

# Sebrina Doyle Fosco

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## Education

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### Degrees

M.S.-Psychology University of Oregon, Eugene: September 2006  
B.S. -Psychology Southern Oregon University, Ashland: June 2002

### Additional Training/Certification

Project Management (8 hours) Penn State University, University Park 2015  
Motivational Interviewing (12 hours) Juvenile Detention Centers Association of PA, State College 2012  
Strengthening Families 10-14 Program Facilitator (24 hours) Penn State University, University Park 2012  
Alcohol and Drug Counselor Education (40 hours) Addiction Counseling Ed. Svcs, Eugene, Oregon 2004  
Mediation and Conflict Resolution (40 hours) Southern Oregon University, Ashland: Fall 2001

## Grants/Contracts

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Year	Title	Agency	Role & Status
2014	Technology Enhanced Family Involvement in Juvenile Justice Services (\$86,645)	Bureau of Juvenile Justice Services/ PA Commission on Crime & Delinquency	Co-PI, funded
2016	Continuation of Enhanced Family Involvement in Juvenile Justice Services (\$53,357)	Bureau of Juvenile Justice Services/ PA Commission on Crime & Delinquency	PI, funded
2016	Independent Evaluation Services to Pay for Success Project to Reduce Recidivism and Increase Employment Proposal (\$670,114)	Office of Budget and Administration, Commonwealth of Pennsylvania	Co-Investigator, not funded
2017	Mindfulness-Based Self-Care for Youth Services Workers (99,908)	Bureau of Juvenile Justice Services/PA Department of Human Services	PI, funded

## Papers

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Jennings, P. A., Brown, J. L., Frank, J. L., Doyle, S.L., Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro, A. A., Cham, H., & Greenberg, M. T. (2017). Impacts of the CARE for Teachers program on teachers' social and emotional competence and classroom interactions. *Journal of Educational Psychology*. Advance online publication. <http://dx.doi.org/10.1037/edu0000187>

DeWeese, A., Jennings, P. A., Brown, J. L., Doyle, S.L., Davis, R. T., Rasheed, D. S., Frank, J. L. & Greenberg, M. T. (2017). Coding semi-structured interviews: Examining coaching calls within the CARE for Teachers program. *SAGE Research Methods Cases*, Part 2. DOI: <http://dx.doi.org/10.4135/9781473958319>

Doyle, S.L., Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (under review) Exploring the relationship between implementation quality, participant responsiveness, and uptake of the CARE for Teachers program. *Mindfulness*.

Doyle, S.L., Rasheed, D., Brown, J., Jennings, P.A., (Under preparation) Understanding the cost of implementing a mindfulness-based stress reduction program for teachers. *Journal of Benefit-Cost Analysis*.

## Technical Reports and Other Writing

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Doyle, S.L., Yoder, G. (2016, June) Partnering for success: improving family involvement in Youth Development Centers. *Juvenile Court Judges Commission Newsletter 27 (6) 4*. Available at: <http://www.jjc.pa.gov/Publications/Newsletters/2016/June.pdf>

Doyle, S.L., Bova, K., Bradley, S. (2014, September) LifeSkills Training Program (LST) student survey results. Evaluation reports prepared for thirty-four school-districts across Pennsylvania.

Doyle, S.L. (2012, August) Technical Assistance and Support: what kind of help is needed? Results from the 2011 Annual Survey of Evidence-based Programs. Research brief prepared for the Evidence-based Prevention and Intervention Support Center.

Doyle, S.L., Rhodes, B., Greenberg, M.T., (2012, Spring) Pennsylvania State epidemiology profile on substance use & consequences. Report prepared for the SPF-SIG Pennsylvania Statewide Epidemiological Outcomes Workgroup. Available at: [http://prevention.psu.edu/pubs/documents/PAEpiProfile\\_2012NSDUH.pdf](http://prevention.psu.edu/pubs/documents/PAEpiProfile_2012NSDUH.pdf)

Doyle, S.L. (2012, January) Results from the Office of Research Protections client satisfaction survey. Evaluation report prepared for the Office of Research Protections.

