

DR. CAROLYN A. CURTIS

carolyn.curtis@attachedtolearn.com
<https://attachedtolearn.com/>

The ability to learn resides within compassion and connections.

Dually trained social worker and educator with extensive knowledge in both teaching and mental health with research focusing on improving the school experiences and well-being of youth.

EDUCATION

Doctor of Education, New England College (Henniker, NH), 2020

Dissertation: *The Power of Schools: Educational Experiences and Relationships as Mitigating Factors for Opioid Misuse*

Comprehensive Project: *Mental Health Issues in the Classroom: Strategies to Identify and Support Struggling Students*

Master of Social Work, Smith School for Social Work (Northampton, MA), 2012

Thesis: *Breaking the Silence: Uncovering the Gendered Communication Patterns Before, During, and After Instances of Sexual Assault at NESCAC Colleges*

Bachelor of Arts, Colby College (Waterville, ME), 2008

Major: Sociology Double Minor: Human Development and Women's, Gender, Sexuality Studies,

Thesis: *Self-Destructive Behaviors of Adolescents: Examining the Role of the Media, Family Peer Groups, and Education on Eating Disorders, Self-Mutilation, and Substance Abuse*

Recognitions: 3.75 Major GPA, Magna Cum Laude, Dean's List, Distinction in Sociology, American Association of University Women Award, NESCAC Spring All-Academic Team, Collegiate Rowing Coaches Scholar – Athlete

PROFESSIONAL PRESENTATIONS

2021 Curtis, C. *Not Just for Students: Social Emotional Learning for Teachers*. Association of Independent Liberal Arts Colleges for Teacher Education Annual Conference.

2021 Curtis, C. *Teacher Well-Being and Preventing Burnout*. (facilitator). NAIS Annual Conference

2021 Brake, A., Curtis, C., & Jinter, T. *Leading Anti-Racist Assessment and Action in Schools: Tools for School Social Workers*. School Social Work Association of America, Scheduled for April 8

2021 Curtis, C. *Preventing Opioid Misuse: Practical Strategies for Schools and Communities*. NASW Maine, Scheduled for September 30

2020 Curtis, C. *Surviving and Thriving in the '20-'21 School Year*, (Teacher Training), Lake Region High School Vocational Center

2020 Curtis, C. *Schools, Communities, and You!* Western Maine Addiction Recovery Initiative (Spotlight Speaker)

2019 Curtis, C. & Arsenault, S. *Anxiety and Trauma in the Classroom* (Faculty Training), Fryeburg Academy

2019 Curtis, C. *Student Concerns: Mandated Reporting and Suicide Prevention* (Faculty Training), Fryeburg Academy

2019 Curtis, C. *School experiences and opioid misuse*. Poster presentation at the 19th Annual Basics of Substance Use Disorder Conference, South Paris, ME

PROFESSIONAL PUBLICATIONS

- Curtis, C. (2021). *5 student emotional struggles and how to sport them*. Bright Classroom Ideas. <https://www.brightclassroomideas.com/5-student-emotional-struggles/>
- Curtis, C. (2021). *The correlation between school-based externalizing/acting out behaviors, belonging, and opioid misuse*. New England College Research Journal.
- Curtis, C, Jointer, T., Brake, A., & Bonton, A. (2021). Assessing cultural acceptance for advancing anti-racist policy and practice in schools. In T. Cox, T. Fitzgerald, & M. Alvarez (Eds.) (in press), *The Art of Becoming Indispensable: What School Social Workers Need to Know in Their First Three Years of Practice*. Oxford University Press.
- Curtis, C. (2020, October). *Isolated students may struggle to stay mentally healthy*. Edutopia. <https://www.edutopia.org/article/isolated-students-may-struggle-stay-mentally-healthy>
- Curtis, C. (2020, November). *Strategies for Educators to Live, Teach, and Lead with Compassion*. Independent School Magazine. <https://www.nais.org/learn/independent-ideas/november-2020/strategies-for-educators-to-live-teach-and-lead-with-compassion/>
- Curtis, C. (Submitted for publication). *The school's role in substance use prevention and students' substance use decisions*. Journal of School Health.
- Hellerich, K., Ramsey, R., & Curtis, C. (Submitted for publication). *Equitable environments during distance learning: A multi-lens perspective*. Journal of Education.

