

## CURRICULUM VITAE

### **Jessica Mass Levitt, PhD**

Licensed Clinical Psychologist

Metropolitan Center for Cognitive Behavior Therapy  
Specialists in the Treatment of Anxiety and Related Disorders

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#### **Education**

- 1993 Graduated from Hopkins School, New Haven, Connecticut
- 1997 BA with Distinction and High Honors, Honors Psychology Concentration,  
University of Michigan, Ann Arbor  
Honors Thesis: Gender, age and ethnic differences in response and explanatory  
styles as risk factors for depression.  
Advisors: Susan Nolen-Hoeksema, PhD and Christopher Peterson, PhD
- 2000 MA, Clinical Psychology (APA Accredited), University at Albany, State  
University of New York  
Thesis: A longitudinal investigation of aggressive behavior and depressive  
symptoms and its relation to intelligence among preadolescent girls and boys.  
Advisors: Leslie Halpern, PhD and Monica Rodriguez, PhD
- 2002 PhD, Clinical Psychology (APA Accredited), University at Albany, State  
University of New York  
*Dissertation:* Depressed mood among preadolescents: A prospective  
investigation of the influence of attributional style and coping behavior.  
Sponsor: Leslie Halpern, Ph.D

#### **Traineeship**

- 2001 – 2002 Predoctoral Internship in Clinical Psychology, Child Track (APA Accredited)  
Columbia University Medical Center and New York State Psychiatric Institute  
Training Director: Laura Mufson, Ph.D.
- 2003 – 2004 Postdoctoral Training, Department of Child and Adolescent Psychiatry, College  
of Physicians and Surgeons, Columbia University and the Clinical Intervention  
Research Core, Research Foundation for Mental Hygiene, New York State  
Psychiatric Institute.  
Primary Supervisors: Peter S. Jensen, M.D. and Michael Sweeney, Ph.D.  
Project Specific Supervisors: Kimberly Hoagwood, Ph.D., and Anne Marie  
Albano, Ph.D.

### **Psychologist Licensure**

National Provider Identifier: 149877559  
New York (2005): License #016397  
Connecticut (2011): License #003150

### **Honors**

1995 – 1997 Psi Chi National Honors Society in Psychology  
University of Michigan, Ann Arbor  
1996 Class Honors, University of Michigan, Ann Arbor  
1997 James B. Angell Scholar, University of Michigan, Ann Arbor

### **Selected Specialized Clinical Training, Supervisory Experience, and Certifications**

2002 – 2009 Certified Cognitive Behavioral Therapist, NIMH Funded Child and Adolescent Anxiety Multimodal Treatment Study (CAMS); Coping Cat & CAT Project (Kendall, P C., 1990), trained and casework supervised by Phil Kendall, PhD, Golda Ginsberg, PhD, Anne Marie Albano, PhD, John March, PhD., Michael Sweeny, PhD.  
2004 – 2008 Clinician Trainer and Case Supervisor, Trauma-Focused Cognitive Behavior Therapy for Children and Adolescents, Columbia University and New York State Office of Mental Health's Child and Adolescent Treatments and Services Consortium (CATS) and the Evidence Based Training and Dissemination Center (EBTDC). Trained and supervised by Judy Cohen. MD and Anthony Mannarino, PhD.  
2005 – 2008 Clinician Trainer and Case Supervisor, EBTDC depressive symptoms intervention, a cognitive behavioral treatment based on the ACTION Workbook (K. Stark et al., 2007) for New York State Office of Mental Health's Evidence Based Training and Dissemination Center (EBTDC), trained and supervised by Kevin Stark, PhD and John Curry, PhD.  
2013 Trauma-Focused Cognitive Behavior Therapist for Children and Adolescents, Yale University School of Medicine, Trauma, Resilience and Recovery Program and the Newtown Coordinating Council. Sponsored training for clinicians working with children impacted by the shooting at Sandy Hook Elementary School. Trained and supervised by Carrie Epstein, LCSW-R.  
2020 Crisis Counseling: Develop Methods to Stay in Your Window of Tolerance. Training for mental health clinicians working with Bridgeport Hospital staff caring for COVID-19 patients. Presented by Charlotte A. Tomaino Ph.D. and Elisabeth Schneider, LMFT.

