**Beth Sapiro, LCSW, PhD**

1 Normal Avenue, Montclair, NJ 07043

973-655-7516 | sapirob@montclair.edu | [www.bethsapiro.com](http://www.bethsapiro.com)

**EMPLOYMENT**

2018-Present: **Assistant Professor**, Department of Social Work and Child Advocacy, Montclair State University

**EDUCATION**

2012-2018: **Ph.D.**, Rutgers University School of Social Work. Dissertation Title: *Closed Off and Opening Up: The Relational Experiences of Transition-Age Youth Living with Mental Health Difficulties.*

2006: **MSW**, New York University School of Social Work.

2003: **Honors B.Sc.** in Psychology and Sociology, University of Toronto.

**RESEARCH INTERESTS**

The impacts of trauma, marginalization, and healing on adolescent and young adult mental health and relational development; the transition to adulthood in marginalized populations; qualitative research; feminist theory; clinical social work practice; anti-oppressive social work practice; building bridges between social work practice and research.

**PEER-REVIEWED PUBLICATIONS**

**Sapiro, B.** & \*Quiroz, S.R. (2022). Authenticity, vulnerability, and shame in peer relationships among marginalized youth living with mental health challenges. *Journal of Child and Family Studies.* Published online 29 June 2022. <https://doi.org/10.1007/s10826-022-02358-2>

Klodnick, V. V., Johnson, R. P., Morris, C., Cohen, D. A., **Sapiro, B.,** Schneider, A., & Fagan, M. A. (2021). Shifting from receiver to provider: Aging out of semi-institutional child welfare settings with serious mental health diagnoses. *Children and Youth Services Review, 127,* 106-120. <https://doi.org/10.1016/j.childyouth.2021.106120>

Shpiegel, S., Simmel, C., **Sapiro, B.** and \*Quiroz, S.R. (2021). Resilient outcomes among youth aging-out of foster care: Findings from the National Youth in Transition Database. *Journal of Public Child Welfare.* doi.org/10.1080/15548732.2021.1899098. Published online 7 April 2021.

**Sapiro, B.** & Matthews, E. (2020). Both insider and outsider: On conducting social work research in mental health settings. *Advances in Social Work,* 20(3), 655-674*.* doi: 10.18060/23926Published online 28 January 2021.

**Sapiro, B.** (2020). Assessing trustworthiness: Marginalized youth and the central relational paradox in treatment. *Children and Youth Services Review, 116*(6), 1050178*.*

doi: 10.1016/j.childyouth.2020.105178. Published online 16 June 2020.

**Sapiro, B.** & \*Ward, A. (2020). Marginalized youth, mental health, and connection with others: A review of the literature. *Child and Adolescent Social Work Journal, 37*(4), 343-357*.* doi: 10.1007/s10560-019-00628-5. Published online 17 July 2019.

**Sapiro, B.** & Davis, J. (2020). Staying close to home: The significance of relationships for immigrant-origin local college students. *Journal of Ethnic and Cultural Diversity in Social Work,* 29(1-3), 203-220. doi: 10.1080/15313204.2018.1536907. Published online 31 October 2018.

Johnson, L., **Sapiro, B**., Buttner, C. & Postmus, J.L. (2018). Ambiguous agency as a diagnostic of power: Efforts of child welfare providers to promote responsible agency among youth involved in sex trades. *Journal of Aggression, Maltreatment & Trauma.* doi: 10.1080/10926771.2018.1468375

Cary Katz, C., Courtney, M.E., & **Sapiro, B.** (2017). Emancipated foster youth and intimate partner violence: An exploration of risk and protective factors. *Journal of Interpersonal Violence.* doi: 10.1177/0886260517720735

Alessi, E. J., **Sapiro, B**., Kahn, S., & Craig, S. L. (2017). The first year university experience for sexual minority students: A grounded theory exploration*. Journal of LGBT Youth, 14*(1), 71-92*.* doi: 10.1080/19361653.2016.1256013

**Sapiro, B.,** Johnson, L., Postmus, J.L. & Simmel, C. (2016). Services for youth involved in domestic minor sex trafficking: Divergent perspectives on youth agency. *Child Abuse & Neglect, 58,* 99-110. doi: 10.1016/j.chiabu.2016.06.019

Ross, L. E., Steele, L., & **Sapiro, B**. (2005). Perceptions of predisposing and protective factors for perinatal depression in same‐sex parents. *Journal of Midwifery & Women’s Health*, *50*(6), e65-e70.

