

HELEN CAHALANE, Ph.D., ACSW, LCSW

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Pittsburgh, PA 15218
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EDUCATION:

DOCTOR OF PHILOSOPHY
December, 1996
With Distinction

University of Pittsburgh
School of Social Work
Pittsburgh, PA 15260

MASTER OF SOCIAL WORK
December, 1979
Advanced Program

University of Pittsburgh
School of Social Work
Pittsburgh, PA 15260

BACHELOR OF SOCIAL WORK
May, 1978
Cum Laude

Shepherd College
Department of Social Science
Shepherdstown, WV 25443

ACADEMIC APPOINTMENTS AND RESEARCH:

CLINICAL ASSOCIATE PROFESSOR
Co-Principal Investigator
Child Welfare Education and Research Programs
1/06 – present

University of Pittsburgh
School of Social Work
Pittsburgh, PA 15260

Currently in transition to assume responsibility as principal investigator of the child welfare education, research and training continuum effective July 1, 2006.

CLINICAL ASSISTANT PROFESSOR
Child Welfare Education for Leadership
1/97 – 12/05

University of Pittsburgh
School of Social Work
Pittsburgh, PA 15260

Responsible for instruction and academic advisement of graduate students. Provide teaching with an emphasis upon child welfare, mental health, systems of care, psychopharmacology, and clinical intervention with children and families. Assist in the administration of a federally-funded graduate training program in social work designed to increase the level of expertise and worker retention in public child welfare throughout the Commonwealth of Pennsylvania. Assume major responsibility for providing consultation, liaison and program evaluation to the graduate schools of social work in Pennsylvania accredited by the Council on Social Work Education. Work cooperatively with the Pennsylvania Department of Public Welfare through the development of policies and guidelines for child welfare education standards. Currently conducting research designed to measure the association between organizational climate and worker retention in public child welfare.

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CO-PRINCIPAL INVESTIGATOR
Engaging Distressed Mothers of Disturbed Children
R24 MH61712-01
National Institute of Mental Health

University of Pittsburgh
School of Social Work
Center for Social Work Research
Pittsburgh, PA 15260

Primary participant in an NIMH research enhancement grant designed to identify barriers to service and to develop and test the effectiveness of an engagement intervention for low-income mothers of disturbed children who are in need of, but not receiving, their own psychiatric care.

CLINICAL INSTRUCTOR IN PSYCHIATRY
Center
School of Medicine, Department of Psychiatry
7/97 - present

University of Pittsburgh Medical
Western Psychiatric Institute and Clinic
Pittsburgh, PA 15213

Provide case consultation and teaching to physicians through the Office of Residency Training.

CO-DIRECTOR
Client Perceptions of Medication Treatment
2003-2004

University of Pittsburgh
School of Social Work
Pittsburgh, PA 15260

Received an Innovation in Education award (along with Dr. Christina Newhill) through the Provost's Advisory Council on Instructional Excellence. Project involved the development of an instructional video and training manual for social workers regarding client experiences with the use of psychotropic medication.

ADJUNCT FACULTY
1999-2003

Temple University
School of Social Administration
Harrisburg, PA 17101

Provide instruction regarding clinical intervention with children and families in the MSW program.

ADJUNCT FACULTY
9/95 - 1/97

University of Pittsburgh
School of Social Work
Pittsburgh, PA 15260

Provided instruction at the graduate and undergraduate levels for elective and core curriculum courses.

CLINICAL AND ADMINISTRATIVE EXPERIENCE:

CLINICAL EDUCATOR
Office of Educational and Regional Programming
7/95 - 1/97

University of Pittsburgh Medical Center
Western Psychiatric Institute and Clinic
Pittsburgh, PA 15213

Provided continuing education, staff development, and consultation to community-based public mental health programs and the four state hospitals in the western region of Pennsylvania. Provided technical assistance to county MH/MR programs and state hospitals, linkage with rural service providers, and assisted the Pennsylvania Office of Mental Health (OMH) with activities relating to educational programming, mental health planning, and policy analysis. Promoted the interest of students in the health-related professions in rural mental health practice and community psychiatry. Co-chairperson, UPMC Child Abuse Committee.

DIRECTOR
Center
Family Studies and Social Work
1/92 - 6/95

University of Pittsburgh Medical
Center
Western Psychiatric Institute and Clinic
Pittsburgh, PA 15213

Provided leadership, education and supervision to inpatient and outpatient social workers regarding clinical, research, and teaching functions. Responsible for the development and implementation of family programming, psychosocial services, and social work policies. Worked closely with the administration of acute care services, clinical programs, and modules to develop and insure the implementation of clinical, teaching and research programs related to individuals, families, and social service delivery systems. Developed research on family issues, including patient and family service satisfaction, psychoeducational interventions, and the identification of children at high risk for the development of psychiatric disorders. Provided instruction and supervision regarding family assessment and treatment through the Office of Residency Training.

