David C. Frier, CISSP, CISM, RIMS-CRMP, etc.
Information Security Management

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https://www.linkedin.com/in/david-frier/   *Rochester, NY, USA*

Strategic information security leader with 20+ years' success delivering vCISO services and establishing enterprise-wide governance, risk, and compliance programs. Proven expertise in NIST CSF and 800-* assessments and remediation, SOC2 audits, vulnerability management, and incident response across diverse industries including healthcare, education, and commercial enterprises. Accomplished in leading distributed security teams, guiding organizations through regulatory compliance requirements, and implementing comprehensive risk assessment and vendor management frameworks. Adept at translating complex security requirements into actionable strategies that protect organizational assets while enabling business objectives.

Areas of Expertise include:

- vCISO Services
- Governance, Risk & Compliance
- Incident Response
- Risk Assessment

- Vulnerability Management
- NIST CSF & SOC2 Compliance
- Distributed Team Leadership
- Vendor Management

Professional Experience

Rochester Information Security, LLC • Rochester, NY • 2025 to present

vCISO and Owner

Acting as virtual CISO for a variety of clients, including healthcare, startups, and SMBs.

Facilitating interactions with external auditors for SOC2 certification and similar requirements

Key Accomplishments:

- Performing gap assessments from frameworks to current security practices of clients.
- Create action plans to bring clients into compliance with NIST CSF, and monitor progress
- Secure email communications with regulatory bodies such as FDA, to protect data in-scope for HIPAA, etc.
- Managing client removal from blacklists following mass email misadventures.

Sedara • Buffalo, NY • Nov 2021 to Nov 2025

vCISO and Sr. Cybersecurity Program Manager

Acting as virtual CISO for a variety of Sedara clients, including several K12 school districts, SMBs, and non-profits.

Leading internal projects to improve the UX of our SOC and enable our Vulnerability Management support services to integrate with clients' processes.

Key Accomplishments:

- Performed & delivered NIST CSF gap assessments to school districts around Monroe County, commercial, Higher Ed, and non-profit clients.
- Set up action plans to bring clients into compliance with NIST CSF (required by NYSED and Ed Law 2D for K12), and monitored progress
- Guided commercial clients through successful SOC2 audits
- Successfully led incident responses

- Established vulnerability management programs in a variety of organizations
- Designed data enhancement system for Sedara's SOC, to support vulnerability management delivery to clients with increased client value
- Established vendor management process for Sedara to be able to provide to clients as needed
- Established risk assessment process for Sedara to perform for clients as needed

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Constellation Brands, Inc. • Rochester, NY • Mar 2020 to Nov 2021

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IT Governance and Compliance Manager

Directed all audit response and compliance operations for IT. Managed compliance monitoring of all IT general controls, including: User Access Reviews; Privileged and Sensitive Access Reviews; Direct Data Change Monitoring; Termination Reconciliations.

Led project to implement new IAM system and integrate it with in-house SOX-scope applications, while maintaining all access controls in an effective state.

Drafted and worked through the process to publication of Account Access Management Standard

Consulted on Infosec projects

- Implement endpoint management: removing Windows workstation administrative access from users, in accordance with principle of Least Privilege
- Privileged access management: gaining accountability and auditability over the use of system-admin functions on infrastructure and critical application systems.

Key Accomplishments:

- Developed process to support Sensitive Access Control reviews: taking accounting determinations of which business controls are sensitive; mapping to application functions; implemented review of the employee roles capable of those functions by Sensitive Control Owners
- Integrated GRC Process Control alerting from Continuous Control Monitoring into Compliance team workflow
- Developed and produced online video Role Owner and Sensitive Control Owner training modules with quizzes, to support Access Reviews
- Gained control and governance over CMDB in ServiceNow
- Migrated AS/400 security administration function from Compliance team to Infrastructure support

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Wipro, Ltd. • Rochester, NY • 2019 to 2020

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Cybersecurity Director -- Xerox Engagement

Directing all cybersecurity, audit response, and compliance operations for the Xerox Digital Experience account of Wipro. First escalation point for any security or compliance issues. Leading four India-based teams totaling 90 employees. Liaising effectively with senior managers in Xerox up to and including CISO and CTO. Reviewing new and modified statements of work and service agreements for security points that need to be covered, conformance to Wipro and client policies.

Key Accomplishments:

- Establishing governance framework and communications with Xerox and Wipro management.
- Working with the rest of program team to reduce escalations and level out operations into a sustainable steady state
- Remediating issues and overhauling process of user access reviews to avoid adverse findings.

