

# RACHEL A. ROTH, Ph.D.

School Psychology Program  
Division of Counseling and School Psychology  
Alfred University  
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## EDUCATION

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- Ph.D. School Psychology  
University of South Florida, August 2015  
Area of Emphasis: School-Based Mental Health Services  
*APA Accredited, NASP Approved Program*
- M.A. School psychology  
University of South Florida, August 2011
- B.S. Psychology (Concentration in Child Psychology)  
University of North Florida, April 2010  
*Summa Cum Laude*

## PROFESSIONAL POSITIONS

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- 2016—present *Assistant Professor*, Alfred University  
School Psychology Program (APA Accredited, NASP Approved)  
Division of Counseling & School Psychology Program
- 2015—2016 *Postdoctoral Fellow*, Boston Children's Hospital  
Boston Children's Hospital Neighborhood Partnerships Program  
Department of Psychiatry, Division of Psychology
- 2014—2015 *Pre-Doctoral Intern*, Children's Wellness Initiative Track (APA Accredited)  
Franciscan Hospital for Children, Brighton, MA

## ACADEMIC AWARDS AND HONORS

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- 2015 Nominee, Dissertation Award, International Positive Psychology Association
- 2014 Recipient, Graduate Studies Award, Florida Association of School Psychologists
- 2013 Nominee, Graduate Studies Award, Florida Association of School Psychologists
- 2010—2013 University of South Florida Graduate Student Success Fellowship, \$12,000 annually
- 2010—2014 Brecht Scholarship, \$1,000 annually
- 2010 Nominee, Student Associate for Center for Applied Research in Child and Adolescent Development, University of North Florida
- 2006—2010 University of North Florida Presidential Scholarship
- 2006—2010 Dean's List/President's Honor Roll
- 2006—2010 Psi Chi Psychological Honor Society

## RESEARCH INTERESTS

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- Positive psychology applied to youth, including adolescents' subjective well-being
- Provision of evidence-based school-based mental health services within an MTSS framework
- Building schools' capacity to provide comprehensive, tiered mental health services

## SCHOLARLY WORK

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### REFEREED JOURNAL ARTICLES:

1. **Roth, R. A.**, Suldo, S. M., & Ferron, J. (in press). Improving middle school students' subjective well-being: Efficacy of a multi-component positive psychology intervention targeting small groups of youth. *School Psychology Review*.
2. Suldo, S. M., Hearon, B. V., Bander, B., McCullough, M., Garofano, J., **Roth, R. A.**, & Tan, S. (2015). Increasing elementary school students' subjective well-being through a classwide positive psychology intervention: Results of a pilot study. *Contemporary School Psychology*.
3. Shaunessy-Dedrick, E., Suldo, S. M., **Roth, R. A.**, & Fefer, S. A. (2015). Students' perceptions of factors that contribute to risk and success in accelerated high school courses. *The High School Journal*, 98(2), 109-137.
4. Suldo, S. M., Gelley, C. D., **Roth, R.**, & Bateman, L. (2015). Influence of peer social experiences on positive and negative indicators of mental health among high school students. *Psychology in the Schools*, 52(5), 431-446.
5. Suldo, S. M., Dedrick, R. F. Shaunessy-Dedrick, E., **Roth, R. A.**, & Ferron, J. (2015). Development and Initial validation of the Student Rating of Environmental Stressors Scale (StRESS): Stressors faced by students in accelerated high school curricula. *Journal of Psychoeducational Assessment*, 33(4), 339-356.

### CONTRIBUTOR TO REFEREED JOURNAL ARTICLES:

1. Suldo, S. M., Frank, M. J., Chappel, A. M., Albers, M. M., Bateman, L. P. (2014). American high school students' perceptions of determinants of life satisfaction. *Social Indicators Research*, 118, 485-514.

### BOOK CHAPTERS:

1. Suldo, S. M. & **Roth, R.** (2016). Family-focused strategies for promoting youth happiness. In Suldo, S. M. (Ed.), *Promoting Students' Happiness: Positive Psychology Intervention Strategies in School-Based Practice* (pp. 182-199). New York: Guilford Publications, Inc.