Assumed major responsibility for continuous quality improvement and the development of clinical pathways for psychosocial interventions. Monitored professional social work continuing education and state licensure requirements, and assumed primary responsibility for social work recruitment and the competency assessment. Coordinated baccalaureate and masters social work training programs.

DIRECTOR
Center
Family Therapy Institute of Pittsburgh
and Clinic
1/92 - 1/97

University of Pittsburgh Medical
Center
Western Psychiatric Institute
Pittsburgh, PA 15213

Provided leadership in a non-profit organization devoted to family therapy training, education, and practice in the tri-state area. Coordinated activities which included conferences featuring nationally-recognized family therapists, local workshops and courses, and professional newsletter.

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ASSISTANT DIRECTOR
Center
Family Studies and Social Work
11/89 - 1/92

University of Pittsburgh Medical
Western Psychiatric Institute and Clinic
Pittsburgh, PA 15213

Assisted in the planning, development, and supervision of social work and family services throughout the Institute. Worked closely with hospital administration and the staff/faculty of all units, programs and modules regarding the development and implementation of clinical programs. Assisted in the evaluation and implementation of policies, developed and facilitated family research related to service satisfaction, and conducted recruitment for the social work department. Coordinated MSW internship program and social work continuous quality improvement initiatives for the Institute. Assisted in the supervision of social work and family services throughout the hospital. Provided in-service training to staff of various disciplines, and implemented family assessment measures.

CHIEF SOCIAL WORKER
Center
Child and Adolescent Affective Treatment Service
1/88 - 11/89

University of Pittsburgh Medical
Western Psychiatric Institute and Clinic
Pittsburgh, PA 15213

Assumed a primary leadership role in an inpatient service designed for the evaluation, treatment, and study of patients aged 6-18 with a diagnosis or probable diagnosis of an affective disorder. Assumed a central role in the planning, development, and evaluation of family, individual and group services.

Responsibilities included provision of individual, group, family treatment, external liaison with lay and professional groups, coordination of aftercare, and development of unit programming. Conducted assessments with parents utilizing the SADS-L structured clinical interview. Received additional training in psychiatric assessment and developed expertise in affective disorders and child/adolescent suicide.

PSYCHIATRIC SOCIAL WORKER
1/80 - 1/88

Craig House - Technoma
751 North Negley Avenue
Pittsburgh, PA 15206

Worked as part of an interdisciplinary team in a partial hospital and school program for emotionally disturbed children and adolescents. Responsibilities included ongoing family and marital therapy, group milieu therapy, and individual therapy with adolescents. Subspecialization in eating disorders.

Facilitated parent groups with a psychoeducational and support focus, as well as women's psychotherapy groups. Substantial experience working with the juvenile justice, child welfare, and educational systems in various counties throughout Western Pennsylvania.

AFTERCARE THERAPIST
7/79 - 12/79
(Part-time)

Allegheny East MH/MR Center
712 South Avenue
Pittsburgh, PA 15221

Co-facilitated therapeutic activity groups with chronically disturbed adults. Participated in program development, organization, and partial hospital program proposal.

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CLINICAL SOCIAL WORKER
9/78 - 7/79
(Graduate Internship)

Allegheny East MH/MR Center
712 South Avenue
Pittsburgh, PA 15221

Provided assessment and treatment to children and adults utilizing play, individual, group, and family treatment modalities. Co-facilitated psychotherapy and therapeutic activity groups for chronically disturbed adults.

SOCIAL WORKER
Summer 1978

Evans Home for Children
330 Leichester Street
Winchester, VA 22601

Shared supervisory responsibility for ten residents ranging in age from eight to seventeen in a group home for abused, neglected, and dependent children. Responsibilities included individual and group intervention.

SOCIAL WORKER
9/77 - 6/78
(Undergraduate Internship)

Northwestern Community MH/MR
21 South Kent Street
Winchester, VA 22601

Provided treatment and social service to individuals and families as part of an interdisciplinary team in a community-based mental health setting.