Atos, N.A • Rochester, NY • 2016 to 2019

Client Security Manager / Market Lead

Direct risk, audit, compliance, and governance (RACG) functions for Conduent and Xerox infrastructure accounts, serving as escalation point for any security or compliance issues. Lead international team of four security managers and as many as 20 auditors and technicians. Liaise effectively with senior managers in both client companies. Ensure conformance to security policies in the delivery agreements and in how Atos implemented those services.

Key Accomplishments:

- Identify and implement appropriate security measures, protecting approximately 14,500 virtual and physical servers running Windows, Linux, and Solaris and approximately 28000 Windows workstations in 11 data centers.
- Reviewed implementation of Security portions of the contract, identifying and closing delivery gaps
- Brought information security services to green compliance, avoiding penalties, and bringing challenging OS patching from 55% effectiveness to more than 98.5%.
- Prepared completely new security operations manual, since existing copy had not been updated since 2012.
- Led process improvements, instituting vulnerability reduction program targeting issues across environment prioritized by severity.

Xerox • Rochester, NY • 2013 to 2016

Program Manager/Information Security Manager

Xerox Information Security Office: As Program Manager, developed policy recommendations for senior leadership team, communicating and administering program policies and evaluating assessments submitted for SME review. Approved security policy exception requests.

Xerox Services Business Unit: As an Information Security Manager, ensured security of infrastructure, Citrix, and 700 workplace infrastructure servers in global data centers. Played a key role in investment projects, including expansion of email-based DLP from passive to active, application allow-listing, and installation of FireEye advanced malware detection.

Key Accomplishments:

- Streamlined operations, systematizing review process for information security risk assessment (ISRA) submissions to SME review; reduced backlog from 50+ submissions to single digits.

CIBER, Inc. • Rochester, NY • 2005 to 2013

Project Manager for Xerox Information Security Office

Managed wide range of enterprise-level finance projects using time-to-market project governance methodology. Oversaw daily operations for financial data warehouse for SEC reporting and Treasury system for worldwide cash management. Coordinated needs of development community, business end-users, and data center staff for systems support, managing team of five Tier II associates.

Key Accomplishments:

- Led key performance improvements, implementing data loss prevention (DLP), automatic outbound email encryption for sensitive documents, and fully mapped Internet footprint following ACS acquisition.

Selected Additional Experience

DF Consultants, Auditor & Project Manager, *Rochester, NY 2002-2005*
Provided architecture, implementation, and project management consulting services for F100 clients on enterprise document management applications. SOX auditor, testing controls in a mainframe environment.

Questra Corporation, eCommerce Team Lead, *Rochester, NY 1997-2002*
Managed professional services for appliance-to-business (A2B) products. Provided architectural and program management for field-service dispatch platforms at F100 technology company.

Watson Wyatt, Software Product Manager, *Washington, DC 1992-1996*
Product Manager for HR software analyzing and managing compensation and job value structures.

Certifications

Certified Healthcare IS Security Practitioner (**C)HISSP**), Mile2, July 2025 #28544-175-394-9102 (current)

Certified Risk Management Professional (**RIMS-CRMP**), RIMS, February 2024, #005477884I (current)

Certified Information Security Manager (**CISM**), ISACA, March 2012, #1219105 (current)

Certified in Risk and Information Systems Control (**CRISC**), ISACA January 2011 #1105977 (current)

Certified Information Systems Security Professional (**CISSP**), ISC2, July 2005 #78441 (current)

Volunteer/Community Involvement

Committee Member/Treasurer/President, Rochester ISSA, Rochester, NY, 2008 to Present
[Security Summit](#) *organizer for Rochester chapter of ISSA; present annual talks.*

Committee Member/Treasurer, Rochester B Sides, Rochester, NY, 2011 to 2023

Conference organizer for Rochester B Sides; manage finances and interface with NY State and IRS to secure and maintain 501(c)3 status

Information Security Consultant, Gay Alliance of Genesee Valley, Rochester, NY, 2011 to 2018
Monthly columnist for The Empty Closet newspaper on information security. Ensured that office systems were securely configured; securely implemented and maintained web applications and CMS.

Education

Chemistry coursework
Touro College • New York, NY 1974-1978

Mathematics/Computer Science coursework
Virginia Commonwealth University • Richmond, VA 1978-1979