## Presentations

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Doyle, S. L., Gayles, J., Nix, R. (2017, May): A Partnership Formation in Juvenile Justice Services to Support Youth Well-Being through Increased Family Involvement. Paper presentation at the 25<sup>th</sup> Annual Society for Prevention Research Conference, Washington, D.C.

Doyle, S. L., Scanlon, D., Hunter, D. (2017, May) A Culture of Health: Creating a Model to Integrate Social Determinants of Health into Primary Care Settings. Poster presentation at the 25<sup>th</sup> Annual Society for Prevention Research Conference, Washington, D.C.

Jennings, P. A., Brown, J. L., Frank, J. L., Doyle, S., Oh, Y., Davis, R., Rasheed, D., DeWeese, D. DeMauro\*, A. A. & Greenberg, M. T. (April, 2017). The long-term effects of the CARE for Teachers program on teachers' wellbeing and classroom quality: Results from a randomized controlled trial. In (R. Roeser, Chair) Teacher, classroom and student impacts of teacher mindfulness programs in elementary and middle school settings. Symposium presented at the American Education Research Association Annual Conference, San Antonio, TX.

Brown, J. L., Jennings, P. A., Cham, H., Rasheed, D., Frank, J. L., Doyle, S., Oh, Y., DeWeese, A. and Greenberg, M. T. (March, 2017). CARE for Teachers: Direct and mediated effects of a mindfulness-based professional development program for teachers on teachers' and students' social and emotional competencies. In (J. Downer, Chair) Social and Emotional Learning in Educational Settings Invited Symposium Role of Teacher Well-Being & Stress in the Classroom. Presented at the Society for Research on Educational Effectiveness (SREE) Annual Conference, Washington, D.C.

Doyle, S.L., Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, November) Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and facilitation skill in a mindfulness-based stress reduction program for teachers. Paper presented at

The international Symposium for Contemplative Studies Mind and Life Institute 2016 in San Diego, CA.

Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro\*, A. A. & Greenberg, M. T. (November, 2016). Examining the Implementation, Process, and Outcomes of CARE for Teachers, a Mindfulness-based Intervention in Teacher Professional Development. Symposium presented at the International Symposium for Contemplative Studies, San Diego, CA.

Jennings, P. A., Brown, J. L., Zhai, F., **Doyle, S.** & Greenberg, M. T. (November, 2016). Do Program Fidelity and Participant Compliance Matter? Evidence from a Randomized Mindfulness-based Intervention for Teachers. Paper presented at the Association for Public Policy Analysis and Management Fall Research Conference, Washington D. C.

**Doyle, S.L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, May) Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and facilitation skill in a mindfulness-based stress reduction program for teachers. Paper presented at 2nd Annual International Conference on Mindfulness, Rome, Italy.

Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro\*, A. A. & Greenberg, M. T. (May, 2016). The Effects of the CARE for Teachers Program on Teachers' Wellbeing and Classroom Quality. In P. Jennings (Chair). CARE for Teachers: Examining Implementation, Process, and Outcomes of a Mindfulness-based Intervention in Teacher Professional Development. Symposium presented at the Second International Conference on Mindfulness, Rome, Italy.

**Doyle, S.L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, May) *Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and facilitation skill in a mindfulness-based stress reduction program for teachers.* Paper presented at 2<sup>nd</sup> Annual International Conference on Mindfulness, Rome, Italy.

**Doyle, S.L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, April) How facilitator skill and training fidelity affects participant outcomes in a mindfulness-based stress reduction program for teachers. Paper presented at American Educational Research Association 2016 Annual Meeting. Washington, D.C.

Brown, J.L., Jennings, P.A., Rasheed, D.S., Cham, H., **Doyle, S.**, J.L., Frank, J.L., Tanler, R., DeWeese, A., & Greenberg, M. (April, 2016). Direct and Moderating Impacts of the Cultivating Awareness and Resilience in Education for Teachers Intervention on Student Outcomes. Paper presented at the American Educational Research Association, Washington, DC.

Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro\*, A. A. & Greenberg, M. T. (2016, April). Enhancing teachers' wellbeing and classroom quality: Results from a randomized controlled trial of CARE. In P. Jennings (Chair). Examining Implementation, Process, and Outcomes of CARE for Teachers, a Mindfulness-based Intervention. Symposium presented at the American Education Research Association Annual Conference, Washington D. C.

**Doyle, S.L.**, Paminski, N., Green, J. (2016, March) *Measuring effectiveness during a widescale implementation of Lifeskills Training: challenges and benefits.* Paper presented at the 2016 Blueprints Conference in Westminster, CO on March 13<sup>th</sup>, 2016.

**Doyle, S.L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, March) *How facilitator skill and training fidelity affects participant outcomes in a mindfulness-based stress*

*reduction program for teachers.* Paper presented at American Educational Research Association 2016 Annual Meeting. Washington, D.C.

**Doyle, S.L.,** Bumbarger, B., Bradley, S. (2015, December) *Organizational capacity correlates for sustaining evidence-based practices and policies to achieve public health impact.* Poster presented at the 8<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Washington D.C.

**Doyle, S. L.,** Bumbarger, B., Bradley, S. (2014, May): *How evidence-based programs are sustained in the “real-world”: qualitative interviews from the field.* Paper presentation at the 22<sup>nd</sup> Annual Society for Prevention Research Conference, Washington, D.C.

**Doyle, S. L.,** Jennings, P.A., DeWeese, A., Frank, J. (2014, May): *Evaluating the Fidelity of the Cultivating Awareness and Resilience in Education (CARE) Program.* Poster presentation at the 22<sup>nd</sup> Annual Society for Prevention Research Conference, Washington, D.C.

Jennings, P.A., Brown, J.L., Frank, J., Tanler, R., **Doyle, S.L.,** Rasheed, D., DeWeese, A., & Greenberg, M. (2014, March). Promoting Teachers' Social and Emotional Competence: A Replication Study of the Cultivating Awareness and Resilience in Education (CARE) Program. Paper presented at the Society for Research on Educational Effectiveness, Washington, D.C., March 8, 2014.

**Doyle, S.L.** (2013, December) *Collecting data in the real world: What do you measure and how?* Presentation given at the Snyder County Coalition for Kids 2<sup>nd</sup> Annual Meeting at Susquehanna University. Selinsgrove, PA.

**Doyle, S. L.,** Bradley, S., Rhodes, B., Bumbarger, B. (2012, March) *The Annual Survey of Evidence-Based Programs: Measuring core constructs from implementation to sustainability within a statewide scale-up.* Poster session presented at the 5th Annual NIH Conference on the Science of Dissemination and Implementation, Bethesda, MD.

**Doyle, S.L.,** Stormshak, E, Fosco, G.F. (2011, April) *Coping in Adolescence: What Works Best to Prevent Behavior Problems?* Poster session presented at the biennial meeting for the Society for Research on Child Development, Montreal. Quebec.

**Doyle, S.L.,** Malle, B.F., Dishion, T.J., (2009, April) *Using Language to Understand Deviance and Substance Use in Adolescence: An Exploration of Peer Dyadic Interaction.* Poster session presented at the biennial meeting for the Society for Research on Child Development, Denver, CO.

**Doyle, S.L.** (2009, January) *The Utility of a Shorter Measure of Effortful Control.* Presentation given at the Development, Ecology, Emotion and Pathology Meeting at the Child and Family Center. Eugene, OR.

**Doyle, S. L. & Malle, B.F** (2007, February). *The role of language in understanding deviance and substance abuse in adolescence.* Presentation given at the 65<sup>th</sup> Annual Oregon Academy of Sciences meeting, Monmouth, OR.

## Workshops & Webinars

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Blackburn, S., Waltman-Spreha, K., **Doyle, S.L.** (2016, December) Learning from the research: family involvement in juvenile justice. Invited workshop presented at the Juvenile and Domestic Relations Day of Training, Fairfax, VA.

