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**EDUCATION**

Michigan State University, East Lansing, MI

PhD Social Work 2015-2020

Dissertation: *An exploration of adventure-based prevention programs*

*for young people: A mixed methods study* (Chair: Joanne Riebschleger)

Pacific University, Hillsboro, OR

Clinical Psychology Doctoral Level Coursework 2014-2015

Michigan State University, East Lansing, MI

M.S.W. Clinical Social Work 2010-2012

Clinical social work concentration

International social welfare policy abroad in Helsinki and Tampere, Finland

Portland State University, Portland, OR

B.S. Psychology 2006-2009

Areas of concentration: Child and adolescent development and

applied behavior analysis

Senior Capstone: Learning Gardens Laboratory project with youth

Mott Community College, Flint, MI

A.A. General Education 2002-2005

**PUBLICATIONS**

Prock, K., **Cavanaugh, D.L.,** Cummings, C., Russo., C., Aersolon., D, LaTorre, J., & Arguello, T. (2022). Do we practice what we preach? LGBTQ discrimination in CSWE accredited schools of social work. *Social Work Education.*

Riebschleger, J., Grove, C., Kelly, K., & **Cavanaugh, D. L.** (2022), Developing and initially validating the Youth Mental Health Literacy scale for ages 11-14. *Frontiers in Psychiatry.*

**Cavanaugh, D.L.**, Riebschleger, J., & Tannis, J. (2021). Mental health literacy websites for children of parents with a mental illness. *Clinical Child Psychiatry and Psychology*, 26, 720-733.

**Cavanaugh, D. L**., Sharda, E., Sutherby, C. G., Hughes, A. K., & Woodward, A. T. (2020). The relationship between meaning making and well-being in a sample of kinship caregivers. *Children and Youth Services Review*.

Dobud, W., **Cavanaugh, D. L.,** & Harper, N. (2020*).* Adventure therapy and routine outcome monitoring of treatment: The time is now. *Journal of Experiential Education.* doi: 10.1177/1053825920911958

Sharda, E., Sutherby, C. G., **Cavanaugh, D. L**., Hughes, A. K., & Woodward, A. T. (2019). Parenting stress, well-being, and social support among kinship caregivers. *Children and Youth Services Review*. doi: 10.1016/j.childyouth.2019.01.025

Riebschleger, J. L., Costello, S., **Cavanaugh, D. L**., & Grové, C. (2019). Mental health literacy of youth that have a family member with a mental illness: Outcomes from a new program and scale. *Frontiers in Psychiatry*, *10*, 1-10 doi: 10.3389/fpsyt.2019.00002

Riebschleger, J., Grove, C., Costello, S., & **Cavanaugh, D. L.** (2018). Mental health literacy for children with a parent with a mental illness. *Journal of Parent and Family Mental Health*, *3*, 1. doi: 10.7191/parentandfamily.1006

Riebschleger, J., Grové, C., **Cavanaugh, D.** **L.,** & Costello, S. (2017). Mental health literacy content for children of parents with a mental illness: Thematic analysis of a literature review. *Brain Sciences*, *7*, 141. doi: 10.3390/brainsci7110141

Grove, C., Riebschleger, J., Bosch, A., **Cavanaugh, D. L,**, & van der Ende, P. C. (2017). Expert views of children's knowledge needs regarding parental mental illness. *Children and Youth Services Review, 79*, 249-255. doi: 10.1016/j.childyouth.2017.06.026

**INVITED PUBLICATIONS**

Norton, C.L., Mooney, H., **Cavanaugh, D. L.,** Gass, M., & Spencer, L. (2022). Transport task force. *Outdoor Behavioral Healthcare Center*. University of New Hampshire. https://www.obhcenter.org/

Dobud, W., & **Cavanaugh, D. L.** (2020). Outdoor therapies: A look towards the future. In W. Dobud & N.J. Harper (Eds.), *Outdoor Therapies.* Sage Publications.

