

— GRADUATE TESTIMONY —

Summer 2022 CABH Master's Graduate

Cathy Day, M.S.

Cathy graduated in Summer 2022 from the **Child and Adolescent Behavioral Health (CABH) Master's Degree Program at USF**. During her time in the program, Cathy gained knowledge about evidence-based practices and policies that support those with behavioral health challenges, as well as the communities, families, and support systems that must exist for maximum effectiveness of such systems.

Cathy completed her field experience focused on improving progress-monitoring systems with **Bay Area Early Steps**. By leveraging her own work insights and experiences, together with the field experience research, Cathy made meaningful discoveries related to ways of effectively and efficiently capturing progress made by children and families during their enrollment in Bay Area Early Steps. As she continues to grow professionally at Bay Area Early Steps, Cathy plans to integrate her findings in ways that make documentation more streamlined for staff. She hopes to compile children's books, with the main theme focusing on the importance of social-emotional development, as well as companion or instruction guides for the adults in their lives.



“What I experienced throughout my time as a student in the CABH program was genuine support, guidance, and essential information about various behavioral health systems. Each of the professors and courses reiterated the importance of the work that we are currently doing, or strive to pursue. It was extremely helpful to have professors that are experts in the field, to reinforce the need for culturally and linguistically appropriate professionals. I intend to use my knowledge gained to continue to improve systems that support those with developmental delays, disabilities, or at-risk conditions. I hope to inspire other professionals to further their knowledge and awareness of ways to help children and families navigate systems from birth throughout their life. My goal would be for children and families to seamlessly transition between systems of support and for barriers like stigma and accessibility to become less challenging with each day that passes. The CABH Master's program is a way to equip behavioral health professionals to help meet this overall goal and to maintain awareness of the field's importance!”

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