- Doyle, S.L., Cecil, K. (2016, November) Enhancing family involvement in residential treatment services. Workshop presented at the James E. Anderson Pennsylvania Conference on Juvenile Justice, Harrisburg, PA.
- Doyle, S.L. (2016, September) The good, the bad, and the ugly: Customizing proposals to meet grant (funder) goals. Invited workshop presented at the County Commissioners Association of Pennsylvania Grant Writing Conference, University Park, PA.
- Doyle, S.L., Law, P., Kolchin, G., Hinkle, S., (2014, October) *Pennsylvania Youth Survey (PAYS): Putting It All Together*. Workshop presented at the 22<sup>nd</sup> Annual Safe Schools Conference, Grantville, PA.
- Doyle, S.L., Turksma, C. (2014, October) *Cultivating Awareness and Resilience In Education (CARE for Teachers)*. Workshop presented at the 22<sup>nd</sup> Annual Safe Schools Conference, Grantville, PA.
- Doyle, S. L. (2014, June): *Growing Homegrown Programs*. Workshop presented at the 24<sup>th</sup> Annual Commonwealth Prevention Alliance Conference, State College, PA.
- Doyle, S.L., Luciw, T. (2014, August) *Understanding Risk and Protective Factor Cut Points*. Pennsylvania Youth Survey Webinar Series presented through the Evidence-based Prevention and Intervention Support Center. Webinar available at: <http://www.episcenter.psu.edu/pays/webinars>
- Demi, M.A., Doyle, S.L., Law, P., Perry, H. (2014, January) *Creating and Understanding Logic Models for Juvenile Justice Programs*. Standardized Program Evaluation Protocol Webinar Series presented through the Evidence-based Prevention and Intervention Support Center. Webinar available at: <http://www.episcenter.psu.edu/juvenile/webinars>
- Doyle, S.L., Kolchin, G., Hinkle, S., (2013, October) *Understanding the PA Youth Survey: Shifting the Focus of Youth Behavior Problems from a "School Problem" to a Community Problem*. Workshop presented at the Safe Schools Conference, Grantville, PA.
- Doyle, S. L. (2013, June): *Moving Beyond 30-Day Outcomes: Collecting and Using Data in the Real World*. Workshop presented at the 23<sup>rd</sup> Annual Commonwealth Prevention Alliance Conference, University Park, PA.
- Doyle, S.L., Walters, K., Dishion, T.J., Stormshak, E., (2010, September) *Ecological Family Intervention and Treatment (EcoFIT)- Evidence Based Practices for Intervening in Adolescent Substance Abuse*. Workshop given at the 1<sup>st</sup> Annual Oregon Prevention Conference. Eugene, OR.

## Teaching Experience

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### Instructor

- Mindful Stress Management Skills for Helping Professionals (Fall 2017 *scheduled*)
- Finding funding: An introduction to grant writing, Penn State University, State College, PA (Fall 2015, 2016, Spring 2018 *scheduled*)
- Introductory Psychology 203. Lane Community College, Eugene, Oregon (Winter 2007)
- Research Methods 302 Lab (2 sections), University of Oregon, Bend, Oregon (Fall 2005)
- Introduction to Psychology, Pioneer Pacific College, Springfield, Oregon (Summer 2004, Winter 2003)
- Introduction to Sociology, Pioneer Pacific College, Springfield, Oregon (Spring 2004)
- College and Career Success, Pioneer Pacific College, Springfield, Oregon (Spring 2004)

## **Guest Lecturer**

HDFS 503 Human Development Intervention: Analysis of Theories and Approaches, Understanding and using logic models (Spring 2017, Spring 2015)

HDFS 311 Human Development and Family Studies Interventions, Ethics in Prevention (Fall 2012)

## **Teaching Assistant**

Research Methods 303, University of Oregon, Eugene, Oregon (Spring 2005)

Adult Development and Aging 465, Southern Oregon University, Ashland, Oregon (Spring 2001 & 2002)

Death and Dying 467, Southern Oregon University, Ashland, Oregon (Winter 2001 & 2002, Fall 2000)

Lifespan Development 370, Southern Oregon University, Ashland, Oregon (Fall 2001)

Writing 122, Umpqua Community College, Roseburg, Oregon (Winter 1998 & 1999)

Writing 121, Umpqua Community College, Roseburg, Oregon (Fall 1998)

## **Professional Experience**

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### **The Pennsylvania State University, University Park (2011-current)**

#### **- Principal Investigator (2014-Current)**

Responsible for all aspects of intervention and research design for the “Family Involvement Project”. Coordinate with staff at other sites to provide training and technical assistance related to the project. The intention of this project is to design and implement simple, research-informed strategies that assist counselors in enhancing family involvement for youth who are in Youth Development Centers (YDCs) across Pennsylvania. Currently, 17 units across three YDCs are actively implementing intervention components and collecting data to test effectiveness of the program through a randomized-control design.

