

**Curriculum Vitae**

**Cathy Sowell, MSW, LCSW**

13301 Bruce B. Downs Blvd.

Tampa, FL 33613-807

**Making Connections to Promote Mental Health and Wellbeing among Men and Boys 2017-2025**



**Evaluation of Florida's Child Welfare Prepaid Mental Health Plan for Children**  
Agency for Health Care Administration (AHCA)  
Principal Investigator: Amy Vargo  
Role: Co-Principal Investigator, Co-Evaluator

2013-2014  
\$163,186

**Center for Evidence-Based Practice: Young Children with Challenging Behavior**

2003-2006

U.S. Department of Education

\$ 7,500,000

Principal Investigator: Glen Dunlap/Lise Fox

Role: Project Coordinator

A national grant assessing young children with challenging behaviors and their families to identify factors related to school readiness.

South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies.

Yampolskaya, S., Sowell, C., & Walker, C. (2021). *Family intensive treatment (FIT) evaluation progress report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

Yampolskaya, S., Sowell, C., & Walker, C. (2021). *Nurturing parenting program evaluation progress report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

McNeish, R., Massey, O. T., Sowell, C., Walker, C., & Tran, Q. (2021). *Annual evaluation report: Making connections for the mental health and wellbeing of men and boys*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

McNeish, R., Massey, T., Walker, C., Sowell, C., Simmons, C., Vatalaro, A., (2021, January). *Making Connections for the mental health and wellbeing of men and boys – quarterly evaluation report October 2020 – December 2020*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

Moore, K., Zenn, N., & Sowell, C. (2020). *State of Florida: Best practices response protocol for schools to use mobile response teams (in response to House Bill (HB) 945)*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Louis de la Parte Florida Mental Health Institute (FMHI).

Johnson, M., Robst, J., Cruz, A., Sowell, C., Vargo, A., Anderson, Y. (2020). *Southern region gap analysis: Final evaluation report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.  
<https://www.myflfamilies.com/newsroom/docs/Southern%20Region%20Gap%20Analysis%20Final%20Report.pdf>

McNeish, R., Massey, O. T., Walker, C., Sowell, C., Vatalaro, A., Simmons, C., Rigg, K., Tran, Q. & Gilbert Smith, T. (2020). *Final evaluation report: Making connections for the mental health and wellbeing of men and boys of color and veterans*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

McNeish, R., Massey, T., Walker, C., Sowell, C., Rigg, K., Simmons, C., Vatalaro, A., (2020, April). *Making connections for the mental health and wellbeing of men and boys – quarterly evaluation report January 2020 – pg-1.2 (s C(J)2.5 g c)-(gg7)-0.6 8 (a)-4.gap ma-5.5 (Ay 0 Td(sm)-14 s:4 Td((i)5r)S -2.9 ( Tc 0*

- Johnson, M., Robst, J., Cruz, A., Sowell, C., Vargo, A., Anderson, R., Carmona, Y. (2019). *Southern region gap analysis: Utilization pattern and service usage report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- McNeish, R., Massey, O. T., Sowell, C., Walker, C., Vatalaro, A., Landers, M., Tran, Q., Rigg, K., Simmons, C., & Gilbert-Smith, T. (2019). *Implementation year 3 evaluation annual report: Making connections for the mental health and wellbeing of men and boys of color and veterans*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- McNeish, R., Massey, T., Walker, C., Sowell, C., Rigg, K., Simmons, C., Vatalaro, A., (2019, April). *Making connections for the mental health and wellbeing of men and boys – quarterly evaluation report January 2019 – March 2019*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- McNeish, R., Massey, T., Walker, C., Sowell, C., Rigg, K., Simmons, C., Atubu, A., Vatalaro, A., Tran, Q. (2019, January). *Making connections for the mental health and wellbeing of men and boys – quarterly evaluation report October 2018 – December 2018*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- McNeish, R., Massey, O. T., Walker, C., Sowell, C., Vatalaro, A., Simmons, C., Rigg, K., Tran, Q. & Gilbert Smith, T. (2018). *Implementation year 2 evaluation annual report: Making connections for the mental health and wellbeing of men and boys of color and veterans*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- Sowell, C., Walker, C., Yampolskaya, S., Lentini, R., & Cruz, A. (2018). *Florida project LAUNCH final cumulative evaluation report October 1, 2012 – September 30, 2018*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies.
- Robst, J., Armstrong, M., Sowell, C., & Cruz, A. (2018). *Family Intensive Treatment (FIT) evaluation: Phase one report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- McNeish, R., Massey, T., Walker, C., Sowell, C., Rigg, K., Simmons, C., Callejas, L., Vatalaro, (2018, April). *Making connections for the mental health and wellbeing of men and boys – quarterly evaluation report January 2018 – March 2018*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- Sowell, C., Yampolskaya, S., Walker, C., Lentini, R., & Cruz, A. (2018). *Florida project LAUNCH year 5 evaluation report October 1, 2016 – September 30, 2017*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies
- McNeish, R., Massey, T., Walker, C., Tirotti, M., Rigg, K., Simmons, C., Landers, M., Sowell, C., Vatalaro, A., Gilbert-Smith, T. (2018, January). *Making connections for the mental health and wellbeing of men and boys – quarterly evaluation report October 2017 – December 2017*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.
- Davis, M., Tanana, M., Vanderloo, M., West, K., O'Conner, A., Hopkins, R., Armstrong, M., Vargo, A., Sowell, C., Johnson, M., Fluke, J., Fowles, R., & Poulson, R. (2017). *Utah child welfare demonstration project semi-annual evaluation report, April 1, 2017 to September 30, 2017*. Salt Lake City, UT: University of Utah, College of Social Work.
- Yampolskaya, S., McNeish, R., Cruz, A., Sowell, C., Teague, G., Hanson, A., & Levin, B. (2016). *Access, integration of care and service utilization for child welfare involved children in Florida's managed*