\*Indicates a student co-author.

**Manuscripts in Preparation**

Sapiro, B., Shpiegel, S., \*Ventola, M., \*Quiroz, S.R., \*Nwankwo, O. & \*Munyereyi, T. (Under review). “Trying to be positive in the face of the storm”: The experiences of foster care alumni and other independent college students during the COVID-19 pandemic.

Sapiro, B., Shpiegel, S., \*Quiroz, S.R., \*Ventola, M., \*Nwankwo, O. & \*Munyereyi, T. (Under review). “It’s just hard reaching out”: Factors affecting help seeking behaviors among foster care alumni and other independent college students

Klodnick, V. V., Johnson, R. P., **Sapiro, B.,** Cohen, D. A, & Fagan, M. A. (Under review).

Community mental health services and informal social support exchanges in navigating poverty after aging out of semi-institutional child welfare settings.

Cole, A., Adams, D.R., Ben David, S., **Sapiro, B.,** Villodas, M., Stanhope, V., Jaccard, J., & Munson, M.R. (Under review). Feasibility, acceptability and preliminary implementation of the Cornerstone program to improve mental health in transition-age youth with mental health conditions: A mixed methods study.

**BOOK CHAPTERS**

**Sapiro, B.** (2021). Shared trauma: Teaching social work practice in a global pandemic. In Tosone, C. (Ed.), *Shared trauma, shared resilience during a pandemic: Social work in the time of COVID-19* (pp. 323-330)*.* Springer. <https://doi.org/10.1007/978-3-030-61442-3_33>

**REPORTS**

Shpiegel, S., **Sapiro, B.,** \*Ventola, M., & \*Quiroz, S.R. (2021).Red Hawk Fellows program evaluation: Final report. Prepared for the Office of the Dean of Students, Montclair State University.

Johnson, L., Postmus, J.L., Simmel, C., **Sapiro, B.** & Buttner, C. (2015). *Final Project Report on Addressing the Needs of Domestically Trafficked Adolescents in New Jersey.* Center on Violence Against Women & Children, Rutgers University, School of Social Work. Report prepared for the New Jersey Department of Children and Families, Trenton, N.J.

**Sapiro, B.,** Arntson-Kynn, J., Postmus, J. & Simmel, C. (2015). *Interventions for Youth Involved in Domestic Minor Sex Trafficking.* Center on Violence Against Women & Children, Rutgers University, School of Social Work. Report prepared for the New Jersey Department of Children and Families, Trenton, N.J. as a Research to Practice Brief.

**Sapiro, B.**, Postmus, J. & Simmel, C. (2015). *Addressing the Needs of Domestically Trafficked Adolescents in New Jersey: Interviews with Key Stakeholders.* Center on Violence Against Women & Children, Rutgers University, School of Social Work. Report prepared for the New Jersey Department of Children and Families, Trenton, N.J.

Simmel, C., Forenza, B., Kim, S., Phillips, A., **Sapiro, B.** & Ocasio, K. (2015). *Compendium Report on the Comprehensive Needs Assessment of DCF-Involved Youth.* Rutgers University School of Social Work, Office of Child Welfare Research. Report prepared for the New Jersey Department of Children and Families, Office of Adolescent Services. Trenton, N.J.

Simmel, C., Forenza, B. & **Sapiro, B.** (2014). *Compendium Report of the Project Myself and Summer Housing and Internship Program Assessments.* Rutgers University School of Social Work, Office of Child Welfare Research.Report prepared for the New Jersey Department of Children and Families, Office of Adolescent Services. Trenton, N.J.