**MANUSCRIPTS UNDER DEVELOPMENT**

Dobud, W., Harper, N., Prieto, M., Healy., J., **Cavanaugh, D.L.,** & Nikkel, L., (2023). Success and mastery as a pathway for change in adventure education and therapy. *Manuscript in development.*

**Cavanaugh, D.L.,** Dobud, Riebschleger, J.,W., & Russo, C. (2023). Path to adventure: A qualitative exploration of provider training for adventure-based prevention practice. *Manuscript in revision for the Journal of Outdoor Education and Adventure Learning*

**Cavanaugh, D.L.,** Riebschleger, J., Dobud, W., & Russo, C. (2023). Ethics, equity, and inclusion in adventure-based prevention: A qualitative review. *Manuscript under development*

**Cavanaugh, D.L.,** Riebschleger, J., Dobud, W., & Russo, C. (2023). The nuts and bolts of adventure-based prevention: How practitioners describe their practice. *Manuscript under development*

**PEER-REVIEWED PRESENTATIONS**

**Cavanaugh, D.L.,** Pertl, K., Norton, C.L., & Otto, H.R. (2023, November). *See you at the summit: Therapeutic nature and adventure impact on adolescent oncology psychosocial health.* Oregon Health and Sciences Institute Knight Cancer Foundation Grantee Research Conference. Eugene, OR.

Alvarez, A.G., & **Cavanaugh, D.L.** (2023, November). *Adventure day in the park! Teaching facilitation in university settings.* The Association for Experiential Education’s International Conference Therapeutic Adventure Professionals Group Pre-Conference. Madison, WI.

**Cavanaugh, D.L.,** Cummings, C., & Dobud, W. (2023, October). *The adventure & outdoor therapy education, professionalism, and practice survey: A mixed-methods study.* The Council on Social Work Education’s 68th Annual Program Meeting. Atlanta, GA.

James, A., **Cavanaugh, D. L**., & Bounds, L. (2023, July). *Community-based wilderness therapy: Bringing wilderness to adolescents and young adults with Parker Bounds Johnson* *Foundation's Wilderness 4Life Program.* Therapeutic Adventure Professional Group: Best Practices Conference. Lewis & Clark College. Portland, OR.

Otto, H. R., **Cavanaugh, D. L**., & Norton, C. L. (2023, July). “*We will do this!” Empowering teenagers experiencing cancer: See You at the Summit.* Therapeutic Adventure Professional Group: Best Practices Conference. Lewis & Clark College. Portland, OR.

Dobud, W., **Cavanaugh, D. L**. (2023, July). *Bringing adventure to the university: Teaching the next generation of adventure therapists.* Therapeutic Adventure Professional Group: Best Practices Conference. Lewis & Clark College. Portland, OR.

**Cavanaugh, D. L.,** Pepitone, J., Matteini, M. (2022, November). *Rock climbing in community-based adventure therapy practice.* Workshop at Association for Experiential Education’s Therapeutic Adventure Professionals Group Preconference. Adventure of Belonging: (re)Imagining our Approaches for a Socially Just and Collective Community.

Prock, K., Cummings, C., & **Cavanaugh, D. L.** (2022, November). *LGBTQ policies and practices within religiously affiliated CSWE accredited programs: A thematic analysis of school materials****.***  Paper presentation Council on Social Work Education’s 67th Annual Program Meeting. Anaheim, CA.

**Cavanaugh, D. L.,** Prock, K., & Cummings, C. (2022, June). *How some faith-based accredited social work programs discriminate against LGBTQ+ students and staff: A thematic analysis of school materials****.***  Paper presentation at the University of Kansas Center for LGBTQ+ Research and Advocacy’s LGBTQ+ Research Symposium.

**Cavanaugh, D. L.** (2021, November). *Ethics, equity, and inclusion in adventure-based prevention programs.*  Paper presentation at the Council on Social Work Education’s 67th Annual Program Meeting. Orland, FL.

Prock, K., **Cavanaugh, D. L.,** & Cummings, C. (2021, November).  *The ongoing presence of exclusionary LGBTQ+ policy at accredited schools of social work: Do we practice what we preach?* Roundtable presentation at the Council on Social Work Education’s 67th Annual Program Meeting. Orlando, FL.

**Cavanaugh, D. L.,** & Dobud, W (2021, September). *How can adventure therapy techniques help prevent behavioral health challenges?* Presentation Social Sciences Week Australia. Charles Sturt University, Online.

Prock, K., **Cavanaugh, D. L.,** & Cummings, C. (2021, June,). *Roundtable: The ongoing presence of exclusionary LGBTQ+ policy at accredited schools of social work: Do we practice what we preach?* Roundtable presentation at the University of Kansas Center for LGBTQ+ Research and Advocacy’s LGBTQ+ Research Symposium.

