



2026 IN-PERSON WORKSHOP

Location: AC Hotel Tallahassee Universities at the Capitol

801 S Gadsden St., Tallahassee, FL 32301

Contact/Questions: orbit.institute@med.fsu.edu or (850) 644-2334

LinkedIn: [Center for Translational Behavioral Science](#)

Bsky: @CTBScience.bsky.social

#ORBITINSTITUTE2026

TUESDAY MAY 12TH 2026

WELCOME

4:00pm – 4:30pm **Check-In Cash Bar and “Heavy” Hors D'oeuvres (until 7:00pm)**

4:30pm – 5:00pm **Welcome (Naar)**

Fellow Introductions “Speed Intros”

INTRODUCTION TO ORBIT MODEL

5:00pm – 6:15pm **Overview of the Revised ORBIT Model (Czajkowski)**

Key Questions: What is phased intervention development and why is it important? What is a hypothesized pathway in ORBIT? How does it differ from a broader conceptual model and inform intervention development?

Format: Invigorating Talk (45 min) Q&A (30min)

6:15pm – 7:00pm **Group Kick-off and Introduction of Hypothesized Pathways Activity**

Fellows are expected to use this time to introduce their work to ORBIT Faculty and Fellows and begin thinking about the Lightning Talk Presentations.

Dinner on your own (or in your group)

List of restaurants near AC Hotel in Tallahassee will be provided in the ORBIT booklet.

WEDNESDAY MAY 13TH 2026

8:15am – 9:15am Breakfast and Networking (provided on-site)

ORBIT PHASE 1A: DEFINE

9:15am – 10:30am Mixed Methods Approaches (Tiro)

Key Question: How do you ensure relevance to target population and key partners?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

10:30am – 10:45am Break

10:45am – 12:00pm Within-subject Methods for Early Phase Studies in the ORBIT Progression (Ridenour)

Key Questions: Compared to traditional early-phase methods, what advantages are there to evaluating potential intervention components using within-subject methods during early ORBIT phases? How can these approaches provide compelling preliminary studies for, or be used in later ORBIT phases?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

12:00pm – 1:00pm Lunch (provided on-site)

ORBIT PHASE 1B: REFINE

1:00pm – 2:15pm Refining for Strength and Efficiency (Spring)

Key Question: Why, when, and how should I refine my intervention? How can I preserve strength while enhancing efficiency?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

2:15pm – 2:30pm Break

2:30pm – 3:45pm Dosing Behavioral Interventions (Voils)

Key Question: How much of the intervention is enough?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

3:45pm – 4:00pm Break

4:00pm – 5:00pm Small Group Discussions with ORBIT Faculty

Key Question: How do I apply ORBIT to my specific research goals & challenges?

6:00pm – 8:00pm Networking Dinner: Connect with ORBIT faculty & fellows

Location TBD

THURSDAY MAY 14TH 2026

8:15am – 9:15am Breakfast and Networking (provided on-site)

ORBIT PHASE 1B: REFINE (CONTINUED)

9:15am – 10:30am Fidelity and Tailoring for Subpopulations (Spring)

Key Question: How do I know my intervention is being delivered as intended and is feasible and acceptable for a new subpopulation?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

10:30am – 10:45am Break

ORBIT PHASE 2: PRELIMINARY TESTING

10:45am – 12:00am Clinical Significance (Freedland)

Key Questions: What is the difference between statistical and clinical significance? How can I identify clinically significant targets for early-phase studies and clinically significant outcomes for randomized controlled efficacy trials?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

12:00am – 1:00pm Lunch (provided on-site)

1:00pm – 2:15pm Proof of Concept Studies (Powell)

Key Questions: What is a proof-of-concept study and why is it important? When should it be conducted? When do I consider including a control condition?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

2:15pm – 2:30pm Break

2:30pm – 3:45pm Feasibility Studies and Pilot Trials (Freedland)

Key Question: What is the primary purpose of a feasibility study or a pilot trial? How do these studies help pave the way for fully-powered RCTs?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

3:45pm – 4:00pm Break

4:00pm – 5:00pm Small Group Discussions with ORBIT Faculty

Key Question: How do I apply ORBIT to my specific research goals & challenges?

Dinner on Your Own

List of restaurants near AC Hotel in Tallahassee will be provided in the ORBIT booklet.

FRIDAY MAY 15TH 2026

7:30am – 8:00am Breakfast and Networking (provided on-site)

*****Note there is an earlier start to the last day.*****

CAREER DEVELOPMENT

8:00am – 9:15am Starting with the End in Mind (Powell)

Key Question: Where am I going? What do I want to achieve?

Format: Invigorating Talk (45 minutes), Q&A (25 minutes), Summary (5 minutes)

9:15am – 10:00am Improve, Adapt and Pivot – Aligning with NIH Priorities (Czajkowski)

Key Question: How do I find funding? How do I include the ORBIT model? How might reviewers respond?

Format: Invigorating Talk (20 minutes), Q&A (20 minutes), Summary (5 minutes)

10:00am – 10:10am Break (10 minutes)

10:10am – 11:25am Lightning Talks: Presenting My Hypothesized Pathway (3 minutes each)

Each fellow will present their hypothesized pathway within a 3-minute time limit. No questions will be taken; clarifications should be addressed during group sessions or networking discussions.

11:25am – 11:45am Train the Trainer Plans & Assignment (Naar)

Train the Trainer assignment instructions are posted on Canvas. Group discussion for Train the Trainer assignment (20 min)

11:45am – 12:00pm Next Steps, Final Words, and Adjourn (Naar)

- “Train the Trainer” Dissemination assignment is **due May 29, 2026**. Submit to Canvas.
- Consultations will be available after in-person workshop.
- Webinars will begin at the beginning of June 2026. Specific dates are TBD.