LEADERSHIP EXPERIENCE

Pequawket Valley Health Initiatives, Board Member **2016 – Present**

- Act as one of three founding members to create this nonprofit organization based on a community need to promote substance free lifestyles and healthy living
- Worked to secure funding for a part-time substance use counselor for MSAD 72 and Fryeburg Academy and to start a local Teen Center

Safe Schools NH, Leadership Team **2019 – Present**

- Develop proactive programs that reduce and prevent school violence and promote student wellbeing
- Helped form the school safety program Safe2Share which includes an educational and outreach program, a reporting system, and a school-based response team
- Conduct trainings for students and staff on improving student wellbeing

TEACHING AND SOCIAL WORK EXPERIENCE

Part-Time Lecturer, New England College, Henniker, NH **2020 – Present**

ED 5990: Beyond the Behaviors: Examining the Function and the Whys of Challenging Behaviors

- Taught this 7-week online course for graduate students in education
- Designed the syllabus with a focus on helping teachers understand and support students with emotional/ behavioral struggles
- Used a student-centered educational design with practical and applicable assignments

ED course: Beyond the Subject Matter: Mental Health, Identity and SEL in Schools

ED course: Distance Learning and Non-traditional instruction: Strategies to Successfully Reach and Teach Students During Challenging Times

- Designed and developed the syllabus using principles of andragogy
- Scheduled to deliver instruction for online courses for graduate students

School Social Worker, Fryeburg Academy, Fryeburg, ME **2014 – Present**

- Develop and implement IEP goals, behavior plans, and assessments while collaborating with teachers and academic case managers
- Create and teach social-emotional curriculum for alternative and special education high school students
- Design and lead residential wellness programming, lessons, and activities
- Helped teach Integrated Health and Wellness class and the Gender and Pop Culture class
- Provide individual therapy to 35-45 special education students using a variety of therapeutic interventions and evidence-based treatments
- Facilitate groups/clubs including Social Skills, Diversity Club, Girls' Group, and Gender, Sexuality Alliance (GSA)
- Conduct home visits and work with parents and outside providers to support student growth and well-being

Junior Maine Guide Staff, Maine Summer Camps, Oquossoc, ME Summers 2015 – Present

- Conduct trainings for summer camp staff on how to teach outdoor living skills and Junior Maine Guide curriculum
- Test youth ages 14-18 on outdoor skills such as canoeing, axe, and building a shelter
- Actively promote the program through providing presentations to youth about how to gain self-confidence, leadership skills, and personal resilience through involvement in the outdoors

Residential Administrator, Student Advisor, Grove School, Madison, CT 2012 – 2014

- Counseled and case managed a caseload of nine high school students to address a variety of social, emotional, behavioral, and academic struggles
- Formulated and executed IEPs and coordinated goals with team members
- Conducted family therapy sessions and facilitated improved communication within families
- Directed behavior interventions, student management, and crisis interventions
- Co-led weekly group therapy covering themes such as adoption and interpersonal relationships

Social Work Intern, Windham Center, Springfield Hospital, Bellows Falls, VT 2011 – 2012

- Completed intakes, assessments, and discharge planning and conducted family/couples' sessions for college students and older adults in an outpatient setting
- Handled insurance reviews and worked with the insurance company to authorize coverage for inpatient psychiatric stays
- Participated in leading groups such as Early Recovery Substance Abuse, Dialectical Behavior Therapy, Cognitive Behavior Therapy, and Suboxone Maintenance
- Conducted individual psychotherapy to address trauma, depression, anxiety, and substance abuse

Social Work Intern, William N. DeBerry Elementary School, Springfield, MA 2010 – 2011

- Managed a caseload of eleven elementary school students working with issues such as trauma, anger, and attachment
- Provided individual/group psychotherapy using a variety of interventions
- Co-led a girls' group, boys' group, anger-management group, and a peer mediation group
- Provided weekly classroom programming sessions to help students' social skills and self-esteem

Community Volunteer, Forging Community Connections, Longmeadow, MA 2010 – 2011

- Taught elementary/middle school students about global citizenship, equality, and concern for others

Counselor, Teacher, Dorm Parent, and Coach, The Oliverian School, Pike, NH 2008 – 2010

- Counseled and advised a caseload of five students about their daily/past struggles
- Acted as the dorm mom for at risk boys while creating a fun, safe home environment

- Taught and designed the curriculum for English and Social Inequality using nontraditional methods of inquiry-based learning, personalized learning, and differentiated instruction

Camp Counselor, Ast. Waterfront Director, Camp Susan Curtis, Stoneham, ME **2003 – 2008**

- Created and ran the program Girl Talk, focusing on fostering social emotional skills
- Designed the program Guy Time, focusing on well-being and health for boys

CERTIFICATIONS

Licensed Clinical Social Worker	2014 – Present
School Social Work Association of America Member	2017 – Present
Therapeutic Crisis Intervention and Nonviolent Crisis Intervention Certified	2019 – Present
Love on a Leash Handler with Therapy Dog	2019 – Present
National Association of Social Workers Member	2012 – 2017