Dobud, W., **Cavanaugh, D. L.,** & Russo, C. (2021, May). *How being bad can make you better: How to deliberately improve your adventure therapy and experiential education practice*. Workshop presented at the Association for Experiential Education’s Northwest Regional Conference. Online.

Littleton, A., & **Cavanaugh, D. L.** (2019, November). *Ropes and recovery: Healing through rock climbing.* Workshop presentation at theAssociation for Experiential Education’s Therapeutic Adventure Professionals Group Preconference, Spreading the light: Sharing our knowledge of how adventure work ignites change. Spokane, WA.

**Cavanaugh, D. L.,** Sutherby, C., & Sharda, L. (2019, October). *The relationship between well-being and meaning making in kinship caregivers.* Poster presentation at the Council on Social Work Education’s 65th Annual Program Meeting. Denver, CO.

Riebschleger, J.**,** Swierenga, S., Ismirle, J., & **Cavanaugh, D**. **L.** (2019, October). *Social work and tech expert collaboration building user-informed mental health web resources.* Workshop presentation at the Council on Social Work Education’s 65th Annual Program Meeting. Denver, CO.

Sharda, L., Sutherby, C., & **Cavanaugh, D. L.** (2018, November). *Supporting kinship caregiver well-being through research, community partnership, and social work education.* Panel presentation at the Council on Social Work Education’s 64th Annual Program Meeting. Orlando, FL.

Riebschleger, J.**,** Swierenga, S., & **Cavanaugh, D**. **L.** (2018, March). *Teamwork to develop a website for children of parents with a mental illness.* Research paper presentation at the 31st Annual Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health. Tampa, FL.

**Cavanaugh, D.L.** (2017, November). *National Outdoor Leadership School to prepare students for adventure-based research: An autoethnography.* Poster presented at the Association of Experiential Education International Conference. Montreal, QC.

Riebschleger, J.**,** Grove, C., & **Cavanaugh, D**. **L.** (2017, May). *Scale development and the Knowledge to Children international research project.* Research presentation at the Parental and Family Mental Health Worldwide Conference. Monash University: Prato, Italy.

Riebschleger, J., Grové, C., & **Cavanaugh, D.** **L.** (2017, May). *Update on the Knowledge to*

*Children international research project.*Presentation at the Parental and Family Mental Health Worldwide Conference, Monash University: Prato, Italy.

**Cavanaugh, D. L.** (2017, May). *Experiential adventure-based curricula for children of a parent with a mental illness.* Research presentation at Parental and Family Mental Health Worldwide Conference. Monash University: Prato, Italy.

**Cavanaugh, D. L.,** & Riebschleger, J. (2016, November). *Mental health literacy for children of parents with a mental illness: An international collaboration.* Poster presentation at Council on Social Work Education’s 62nd Annual Program Meeting. Atlanta, GA.

Prock, K., **Cavanaugh, D. L.,** & Harold, R. (2016, November). *Is being gay good enough? Who should teach LGBTQ content and how?*  Workshop presentation at the Council on Social Work Education’s 62nd Annual Program Meeting. City: ST

**Cavanaugh, D. L.,** Riebschleger, J., & Terranova, A. (2016, August). *Web-based mental health literacy resources for* *adolescent aged children of parents with a mental illness.* Poster presented at the Transgenerational Mental Health, Fifth annual conference on families. Sponsored by the Institut Kinderseele Schweiz, Swiss Society for Psychiatry and Psychotherapy, Swiss Society for Child & Adolescent Psychiatry and Psychotherapy, Swiss Association Pro Menta Sana, and Mental Health Network Switzerland. Basel, Switzerland.

van der Ende, P., Riebschleger, J.**,** Grove, C., **Cavanaugh, D. L.,** & Bosch, A. (2016, August). *Knowledge* *children need to know when one of their parents had a mental illness.* Workshop presented at the Transgenerational Mental Health, Fifth annual conference on families. Sponsored by the Institut Kinderseele Schweiz, Swiss Society for Psychiatry and Psychotherapy, Swiss Society for Child & Adolescent Psychiatry and Psychotherapy, Swiss Association Pro Menta Sana, and Mental Health Network Switzerland. Basel, Switzerland.

