

Bill No. 462A-09

## APPOINTMENT

Approving the reappointment of Dr. Helen Cahalane to serve as a member of Children Youth and Families Advisory Committee for a term to expire on December 31, 2011.

In Council April 7, 2009.

Read and approved by Motion of Council.

Rich Fitzgerald  
Rich Fitzgerald  
President of Council

Attest: John Mascio  
John Mascio  
Chief Clerk of Council



DAN ONORATO  
COUNTY EXECUTIVE

# COUNTY OF ALLEGHENY

## OFFICE OF THE COUNTY EXECUTIVE

101 COURTHOUSE • 436 GRANT STREET  
PITTSBURGH, PA 15219  
PHONE (412) 350-6500 • FAX (412) 350-6512  
WWW.ALLEGHENYCOUNTY.US

ALLEGHENY COUNTY COUNCIL

'09 FEB 26 AM 11:57

February 26, 2009

Honorable President and Members  
Allegheny County Council  
119 Courthouse  
Pittsburgh, PA 15219

Dear Council Members:

Please find the attached resume of Dr. Helen Cahalane, whom I am recommending for reappointment to the Children Youth and Families Advisory Committee.

The Children Youth and Families Advisory Committee is responsible for reviewing and making recommendations pertaining to the county children and youth social service program and the operation of the county agency. I am recommending that Dr. Cahalane serve another three year term to expire on December 31, 2011.

Dr. Cahalane earned her Master of Social Work and Doctor of Philosophy degrees from the University of Pittsburgh. She currently serves a Clinical Associate Professor for the University of Pittsburgh School of Social Work. Dr. Cahalane also volunteers her time with the Chatham College Social Work Program and the Circle C Youth and Family Services Board.

I appreciate your consideration, and ask you to act on this appointment as quickly as possible. Dr. Cahalane will make herself available for review before the appropriate committee if members of Council wish to speak with her.

Sincerely

Dan Onorato  
Allegheny County Executive

**HELEN CAHALANE, Ph.D., ACSW, LCSW**

406 Willow Place  
Pittsburgh, PA 15218  
Home: (412) 244-8366  
Office: (412) 624-6386

Licensed Clinical Social Worker in Pennsylvania: **CW-005988-L**

**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  
Principal Investigator  
Child Welfare Education and Research Programs  
7/06 – present

University of Pittsburgh  
School of Social Work  
Pittsburgh, PA 15260

Responsible for the direction of projects, supervision of staff, policy decisions and implementation, liaison with the Pennsylvania Department of Public Welfare, liaison with the University, academic and curricular matters, and all reporting for the Child Welfare Education and Research continuum. This includes oversight of the Child Welfare Training Program, the Child Welfare Education for Baccalaureates program, the Child Welfare Education for Leadership program, and special county contracts related to child welfare training and education. Total operating budget of approximately \$24 million in federal and state funds.

CLINICAL ASSOCIATE PROFESSOR  
Co-Principal Investigator  
Child Welfare Education and Research Programs  
1/06 – 6/06

University of Pittsburgh  
School of Social Work  
Pittsburgh, PA 15260

Transitional period prior to assuming responsibility as Principal Investigator of the child welfare education, research and training continuum.

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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.

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  
School of Medicine, Department of Psychiatry  
7/97 - present

University of Pittsburgh Medical Center  
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.

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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  
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.

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DIRECTOR  
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.

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

University of Pittsburgh Medical Center  
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  
Child and Adolescent Affective Treatment Service  
1/88 - 11/89

University of Pittsburgh Medical Center  
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.

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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.

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)  
Expert Witness, PA State Board of Social Workers, Marriage and Family Therapists, and  
Professional Counselors  
Statewide Trainer, PA CASSP Training and Technical Assistance Institute  
Program Reviewer, United Way of Allegheny County  
Program Director, WPIC Child and Adolescent Psychiatry Adult Liaison Service

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Program Director, WPIC Independent Precertification and Family Welcome Center Programs  
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:**

Allegheny County Children, Youth and Family Services (2006 – present)  
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 - 2007)

**PUBLICATIONS:**

- 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.
- 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.



Anderson, C.M., Robins, C., Greeno C.G., **Cahalane, H.**, Carr Copleand, V., & Andrews, M.R. (2006). Why low-income mothers do not engage with the formal mental health care system: Perceived barriers to care. *Qualitative Health Research*, 16(7), 926-943.

**Cahalane, H.** & Sites, E.W. (2008). The climate of public child welfare employee retention. *Child Welfare*, 87(1), 91-114.

#### **MANUSCRIPTS UNDER REVIEW/PENDING SUBMISSION:**

**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 50<sup>th</sup> Annual Program Meeting of the Council on Social Work Education (February, 2004).

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*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 51<sup>st</sup> 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).

*Race and permanence.* Presentation at the Race and Child Welfare Summer Institute, Center on Race and Social Problems, University of Pittsburgh School of Social Work (June, 2006).

*Fidelity to Family Group Decision Making in Pennsylvania: Do practices mirror principles?* Presentation at the 54<sup>th</sup> Annual Program Meeting of the Council on Social Work Education (November, 2008).



# COUNTY OF ALLEGHENY

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PITTSBURGH, PA 15219

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March 11, 2009

Helen Cahalane, Ph.D., ACSW, LCSW  
406 Willow Place  
Pittsburgh, PA 15218

Dear Ms. Cahalane:

This is to inform you that an Appointment Review Committee Meetings have been scheduled for **4:00 PM, Thursday, March 26, 2009** and **4:00 PM Wednesday, April 1, 2009** in Conference Room One, 119 County Courthouse.

Committee Chair John DeFazio requests your presence at either of the meetings to discuss before the committee your nomination by the Chief Executive for appointment/reappointment to the Children Youth and Families Advisory Committee.

Please contact Fomeeka Bey Darwin at 412-350-4303 to inform her of which meeting you will be able to attend.

Sincerely,

A handwritten signature in black ink, appearing to read "John Mascio".

John Mascio  
Chief Clerk  
Allegheny County Council

JM/fbd



# COUNTY OF ALLEGHENY

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April 30, 2009

Helen Cahalane, Ph.D., ACSW, LCSW  
406 Willow Place  
Pittsburgh, PA 15218

Dear Ms. Cahalane:

This is to inform you that at the Regular Meeting of Allegheny County Council held on April 7, 2009, Council approved your reappointment to serve as a member of the Children Youth and Families Advisory Committee for a term to expire on December 31, 2011.

Congratulations on your appointment and best of luck in this undertaking. We look forward to receiving your recommendations and stand willing to assist you in any way you believe appropriate

Sincerely,

John Mascio  
Chief Clerk  
Allegheny County Council

JM/fb