Simmel, C., Forenza, B. & **Sapiro, B.** (2013). *Assessment of the 2013 Summer Internship & Housing Programs (SHIP & SIP).* Rutgers University School of Social Work, Office of Child Welfare Research. Report prepared for the New Jersey Department of Children and Families, Office of Adolescent Services. Trenton, N.J.

**Sapiro, B.,** & Simmel, C. (2013). *The implications of natural disasters on child welfare systems.*

Report prepared as a Rutgers University Office of Child Welfare Research to Practice Brief, Vol. 1, No.2. New Brunswick, N.J.

**Sapiro, B.,** Simmel, C. & Forenza, B.(2013). *Sexual risk behaviors in youth involved with*

*or aging out of the child welfare system.* Report prepared as a Rutgers University Office of

Child Welfare Research to Practice Brief, Vol. 1, No.1. New Brunswick, N.J.

**PEER-REVIEWED PRESENTATIONS**

Shpiegel, S., **Sapiro, B.,** \*Ventola, M., & \*Quiroz, S.R. (January 13, 2022). *The Experiences of Foster Care Alumni and Other Independent Students during the COVID-19 Pandemic.* Oral paper presentation at the 26th Annual Conference of the Society for Social Work and Research, Washington, DC.

**Sapiro, B.** and Matthews, E.(May 31-June 2, 2021.) *Both insider and outsider: On conducting social work research in mental health settings.* Virtual poster presentation at the 5th International Conference on Practice Research, online.

**Sapiro, B.** (March 17, 2020). *Similarities and Differences in the Treatment Relationship: Youth and Provider Perspectives on Authenticity.* Paper presentation at the 33rd Annual Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health, Tampa, Florida. (Conference cancelled due to COVID-19 pandemic)

Shpiegel, S., Simmel, C., **Sapiro, B.** & \*Lynch, J. (January 18, 2020). *Resilience Among Youths Leaving Foster Care: Evidence from the National Youth in Transition Database*. Poster presented at the 24th Annual Conference of the Society for Social Work and Research, Washington, DC.

**Sapiro, B.** (October 27, 2019). *Assessing Trustworthiness: Marginalized Youth and the Central Relational Paradox in Treatment.* Paper presentation at the 65th Annual Program Meeting of the Council on Social Work Education (CSWE), Denver, CO.

**Sapiro, B.** (October 26, 2019). *Strategies of Disconnection and Resilience: Relational Responses to Stigma Among Marginalized Youth.* Paper presentation at the 65th Annual Program Meeting of the Council on Social Work Education (CSWE), Denver, CO.

**Sapiro, B.**, Munson, M.R., Cole, A.R., & Ben-David, S. (January 20, 2019). *Closed Off and Opening up: A Continuum of Authenticity in the Relational Experiences of Youth Living with Mood and Anxiety Disorders.* Paper presented at the 23rd Annual Conference of the Society for Social Work and Research, San Francisco, CA.

**Sapiro, B.** & Munson, M.R. (January 17, 2019). *“She's Sort of like a Second Therapist to Me”: Close Friendships of Young Women Living with Mood and Anxiety Disorders.* Poster presented at the 23rd Annual Conference of the Society for Social Work and Research, San Francisco, CA.

Munson, M.R., Cole, A.R., Ben-David, S., **Sapiro, B.**, Railey, J., Krauser, R., and Stanhope, V. (January 12, 2018). *The Cornerstone Mentoring Program: Feasibility, Implementation and Preliminary Impact.* Paper presented at the 22nd Annual Conference of the Society for Social Work and Research, Washington, DC.

Cole, A.R., Munson, M.R., Ben-David, S., and **Sapiro, B.** (September 21, 2017). *Cornerstone: An Empirically-Supported Intervention for Transition Age Youth with Mental Disorders*. Paper presented at the Transition Age Youth Institute, Saratoga Springs, NY.

Johnson, L., **Sapiro, B**., Buttner, C. & Kynn, J. (January 15, 2017). *Ambiguous Agency as a Diagnostic of Power: Examining Experiences of Domestic Minor Sex Trafficking-Involved Youth.* Paper presented at the 21st Annual Conference of the Society for Social Work and Research, New Orleans, LA.