ADDITIONAL QUALIFICATIONS:

Pennsylvania Social Work Licensure, clinical level (CW-005988-L)
Statewide Trainer, PA CASSP Training and Technical Assistance Institute
Program Reviewer, United Way of Allegheny County, Family Support and Preservation
Program Reviewer, United Way of Allegheny County, Behavioral Health and Wellness
Program Director, WPIC Child and Adolescent Psychiatry Adult Liaison Service
Program Director, WPIC Family Welcome Center
Program Director, WPIC Independent Precertification Program
Clinical Administrator, WPIC Office of Student and Volunteer Services
Adjunct Senior Staff Member, WPIC Family Therapy Training Center
Review Team Member, Allegheny County Children and Youth Services Foster Care Task Force
Co-chairperson, WPIC Strategic Planning - Clinical Services Subcommittee
Team Consultant, Child and Adolescent Therapy Subcommittee, American Board of Examiners in Clinical Social Work
Committee Member, Alliance for the Mentally Ill of Southwest PA, Children's Subcommittee

SELECT PROFESSIONAL AFFILIATIONS AND HONORS:

Chancellor's Distinguished Teaching Award, University of Pittsburgh (2006)
Academy of Certified Social Workers (1982)
Board Certified Diplomate in Clinical Social Work (effective 1987)
Council on Social Work Education (1998 - present)
National Association of Social Workers (1977 - present)
Outstanding Social Work Service Award, WPIC (1989)
Society for Psychotherapy Research (1991 - present)
Society for Social Work and Research (1994 - present)

BOARD MEMBERSHIPS:

Chatham College, Social Work Program (1999 - present)
Circle C Youth and Family Services (2003 - present)
Craig House (1999 - 2001)
PA CASSP Training and Technical Assistance Institute (1998 - present)

PUBLICATIONS:

Cahalane, H., Cowan, M. E., Hannegan, S., McShea, M., O'Toole, K., Rozensky, C., Terazo, A., & Von Bloch, L. (1994). *Child abuse, domestic violence and elder abuse: Identification, assessment and intervention strategies for health care professionals*©. Pittsburgh, PA: University of Pittsburgh Medical Center.

Cahalane, J. & **Cahalane, H.** (1991). *A family guide to mental illness*. Skokie, IL: Gerald T. Rogers Productions.

Daley, D. C., Bowler, K., & **Cahalane, H.** (1992). Approaches to patient and family education with affective disorders. *Patient Education and Counseling*, 19, 163-174.

Turnbull, J. E., & **Cahalane, H.** (1994). The use of PIE in outpatient mental health settings. In J. M. Karls & K. Wandrei (Eds.), *Person-in-environment system* (pp. 43-57). Washington, DC: National Association of Social Workers Press.

MANUSCRIPTS UNDER REVIEW/PENDING SUBMISSION:

Cahalane, H. & Sites, E.W. (accepted for publication). Is it hot or cold?: The climate of public child welfare employee retention. *Child Welfare*.

Anderson, C.M., Robins, C., Greeno C.G., **Cahalane, H.**, Carr Copleand, V., & Andrews, M.R. (accepted for publication). Why low-income mothers do not engage with the formal mental health care system: A qualitative study of perceptual barriers to care. *Qualitative Health Research*.

Cahalane, H., Anderson, C.M., & Greeno, C.G. (under review). Barriers to the use of psychotropic medication in depressed/anxious low-income mothers. *Families in Society*.

Cahalane, H. & Mohanty, J. Factors influencing child welfare employee retention: A qualitative analysis of the agency environment. Work in progress for submission to the *Journal of Public Child Welfare*.

DOCTORAL RESEARCH:

Cahalane, H. (1996). *Relationship between family satisfaction and outcome for children and adolescents in inpatient psychiatric treatment*. Unpublished dissertation. University of Pittsburgh, Pittsburgh, PA.

STATE AND NATIONAL PRESENTATIONS:

Relationship between family satisfaction and outcome for children and adolescents in inpatient psychiatric treatment. Paper presented at the Second Annual Conference of the Society for Social Work and Research (January, 1998).

Developing engagement and treatment adaptation strategies for low-income and minority mothers using quantitative and qualitative methods. Paper presented at the Sixth Annual Conference of the Society for Social Work and Research (January, 2002).

Best practices in the treatment of children with serious mental illness. Presentation at the Annual Conference of the Alliance for the Mentally Ill of Southwestern Pennsylvania (April, 2003)

Recruitment, retention, and turnover: Contributing factors and some ways to address them. Presentation at the First Annual Child Welfare System Training Conference (June, 2003)

Client perceptions of medication treatment: An informational video for social workers. Presentation at the Third Annual Teaching Excellence Fair (November, 2003)

Is it hot or cold?: The climate of public child welfare employee retention. Paper presented at the 50th Annual Program Meeting of the Council on Social Work Education (February, 2004).

The retention of Title IV-E educated social workers in Pennsylvania. Presentation to the Pennsylvania Children and Youth Administrators (June, 2004).

Client perceptions of medication treatment: A psychopharmacology video for social workers. Poster presentation at the 51st Annual Program Meeting of the Council on Social Work Education (February, 2005).

The dynamics of returning to the agency. Presentation at the First Annual Child Welfare Education for Leadership conference (June, 2005).