

July 26, 2021

TO: Fellow Status Committee/Sub-committee
Society of Behavioral Sleep Medicine

FROM: Christina S. McCrae, PhD, CBSM
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Psychologist – Missouri License 022789
Director, **MiZZzou** Sleep Research Lab – ORCID iD 0000-0003-4313-6867

RE: Richard Blackburn, PhD – Application for Fellow Status, Society of Behavioral Sleep Medicine

Dear Committee/Sub-committee Members:

I am delighted to write this letter in support of Dr. Richard Blackburn's application for Fellow status with the Society of Behavioral Sleep Medicine (SBSM). I have worked with Dr. Blackburn for the past two years as a member of the SBSM's executive committee and reviewed his application materials. As a result, I am in a position to comment on his activities and can attest that his contributions to SBSM and the field of behavioral sleep medicine have had and will undoubtedly continue to have an impact at all levels – local, state, regional, national and international. I believe I am well-qualified to provide this attestation based on my own sustained contributions to the SBSM as a founder and current member of the executive board, and to the BSM field as a clinical researcher, clinician, and mentor.

Dr. Blackburn has been an active SBSM member for 10 years with a significant history of service to the society as a member of the Board of Directors and Executive Council and board liaison to the Practice and Accreditation committees. In those capacities, he has contributed to the continued growth of the SBSM and supported numerous key societal initiatives, including the inaugural and subsequent scientific conferences, launch of the Board of Behavioral Sleep Medicine and the new certification exam, development of the sleep coaching position statement, and creation of a concept map for behavioral sleep medicine. He also contributed to increased SBSM member benefits, including (but not limited to) the provision of online accredited CME, webinars, a practice consultation registry, and the development (in progress) of a foundation to provide financing and support for SBSM members to engage in additional activities designed to foster the society as well as the field of behavioral sleep medicine.

Dr. Blackburn's service to the SBSM is just one avenue through which he has impacted both the society and the field on national and international scales. He has also had national and international impact through his active involvement in multiple efforts to increase the reach of behavioral sleep medicine through consultation and partnerships with leaders in sleep related industries.

Dr. Blackburn has also made contributions to his local region and state by presenting at numerous conferences in MN intended to increase the number of CBT-I providers. As a practicing behavioral sleep medicine specialist, he has made contributions to patient care through his clinical work and his development of patient-focused educational initiatives across multiple platforms, including telehealth, social media, and an e-publication.

Overall, I give Dr. Blackburn my highest recommendation. Please do not hesitate to contact me if you have any questions about this attestation and recommendation – +1.573.882.0982 or mccraec@health.missouri.edu.

Sincerely,

A handwritten signature in cursive script that reads "Christina S. McCrae".

Christina S. McCrae, Ph.D.
Professor
Director, **Mizzou** Sleep Research Lab

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