Terranova, A., Perkins, M., **Cavanaugh, D. L.,** &Riebschleger, J. (2016, April). *Mental health literacy in children of parents with a mental illness.* Poster presented at the 18th annual University Undergraduate Research and Arts Forum. Hosted by the Undergraduate Research Office at Michigan State University. East Lansing, Michigan.

**ACADEMIC & COMMUNITY PRESENTATIONS**

**Cavanaugh, D.L.** (2023, October). *Take your class outside: Everyone will be happy that you did!* University of Washington’s Center for Teaching and Learning’s Promoting Well-being in the Classroom Workshop. Seattle, WA.

Prock, K., **Cavanaugh, D.L.**, & Cummings, C. (2023, August). *Challenging LGBTQ+ inequity at faith-based schools of social work in the U.S*. in invited guest lecture. Charles Stuart University Social Work Department. Wagga Wagga, Australia.

Dobud W., **Cavanaugh, D. L.,** & Russo, C. (2023, January). *Using outdoor adventure in social work practice*. Invited lecturer through a Research Pilot Grant by University of Washington - Bothell. Delivered at University of Washington, Seattle, Washington.

**Cavanaugh, D. L.,** Dobud, W., & Javorski, S. (2023, January). *Introduction to experiential facilitated* [CYC212 – Introduction to Activity-based Interventions for Children, Youth, and Families]. Invited lecturer to Vancouver Island University funded by a Research Pilot Grant. Delivered at Vancouver Island University, Duncan, British Columbia.

**Cavanaugh, D.L.** (2022, October). *Ecopsychology to promote well-being in the classroom.* University of Washington’s Center for Teaching and Learning’s Promoting Well-being in the Classroom Workshop. Seattle, WA.

**Cavanaugh, D. L.,** Chamberlain, R., Russo, C., & Duerr, H. (2022, June)., Community education training; *Group facilitation for learning, growth, & healing.* Association for Experiential Education Northwest Regional Council

**Cavanaugh, D. L.,** &Duerr, H. (2022, May)., Invited guest lecture; *Strategies for working with clients with addiction.* Certificate for Professional Guardians,University of Washington.

**Cavanaugh, D. L.,** &Dobud, W. (2022, April)., Invited guest lecture; *Group experiences*. Charles Sturt University, Wagga Wagga, Australia.

**Cavanaugh, D. L.,** &Dobud, W. (2021, June)., *Experiential group work.* Charles Sturt University, Wagga Wagga, Australia.

**Cavanaugh, D. L.,** Wittrup, E., Riebschleger, J., & Prieto, L. (2020, November) *Surviving the comprehensive exam: A virtual lunch and learn event.* Lunch and Learn Lecture Series. Michigan State University: School of Social Work. East Lansing, MI.

**Cavanaugh, D. L.** (2020, September). *What is adventure therapy? How do I become an adventure therapist?* Guest lecture to Reach Outside student service organization. Michigan State University. East Lansing, MI.

**Cavanaugh, D. L.** (2020, September). *An exploration of adventure-based prevention programs for young people: A qualitative thematic analysis of provider interviews.* Lunch and Learn Lecture Series. Michigan State University: School of Social Work. East Lansing, MI.

**Cavanaugh, D. L.,** & Duerr, H., & Russo, C. (2020, May). *Mental Health, Trauma Responses, and Coping Skills.* Online seminar for Mazamas Mountaineering. Portland, OR.

**Cavanaugh, D.** (2020, March). *Research in adventure therapy practice.* Adventure Leadership Program, University of Michigan: School of Social Work. Ann Arbor, MI

**Cavanaugh, D. L.,** & Mosenthal, M. (2020, January). *Youth mental health 101.* Training for Mazamas Mountaineering Center’s youth activities volunteers. Portland, OR.

**Cavanaugh, D.** **L.** (2019, January). *Surfing the experiential wave: Integrating adventure therapy into clinical coursework and practice.* Lunch and Learn Lecture Series. Michigan State University: School of Social Work. East Lansing, MI.

Sharda, L., Sutherby, C., **Cavanaugh, D. L.,** Woodward, A., & Hughes, A. (2017, November). *Preliminary results of a kinship caregiver survey.* Research paper presentation to faculty and students at Michigan State University School of Social Work’s Brown Bag Research Presentation Series. City: ST

**Cavanaugh, D. L.** (2017-2018). *Adventure therapy and experiential education in social work practice.*  Guest lectures provided to BSW and MSW students at MSU School of Social Work clinical and generalist classrooms. East Lansing, MI.