### **Professional Clinical Experience**

2002 – 2008 Clinical Researcher II, Cognitive-Behavior Therapist, Child and Adolescent Anxiety Multimodal Study, Clinical Intervention Research Core, Research Foundation for Mental Hygiene, New York State Psychiatric Institute and Department of Child and Adolescent Psychiatry, Columbia University,

- New York, NY.
- 2004 – 2005 Assistant Psychologist, West 70<sup>th</sup> Psychology, PC, New York, NY.
- 2005 – 2013 Licensed Clinical Psychologist, Metropolitan Center for Cognitive Behavior Therapy, New York, NY.
- 2012 – *present* Licensed Clinical Psychologist and Director of Fairfield Cognitive Behavior Therapy, Independent Practice, Fairfield, Connecticut.
- 2021 - *present* Licensed Clinical Psychologist, Metropolitan Center for Cognitive Behavior Therapy, New York, NY.

### **Academic Appointments**

- 1997 – 2000 Graduate Assistantship, Department of Psychology, University at Albany, State University of New York
- 2002 – 2003 Senior Staff Associate, Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University, New York, NY.
- 2003 – 2006 Instructor in Clinical Psychology, Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University, New York, NY.
- 2006 – 2009 Assistant Professor of Clinical Psychology, Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University, New York, NY.
- 2012 – 2013 Adjunct Instructor in Clinical Psychology, CBT program, Ferkauf Graduate School of Psychology, Yeshiva University, New York, NY.

### **Fellowship and Grant Support**

- 1998 – 1999 Graduate Research Assistant, Rochester Youth Development Study, Rockefeller College of Criminal Justice, University at Albany, State University of New York. Grant from the National Institute of Mental Health (T. Thornberry, PI).
- 1999 Principal Investigator, Predictors of Depression among Preadolescent Students, University at Albany, State University of New York. Graduate Student Organization Travel Grant, University at Albany, State University of New York.
- 2002 - 2005 Co-Investigator and Project Director, New York City Mental Health Assessment Partnership (P. Jensen, PI), Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University, Grants from the Leon Lowenstein Foundation (\$492,000), the Helena Rubinstein Foundation (\$25,000), and the Kenworthy-Swift Foundation (\$15,000).
- 2004 – 2005 Co-Investigator and Clinical Training Director, Child and Adolescent Treatments and Services Consortium (CATS): Evaluation of Evidence-based Treatments for Children and Youth Affected by the September 11 Terrorist Attack (K. Hoagwood, PI), New York State Office of Mental Health, Grant from the Substance Abuse and Mental Health Services Administration (\$3,000,000)
- 2005 – 2008 Co-Investigator, Cognitive Behavior Therapy Trainer and Consultant, New York State Office of Mental Health's Evidence Based Treatment Dissemination Center (EBTDC; A. Albano, PI), New York State Office of Mental Health.

2006 – 2008 Principal Investigator, New York School Depression, Awareness, Recognition, and Treatment Partnership, Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University, Grant from the Leon Lowenstein Foundation (\$300,000).

