

Curriculum Vitae
Cathy Sowell, MSW, LCSW
13301 Bruce B. Downs Blvd.
Tampa, FL 33612-3807
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ACADEMIC BACKGROUND

1995 Master of Social Work (MSW)
 University of South Florida, Tampa

1990 Bachelor of Arts, Psychology
 University of South Florida, Tampa

PROFESSIONAL LICENSURE & CERTIFICATION

1998 - present Licensed Clinical Social Worker, Florida, #SW1213, Active

1998 - present Qualified Clinical Supervisor, Florida, Clinical Social Work and Mental Health
 Counselor registered interns

2023

Florida Family Connections Evaluation 2022-2024
Action 4 Child Protection/Casey Family Programs \$19,391
Principal Investigator: Svetlana Yampolskaya
Role: Co-Principal Investigator
The goal of the study is to assess the effect of the Family Connections Program on child welfare involved families.

Making Connections to Promote Mental Health and Wellbeing among Men and Boys 2017-2024
Movember Foundation \$2,450,308
Principal Investigator: Roxann McNeish
Role: Site liaison for evaluation and technical assistance with four national grantees – Oklahoma City, OK, San Diego, CA, Honolulu, HI, Tacoma, WA
This project is a collaborative national multi-site evaluation to assess and understand community led practices to improve services/supports for young men and boys.

Appropriate Care and Treatment Initiative 2021-2024
USF/CFS Foundation and CFS Department \$37,327
Principal Investigator: Cathy Sowell
A study to evaluate the experiences of young adults and parents with residential treatment facilities.

Completed Funded Contracts & Grants

Family Intensive Treatment Team Outcome Evaluation 2021-2023
Florida Department of Children and Families \$16,717
Principal Investigator: Svetlana Yampolskaya
Role: Co-Principal Investigator.
The goal of the study is to assess the effect of the Family Intensive Treatment Model on child welfare involved families with substance abuse issues.

Nurturing Parenting Program Evaluation & Family Intensive Treatment E

Principal Investigator: Mary Armstrong

Role: Co-evaluator

The goal of this project was to provide an independent comprehensive assessment of the CHS statewide community-based care (CBC) case management program focused on quality management, case management practice, s

Technical Reports

Yampolskaya, S., Sowell, C., Walker, C., & Joseph, R. (2023). *Family Connections outcomes report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies.

McNeish, R., Sowell, C., Walker, C., & Tran, Q. (2023). *Evaluation of Making Connections for mental health and wellbeing among men and boys - final report* (d(d)EFB2(i)3n5 (o)5-a0.508 0 Td(6 (d)-3t-2.5 ((d)EFB29)-0.7 .1(o

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-Egea, 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 – March 2020*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

Robst, J., Armstrong, M., Yampolskaya, S., Sowell, C., & Cruz, A. (2019). *The family intensive treatment (FIT) evaluation phase two quantitative report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

Sowell, C., Cruz, A., Armstrong, M., & Robst, J (2019). *The Family intensive treatment (FIT) team evaluation, implementation and practice study report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

Johnson, M., Robst, J., Cruz, A., Sowell, C., Vargo, A., Anderson, R., Carmona, Y. (2019). *Southern region gap analysis: Service needs report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

Johnson, M., Robst, J., Cruz, A., Sowell, C., Vargo, A., Anderson, R., Carmona, Y. (2019). *Southern region gap analysis: Service access, capacity, & coordination of care report*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences.

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

- Robst, J., Armstrong, M., Sowell, C., & Cruz, A. (2018). *The 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-Egea, 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.

- Sharrock, P., Sowell, C., Yampolskaya, S., Nesman, T., & Lentini, R. (2014). *Florida project LAUNCH evaluation brief: Stakeholder collaboration year 1*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences, Department of Child and Family Studies.
- Vargo, A., Sowell, C., Landers, M., Roggenbaum, S., & Shockley, C. (2014). *An examination of evidence-based practice utilization within Florida's child welfare prepaid mental health plan*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences, Department of Child and Family Studies.
- Nesman, T., Sowell, C., Sharrock, P., Yampolskaya, S., & Lentini, R. (2013). *Florida project LAUNCH year 1 evaluation report October 1, 2012 – September 30, 2013*. Tampa, FL: University of South Florida, College of Behavioral and Community Sciences, Department of Child and Family Studies.
- Vargo, A., Armstrong, M.I., Johnson, M. & Sowell, C. (2013). *Western and pacific child welfare implementation center cross-implementation project synthesis evaluation report*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences.
- Sharrock, P., Vargo, A., Sowell, C., Lardieri, S., Reyes, F., Shockley, C., Gascon, A., & Hanson, A. (2012). *Needs and experiences of youth aging out of the child welfare prepaid mental health plan. Agency for Health Care Administration (AHCA) series 220-156*. Tampa, FL: University of South Florida, College of Behavioral & Community Sciences.
- Sowell, C., & Jordan, N. (2012). *Florida's IV-E waiver demonstration project topical paper 3: Prevention and diversion services-practice expansion and innovation*. Tampa, Florida: University of South Florida, College of Behavioral & Community Sciences.
- Vargo, A., C., Armstrong, M. I., Jordan, N., Sharrock, P., Sowell, C., & Yampolskar Sh (20

University of South Florida, College of Behavioral & Community Sciences, Louis de la Parte Florida Mental Health Institute.

Vargo, A., C., Armstrong, M. I., Jordan, N., Sharrock, P., Sowell, C., & Yampolskaya, S. (2010). *IV-E waiver demonstration evaluation semi-annual progress report 7 SFY 09-10*. Tampa, Florida: University of South Florida, College of Behavioral & Commu

Sowell, C., Vargo, A., Armstrong, M., & King-Miller, T. (2006). *District 10 and 11 pilot program evaluation report FY 05-06*. Tampa, FL: University of South Florida, Louis de la Parte Florida Mental Health Institute.

Peer-Reviewed Articles

Yampolskaya, S., Sowell, C., Walker-Egea, C., Hanak-Coulter, J., & Pecora, P. J. (2024). Family Intensive Treatment for child welfare involved caregivers with substance misuse issues: Safety, permanency and well-being outcomes. *Clinical Social Work Journal*.
<https://doi.org/10.1007/s10615-023-00917-8>

McNeish Taormina, Massey, T., Walker-Egea, 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 3 (iv)-4.6 (er/)-3.1 (JE1.1 tr)0.dnon cM-3 (l)2.4 (t :)0.e11 .

Sowell, C. (2010, June). *The expansion of family team*

SERVICE

Peer Review Activities

2020-present Peer Reviewer, *Journal of Public Child Welfare*

2022 Peer Reviewer, *Families in Society*

2016 Peer Reviewer, *American Journal of Orthopsychiatry*

Departmental Service Activities

2023- present Project MABAS Advisory Board, Member

2021- present CFS Academic Programs & Curriculum Committee, Member

2019 – 2023io[P6-1n7 0 Td(M80.001 Tw -29.001 Tw -.251 0 Td()TjTc 4.197(b)-6.6 Td0t8 (oa)-nj0 2 10 Tw 2.257 0.847s. 1