**Cavanaugh, D. L.** (2017). *Adventure therapy as a social work intervention.* Invited lecture provided to BSW students at Hope College School of Social Work. Holland, MI.

**GRANTS & FUNDING**

Otto, H.R., Norton, C. L., **Cavanaugh, D. L.,** Tucker, A. R., & Pertl, K. (2022-present). *See you at the summit: Adventure therapy programming for youth experiencing cancer.* Program evaluation and outcome research. Funded through Knight Cancer Foundation Grant awarded $60,100.

Davis, C., **Cavanaugh, D.L.,** & Fleming, R., (2022). *Collaborations in School Behavioral Health: Professional Development in Schools for Educators.* Federal Earmark grant through the Department of Education to support the development of public-school educator mental health knowledge development. Awarded $750,000

**Cavanaugh, D. L.,** &Dobud, W. (2022). *Research Pilot Grant: Adventure Therapy Outcome Monitoring Project (ATOM).* Funding to support the development of new research projects. University of Washington Bothell. Awarded $10,000.

**Cavanaugh, D. L.,** Riebschleger, J., & Hughes, A.K. (2020), *Dissertation Completion Fellowship.* Funding award to conduct dissertation research in the School of Social Work. Michigan State University: College of Social Science. Awarded $7000.

**Cavanaugh, D. L. (2018)**, *Graduate School Research Fellowship.* Funding award to conduct mental health literacy and resiliency scale development at Monash University in Melbourne, AU. Michigan State University: Graduate School. Awarded $1000.

Riebschleger, J., & **Cavanaugh, D. L.** (2016-2017) *Mental Health Knowledge to Youth (MHKY).*  Provost’s Undergraduate Research Initiative. College of Social Science: Michigan State University. Intramural grant providing funding to further undergraduate research skill acquisition through participation in faculty research projects. Awarded $2000.

**Cavanaugh, D. L.,** & Riebschleger, J. (2015-2016) *The Youth Education and Support Pilot Research Intervention (YES).* Provost’s Undergraduate Research Initiative. College of Social Science: Michigan State University. Intramural grant providing funding to further undergraduate research skill acquisition through participation in faculty research projects. Awarded $4000 for two students

**RESEARCH PROJECTS**

Otto, H.R., Norton, C. L., **Cavanaugh, D. L.,** Tucker, A. R., & Pertl, K. (2022-present). *See you at the summit: Adventure therapy programming for yoth experiencing cancer.* Program evaluation and outcome research.

**Cavanaugh, D. L.,** Dobud, W., Liu, W., Russo, C.R., & Pertl, K. (2021-present). *Adventure Therapy Education Community Survey.* An international survey project exploring the reported educational experiences of adventure therapy professionals.

**Cavanaugh, D. L.,** & Fleming, R. (2021-2023) *UW Bothell K-12 behavioral health initiative* project to develop and offer behavioral health education to public school educators at partner districts. Funded through state legislative proviso that provides $200,000 per year to continue curriculum development and implementation.

Dobud, W., & **Cavanaugh, D. L.** (2021-Present). *Adventure therapy outcome monitoring (ATOM).* Research on the combination of routine outcome monitoring and adventure therapy practice.

Prock, K., **Cavanaugh, D.L.,** Cummings, C., Russo, C., & Rudden, L. (2020-present) *Challenging institutional homophobia in faith-based social work education: A qualitative thematic analysis.* Scholarly collaboration to explore ongoing discrimination against LGBTQ identified staff and students in social work academia.

**Cavanaugh, D. L.,** &Dobud, W. (2018-2022). *Adventure Therapy Collective.* A collaboration between adventure therapy scholars and practitioners to facilitate adventure therapy research, education, and collaboration. Role: Program Director.

Riebschleger, J.**,** Grove, C., **Cavanaugh, D. L.,** & Kelly, K. (2015-Present). *Knowledge to Children.* International research group from *Parental and Family Mental Health Worldwide* that is working to explore the knowledge needs of children of parents with a mental illness (COPMI) and to develop psychometrically tested measures of mental health literacy for COPMI populations.

