

Caitlyn Mytelka, LMSW

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EDUCATION

- 08/2018 - Present Ph.D. **University of Houston, Graduate College of Social Work**
Doctor of Philosophy in Social Work
Dissertation: *Exploring the bidirectional relationship between early adolescent coping style and internalizing symptoms*

Dissertation Chair: Dr. Sarah Narendorf
Committee Members: Dr. Chiara Acquati, Dr. Elizabeth Baumler, Dr. Reiko Boyd and Dr. Jeff Temple
- 05/2013 M.S.S.W. **The University of Texas at Austin, School of Social Work**
Master of Science in Social Work- Clinical Concentration
- 05/2010 B.A. **New York University, College of Arts and Sciences**
Bachelor of Arts: Psychology (major) and Sociology (major)

AREAS OF INTEREST

- Research: Positive youth development; child and adolescent mental health and wellbeing; coping; mental health promotion; and school-based prevention programming and models, including social and emotional learning
- Teaching: Research Methods; Positive Youth Development; Human Behavior in the Social Environment; School Social Work Practice

PUBLICATIONS

A. Peer-Reviewed Publications

Gearing, R., Washburn, M., Shavani, S., **Mytelka, C.**, Carr, L. C., Robinson, A., Clark, D., & Robbins, S. P. (In press). Strengthening social work skills and competency through exposure to diversity. *Journal of Social Work Education*.

Rubin, A. & **Mytelka, C.** (2021) Social justice emphases on MSW program websites and in curricula?: A mixed-methods study. *Journal of Social Work Education*. <https://doi.org/10.1080/10437797.2021.1943584>

Narendorf, S. C., Boyd, R. K., **Mytelka, C.**, Vittoria, K., & Green, M. (2019) Bridging the transition: What makes for success in a formal mentoring program for youth exiting foster care? *Child Welfare*. <https://www.jstor.org/stable/48626323>

B. Non-Peer Reviewed Publications

Mytelka, C. (2022, Summer). Promoting doctoral student scholarship [Editorial]. *Perspectives on Social Work* 17(2).

Mytelka, C. (2022, Winter). Advancing social work education [Editorial]. *Perspectives on Social Work* 17(1).

Mytelka, C. (2021, Summer). Social work ethics in scholarship [Editorial]. *Perspectives on Social Work* 16(2).

Mytelka, C. (2021, Winter). Social work drives dialogue forward [Editorial]. *Perspectives on Social Work* 16(1).

C. Manuscripts Under Review

Cardoso, J.B., Brabeck, K., Bjudstad, A., Chen, T., **Mytelka, C.**, Capps, R., and Zvolensky, M. Immigration Enforcement Fear and Posttraumatic Stress Symptoms in First and Second Generation Latinx Youth. *Social Science and Medicine*.

D. Manuscripts In Preparation

Legesse-Sinha, P., **Mytelka, C.**, Torres, E.D., Spencer, C.G., Auslander, B.A., Purser, J.A., Guillot-Wright, S.P. SEL experiences within a school system: Using multiple perspectives to inform future directions.

Mytelka, C., Baumler, E. B, and Temple, J. R. Early adolescent coping and the impacts of sleep.

Narendorf, S. C, **Mytelka, C.**, Munson, M., and Jones, E. Social networks among young adults transitioning from foster care to adulthood.

Lu, Y., Torres, E. D., **Mytelka, C.**, Legesse-Sinha, P., Sulley, C., Rabideau, D., Busch-Armendariz, N. & Temple, J. R. Adapting a school-based healthy relationship program for college students.

Boyd, R. K. & **Mytelka, C.** Interventions to address disparities in Black infant health.

RESEARCH EXPERIENCE

- 06/20 – Present **Research Intern**, Center for Violence Prevention
University of Texas Medical Branch
Principal Investigator: Jeff Temple PhD
Responsibilities: Participating in a primary role in qualitative and quantitative data analyses on multiple projects related to youth preventive interventions and working on project evaluation of a multi-school SEL initiative
- 06/20 – 06/22 **Research Assistant**, Graduate College of Social Work
University of Houston
Faculty Advisor: Sarah Narendorf, PhD
Responsibilities: Building the social network survey in EgoWeb 2.0, interviewing participants, and data preparation and analysis for a grant focused on mental health decision-making and social supports among young adults transitioning from foster care
- 08/18 – 05/20 **Research Assistant**, Graduate College of Social Work
University of Houston
Faculty Advisor: Reiko Boyd, PhD
Responsibilities: Completing a systematic review on interventions to reduce disparities in Black infant health and conducting mixed-methods research on youth transitioning from foster care
- 07/17 - 10/17 **Research Assistant**, Behavioral Health and Research, Dept. of Obstetrics Gynecology
University of Texas Medical Branch

