

**SARAH M. STEVERMAN**

CV - December 2014

**EDUCATION**

- 2014**      **The Catholic University of America**, Washington, DC  
Doctor of Philosophy degree, Social Work  
Dissertation Topic - *State Commitment to Mental Health Promotion and Mental Illness Prevention: The Impact on Health and Behavioral Health Outcomes*
- 2006**      **The Catholic University of America**, Washington, DC  
Master of Social Work degree, Social Justice and Social Change
- 2001**      **Gettysburg College**, Gettysburg, PA  
Bachelor of Arts degree, Religion

**PROFESSIONAL EMPLOYMENT**

- 2014-Present**    **University of Denver Graduate School of Social Work**, Denver, CO  
**Adjunct Faculty**  
Serve as faculty for two courses, *Integrated Social Work Practice for Social Justice*, a foundation course for graduate students, and *Methods for Evaluating Practice and Programs*, a course for second year graduate students directing their independent research. Develop online and in-class content, facilitate classroom discussion and learning, and provide feedback on projects and written assignments.
- 2013-Present**    **Independent Consultant**, Colorado Springs, CO
- 2014-Present**    **National Council for Community Behavioral Health, Center for Integrated Health Solutions**  
Provided consulting and research services for CIHS grantees and other stakeholders related to primary behavioral health prevention in primary care. Developed an e-Solutions newsletter aimed at promoting primary prevention among health care providers. Plans training webinars for grantees, community providers, and other stakeholders related to various issues and manages the development and execution of technical assistance.
- 2014**      **Substance Abuse and Mental Health Services Administration**  
Conducted research and developed white papers and accompanying documents related to behavioral health, public health, and prevention financing. Prepared and served as a presenter for webinars related to the research. The resources were disseminated to federal, state, and local policy makers, advocates, consumers, providers, and other stakeholders to promote the understanding of toxic stress as a key component to understanding a new public health paradigm and methods of

financing and implementing prevention programs and policies.

**2013-2014 Executive Leadership Group**

Conducted research for the Navy Sexual Assault Prevention and Response group related to sexual harassment and sexual assault predictors and prevention programs. Analyzed current data collection processes and recommended data collection and analysis procedures to better inform prevention intervention measures. Developed resources to implement prevention programming and messaging to address issues of consent and prevent sexual assaults.

**2013 National Association of State Mental Health Program Directors**

Provided consultation services for a federal contract to identify and categorize reimbursement mechanisms that can be used to finance universal, selected, and indicated prevention and promotion initiatives for children and youth. Developed a framework for conceptualizing reimbursement for prevention and promotion services and cataloged existing federal, state, local, and private/foundation funding mechanisms that can be used to support these interventions with a focus on ongoing, sustainable funding rather than demonstration projects. Prepared resources that can be used by state and local representatives to understand potential funding mechanisms, including written materials and a presentation on a webinar.

**2012-2013 The Catholic University of America, Washington, DC  
Adjunct Faculty**

Served as faculty for two courses, *Generalist Practice with Groups, Communities and Organizations* and *Social Work Research Methods*. Planned course content, lectured, and facilitated class discussion and projects. Provided one-on-one assistance to students. Evaluated student performance. Received positive student and faculty reviews of instruction.

**2008-2013 Mental Health America, Alexandria, VA  
Director of State Advocacy**

Led MHA's state advocacy efforts, including advocacy and education related to the Affordable Care Act. Served as MHA's lead content expert on issues related to the ACA, mental health parity, prevention, Medicaid, and financing. Developed a consortium of MHA affiliate experts from around the country to serve on a Regional Policy Council to facilitate the sharing of best practices between stakeholders. Managed federally funded projects as well as initiatives funded by private companies and foundations focused on health reform, financing, prevention, and parity implementation. Gave presentations on ACA, parity, and state policy issues. Regularly updated media regarding issues related to the ACA, parity, state policies, and stigma. Represented MHA on coalitions and working groups. Reviewed policy issue tracking and analysis to identify trends and direct TA efforts. Produced and reviewed policy-related products and documents for dissemination to affiliates and the field.

**2006-2008 National Conference of State Legislatures, Washington, DC  
Policy Specialist**

Researched and analyzed mental health policy, legislation and state health reforms,

and wrote briefs and reports. Engaged state legislators and their staff interested in mental health issues, and assisted them in identifying areas of reform. Compiled information upon request by legislators, legislative staff, media, and other interested parties. Provided testimony and presentations to legislative audiences and other interested groups. Wrote articles for various publications including as a regular contributor to *State Health Notes*, NCSL's bi-weekly health newsletter. Coordinated meetings, webcasts, and on-site technical assistance for legislators to learn about mental health policy and practice. Managed a MacArthur funded project on mental health and the Health Chairs Project; communicating with project officers, completing annual reports and overseeing project teams and grant deliverables. Represented the state legislative perspective on coalition working groups related to mental health.