## PAPERS AND POSTERS PRESENTED OR ACCEPTED FOR PRESENTATION:

1. **Roth, R. A.,** & Suldo, S. M. (2016, September). *Increasing Middle School Students' Happiness: A Multi-Component Positive Psychology Intervention Involving Youth and Parents*. Advanced Practice Skills Workshop accepted for presentation at the Advancing School Mental Health Convention, San Diego, CA.
2. Kaye, A., & **Roth, R. A.** (2016, September). *Building School Mental Health Capacity: Data-Driven Practice*. Paper accepted for presentation at the Advancing School Mental Health Convention, San Diego, CA.
3. Suldo, S. M., Hearon, B. V., **Roth, R. A.,** & Connolly, J. (2015, November). *Fostering complete mental health: Evidence-based practices to improve students' subjective well-being*. Advanced Practice Skills Workshop presented at the Advancing School Mental Health Annual Convention, New Orleans, LA.
4. **Roth, R.,** & Suldo, S. M. (2015, February). *Improving middle school students' happiness: A multi-component positive psychology intervention*. Paper presented at the National Association of School Psychologists Annual Convention, Orlando, FL.
5. Jian, X., Doll, B., Furlong, M., Hearon, B., Hills, K. J., Huebner, S., McCarty, S., **Roth, R.,** Suldo, S. M. (2015, February). *Recent advances in positive psychology: Translating research to practice*. Symposium presented at the National Association of School Psychologists Annual Convention, Orlando, FL.
6. **Roth, R.,** & Suldo, S. M. (2014, August). *Efficacy of a multi-component positive psychology intervention in middle school*. Poster presented at the American Psychological Association Annual Convention, Washington, D.C.
7. **Roth, R.,** Hearon, B., Suldo, S. M., Hoffman, N., Wang, J., & Gelley, C. (2014, August). *Students missed and misidentified in school-wide identification of internalizing disorders*. Poster presented at the American Psychological Association Annual Convention, Washington D.C.
8. Frank, M., McCullough, M., Hearon, B., **Roth, R.,** Sabnis, S., Lam, G., & Suldo, S. (2014, August). *Validity of the Social Emotional Assets and Resilience Scales-Adolescent*. Poster presented at the American Psychological Association Annual Convention, Washington, D.C.
9. Suldo, S. M., **Roth, R.,** Sabnis, S., Garofano, J., Wang, H., & Lam, Y. (2014, August). *Moving a district to a multi-tiered system of support for students' mental health*. Poster presented at the American Psychological Association Annual Convention, Washington D.C.
10. Suldo, S. M., **Roth, R.,** Gelley, C. D., Bander, B., Connolly, J., Hearon, B., Mattison, A., & Frank, M. (2014, February). *Manualized evidence-based cognitive-behavioral interventions for students with anxiety and depression*. Mini skills presented at the National Association of School Psychologists Annual Convention, Washington D.C.
11. Frank, M. J., Hearon, B. V., Mattison, A., Connolly, J. C., Gelley, C., **Roth, R.,** & Suldo, S.M.

