

## SARAH VALENTINA DIAZ, MSW

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### RESEARCH INTEREST

My research interest is in understanding neighborhood effects on mental health in immigrant and Latinx communities. In the long term, I am interested in developing neighborhood-level interventions that target the social environment and community-specific implementation strategies.

### EDUCATION

Doctoral Candidate	<b>Columbia School of Social Work, New York, NY</b> Concentration in Advanced Practice Social Behavioral Science: Sociology	(Exp) May 2023
MSW	<b>Boston University School of Social Work, Boston, MA</b> Concentration in Trauma	May 2018
BS	<b>Tufts University, Boston MA</b> Major: Cognitive and Brain Science/Community Health	May 2014

### HONORS & AWARDS

Provost Diversity Fellowship, Columbia University.	2018
Association of Latina/Latino Social Work Educators Scholarship. <i>One of 6 recipients of 100 national applicants and the only doctoral student recipient.</i>	2018
Urban Practice Scholarship, Boston University.	2016
Congressional Hispanic Caucus Institute Public Policy Fellowship. <i>Competitive selection process</i>	2014-2015

### PUBLICATIONS

#### Peer Reviewed Journal Articles

Alcántara, C., **Diaz, S.V.**, Giorgio, L.C., Loucks, E., Penedo, F., & Williams, N.J. (2020). Social determinants as moderators of the effectiveness of health behavior change interventions: scientific gaps and opportunities. *Health Psychology Review*, 1-27. <https://doi.org/10.1080/17437199.2020.1718527>

Corlin, L., Woodin, M., Newhide, D., Brown, E., **Diaz, S.**, Chi, A., & Brugge, D. (2013). Asthma associations in children attending a museum of science. *International Journal of Environmental Research and Public Health*, 10(9), 4117-4131.

#### Chapters

Giorgio Cosenzo, L.A., **Diaz, S.V.**, Morris, M., Alcántara, C. (2020). Risk and protective factors for insomnia among Asian, Black, and Latinx immigrant adults in the United States: A socioecological analysis. In G. Nagayama Hall & E. Huang, E. R. (Ed.), *Mental and Behavioral Health of Immigrants in the United States: Cultural, Environmental, and Structural Factors*. Elsevier.

#### Book Review

**Diaz, S.V.** (2021). [Review of the book *Abstract Barrios: The Crises of Latinx Visibility in Cities*, by J. Londoño]. *Affilia: Journal of Women and Social Work*, <https://doi.org/10.1177/0886109921100106>.

#### In Preparation

**Diaz, S. V.** & Alcántara, C. Neighborhood social cohesion and sleep health in Latinos, as moderated by acculturation proxies.

### **PRESENTATIONS**

#### Conference Presentations

\*Co-lead

Giorgio, L., **Diaz, S.V.**, Alcántara, C., Calvo, R., Piñeros-Leaño, M. (2021, January). Latinxs Thriving in Academia: Increasing Latinx Representation and Retention in Social Work Higher Education Programs. Roundtable presented at Society for Social Work and Research 2021 Virtual Conference.

**Diaz, S. V.** & Alcántara, C. (2021, January). The association between neighborhood social cohesion and sleep health in Latinos, as moderated by nativity status and English language proficiency. Oral Presentation presented at Society for Social Work and Research 2021 Virtual Conference. Conference accepted poster submission previously accepted to the 2020 American Psychosomatic Society Annual Meeting because I was unable to present due to cancellation of the conference.

**Diaz, S. V.** & Alcántara, C. (2020, March). The association between neighborhood social cohesion and sleep health in Latinos, as moderated by nativity status and English language proficiency. Abstract accepted for poster session to be presented at the American Psychosomatic Society Annual Meeting, Long Beach, CA. Conference cancelled as a public health response to the novel coronavirus COVID-19 outbreak.

**Diaz, S. V.**, Yin, X., Ibarra, I. P., & Alcántara, C. (2019, June). Does Anxiety Sensitivity Mediate the Relationship Between Neighborhood Disorder and Sleep Quality? Poster session presented at the SLEEP 2019 conference, San Antonio, Texas. <https://doi.org/10.1093/sleep/zsz067.916>

#### Community Presentations

Alcántara, C., **Diaz, S. V.**, Giorgio, L., & Arias, D. (2019) Don't Sleep on Sleeping: Sleep as Radical Self Care. Community health talk presented via Zoom for Bard High School Early College Queens, Long Island City, NY.

Alcántara, C., **Diaz, S. V.**, Giorgio, L., & Morris, M. (2019) Los Nervios y el Sueño/Nerves and Sleep. Community health talk presented at St. Jerome H.A.N.D.S. Community Center, Bronx, NY.