Principal Investigator: Jeff Temple PhD

Responsibilities: Data collection for a longitudinal study that examined student outcomes across several secondary schools after they participated in a school-based healthy relationships curricula

09/12 - 12/12

Research Fellow, Institute on Domestic Violence and Sexual Assault (IDVSA)
School of Social Work, The University of Texas at Austin

Principal Investigator: Noël Busch-Armendariz, PhD

Responsibilities: Worked on various research projects related to human trafficking, including a literature review on domestic minor sex trafficking, data collection, and data entry

11/10 - 04/11

Research Assistant, Department of Community-Based Mental Health Outreach
University of Texas Medical Branch

Principal Investigator: John “Fred” Thomas PhD

Responsibilities: Engaged in literature review on depression in over-age high school students and in the design and research for a mixed-methods project and a project using community-based participatory research methods

10/09 - 12/09

Research Assistant, Mood and Anxiety Disorders Program (MAP)
Mt. Sinai Hospital

Principal Investigator: Sanjay Mathew MD

Responsibilities: Conducted data entry for a medical study on the use of ketamine in individuals with treatment-resistant depression and phone interviews to recruit eligible research participants

PRESENTATIONS

Peer Reviewed

Narendorf, S., **Mytelka, C.**, Arora, A., & Munson, M. *What is your preference? Building solutions for mental health management among older youth exiting foster care*. Symposium presentation submitted to the 27th Annual Conference of the Society for Social Work and Research, Phoenix, AZ.

Bhatt, R. & **Mytelka, C.** (2022, November). *Student access to school nurses: Examining Texas school districts and a call for action*. Oral presentation accepted at the 2022 American Public Health Association Annual Meeting, Boston, MA.

Mytelka, C., Lu, Y., Torres, E. D., Legesse-Sinha, P., Sulley, C., Rabideau, D., Busch-Armendariz, N. & Temple, J. R. (2022, March). *Adapting a school-based healthy relationship program for college students*. Poster presentation at the 2022 Society for Research on Adolescence Biennial Meeting, New Orleans, LA.

Narendorf, S., **Mytelka, C.**, & Munson, M. (2022, January). *Social networks among young adults transitioning from foster care to adulthood*. Oral presentation at the 26th Annual Conference of the Society for Social Work and Research, Washington, D.C

Cardoso, J.B., Brabeck, K., Chen, T., Bjugstad, A., **Mytelka, C.**, Capps, R., Crea, T. M. (2022, January). *Threat and deprivation as distinct predictors of posttraumatic stress and depression symptoms in Latinx youth in immigrant families*. Oral presentation at the 26th Annual Conference of the Society for Social Work and Research, Washington, D.C

Mytelka, C., Gearing, R., Washburn, M., Shavani, S., Robinson, A., Robbins, S., and Carr, L. C. *Strengthening social work skills and competency through exposure to diversity*. (2021, November). Oral presentation at 67th the Council on Social Work Education 2021 Annual Program Meeting, Orlando, FL.

Torres, E.D., Legesse-Sinha, P., **Mytelka, C.**, Spencer, C.G., Auslander, B.A., Purser, J.A., Guillot-Wright, S.P. (2021, October). *SEL experiences within a school system: Using multiple perspectives to inform future directions*. Oral presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.

Cardoso, J. B., Bjugstad, A., **Mytelka, C.**, Brabeck, K., and Capps, R. (2021, January). *Immigration enforcement fear and posttraumatic stress symptoms in first and second generation Latinx youth*. Oral presentation at the 25th Annual Conference of the Society for Social Work and Research, virtual live session due to COVID-19.

Mytelka, C. & Olson, L. (2020, October). *Universal mental health screening in a multi-tiered system of support*. Conference session at the 25th Annual Conference for Advancing School Mental Health, online presentation due to COVID-19.

Narendorf, S.C., Boyd, R. K., & **Mytelka, C.** (2020, January). *Bridging the transition: Perceptions and misperceptions in a formal mentoring program for youth exiting foster care*. Poster presentation at the 24th Annual Conference of the Society for Social Work and Research, Washington, D.C.

Boyd, R. K. & **Mytelka, C.** (2019, October). *Structural competence: Empowering social work through a critical paradigm shift*. Oral presentation at the 65th Annual Program Meeting of the Council on Social Work Education, Denver, Colorado.