### **Teaching Experience**

Spring 1998 Graduate Teaching Assistant, Childhood Behavior Disorders, 250 students enrolled. University at Albany, State University of New York

Spring 1999 Section Instructor, Introduction to Psychology, 30 students enrolled. University at Albany, State University of New York

Summer 1999 Course Instructor, Abnormal Psychology, 30 students enrolled. University at Albany, State University of New York

Fall 1999 Graduate Teaching Assistant, Abnormal Psychology, 250 students enrolled. University at Albany, State University of New York

Fall 2002 Guest Lecturer, Mental Health Assessment in Social Work, Graduate Level Adelphi College, New York, NY

2003 - 2006 Instructor in Clinical Psychiatry, Adjunct Faculty Seminars on Childhood Anxiety and Depression, Evidence -Based Psychotherapy Course for Psychiatry Fellows and Psychology Interns, Cognitive-Behavior Therapy Course for PGY-3 psychiatry residents, Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University.

2006 – 2009 Assistant Professor in Clinical Psychiatry, Adjunct Faculty Seminars on Childhood Anxiety and Depression, Evidence -Based Psychotherapy Course for Psychiatry Fellows and Psychology Interns, Cognitive-Behavior Therapy Course for PGY-3 psychiatry residents, Department of Child and Adolescent Psychiatry, College of Physicians and Surgeons, Columbia University.

### **Professional Organizations and Societies**

American Psychological Association  
Connecticut Psychological Association  
Association for Behavioral and Cognitive Therapies  
Fairfield Women in Mental Health

### **Bibliography**

#### **PUBLISHED PEER REVIEWED ARTICLES**

2007

1. \*Levitt, J. M., Saka, N., Hunter, L., & Hoagwood, K. (2007). Early Identification of Mental Health Problems in Schools: The Status of Instrumentation. In C. A. Albers, T. A. Glover, & T. R. Kratchowill (Eds.), Special Issue: Universal screening to enhance educational and mental health outcomes. *Journal of School Psychology*, 45 (2), 163-191.
2. Hoagwood, K. E., Vogel, J.M., Levitt, J., D'Amico, P, Paisner, W, Kaplan, S. (2007). Implementing an Evidence-based Trauma Treatment in a State System after September

11: The CATS Project. *Journal of the American Academy of Child and Adolescent Psychiatry*, 46 (6), 773-779.

3. Levitt, J. M. and the CATS Consortium (2007). Implementing CBT for traumatized children and adolescents after September 11<sup>th</sup>: Lessons learned from the child and adolescent trauma treatments and services (CATS) project. *Journal of Clinical Child & Adolescent Psychology*, 36(4), 581-92.

2008

4. Nemeroff, R., Levitt, J. M., Faul, L., Wonpat-Borja, A., Bufferd, S., Setterberg, S. & Jensen, P. (2008). Establishing ongoing, early identification programs for mental health problems in our schools: A feasibility study. *Journal of the American Academy of Child & Adolescent Psychiatry*, 47(3), 328-338.

2009

5. \*Levitt, J. M. (2009). Identification of mental health service need among youth in child welfare. *Child Welfare: Journal of Policy, Practice, and Program*, 88(1), 27-48.
6. Romanelli, L. H., Landsverk, J., Levitt, J. M., Leslie, L. K., Hurley, M. M., Bellonci, C., Gries, L. T., Pecora, P. J., & Jensen, P. S. (2009). Best practices for mental health in child welfare: Screening, assessment, and treatment guidelines. *Child Welfare: Journal of Policy, Practice, and Program*, 88(1), 163-188.