Alcántara, C., Ibarra, I. P., **Diaz, S. V.**, Giorgio, L., Morris, M., & Salas, I. (2019) Duerme Bien? Su Salud Puede Depender de Ello/ Do You Sleep Well? Your Health May Depend on it. Community health talk presented at Iglesia de la Transfiguración, Brooklyn, NY.

\***Diaz, S. V.**, \*Giorgio, L., & Alcántara, C. (2019) Discover the Benefits of Sleep: Adolescence and Sleep Health. Double Discovery Center, New York, NY.

### **RESEARCH EXPERIENCE**

Graduate Research Assistant. *Sleep Mind and Health Research Program*,  
School of Social Work, Columbia University, New York, NY.  
PI: Dr. Carmela Alcántara

2018 – present

-Conducted baseline and follow-up visits with research participants, presented at community health talks and academic conferences, coordinate with community stakeholders and vendors – in two NIH funded studies: 1) Latino Sleep and Health Research Study (K23 02122014), an observational study assessing the relationship between sleep, stress, and self-control in an NYC healthy Latino community, 2) Dormir Mejor (R01 HS024274-01A1), a study adapting and assessing the effectiveness of a mobile platform CBT-I intervention in a Spanish-speaking population.

Graduate Research Assistant. *Center for Addiction Research and Services*, 2016 – 2018  
School of Social Work, Boston University, Boston, MA.

PI: Dr. Jordana Muroff

-Interfaced with participants and community partners, managed data, edited, translated and generated app content—in the CASA-Addiction Comprehensive Health Enhancement Support System (CHESS) study, a study assessing the effectiveness of a mobile application supporting continuity of care and relapse prevention adapted to a Spanish-speaking Latinx population post-residential treatment for alcohol and other substance use disorders.

Undergraduate Research Assistant. *NeuroCognition of Language Lab*, 2013-2014  
Tufts University, Medford, MA

PI: Dr. Gina Kuperberg

-Generated stimuli to be used in study, interfaced with participants (i.e. consented, debriefed, and executed study protocol), performed data entry & prepared analysis for language production study of a convenience sample of an undergraduate student population.

Undergraduate Research Assistant. *Puerto Rican Hearth Health Study*, 2013  
Center for Population Health and Health Disparities, Northeastern University, Boston, MA  
Supervisor: Shirley Fajardo, MS

-Performed administrative tasks-- including tracking participant attrition and generating scheduling lists for participant follow-up interviews-- in addition to assisting in conducting baseline surveys and presenting in participant session on nutrition in the Heart Healthy Action Initiative (HIP), a community health intervention aiming to improve heart health through nutrition education workshops and Zumba classes in older Latinx adults.

Undergraduate Research Assistant. 2011  
Asthma Study at the Boston Museum of Science, Boston, MA  
Tufts University School of Medicine

PI: Dr. Doug Brugge

-Recruited study participants, executed study protocol, and performed data entry at the Boston Museum of Science, where parents or legal guardians with children between the ages of 4 and 12 were consented in the study

## **PRACTICE EXPERIENCE**

### Clinical Practice Experience

Social Work Intern, Child Witness to Violence Project 2017-2018  
Boston, MA.

Supervisor: Carmen Rosa Norona, LICSW, MS.Ed., CEIS

-Provided dyadic Child-Parent Psychotherapy to a caseload of 5 child-caregiver dyads and participated in weekly screening clinics.

Social Work Intern, Outpatient Adolescent Clinic 2016-2017  
Boston Medical Center, Boston, MA

Supervisor: Erin Peterson, LICSW

- Assisted patients and families with care coordination, social support, referrals to outside collaterals, and co-led adolescent prenatal group.

Policy Practice Experience

Planned Parenthood Federation of America  
Washington, DC

2015-2016

Intern. Office of Senator Kay Hagan  
United States Senate  
Washington, DC

2014-2015

**PROFESSIONAL MEMBERSHIPS**

Society for Social Work and Research, member  
American Psychosomatic Society, associate member

**UNIVERSITY SERVICE**

Student Representative, Committee on the Doctoral Program,  
Columbia University, New York, NY

2019 - 2020

Student Group Leadership Position

Co-Chair, Student of Color Organization at BUSSW  
Boston University, Boston, MA

2017-2018

**ADVANCED TRAINING**

Teaching Development Program-4 workshop series  
Center for Teaching and Learning at Columbia University, NY

2020

Assessing Neighborhood in Epidemiology,  
Epidemiology and Population Health Summer Institute at Columbia University, NY

2019

Networks Short Course  
Interdisciplinary Center for Innovative Theory and Empirics, Columbia University, NY

2018

Intimate Partner Violence 2-Day Training Workshop  
Emerge, Boston

2018

1 Day Motivational Interview Training Workshop  
Department of Pediatrics, Boston Medical Center, Boston

2017