TEACHING EXPERIENCE & INVITED PRESENTATIONS

02/2022	Guest Lecture: <i>Preparing an F31 grant application</i> Grant Writing (Doctoral) University of Houston, Graduate College of Social Work
09/2021	Guest Lecture: <i>Programming social network surveys in EgoWeb2.0</i> Social Network Analysis (Graduate) University of Texas Health Science Center at Houston, School of Public Health
10/2020	Guest Lecture: <i>Creating a teaching portfolio with Wix.com</i> Teaching in Higher Education (Doctoral) University of Houston, Graduate College of Social Work
10/2019	Guest Lecture: <i>Supporting families: Exploring social service systems</i> Social Policy in the Social Environment University of Houston, Graduate College of Social Work
10/2017 - 04/2018	Trainer , Mental health and SEL trainings for secondary school teachers and counselors (monthly) Galveston Independent School District

FUNDING

2021 <i>Resubmission</i> <i>Not Awarded</i> 32 (33 rd percentile)	F31 Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship <i>National Institutes of Health – Eunice K. Shriver National Institute on Child Health and Human Development</i> Title: <u>Enhancing youth wellbeing through coping: A multilevel, longitudinal analysis</u>
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2021 **F31 Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship**
Not Awarded
35 (43rd percentile) *National Institutes of Health – Eunice K. Shriver National Institute on Child Health and Human Development*
Title: Enhancing youth wellbeing through coping: A multilevel, longitudinal analysis

PRACTICE EXPERIENCE

Post-MSSW Experience

- 08/17 - 06/18 ***Relationship Specialist***, Galveston Independent School District (GISD)
Responsibilities: Served as a member of the design team of Causeway Galveston, a BridgeUp at Menninger grantee, to establish an integrative model to support social and emotional learning (SEL) and mental health in GISD; and provided support and training to teachers integrating SEL in classrooms and developed and implemented an integrative mental health referral process for students
- 10/13 - 08/15 ***Mental Health Therapist***, Teen Health Center, Inc.
Responsibilities: Provided case management for telepsychiatric services in a school-based mental health clinic and therapy to students and families

Pre-MSSW Experience

- 01/13 - 05/13 ***MSSW Intern***, Child and Adolescent Psychiatric Services, Austin State Hospital
Responsibilities: Provided full-time case management, including assessment, treatment plans and discharge plans; provided individual therapy; and co-facilitated process, psychoeducational and CBT groups with patients
- 08/11 - 05/12 ***MSSW Intern***, Austin Lakes Hospital
Responsibilities: Worked within an interdisciplinary team providing psychiatric care for an adult inpatient unit, conducted psychosocial assessments and completed treatment and discharge plans, and facilitated process and psycho-educational groups
- 04/11 - 08/11 ***Case Manager***, Teen Health Mental Health Clinic
University of Texas Medical Branch
Responsibilities: Provided case management services for patients in telepsychiatry clinics and a clinic specializing in autism spectrum disorders
- 10/10 - 11/10 ***Administrative Assistant (Temporary)***, Teen Health Mental Health Clinic
University of Texas Medical Branch
Responsibilities: Coordinated intake of new patients, scheduled appointments for counseling and telepsychiatry clinics, and performed ADHD screenings for patients by administration of computerized tests, such as the Integrated Visual and Audio
- 08/10 - 04/11 ***Intern***, Teen Health Mental Health Clinic
University of Texas Medical Branch
Responsibilities: Shadowed sessions of individual and family therapy, created testing summary reports for patients who completed psychological testing, and served as an educational group leader for a teen parenting group

AWARDS AND SCHOLARSHIPS

- 09/21 Travel Fellowship
Graduate College of Social Work, University of Houston

01/20 Travel Fellowship
Graduate College of Social Work, University of Houston

08/18 – 05/22 Graduate Tuition Fellowship
Graduate College of Social Work, University of Houston

08/18 – 05/20 Presidential Fellowship
The Graduate School, University of Houston

SERVICE EXPERIENCE

8/20- Present **Editor-in-Chief**, Perspectives on Social Work
Doctoral Student Journal, Graduate College of Social Work, University of Houston

08/19 – 08/20 **Assistant Editor**, Perspectives on Social Work
Doctoral Student Journal, Graduate College of Social Work, University of Houston

10/19 - Present **Advisory Board Member**, Island ETC
Non-profit professional theatre company

06/16 - 07/16 **Volunteer**, Angeles en Cuatro Patas
Animal-assisted rehabilitation organization, Quito, Ecuador

PROFESSIONAL MEMBERSHIPS/LICENSURE/CERTIFICATES

2022-Present Member, American Public Health Association

2020- Present Member, Phi Kappa Phi Honor Society, Chapter 54

2019 - Present Member, Council on Social Work Education

2018 - Present Member, Society for Social Work and Research

2016 - 2017 Certificate, High Advanced Spanish (C1) (550+ hours), Academia de Latinoamerica de Español; Quito, Ecuador

2015 Certificate, Teaching English as a Foreign Language (120 hours)

2013 - Present Licensed Master Social Worker, State of Texas, License # 58280

2013 - Present Member, National Association of Social Workers

2013 - Present Member, Phi Alpha Honor Society, Eta Tau Chapter