#### TREATMENT MANUALS AND BOOK CHAPTERS

2005

1. Wells, K., Lochman, J., Goldman, E., Stark, K., Rapee, R., the Integrated Psychotherapy Consortium. (2005). Project Liberty Enhanced Services Disruptive Behavior Symptoms Intervention Manual. Project Liberty Enhanced Services Intervention Manuals. Menands, New York: Research Foundation for Mental Hygiene. (J. M. Levitt, Scientific Editor).
2. Saltzman, W., Layne, C., Pynoos, R., Goldman, E., Stark, K., Rapee, R., the Integrated Psychotherapy Consortium. (2005). Project Liberty Enhanced Services Post-Traumatic Stress Manual. Project Liberty Enhanced Services Intervention Manuals. Menands, New York: Research Foundation for Mental Hygiene. (J. M. Levitt, Scientific Editor).
3. Rapee, R., Silverman, W., Ollendick, T., Lyneham, H., Abbott, M., Wignall, A., Goldman, E., Stark, K., Saltzman, W., the Integrated Psychotherapy Consortium. (2005). Project Liberty Enhanced Services Anxiety Symptoms Intervention Manual. Project Liberty Enhanced Services Intervention Manuals. Menands, New York: Research Foundation for Mental Hygiene. (J. M. Levitt, Scientific Editor).
4. Stark, K., Goldman, E., Rapee, R., Wells, K., Lochman, J., the Integrated Psychotherapy Consortium. (2005). Project Liberty Enhanced Services Depressive Symptoms Intervention Manual. Project Liberty Enhanced Services Intervention Manuals. Menands, New York: Research Foundation for Mental Hygiene. (J. M. Levitt, Scientific Editor).

2009

5. Kratochwill, T. R., Hoagwood, K. E., White, J., Levitt, J., Romanelli, L., Saka, N. (2009). Evidence-Based Interventions and Practices in School Psychology: Challenges and Opportunities for the Profession. In Gutkin, T.B. & Reynolds, C. R. (Eds.). *Handbook of*

School Psychology, 4<sup>th</sup> Edition. Hoboken, NJ: John Wiley & Sons.

6. \*Levitt, J. M., Hoagwood, K. E., Greene, L., Rodriguez, J., Radigan, M., (2009). Mental Health Care For Children In The Wake Of Disasters. In Y. Neria, S. Galea, & F. Norris (Eds)., Mental Health Consequences of Disasters. New York, NY: Cambridge University Press.

2013

7. Sweeney, M., Levitt, J. M., Westerholm, R., Gaskins, C, & Lipinski, C. (2013). Psychosocial Interventions Across the Lifespan. In S. M. Stahl & B. A. Moore (Eds)., Anxiety Disorders: A Concise Guide and Casebook for Psychopharmacology and Psychotherapy Integration. Routledge/Taylor & Francis.

### REVIEWS, EDITORIALS, LETTERS

2003

1. \*Mass, J. L. (2003). Evidence-Based Assessment of Children with Behavioral and Emotional Disorders. Report on Emotional and Behavioral Disorders in Youth, Spring 2003.

2004

2. Holt, W., Levitt, J. M., Jensen, P.S., Dougherty, R.H., Perlman, S.P., & Winters, K. (2004). Behavioral Health Screening in EPSDT: State Technical Assistance Needs. Discussion paper presented at the Substance Abuse and Mental Health Services Administration (SAMHSA) meeting for Behavioral Health Screening in EPSDT: State Technical Assistance Needs.
3. Jensen, P.S. & Levitt, J. M. (2004). Instruments for measuring the prevalence and characteristics of serious emotional disturbance: A recommendation. Developed for Medstat and the Substance Abuse and Mental Health Services Administration.

2006

4. \*Levitt, J. M., Raishevich, N., & Jensen, P. J. (2006). Early Identification of Youth Mental Health Problems: Review of Instruments Across Child Service Settings. Prepared for DMA Health Strategies for consultation to the Substance Abuse and Mental Health Services Administration (SAMHSA) on Professional Services Contract Order No.HHSP233200500736P.

2007

5. \*Levitt, J. M. (2007). Mental Health Assessment in Child Welfare. Manuscript prepared for the Casey Foster Care Clinical Research and Development Project, Washinton D.C.

2008

6. North, M., Gleacher, A. A, Radigan, M., Greene, L., Levitt, J. M., Chassman, J., & Hoagwood, K. E. (2008). The Evidence-Based Treatment Dissemination Center (EBTDC): Bridging the Research-Practice Gap in New York State. Report on Emotional and Behavioral Disorders in Youth, Winter 2008, 9 - 17.