**Sapiro, B.,** & Simmel, C. (August 29, 2016). *Perspectives of System-Involved Youth on Giving and Receiving Social Support.* Paper presented at the 21st ISPCAN International Congress on Child Abuse and Neglect, Calgary, Alberta, Canada.

**Sapiro, B.,** Simmel, C., Postmus, J., & Buttner, C. (April 1, 2016). *Perceptions of Youth Involved in Domestic Minor Sex Trafficking: A Multi-System Perspective.* Paper presented at the 16th Society for Research on Adolescence Biennial Meeting, Baltimore, MD.

Simmel, C., **Sapiro, B.,** Trombetta, J. & London, N. (April 1, 2016). *Navigating the Transition from Foster Care to Independent Living: Youth Perceptions about their Functional Outcomes.* Poster presented at the 16th Society for Research on Adolescence Biennial Meeting, Baltimore, MD.

Munson, M., Cole, A., Ben David, S. & **Sapiro, B**. (March 15, 2016). *Cornerstone: An Empirically-Supported Intervention for Transition-Age Youth with Mental Disorders.* Paper presented at the 29th Annual Research and Policy Conference on Child, Adolescent and Young Adult Behavioral Health, Tampa, FL.

**Sapiro, B.,** Johnson, L., Postmus, J. & Simmel, S. (October 21, 2015). *The Challenge of Providing Client-Centered, Trauma-Informed Services to Youth Who Have Been Involved in Domestic Minor Sex Trafficking (DMST).* Paper presented at the Safe Horizon 2nd Biannual Conference: Real Progress, New York City, NY.

Forenza, B., **Sapiro, B.** & Simmel, C. (March 20, 2015). *Trends in Housing and Residential Stability/Instability among Current and Former Foster Youth.* Poster presented at the Society for Research on Child Development Biennial Meeting, Philadelphia, PA.

Alessi, E., **Sapiro, B.,** Kahn, S. & Craig, S. L. (January 17, 2015). *Minority Stress and Coping Among Sexual Minority First Year College Students.* Paper presented at 19th Society for Social Work and Research Annual Conference, New Orleans, LA.

**Sapiro, B.,** Simmel, C. & Forenza, B. (August 7, 2014). *Coping with Challenges: A Snapshot of Problem-Solving and Personal Growth Among Former Foster Youth.* Workshop presented at National Pathways to Adulthood 2014 Convening, Philadelphia, PA.

**Sapiro, B.** (March 20, 2014). *The Role of Support in the Transition to Adulthood: Low-Income Emerging Adults Balancing College, Work and Family Obligations.* Poster presented at the 15th Society for Research on Adolescence Biennial Meeting, Austin, TX.

**TEACHING**

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| Course | Level | Institution | Sections |
| Clinical Practice with Children, Youth & Families II (SOWK 620) | Graduate | Montclair State University | 3 |
| Clinical Practice with Children, Youth & Families I (SOWK 600) | Graduate | Montclair State University | 2 |
| Assessment and Diagnosis (SOWK 522) | Graduate | Montclair State University | 7 |
| Helping and Engagement Skills (SOWK 325) | Undergraduate | Montclair State University | 5 |
| Generalist Social Work Practice I: Practice with Individuals, Families and Groups (SOWK 500) | Graduate | Montclair State University | 7 |
| Clinical Social Work Practice I | Graduate | Rutgers University | 1 |
| Clinical Social Work Practice II | Graduate | Rutgers University | 2 |

**RESEARCH PROJECTS**

2020-present **Narrative Analysis of RISK** (Resilience in Survivors of Katrina)

* Qualitative secondary data analysis of three waves of interview data, featuring in-depth interviews with low-income single mothers, focused on narratives of strength

2020-2021 **Evaluation of Red Hawk Fellows Program**, with *Dr. Svetlana Shpiegel, Montclair State University,* Montclair, NJ.

* Stakeholder interviews with staff and student participants in a program designed to support former foster youth enrolled as undergraduates at MSU

2018 **Dissertation:** *Closed Off and Opening Up: The Relational Experiences of Transition-Age Youth Living with Mental Health Difficulties.*

2015 **Doctoral Research Associate**, *Dr. Laura Curran,* *Rutgers University School of Social Work,* New Brunswick, NJ.

