As Interim Director of the SDSU Joan and Art Barron Veterans Center, Abbey oversees the services provided to all military-connected students at SDSU. This includes the Center which serves as the hub for all military-connected student support services on campus. Additionally, it includes all aspects of the military benefit programs for SDSU's undergraduate and graduate veterans, active duty military, reservists, and dependents.

Abbey spent a career in the Marine Corps before retiring in 2014. He has committed his life to serving those that serve in multiple ways as a practitioner and academic. His research fields include military accessing higher education and adult development theory. Additionally, he is involved with multiple nonprofit organizations. Most notably is the BentProp Project, an organization committed to locating and ultimately repatriating Americans missing in action (MIA) from previous conflicts.