Also responsible for development and implementation and evaluation of a new mindfulness-based self-care curriculum through a collaborative partnership with the Bureau of Juvenile Justice Services.

#### **- Project/Research Manager (2011-Current)**

Responsible for project management duties such as overall project coordination, data collection, assessment and measures design related to model fidelity measurement, human subjects related tasks, and budgetary coordination for the “Improving Classroom Learning Environments by Cultivating Awareness and Resilience in Education (CARE): A Cluster Randomized Controlled Efficacy Trial” study.

### **Child and Family Center (CFC), University of Oregon, Eugene, OR (2004-2011)**

#### **- Project Coordinator for CFC for NIDA/American Recovery and Reinvestment Act funded “An Internet Infrastructure for the Quality Implementation of the Family Check-Up” (2009-2011)**

Responsible for monitoring progress of the various aspects of a translational grant to improve dissemination of the Family Check-Up, including video production and website development. Also responsible for creating web-ready materials for Family Check-Up and the Everyday Parenting Curriculum. Helped develop shortened versions of younger and older child assessment batteries and video observation coding with key components identified through previous studies.

#### **- Assessment Coordinator for CFC for IES funded grant “Ecological Approach to Family Intervention and Treatment (EcoFIT) Integrated with PBS: An Effectiveness Trial in Middle Schools (2009-2011)**

Responsible for helping to develop child, parent and teacher surveys for use in 44 middle schools in Oregon. Also responsible for helping to design a brief version of the Family Check-up assessment battery and scoring protocols that could be implemented by school staff. Part of this work included using factor, reliability, correlational, and item analysis to reduce existing research based scales.

**- Human Subjects Coordinator for CFC- Multiple Projects (2007-2011)**

Wrote Human Subjects and Certificate of Confidentiality applications, modifications and continuations for several large scale grant funded projects. Consulted with graduate students and faculty on project design. Assisted graduate students with learning how to write HS protocols. Wrote Human Subjects sections for all grants being submitted through CFC.

**- Clinic Coordinator for CFC (2006-2011)**

Oversaw clinic operations and client file management. Provided practicum training for clinic operations and assessment collection and offered ongoing support. Oversaw clinic data collection. Supervised 5-7 research and clinic assistants. Performed initial interviews and orientation for new clients.

**Manuscript Coordinator, Cultural Diversity and Ethnic Minority Psychology, Eugene, OR (2005)**

Tracked manuscript submissions and helped to facilitate timely reviews.

**Counselor, Drug Court/Focus program, ACES counseling, Eugene, OR (2002-2004).**

Performed intake, individual, and group counseling. Wrote weekly reports on clients to be used by the courts, parole and probation, and DHS. Coordinated services with other human services agencies in the Lane County area. Assisted in implementing Moral Reconciliation Therapy with clients in later stages of treatment.

**Academic Advisor, Lane Community College, Eugene, OR (2002)**

Southern Oregon University, Ashland, OR (1999-2000)

Explained general education and transfer requirements to students. Advised students on how to start the college process and assisted in course schedule planning. Also provides support to students who needed assistance finding appropriate services on campus in order to be successful during their college experience.

**Service to Penn State and the Community**

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Member, Penn State Holistic Education Circle Workgroup (2017)

Member, Pennsylvania Chief Council's Family Involvement in Juvenile Justice Committee (2015-2016)

Member, Pennsylvania Chief's Council Delinquency Prevention Committee (2015-2016)

Member, Juvenile Justice System Enhancement Strategy Stage 4 workgroup (2014)

**Professional Memberships**

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Society for Prevention Research (2014-current)