- 2006**            **Department of Justice, Bureau of Justice Assistance, Washington, DC**  
**Grant Reviewer**  
Reviewed and scored grant applications for the 2006 Justice and Mental Health Collaboration Program. Provided feedback to applicants regarding the strengths and weaknesses of their applications and proposed programs.
- 2001-2006**      **Green Door, Inc., Washington, DC**  
**Community Support Rover/Clinical Assistant**  
Provided support to consumers suffering from serious mental illness and co-occurring substance abuse disorders. Helped consumers live independently by supportive counseling, teaching Activities of Daily Living, and honing independence skills.  
**Vocational Rehabilitation Counselor**  
Provided case management and employment support to 20-25 consumers living with serious mental illness. Coordinated a team of job coaches to train and support consumers at job placements in the community. Mediated personnel issues between employers, staff and consumers, and provided mental health and sensitivity/stigma education in the community.
- 2005-2006**      **Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, Rockville, MD**  
**Social Work Intern**  
Researched and analyzed policy, programs, and legislation, and briefed program staff. Coordinated program and contract resources to obtain OMB approval for a multi-site program evaluation protocol. Assisted in the development of a statewide template used to assess needs and resources for the Transformation State Incentive Grant program. Represented CMHS at meetings. Met with the Bureau of Justice Assistance (DOJ) to implement the Mentally Ill Offender Treatment and Crime Reduction Act. Participated in consensus panels on the application of evidence based practices to justice involved persons.
- 2004-2005**      **The Catholic University of America, Washington, DC**  
**Research Assistant**  
Scheduled meetings and conducted interviews using a survey instrument to assess

the quality of life of members of a low income housing community. Presented feedback regarding the effectiveness of the research design and survey instrument.

## PROFESSIONAL PUBLICATIONS

- Steverman, S. M.** (2014). *State commitment to mental health promotion and mental illness prevention: The impact on health and behavioral health outcomes* (Doctoral dissertation). Retrieved from ProQuest, UMI Dissertations Publishing. (3627186.)
- Shern, D. L. & **Steverman, S. M.** (2014). Mental Health America. In A. Scull (Ed.), *Cultural Sociology of Mental Illness: A to Z Guide, Vol. 1* (pp. 508-510). Thousand Oaks, CA: SAGE Publications, Inc.
- Shern, D. L., Beronio, K. K., Minnier, C. I., & **Steverman, S. M.** (2010). Comparative effectiveness research in mental health: An advocate's perspective. *Health Affairs, 29*(10), 1857-1862.
- Steverman, S. M.** (2008). Violence prevention: Gun laws and mental health. *State Legislatures*. Retrieved from [http://www.ncsl.org/Portals/1/documents/magazine/articles/2008/08SLJune08\\_Crime.pdf](http://www.ncsl.org/Portals/1/documents/magazine/articles/2008/08SLJune08_Crime.pdf)
- Millstein, R. A. & **Steverman, S. M.** (2007). State initiatives on health care access: Preserving the fraying safety net. *Health Law & Policy, 1*(1), 4-9.
- Steverman, S. M.** & Lubin, T. (2007). Avoiding jail pays off. *State Legislatures*. Retrieved from [http://www.ncsl.org/Portals/1/documents/magazine/articles/2007/07SLApr07\\_AvoidingJail.pdf](http://www.ncsl.org/Portals/1/documents/magazine/articles/2007/07SLApr07_AvoidingJail.pdf)

## TECHNICAL REPORTS

- Steverman, S. M.**, & Shern, D. L. (2014). Preventing mental, emotional and behavioral disorders: Financing and implementation strategies. Alexandria, VA: Mental Health America. Retrieved from <http://www.mentalhealthamerica.net/issues/financing-primary-prevention>
- Blanch, A. K., Shern, D. L., & **Steverman, S. M.** (2014). Toxic stress, behavioral health, and the next major era in public health. Alexandria, VA: Mental Health America. Retrieved from [http://www.mentalhealthamerica.net/sites/default/files/Toxic%20Stress%20Behavioral%20Health%20and%20the%20Next%20Major%20Era%20in%20Public%20Health\\_0.pdf](http://www.mentalhealthamerica.net/sites/default/files/Toxic%20Stress%20Behavioral%20Health%20and%20the%20Next%20Major%20Era%20in%20Public%20Health_0.pdf)
- Shern, D. L., Blanch, A. K., & **Steverman, S. M.** (2014). Impact of toxic stress on individuals and communities: A review of the literature. Alexandria, VA: Mental Health America. Retrieved from <http://www.mentalhealthamerica.net/sites/default/files/Impact%20of%20Toxic%20Stress%20on%20Individuals%20and%20Communities-A%20Review%20of%20the%20Literature.pdf>