Riebschleger, J., Swierenga, S., & Beyers, T., **Cavanaugh, D. L.,** Ismirle, J., O’Bara, I., & Klautke, H. (2015-2021). *Mental Health Information for Teens (MHIT).* Gerstacker Foundation. A collaboration among the School of Social Work and University Outreach and Engagement to build a website to provide mental health information for youth with a family member with a mental health disorder. Role: Program development administrator. <https://mhiteens.org/>

**Cavanaugh, D. L.,** Riebschleger, J., Woodward, A., Anderson., G., & Van Der Stoep., G. (2015-2020). *An exploration of adventure-based prevention programs for young people: A qualitative thematic analysis of provider interviews.* Exploring the implementation of experiential and adventure-based prevention programs for young people facing increased risks of behavioral health difficulties.Dissertation research. Successfully defended on October 8th, 2020. Manuscripts currently under development.

Riebschleger, J., Hood, K., & **Cavanaugh, D. L.** (2015-2020). *The Youth Education and Support Pilot research intervention (YES).* Implementation and evaluation of ongoing school-based prevention program for middle and high school-aged children of parent with a mental illness at Waverly Schools in Lansing, MI. Role: Provided program leadership, research, and clinical services.

Harold, R., Prock, K., Groben, S., & **Cavanaugh, D. L.** (2016). *Academic and personal identity: Connection vs. separation.* Qualitative research project to explore how social work faculty who self-identify having diverse identities incorporate or separate components of their identity in their academic careers.

Reeves, M., Hughes, A., Freddolino, P., Woodward, A., Fritz, M., Swierenga, S., Coursaris, C., & **Cavanaugh, D. L.** (2015-2016). *Michigan Stroke Transitions Trial.* Randomized clinical trial using social work case management and web-based health information to help stroke patients and their caregivers following discharge from the hospital. Provided training for social work case managers and training curriculum development as well as general research assistance.

**TEACHING & Training EXPERIENCE**

Washington State University   
College of Nursing 2023-Present

Bachelor of Social Work Program

Associate Professor: Director

University of Oregon Ballmer Institute

Instructor 2022-2023

Trauma Informed Supports for Children and Adolescents

University of Washington Bothell

School of Nursing and Health Sciences

Teaching Faculty 2021-2023

Public Health 201

Social Determinants of Health 302

Ecopsychology 426, 497

Health Promotion & Communication 210a

Mental Health Benefits of Outdoor Recreation and Adventure 497

Prescott College, Prescott, AZ

Lecturer

Ed.S Program Development & Accreditation Support

Foundations of Experiential Therapies 2020-present

Nature & Adventure-based Therapy Treatment Applications

Nature & Adventure-based Therapy Risk Management and Ethics

Nature & Adventure-based Therapy Intensive

Lewis & Clark College, Portland, OR

Adjunct Counseling Faculty 2020-2021

Ecopsychology 501-01 & 501-02

Michigan State University, East Lansing, MI

Adjunct Clinical Faculty 2019-2021

Social Work 340: Generalist Social Work Practice

Social Work 810: Human Behavior in the Social Environment, Theories of Groups, Communities, and Organizations

Michigan State University, East Lansing, MI

MSW Orientation Team Building 2020

Facilitate team building activities for newly admitted students to

the MSW program.

Michigan State University, East Lansing, MI

Research Supervisor/Mentor

Research program administrator:

Youth Education and Support (YES)

Mental Health Information for Teens (MHITeens.org) 2015-2020

Supervised social work undergraduate researcher assistants in development of qualitative research projects.

University of Michigan, Ann Arbor, MI

Adventure Leadership Program Course Instructor 2017-2019

Introduction to Outdoor Rock Climbing and Learning to Ice Climb

Adventure Day in The Park, University of Michigan

Activity Facilitator 2015-2019

Experiential trainings offered within University of Michigan MSW program under supervision of clinical social work instructor Antonio Alvarez. Activities focused on adventure therapy and experiential education clinical activities.