### PRESENTATIONS

1995

1. Harber, K. & Mass, J. L. (June, 1995). Biased feedback to minority students: A

motivational perspective. Poster presented at 7th annual convention of the American Psychological Society, New York, NY.

1998

2. \*Mass, J. L. (October, 1998). Cone's behavioral assessment grid. In J. L. Mass (Chair), Behavioral assessment: Can Cone's framework help? Symposium conducted at the 19<sup>th</sup> annual Berkshire Conference on Behavior Analysis and Therapy, Amherst, MA.

1999

3. \*Mass, J. L., Jakubowyc, N., & Mischel, W. (April, 1999). A prospective longitudinal investigation of pathways to depressed mood and aggressive behavior among inner-city adolescents. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Albuquerque, NM.
4. Rodriguez, M. L., Smith, C. A., Thornberry, T. P., & Mass, J. L. (April, 1999). Do children become their parents? Continuities in parenting across generations. In T. P. Thornberry (Chair), Intergenerational transmission of antisocial behavior: The role of parenting. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Albuquerque, NM.
5. Rodriguez, M., Mass, J. L., & Smith, C. A. (September, 1999). The unfolding of parenting across generations. In M. Rodriguez (Chair), Intergeneration Transmission. Poster symposium presented at the annual conference of the Life History Research Society, Kauai, HA.
6. Rodriguez, M. L., Jakubowyc, N., & Mass, J. L. (November, 1999). Role of Unrealistic Life Goals in the Development of Antisocial Behavior in Inner-City Adolescents. Poster Presented at the American Society of Criminology Conference, Toronto, CA.
7. Ivanova, M., Mass, J. L., & Maloney, K. (November, 1999). Defining the depressive experience: Cone's BAG for depression. In J. P. Forsyth & J. R. Scotti (Chairs), After 20 years of the Behavioral Assessment Grid (BAG), is it time to bag the BAG? Symposium conducted at the 33rd annual convention for the Association for the Advancement of Behavior Therapy, Toronto, Canada.

2000

8. \*Mass, J. L., Lowe, K., Hanna, D., & Halpern, L. F. (March, 2000). Social support, coping, and psychopathology among adolescent girls: Test of a mediational model. Poster presented at the 71st annual meeting of the Eastern Psychological Association, Baltimore, MD.
9. Hanna, D., Lowe, K., Mass, J. L., & Halpern, L. F., (November, 2000). The effects of negative life events, satisfaction with social support, and denial coping on psychopathology in adolescents. Poster presented at the 34th annual convention for the Association for the Advancement of Behavior Therapy, New Orleans, LA.
10. Mass, J. L., Hanna, D., Halpern, L. F., & Fisher, S. (November, 2000). Co-occurring psychopathology among children and adolescents. Poster presented at the 34th annual convention for the Association for the Advancement of Behavior Therapy, New Orleans, LA.

2001

11. Lowe, K. A., Halpern, L. F., Hanna, D., & Mass, J. L. (April, 2001). The importance of

negative family expression and coping with anger. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Minneapolis, MN.

2004

12. Levitt, J. M., Wonpat-Borja, A., Bufferd, S., & Jensen, P.S. (July, 2004). Implementing evidence-based assessments in schools. Poster presented at the American Psychological Association 112<sup>th</sup> Annual Convention, Honolulu, HA.
13. \*Levitt, J. M., Wonpat-Borja, A., Bufferd, S., & Jensen, P.S. (October, 2004). Evidence-based mental health assessments in New York City schools. In K. Hoagwood (chair), School-based mental health and evidence-based practices. Symposium conducted at the 51<sup>st</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Washington D.C.
14. \*Levitt, J. M. (November, 2004). Recent advances in identifying and treating children's mental health problems. Keynote address at the Annual Conference of the Connecticut Mental Health Association, Meridan, Connecticut.