- (2014, February). *Group counseling in secondary schools: Process, barriers, and solutions*. Paper presented at the National Association of School Psychologists Annual Convention, Washington D.C.
12. Suldo, S. M., **Roth, R.**, Hearon, B., Mattison, A., Shaunessy-Dedrick, E., Russell, O., Ferron, J., & Dedrick, R. (2014, February). *Transitioning to accelerated high school curricula: Stress and mental health*. Paper presented at the National Association of School Psychologists Annual Convention, Washington D.C.
  13. Suldo, S. M., Hearon, B., Mattison, A., **Roth, R.**, & Shaunessy-Dedrick, E. (2013, October). *Transitioning to advanced high school curricula: Stress and mental health*. Paper presented at the Florida Association of School Psychologists Annual Convention, Champions Gate, FL.
  14. **Roth, R.**, Suldo, S. M., Bander, B., Hearon, B., & Connolly, J. (2013, October). *Evidence-based CBT interventions for students with anxiety and depression*. Paper presented at the Florida Association of School Psychologists Annual Convention, Champions Gate, FL.
  15. Wells, L., & **Roth, R.** (2013, October). *Sustained implementation of school-wide positive behavior supports*. Paper presented at the Florida Association of School Psychologists Annual Convention, Champions Gate, FL.
  16. Frank, M., Suldo, S. M., Tan, S. Y., **Roth, R.**, Bander, B., McCullough, M., Gelley, C., & Bateman, L. (2013, August). *High school students' character strengths: Links with psychological and academic outcomes*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.
  17. Suldo, S. M., Shaunessy, E., Ferron, J., Dedrick, R., **Roth, R.**, Fefer, S., Walker, C., Russell, O., Cao, C., Hearon, B., & Mattison, A. (2013, August). *Risk and success in Advanced Placement and International Baccalaureate programs*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.
  18. Suldo, S. M., Shaunessy, E., Ferron, J., Dedrick, R., Walker, C., **Roth, R.**, Russell, O., Fefer, S. & Land, N. (2013, April). *Intrapersonal and environmental factors associated with success among high school students in Advanced Placement and International Baccalaureate programs*. Paper presented at the American Educational Research Association Annual Meeting, San Francisco, CA.
  19. Suldo, S. M., Shaunessy, E., Dedrick, R., Ferron, J., Fefer, S., & **Roth, R.** (2013, April). *High school students in college-level curricula: Primary stressors and coping strategies*. Paper presented at the American Educational Research Association Annual Meeting, San Francisco, CA.
  20. **Roth, R.**, Suldo, S. M., Shaunessy, E., & Dedrick, R. (2013, April). *High school students in college-level classes: Student engagement levels and outcomes*. Poster presented at the Graduated and Postdoctoral Scholar Research Symposium, Tampa, FL.
  21. Suldo, S. M., Shaunessy, E., Ferron, J., **Roth, R.**, Fefer, S., Land, N., Russell, O., Walker, C.,

- & Dedrick, R. (2013, February). *Advanced Placement and International Baccalaureate students: Predicting risks and success*. Paper presented at the National Association of School Psychologists Annual Convention, Seattle, WA.
22. **Roth, R.**, Suldo, S. M., Shaunessy, E., & Dedrick, R. (2013, February). *High school students in college-level classes: Student engagement levels and outcomes*. Poster presented at the National Association of School Psychologists Annual Convention, Seattle, WA.
  23. Bateman, L., Tan, S. Y., **Roth, R.**, & Suldo, S. M. (2013, February). *Promoting school satisfaction: Assessment methods, intervention strategies, and implications*. Paper presented at the National Association of School Psychologists Annual Convention, Seattle, WA.
  24. **Roth, R.**, Jeffries, K., & Wells, L. (2012, November). *Helping students successfully cope with bereavement*. Paper presented at the Florida Association of School Psychologists Annual Convention, Champions Gate, FL.
  25. Shaunessy, E., Suldo, S. M., Dedrick, R., Fefer, S., & **Roth, R.** (2012, November). *Dealing with academic stress: Perspectives of successful and struggling IB and AP students*. Paper presented at the National Association for Gifted Children Annual Convention, Denver, CO.
  26. Gelley, C., **Roth, R.**, Wagner, K., Frank, M., & Suldo, S. (2012, August). *Longitudinal associations between life satisfaction and peer victimization in high school students*. Poster presented at the American Psychological Association Annual Convention, Orlando, FL.
  27. Suldo, S. M., Shaunessy, E., Dedrick, R. F., Ferron, J., Fefer, S., **Roth, R.**, Land, N., & Wagner, W. (2012, August). *Measuring how high-achieving high school students cope with school-related stressors*. Poster presented at the American Psychological Association Annual Convention, Orlando, FL.
  28. Shaunessy, E., Suldo, S. M., Dedrick, R. F., Ferron, J., Fefer, S., **Roth, R.**, Land, N., & Wagner, W. (2012, August). *Development and initial validation of a stress measure for high school students in rigorous classes*. Poster presented at the American Psychological Association Annual Convention, Orlando, FL.
  29. Dedrick, R. F., Shaunessy, E., Suldo, S. M., Ferron, J., Fefer, S., **Roth, R.**, Land, N., Wagner, K., & Hart, M. (2012, April). *School Attitude Assessment Survey-Revised: Comparisons of high school students in Advanced Placement and International Baccalaureate Programs*. Paper presented at the American Educational Research Association Annual Meeting, Vancouver, British Columbia.
  30. Gelley, C., Chappel, A., **Roth, R.**, & Suldo, S. (2012, February). *Relationships between peer victimization and complete mental health among adolescents*. Poster presented at the National Association of School Psychologists Annual Convention, Philadelphia, PA.
  31. Suldo, S., Shaunessy, E., **Roth, R.**, & Wagner, K. (2012, February). *Rigorous high school academic programs: Curricular features and student characteristics*. Poster presented at the National Association of School Psychologists Annual Convention, Philadelphia, PA.