Michigan State University, East Lansing MI

Course Instructor 2018

Social Work 810: Human Behavior in the Social Environment, Theories of Groups, Communities, and Organizations

Michigan State University, East Lansing MI

Teaching Aide 2017

Social Work 840: Generalist Social Work Practice

**Employment**

Washington State University

Tri-Cities Campus  
College of Nursing: Social Work Program

Associate Professor/Director of Social Work 2023-present

Administration, program development, research, and teaching

University of Oregon  
The Ballmer Institute for Children’s Behavioral Health

Adjunct Professor 2023

Trauma Informed Approaches for Children and Adolescents

University of Washington Bothell  
School of Nursing and Health Sciences

Assistant Teaching Professor 2021-2023

Teaching, service, & scholarship

Daniel L. Cavanaugh, PhD, LCSW, LLC

Therapy and Consulting 2020-2022

Sole proprietor

Private practice consultation, and mental health therapy services

Prescott College, Prescott, AZ

Teaching Faculty 2020-present

Instruction, academic counseling, and research support

Michigan State University, East Lansing, MI

Adjunct Clinical Faculty 2020-2021

Teaching social work curriculum in Bachelor’s and Master’s programs.

Teaching online coursework related to Human Behavior in the

Social Environment and Social Work Generalist practice.

Michigan State University, East Lansing, MI

Teaching Assistant 2017-2019

Teaching and supporting instructors in their teaching of graduate level clinical coursework for MSW students. Includes guest lecturing on adventure therapy and clinical interventions.

Michigan State University, East Lansing, MI

Graduate Research Assistant 2015-2020

Provide research support to tenured faculty related to children with a parent with a mental illness, hospital social work, and LGBTQ teaching.

Morrison Child & Family Services, Portland, OR

Home Intensive Outpatient Services Therapist 2012 – 2014

Provided individual therapy, family therapy, and case management services in a community-based setting to divert high acuity youth from psychiatric residential treatment

Morrison Child & Family Services, Portland, OR

School Based Therapist 2013 –2014

Program development expanding school-based mental health services

across Clackamas County

Provided school based mental health services for low-income clients struggling with mental health conditions.

Flushing Community Schools, Flushing, MI

School Social Worker/Intern 2011-2012

School based social work services for youth with concerns related to special education, grief and loss, and psychosocial stressors. Provided individual and group therapeutic services. Lead curriculums in special education classes, day treatment programs, and general education classroom settings.

Holly Area Schools, Holly, MI

School Social Worker/Intern 2010-2011

School based social work services for youth with concerns related to special education, grief and loss, and psychosocial stressors. Provided individual and group therapeutic services. Lead curriculums in special education classes, day treatment programs, and general education classroom settings.

Columbia Care Services, Fairview, OR

Residential Counselor 2008-2009

Qualified Mental Health Associate Services for adults living with severe and persistent mental illness and psychogenic polydipsia.

**SERVICE & VOLUNTEERING**

Peak Recovery

**Community Education Team 2022-present**

Provide training on using adventure therapy techniques and mental

health literacy to support recovery

Parker Bounds Johnson Foundation

**Community Engagement Officer 2022-present**

Leadership and program development. Hiring, fundraising, and community outreach.

Build capacity for youth adventure therapy services in the Pacific Northwest

Association of Experiential Education:

Therapeutic Adventure Professionals Group

**Leadership Council:**

**Member at Large (2021-2022)**

**Conference convening committee (2022-2023) 2019-2023**

**Treasurer (2022-2023)**

Promote adventure therapy education, research, and training

K-12 School Mental Health Education Program

**Co-director 2021-present**

Program leadership

Curriculum development, budget management, fundraising, administration

University of Washington Bothell

Dissertation Committee

**Committee Member 2021-2022**

Prescott College

Journal Reviewer: Child and Youth Services Review

**Peer reviewer 2021-present**

Regularly review manuscripts CYSR

Journal Reviewer: MDPI

**Peer reviewer 2020-present**

Regularly review manuscripts for MDPI Frontiers journals

Academic Program Evaluation Research

**Program evaluator 2020-2022**

Saginaw Valley State University   
School of Social Work

Adventure Therapy Collective: Podcast

**Co-host 2020-present**

Educational podcast consisting of interviews with field leaders, educators, and providers in the field of adventure therapy.

https://anchor.fm/adventuretherapy

The Mazamas Mountaineering Center

Portland, OR

Critical Incident Stress Management Team 2019-2022

Provide consultation and services to support club members who experience traumatic situations while doing outdoor recreation activities.