2005

15. Bufferd, S., Wonpat-Borja, A., Levitt, J. M., & Jensen, P.S. (March, 2005). Enhancing School-Based Mental Health Services with an Evidence-Based Assessment Tool. Poster presented at the 18<sup>th</sup> Annual Research Conference: A System of Care: Expanding the Research Base, Tampa, FL.
16. \*Levitt, J. M. (April, 2005). Using mental health screening tools to make a difference in pediatric primary care. Tools and methods for early identification. Panel conducted at A Public Health Approach to Social/Emotional/Behavioral Issues in Youth: Early Identification of Developmental Challenges, National Resource Center on ADHD, Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), Washington D.C.
17. Rodriguez, J. & Levitt, J. M. (November, 2005). Treatment Outcomes for Traumatized Youth in Real World Settings. In K. Hoagwood & J. Rodriguez (chairs), The Child and Adolescent Trauma Treatment and Services Consortium. Symposium presented at the International Society for Traumatic Stress Studies, Toronto, CA.
18. \*Levitt, J. M. (December, 2005). Strategies for Implementing Evidence-Based Assessments in Schools. Grand Rounds Presentation for the Department of Mental Health, Johns Hopkins Bloomberg School of Public Health. Baltimore, Maryland.

2006

19. \*Levitt, J. M. (February, 2006). Screening in Primary Care and Schools: The Challenges of Meeting the New Freedom Commission Goal for Early Mental Health Screening. The 16<sup>th</sup> Annual Conference On State Mental Health Agency Services Research, Program Evaluation and Policy Research to Inform the System Transformation Process, Baltimore, MA.
20. \*Levitt, J. M. (February, 2006). Approaches to Early Mental Health Identification in Schools. In P. Jensen (chair), Ethical Issues in School Behavioral Health Screening. Topical Discussion conducted at the 19<sup>th</sup> Annual Research Conference: A System of Care for Children's Mental Health: Expanding the Research Base, Tampa, FL.
21. \*Levitt, J. M., Hunter, L., & Hoagwood, K. (March, 2006). Mental Health Screening and Early Identification in Schools. In T. Glover (chair), Enhancing Student Outcomes through



Academic, Behavioral, and Mental Health Screening. Symposium conducted at the National Association of School Psychologists's 38<sup>th</sup> Annual Convention, Anaheim, CA.

2007

22. Radigan, M., Sawaya, J., Hoagwood, K., Taylor, A., Levitt, J.M., & Goldman, E. (February, 2007). Evidence Based Treatment Dissemination Center: Clinical training for childhood trauma and depression and trauma in New York State. 2007 Conference on State Mental Health Agency Services Research, Program Evaluation and Policy, Washington, DC
23. Nemeroff, R., Levitt, J. M., Faul, L., Wonpat-Borja, A., Bufferd, S., Setterberg, S. & Jensen, P. (August, 2007). Establishing ongoing, early identification programs for mental health problems in our schools: A feasibility study. Poster presented at the 115<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.
24. Taylor, A. T., Levitt, J. M., Albano, A., & Hoagwood, K., (August, 2007). New York State Evidence Based Treatment Dissemination Center. In T. Glover (chair), Identifying and Applying Evidence-Based Mental Health Practices. Symposium conducted at the 115<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

2008

25. \*Levitt, J. M., Gleacher, A., Greene, L., Hoagwood, K., Jensen, P., Albano, A., & Chassman, J. (November, 2008). Transporting Evidence Based Practice to School Settings: Examining Strategies for Consultation. In A. Gleacher & S. Pimental (Co-Chairs), Evidence-Based Practice Dissemination and Training: In Search of Effective Strategies Symposium to be conducted at the 42<sup>nd</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Orlando, FL.

2014

26. Levitt, J.M. (June, 2014). Helping Anxious Kids. Grand Rounds Presentation for the Department of Pediatrics, Bridgeport Hospital. Bridgeport, Connecticut.