32. Suldo, S., Shaunessy, E., **Roth, R.**, Fefer, S., Land, N., Wagner, K., Walker, C., & Russell, O. (2012, February). *Factors associated with success among high school students in AP classes and IB programs: Perceptions of parents and teachers*. Presentation for Gifted Symposium & Advanced Learner Symposium, Broward County Public Schools, Fort Lauderdale, FL.
33. Shaunessy, E., Suldo, S., Fefer, S., Land, N., **Roth, R.**, Wagner, K., Hart, M., & Dedrick, R. (2011, November). *Success in college preparatory programs: Perceptions of parents and teachers*. Poster presented at the Florida Association of School Psychologists Annual Convention, Champions Gate, FL.
34. Shaunessy, E., Suldo, S., Fefer, S., Land, N., **Roth, R.**, Wagner, K., Hart, M., & Dedrick, R. (2011, August). *Parents' and teachers' perceptions of what it takes for teenagers to be successful in rigorous high school college preparatory programs*. Poster presented at the American Psychological Association Annual Convention, Washington D.C.
35. Suldo, S., Shaunessy, E., Hart, M., Wagner, K., **Roth, R.**, Land, N., Bateman, L., & Dedrick, R. (2011, August). *Perspectives of successful and struggling students in Advanced Placement classes and International Baccalaureate programs: Insights from exemplars*. Poster presented at the American Psychological Association Annual Convention, Washington D.C.
36. Marcon, R.A., **Roth, R.**, Agar, H., Duckworth, M., & Weitzel, D. (2010, March). *Are letters words? Exploring preschoolers' names, letter knowledge, and vocabulary*. Poster presented at the Southeastern Psychological Association Annual Convention, Chattanooga, TN.
37. Marcon, R.A., Thacker, A., Evans, J., **Roth, R.**, & Polite, H., Jr. (2009, February). *Do preschoolers' own names influence their knowledge about letter names?* Poster presented at the Southeastern Psychological Association Annual Convention, New Orleans, LA.

## FUNDED PROJECTS

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### AWARDED

1. Research assistant for a grant entitled "Intrapersonal Factors Associated with Academic Success among High School Students in Advanced Placement and International Baccalaureate (AP-IB) Programs," funded by the U.S. Department of Education, Institute of Educational Sciences (IES). October 2009. Amount Awarded = \$1,018,356.

### PENDING:

Consultant for a proposal entitled "Efficacy of a Selective Intervention to Improve Middle School Students' Subjective Well-Being," submitted for funding by the U.S. Department of Education, Institute of Educational Sciences (IES). July 2016. Amount Requested = \$3,300,000.