* Conducted literature review across multiple disciplines of research on the experiences of post-secondary student parents.

2014-2015 **Doctoral Research Associate**, *Center on Violence Against Women and Children, Rutgers University School of Social Work,* New Brunswick, NJ.

* Assisted with literature review and interviews with key stakeholders regarding service needs of domestically trafficked adolescents.
* Led qualitative data analysis and write up of interviews for final report.
* Wrote and assisted with research briefs on practice issues related to human trafficking, including identification, assessment, and interventions.

2013-2014 **Research Internship**, *Dr. Edward Alessi,* *Rutgers University School of Social Work,* New Brunswick, NJ.

* Assisted with participant recruitment for qualitative study investigating the role of minority stress on the transition to college for LGBQ college students.
* Co-led focus groups, and assisted with qualitative data analysis and write-up of results for manuscript and conference presentation.

2012-2014 **Doctoral Research Associate**, *Dr. Cassandra Simmel, Office of Child Welfare Research, Rutgers University School of Social Work,* New Brunswick, NJ.

* Assisted with data entry and led qualitative data analysis for program evaluations and large-scale needs assessments of adolescents and young adults with histories of involvement in the foster care system.
* Conducted literature reviews and authored research briefs on topics related to child welfare.

2003-2004 **Research Assistant,** *Centre for Addiction and Mental Health,*Toronto, ON.

* Assisted with recruitment and screening of participants for focus group research into the emotional experiences of lesbian parents.
* **Coded transcripts of lesbian parent focus groups using N6 qualitative analysis software.**

2003-2004 **Research Assistant, *Institute for Human Development, Life Course and Aging, University of Toronto.* Toronto, ON.**

* **Conducted and analyzed interviews with community health care workers to assess unique health care needs of urban ethnic elderly.**
* **Created and administered survey to assess gaps in health service provision for urban ethnic elderly.**
* **Compiled, submitted and received ethical approval from university Research Ethics Board for survey.**
* **Evaluated and summarized the quality of the existing research overviews examining ethnic differences in the caregiving experience.**

**SERVICE**

**Service to Montclair State University**

2018-Present

* Founder and coordinator, Department of Social Work and Child Advocacy Antiracist Book Club
* Coauthor of SWCA Statement of Solidarity Against Racism and Divisive Hate (2020-2021).
* Co-planner and co-facilitator of “Open Spaces: Racism in the United States” online event, Department of Social Work and Child Advocacy, April 28, 2021
* Panelist, “Useful Empathy in the Classroom: Perspectives from Faculty in Public Health, Social Work and Nursing,” Office of Faculty Advancement, Montclair State University, April 14, 2021
* Member, Student Review Committee, MSW Program
* Member, MSW Program Admissions Committee
* Member, Search Committee for Full-Time Temporary Hire (2021), resulting in the successful hire of Dr. Shaniqua Bradley in Spring 2021
* Member, Search Committee for MSW Program Director (2019-2020), resulting in the successful hire of Dr. Lynette Reitz in Spring 2020.
* Member, Graduate Assistant Selection Committee, Spring 2021
* Participant, Strategic Plan Development Meetings (2020-2021), Department of Social Work and Child Advocacy.
* Developer of new course for MSW Program [*Special Topics: Social Work with Groups*] for Fall 2019
* Curricular lead for Foundation Year Social Work Practice course syllabi, MSW Program
* Academic Advisor, 64 undergraduate and graduate students per semester
* Graduate Assistant Supervisor to master’s level students who assist with research activities.

**Service to the Profession of Social Work and the Community**

2017-Present Ad-hoc peer reviewer for *Social Science Research; American Journal of Sexuality Education; Journal of Rural Studies; Advances in Social Work; Journal of Homosexuality; Emerging Adulthood.*

2016-Present **Private Practice** in New York City, providing individual psychotherapy to adults

2015-2017 **Field Instructor**, *Rutgers University School of Social Work*.