**Steverman, S. M., & Shern, D. L.** (2013). Sustaining Primary Prevention Programming in Behavioral Health: Financing Strategies for Improving Health, Well-being and Productivity of Young People, Families and their Communities. Alexandria, VA: National Association of State Mental Health Program Directors. Retrieved from [http://www.nasmhpd.org/Meetings/webinars/Webinar\\_%20Addendum\\_MEB\\_%20Financing\\_%20Resource\\_%20Guide%20-.pdf](http://www.nasmhpd.org/Meetings/webinars/Webinar_%20Addendum_MEB_%20Financing_%20Resource_%20Guide%20-.pdf)

Ahmed, E., Shern, D. L., & **Steverman, S.M.** The Special Case of Obesity among Persons with Severe Mental Illnesses: A Paradigm Case for Public Health Action. (2012), Alexandria, VA: Mental Health America. Retrieved from <http://www.mentalhealthamerica.net/sites/default/files/2012ObesityLiteratureReview.pdf>

Shern, D. L., **Steverman, S. M.**, Ahmed, E., & Shea, P. (2011). Situational Analysis: Issues of Relevance in Designing a National Strategy to Promote Mental, Emotional, and Behavioral Health and to Prevent/Reduce Mental Illness and Substance Use Disorders. Alexandria, VA: National Association of State Mental Health Program Directors. Retrieved from <http://www.nasmhpd.org/docs/PreventionResources/Situation%20Analysis.pdf>

## **TESTIMONY AND PRESENTATIONS**

Steverman, Sarah M. The Affordable Care Act and Its Implications for Mental Health. Invited Presentation, Rosalynn Carter Fellowships for Mental Health Journalism Annual Meeting, Atlanta, GA, 2012.

Steverman, Sarah M. Affordable Care Act 101: The Basics and Mental Health Components of the Health Reform Law. Webinar Presentation under SAMHSA TA Contract, 2012.

Steverman, Sarah M. & Ellis, Adrienne. An Overview of Federal Mental Health Parity and Health Care Reform. Invited Presentation, MHA of Lancaster County Legislative Breakfast, Lancaster, PA, 2011.

Steverman, Sarah M. Mental Health: Challenges and Opportunities for the Future. Invited Presentation, MHA of Middle Tennessee Legislative Breakfast, Nashville, TN, 2011.

Steverman, Sarah M. & McCaffrey, Stephen C. Mental Health in Health Care Reform. Webinar Presentation under SAMHSA TA Contract, 2011.

Steverman, Sarah M. Purpose, Mission, and Advantages of State Mental Health Caucuses. Invited Presentation, Council of State Governments' Southern Legislative Conference, Charleston, SC, 2010.

Steverman, Sarah M. Promoting Access to Mental Health Services. Invited Testimony, Pennsylvania House of Representatives, Health & Human Services Committee, Subcommittee on Health, Harrisburg, PA, 2008.

Steverman, Sarah M. The Legislative Role in the Monitoring of and Avoiding the Use of Residential Treatment Facilities for Youth. Presentation at the National Conference of State Legislatures Legislative Summit, New Orleans, LA, 2008.

Steverman, Sarah M. The State Legislative Role in the Treatment and Monitoring of Residential Treatment Facilities. Invited Presentation at the Florida Mental Health Institute's 21<sup>st</sup> Annual Research Conference, Tampa, FL, 2008.

Steverman, Sarah M. Sharing of Health Information: Federal Privacy Restrictions and State Initiatives. Invited Testimony to the Maryland House of Representatives, Special Task Force on Firearms, Mental Health and Privacy, Annapolis, MD, 2007.

Steverman, Sarah M. Involuntary Outpatient Commitment Legislation: State Perspectives. Invited Testimony to the Virginia House of Delegates, Health, Welfare and Institutions Committee, Richmond, VA, 2007.

## **OTHER PROFESSIONAL/COMMUNITY EXPERIENCE**

**2013-2014**      **SAMHSA ADS Center, Rockville, MD**  
**Steering Committee Member**  
Served as a member of the advisory committee for the SAMHSA funded center focused on Acceptance, Dignity, and Social Inclusion. Provided guidance related to technical assistance priorities, topics for webinars and publication, and future direction of the center. Consulted with Center staff on policy related topics, especially related to ACA implementation.

**2009-2013**      **McClendon Center, Washington, DC**  
**Board of Directors**  
Served on the board of a community mental health agency providing clinical and day services to approximately 700 consumers of mental health services. As chair of the program and planning committee, oversaw quality assurance efforts for the center, including the implementation of consumer satisfaction surveys and recovery-oriented measurements. Assisted CEO in navigating changes to Department of Mental Health policy and financing mechanisms. Led the development of a Consumer Advisory Board to provide a strong consumer perspective to the board and agency.

## **PROFESSIONAL QUALIFICATIONS**

Quantitative research methods - proficient in SPSS statistical software  
Qualitative research methods - familiar with the Atlas data management system  
Experience with media interviews, including print publications, web articles, and public radio

**References available upon request.**