## PROFESSIONAL AFFILIATIONS

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- American Psychological Association (APA)
- Division 16 (School Psychology) of the APA

- National Association of School Psychologists (NASP)

### PROFESSIONAL SERVICE

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- 2016 Ad Hoc Reviewer, *Applied Research in Quality of Life*
- 2016 Ad Hoc Reviewer, *Evaluation and Program Planning*
- 2013—2014 Student Reviewer, Division 16 of the APA, Annual Convention

### TEACHING AND MENTORING

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#### COURSES

##### **Alfred University, Professor, Graduate Training Program in School Psychology**

- Foundations of School Psychology (PSYC 603)
- Internship Supervision I (PSYC 667)
- Pre-Doctoral Internship Supervision (PSYC 669)

##### **Alfred University, Professor, Undergraduate Psychology**

- Child Psychopathology (PSYC 471)

##### **University of South Florida, Teaching Assistant, Graduate Training Program in School Psychology**

- Assessment of Child and Adolescent Personality (SPS 6196)
- Psychoeducational Interventions with Children and Adolescents I: Curricular Interventions (SPS 6700)
- Psychoeducational Interventions with Children and Adolescents II: Behavior Interventions (SPS 6701)

### CLINICAL EXPERIENCE

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*Postdoctoral Fellow*, Boston Children's Hospital Neighborhood Partnerships Program

**Boston Children's Hospital**, Boston, MA

Provided direct school-based tiered mental health services, including universal prevention and wellness promotion programming, targeted group interventions, and individual therapy and crisis interventions with strong emphasis on evidence-based practice. Consulted with school staff regarding mental health concerns and services. Was a member of the research and program evaluation team, which analyzes effectiveness of mental health programming on students' outcomes. Co-led train-the-trainer workshops to increase knowledge and skills of school-based clinicians. Was a member of team partnered with Boston Public Schools to implement Comprehensive Behavioral Health Model district-wide. (September 2015 – August 2016, 40 hours per week; *total of 1750 supervised hours of applied clinical work fulfilled post-doctoral requirements for licensure as a psychologist in the state of New York*).

Supervisors: Gabrielle Cobbs, Ph.D. (licensed psychologist) and Amy Kaye, Ph.D. (licensed psychologist)

*Pre-Doctoral Intern (Children's Wellness Initiative Track)*

**Franciscan Hospital for Children, Brighton, MA**

Provided school-based, outpatient, and inpatient mental health services to culturally and economically diverse clients. Conducted comprehensive psychological evaluations per month, provided evidence-based therapy to youth and families, consulted with teachers and administrators. Completed intakes, developed and implemented individualized treatment plans, monitored progress toward treatment goals, and completed transfer/discharge summaries. Held individual therapy sessions and co-led group therapy sessions with youth admitted to Community-Based Acute Treatment Program. Consulted on adolescents admitted to medical units and provided individual therapy. Documented case notes on electronic medical records, obtained and maintained insurance authorization, and submitted for electronic billing for clients. Supervised masters-level clinician on a weekly basis. Carried a caseload of 10-11 school-based clients, 6 outpatients, 2-4 inpatients, and completed 2 psychological evaluations per month. (September 2014 – August 2015, 40 hours per week).

Supervisors: Mary Ann Mullin, Ph.D. (licensed psychologist), Fatima Watt, Psy.D. (licensed psychologist), Suzanne Heon, Psy.D. (licensed psychologist), and Elizabeth Baker, Ph.D. (licensed psychologist).

*Psychological Extern*

**School District of Hillsborough County, Tampa, FL**

Worked in large, urban, mixed-income, diverse school settings. Provided individual and group empirically-based mental health services to elementary and high school students identified as EBD within the school setting. Conducted record reviews, clinical interviews, classroom observations, consulted and collaborated with parents and teachers to improve students' social-emotional-behavioral and academic outcomes. Completed intake summaries, developed and implemented individualized treatment plans based on assessment data and consultation with caregivers, collected progress-monitoring data to evaluate treatment effectiveness on youth's attainment of treatment goals, and completed transfer/discharge summaries. Worked with clients with a range of presenting problems, including anger control, depressive and anxious symptoms, defiance and oppositional behaviors, social skill deficits, and low self-esteem. Carried a caseload of 17 students throughout the school year. (July 2013—June 2014, 20 hours a week).

Supervisors: Marsha Skinner, Psy.D. and Marcia Pita, Ph.D. (licensed psychologist).