* Provided weekly clinical supervision for two first-year MSW students in the online MSW program.
* Provided clinical supervision for second-year MSW student completing clinical field placement abroad, focusing on cross-cultural issues in practice.

2010-2012 **Clinical Social Worker**, *Educational Alliance*, New York, NY.

* Provided individual therapy in afterschool and outpatient clinic settings.
* Integrated a new social work position into an afterschool program for teens.
* Developed curricula and co-facilitated groups for adolescents focused on self-awareness and relationship skills.
* Created and facilitated stress management workshops for students and staff.

2008-2010 **Social Worker,** *Steinway Child & Family Services,* Brooklyn and Queens, NY.

* Provided therapy, crisis intervention, and referrals to children, adults and families at an outpatient mental health clinic and at a Special Education high school for emotionally- and behaviorally-disordered adolescents.
* Created and led a weekly therapy group for young women living in a community residence, with histories of mood lability, foster care placement and psychiatric hospitalizations.

2006-2008 **Psychiatric Social Worker,** *Brooklyn CareWorks¸* Brooklyn, NY.

* Provided individual and group therapy as well as crisis intervention to children, adolescent and adult clients at an outpatient mental health clinic and two public schools.
* Created groups and recruited students for weekly group sessions to address a range of social, emotional and behavioral problems in middle school age children (ages 11-15).
* Intervened in crises to establish stability, provide support, and connect clients with necessary services.

2005-2006 **Social Work Intern,** *Institute for Collaborative Education,*New York, NY.

* Provided individual and group counseling, advocacy, crisis intervention and referrals for 11- to 18-year old students.
* Developed and led groups for adolescents focusing on Girls’ Leadership and coping with divorce.

2004-2005 **Social Work Intern,** *Pius XII Youth & Family Services,*Bronx, NY.

* Provided counseling, advocacy, and referrals to families with a history or risk of child abuse and neglect.
* Created and co-led groups on anger management and job readiness skills.

2002-2004 **Support Worker,** *National Eating Disorder Information Center,*Toronto, ON.

* Provided information, referrals, brief counseling and support regarding disordered eating to a diverse client base by phone, email, in person and in writing.
* Supervised returning volunteers and trained a new volunteer in client interaction skills. Created comprehensive resource manual for incoming volunteer support workers.

**PROFESSIONAL DEVELOPMENT**

2015-2016: **Seminar in Field Instruction (SIFI)**, Rutgers University School of Social Work

2015: **Introduction to College Teaching,** Teaching Assistant Project, Graduate School of New Brunswick, Rutgers University.

2010: **Licensed Clinical Social Worker,** New York State Education Department.

2007: **Trained in evidence-based CBT for childhood depression and trauma,** Columbia University Evidence-Based Treatment Dissemination Center.

**RECOGNITION**

* **Nominee, Inclusive Excellence Award,** Office for Social Justice and Diversity, Montclair State University, May 2021.
* **Dean’s Recognition Award for Outstanding Doctoral Dissertation**, Rutgers University School of Social Work, May 2018.
* **Fahs-Beck Fund for Research and Experimentation** Dissertation Grant, June 2016.
* **Pass with Honors,** Direct Practice/Topical Area Qualifying Exam: **“**The Relational Challenges Facing Youth Leaving Foster Care.” Rutgers University School of Social Work, September 2014.
* **Academic Scholarship,** New York University School of Social Work, March 2004.
* **Dean’s List Scholar,** Faculty of Arts and Science, University of Toronto, June 2003.
* **Barry Wellman Award for** **excellence in an undergraduate sociology paper**, University of Toronto, October 2001.
* **Dr. James A. & Connie P. Dickson Scholarship in the Sciences and Mathematics,** University College, July 2003.
* **Charles Tilly Award** for earning the highest grade in SOC 200Y (Introduction to Research Methods), University of Toronto, August 2001.
* **University of Toronto Scholar** in the Faculty of Arts and Science, August 2001.
* **Dean’s List Scholar** in the Faculty of Arts and Science, University of Toronto, June 2001.

**PROFESSIONAL AFFILIATIONS**

Society for Social Work Research

National Association of Social Workers