Association for Experiential Education: Northwest Council

Tacoma, WA

**Activities Chair 2019-present**

Regional council to promote activities related to the use of experiential education and adventure therapy. Council works to plan regional events such as conferences and trainings for members of the AEE who reside in the Pacific Northwest.

Outdoor Behavioral Healthcare Research Council:

Youth Secure Transportation Taskforce

Durham, NH

**Taskforce Member 2019-2022**

Taskforce to explore ethics and best practices in the use of secure transport services in wilderness and adventure therapy practice in the United States.

The Mazamas Mountaineering Center

Portland, OR

Youth Activities Volunteer 2019-present

Volunteer during youth rock climbing activities to teach youth from local mental health treatment centers and other marginalized groups how to rock climb.

Develop and deliver training to volunteers on *Youth Mental Health 101* and *Stress Injury Formation* content related to mental health literacy and responding to traumatic experiences in one’s self and with others.

Reach Outside Student Club: Michigan State University

East Lansing, MI

Faculty Advisor 2018-2019

Provide support and guidance to student organization designed to provide

outdoor recreation experiences to marginalized and underserved young

people in the greater Lansing community. Mentored student leaders and

provided support on organizational structure, funding, recruitment, and

planning.

MSU School of Social Work: Social Justice Forums

East Lansing, MI

Board Member 2016-2018

Organized presentations on topics related to social justice for faculty

and students. Topics include environmental degradation & green

infrastructure, human trafficking, immigrant rights, prisoner education &

services, and other topics related to social justice.

Waverly Schools Student Mentorship

Lansing, MI

Mentor 2017

Provided mentoring and academic support to students identified by school administration as being at-risk for academic failure.

Camp Kesem Professional Advisory Board

Portland, OR

Board Member 2012-2014

Provided professional advising for college student volunteers and employees of Camp Kesem. Camp Kesem provides free process and recreation-oriented camp experiences for youth whose parents have been affected by cancer.

Morrison Child & Family Services/ Clackamas County Mental Health

Clackamas, OR

Organizer – Q Center: Bridge 13 Community Education Project 2014

Planned trainings and did community outreach to provide trainings on culturally appropriate practices for working with LGBTQ youth.

Morrison Child & Family Services

Portland, OR

LGBTQ Service Providers Committee 2013 - 2014

Committee to increase diversity and inclusion for clients, families, and employees who identify as LGBTQ. Provides trainings, community outreach, fundraisers, and direct youth services related to LGBTQ populations.

Portland Red Dress

Portland, OR

Volunteer 2012-2014

Event volunteer for fundraising event for organizations providing services to LGBTQ clients and those affected by HIV/AIDS

Northwest Family Services

Clackamas, OR

Volunteer 2012 - 2013

Summer camp for disadvantaged youth and families in Clackamas County. Lead nature walks and educational interpretive hikes for youth campers. Also provided after school martial arts and self-defense trainings for youth enrolled in community enrichment programs.

Skate Park Recreation Committee of Flint

Flint, MI

Community Development Work 2010-2011

Community organizing and fundraising to support the continued maintenance and growth of recreational park in economically deprived community. Held community fundraising event, sought donors, and co-authored grant application to seek permanent funding stream to support park.

Peace Mob Community Garden

Flint, MI

Community Volunteer 2010-2012

Served in community garden project to remove blight and increase community in economically deprived neighborhood in Kearsley Park.

Portland State University

Portland, OR

Learning Gardens Laboratory 2009

Undergraduate capstone project teaching youth in economically disadvantaged youth about gardening techniques and food systems. Worked directly with youth tending gardens and orchards and preparing and sampling locally grown produce.

**CONSULTATION**

See You at the Summit

Portland, Oregon

**Research Consultation 2020-present**

Consultation on research projects related in adventure therapy program for young people diagnosed with cancer.

Portland Adventure Therapy Project

Portland, Oregon

**Nonprofit Development Consultation 2021-present**

Consultation on development of adventure therapy organization

Life Adventures for All

Tampa, Florida

**Website Design Consultation and Development 2021-present**

Consultation and development of web-based materials for therapeutic consultation organization

**AWARDS**

Emerging Student Organization of The Year Award: **2019**

Reach Outside, Michigan State University

Morrison Child & Family Services; Stephen Blair Award for Excellence  **2013**

MSU Scholarship for Academic Excellence and Leadership  **2011**

**References**

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Additional references available upon request