- medical assistance (MMA) program*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences.
- Sowell, C., Yampolskaya, S., Walker, C., Lentini, R., & Cruz, A. (2016). *Florida project LAUNCH year 4 evaluation report October 1, 2015 – September 30, 2016*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies.
- Sowell, C., Yampolskaya, S., Lentini, R., Walker, C., & Cruz, A. (2016). *Florida project LAUNCH (Linking actions for unmet needs in children's health) evaluation brief: Stakeholder collaboration years 1-3*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences, Department of Child and Family Studies
- Davis, M., Tanana, M., Vanderloo, M., West, K., O'Conner, A., Hopkins, R., Armstrong, M., Vargo, A., Sowell, C., Johnson, M., Fluke, J., Fowles, R., & Poulson, R. (2015). *Utah child welfare demonstration project semi-annual evaluation report, April 1, 2015 to September 30, 2015*. Salt Lake City, UT: University of Utah, College of Social Work
- Sowell, C., Yampolskaya, S., Lentini, R., Cruz, A., & Walker, C. (2015). *Florida project LAUNCH year 3 evaluation report October 1, 2014 – September 30, 2015*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies
- Sowell, C., Yampolskaya, S., Teague, G., Greeson, M., Hanson, A., McNeish, R., & Vargo, A. (2015). *Child welfare specialty plan implementation study*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences
- Sowell, C., Nesman, T., Lentini, R., Sharrock, P., & Yampolskaya, S. (2014).  
 – *September, 2015*Tampa,





- Vargo, A.C., Armstrong, M.I., Jordan, N., Sharrock, P., Sowell, C., & Yampolskaya, S. (2009). *IV demonstration evaluation semi-annual progress report 5 SFY08-09*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences, Louis de la Parte Florida Mental Health Institute.
- Vargo, A., Sharrock, P., Robinson, P., Boothroyd, R., Batsche, C., Lardieri, S., Ort, R., Reyes, F., Rynearson, S., & Sowell, C. (2009). *Evaluation of Florida's child welfare prepaid mental health plan (CW PMHP): Year 3*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences
- Armstrong, M.I., Vargo, A.C., Jordan, N., Miller, T., Sharrock, P., Sowell, C., & Yampolskaya, S. (2008). *IV-E waiver demonstration evaluation semi-annual progress report 4 SFY07-08*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences, Louis de la Parte Florida Mental Health Institute.
- Armstrong, M., Vargo, A. C., Jordan, N., King-Miller, T., Sowell, C. & Yampolskaya, S. (2008, January). *Report to the legislature: Fiscal year 2006-2007 evaluation of the Department of Children and Families community-*

- McNeish Taormina, Massey, T., Walker, C., Sowell, C., Rigg, K. K., Simmons, C., & Tran, Q. (2023). Building capacity to create community change (BC4): A model to support successful program planning and implementation. *Evaluation and Program Planning, 97*, 102225.
- Armstrong, M. I., McCrae, J., Graef, M. I., Richards, T., Lambert, D., Bright, C. L., & Sowell, C. (2014). Development and initial findings of an implementation process measure for child welfare system change. *Journal of Public Child Welfare, 8*(1), 94-177.
- Dunlap, G., Strain, P., Fox, L., Carter Conroy, M., Smith, Kern, L., Hemmeter, M. L., Timm, M., McCart, A., Sailor, W., Markey, U., Markey, D.J., Lardier, Sowell, C. (2006). Prevention and intervention with young children's challenging behavior: Perspectives regarding current knowledge. *Behavioral Disorders, 32*(1), 29-45.

