Theory
- PI: Devin Mills, Ph.D., Texas Tech University
- Role: Collaborator
- Amount: \$172,335

NAADAC – William White Scholarship

- Project Title: Peer Support Offered by Collegiate Recovery Communities: A Review
- PI: Lauren E. Lewis
- Amount: \$2,000

AWARDS

2023

Community, Family, & Addiction Sciences Student Research Colloquium – Texas Tech University

- Amount: \$250 for research related travel

Travel Grant – Texas Tech University

- Amount: \$300

Poster Competition (Well-being Impact Area) – Texas Tech University

- Amount: \$1,000
- Role: Collaborator and Mentor for undergraduate student winner

2022

Travel Grant – Texas Tech University

- Amount: \$550

Poster Competition 3rd Place – Texas Tech University

- Role: Second author

2021

AT&T Chancellor’s Fellowship

- Amount: \$4,000 per year
- Length: August 2021 – May 2024

2012

Psi Chi Leadership Award

Academic Honors List

LICENSURE

CO Licensed Professional Counselor (LPC)

LPC.0013916

2017 – Present

Licensed Addiction Counselor (LAC)

ACD.0000980

2018 - Present

TX Licensed Professional Counselor (LPC)
#86059
2021 – 2023
Licensed Chemical Dependency Counselor (LCDC)
#15878
2021 - 2023

CLINICAL EXPERIENCE

2020 – 2021

Mental Health Consultant – Pinnacle Consulting Group

- Role: Provide Solution Focused Brief Therapy to employees as part of a mental health initiative.

2019 – 2021

Academic Year Counselor – Colorado State University

- Role: Deliver counseling services for Drugs Alcohol and You program as well as General Services to young adults (18 – 25yrs.). Provide counseling and referrals during on-call hours, collaborate with psychiatric and medical providers, manage students mandated to counseling due to drug/alcohol offense, participate in intern selection committee.

2018 – 2021

Private Practice

- Role: Individual counseling to clients with substance use disorders, transgender/gender non-binary clients, and adolescents. Provide supervision to addiction counselors in community.

2015 – 2018

Behavioral Health Therapist & Intern Supervisor – Colorado Health Network

- Role: Managed counseling department which included individual/group counseling, BSW/MSW/MPH intern supervision, program development to expand access to care in rural communities, collaborate with community providers, Introduce in-house Suboxone clinic, and grant management/reporting. Also coordinated agency volunteers and lead the burnout prevention team. Provided informational presentations on HIV/AIDS and harm reduction to the community. Worked on prevention initiatives including HIV and Hepatitis C testing and counseling, syringe access programming and Suboxone clinic.

2014 – 2015

Behavioral Health Intern – Colorado Health Network

- Role: Individual/group counseling, syringe access provider, HIV & Hepatitis C testing and counseling, advocate for client needs, community outreach, and psychoeducational presentations.