## Presentations

- Taormina R., Walker, C., Sowell, C. (2024, April). *Building community capacity to create change: Considerations and lessons learned in promoting the mental well-being of males in Native American communities.* Workshop presentation at the Tribal Public Health Conference, Tulsa, OK.
- Robst, J. & Sowell, C. (2019, August). *The Family Intensive Treatment (FIT) evaluation.* Workshop presentation at the Florida Behavioral Health Conference, Orlando, FL.
- Sowell, C. (2019, April). *Fidelity evaluation: Implementation and practice fidelity assessment.* Invited workshop presentation at the FIT Statewide Face to Face Meeting, St. Petersburg, FL.
- Sowell, C. (2015, March). *Making the most of data collection strategies, local evaluation.* Panel presentation at the Project LAUNCH Spring Training Institute, Rockville, MD
- Armstrong, M., Sowell, C., & Johnson, M. (2013, March). *Strategies for evaluating complex systems change in child welfare.* Intensive workshop presented at the Children's Mental Health Research & Policy Conference, Tampa, FL
- Sowell, C. (2012, November). *Needs & experiences of youth aging out of foster care: What do foster parents tell us?* Poster presented at the National Federation of Families for Children's Mental Health annual conference, Washington, D.C.
- Armstrong, M. I., Yampolskaya, S., & Sowell, C. (2012, September). *Fidelity demonstration: Five years post-implementation.* Paper presentation at the Child Protection Summit, Orlando, FL
- Armstrong, M. I. (2011, June). *Fe (pe)1 tka5 (., f (l)3.4 ((n:)1.7903 7J -28.344 1ns235 (n.3)26 Td [(Ne)1(m) -4.9*

Sowell, C. & Vargo, A. (2009, February) *Pockets of practice excellence within Florida's IV-E waiver demonstration*. Poster presented at the annual meeting of Child Welfare League of America Washington, D.C.

Yampolskaya, S., Jordan, N., & Sowell, C. (2008, August) *Community*

2021-22 Master's Applied Field Experience Faculty Advisor, Amy Eldridge, CA, PhD, College of Behavioral & Community Sciences, University of South Florida. Degree Conferred 2022

2021-22 Master's Applied Field Experience Faculty Member, Cherith Belmonte, AB, MSc, College of Behavioral & Community Sciences, University of South Florida. Degree Conferred 2022

2021 Master's Applied Field Experience Faculty Advisor, Tanisha Manning, CA, PhD, College of Behavioral & Community Sciences, University of South Florida. Degree Conferred 2021

2021 Master's Applied Field Experience Faculty Advisor, Lauren Werth, CA, PhD, College of Behavioral & of

- 2020 Professional Ethics and Boundary Issues
- 2020 Florida Baker Act Training
- 2019 Florida Laws and Rules for Mental Health Professionals
- 2019 UndocuALL Training University of South Florida
- 2019 Nutritional and Integrative Medicine for Mental Health Professionals Certificate Course
- 2017 Internal Family Systems Therapy
- 2016 Clinical Interventions for Anxiety, Depression and Trauma

## Professional Experience

- 2015–2016 C4 Innovations, Inc., Needham, MA, Consultant Contributed to a SAMHSA funded children’s mental health shared decision making tool ([www.strongandinformed.com](http://www.strongandinformed.com))
- 1999–2004 Private Practice, Tampa, FL, Therapist Mental health clinical services with children and adults dealing with social, emotional, and behavioral issues related to grief, loss, trauma, abuse/neglect, and attachment.
- 1996–2002 Gift of Life Community Services, Inc., Pinellas Park, FL, Director Clinical and program management of counseling, targeted case management, therapeutic foster care, foster/kinship care, clinical supervision, parent training, and psychotherapy.
- 1992–1996 Mental Health Care, Inc., Tampa, FL, Therapist Individual, group, and family therapy with children, adults, and families dealing with mental health issues related to mental illness, substance abuse, grief, loss, trauma, domestic violence, and developmental disorders.
- 1990–1992 Tampa Bay Academy, Riverview, FL, Counselor Therapeutic services in a residential mental health treatment setting