

Patricia Mitchell Schacht*, Ph.D.

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PROFESSIONAL POSITIONS

North Central College, Naperville, IL

Tenured Associate Professor of Psychology, May 2014 – present

Assistant Professor of Psychology, September 2008 – May 2014

- Specialties: Developmental Psychology, Child Psychopathology
 - Effects of Marital Conflict, Parental Psychopathology, and Parenting on Children's Development
 - Parent-Child Relationships
 - Stress and Coping Skills in Children
- Classes Taught:
 - Child Development (PSY 210); Psychology of Adolescence (PSY 220); Child Psychopathology (PSY 325); Children and Conflict (LEV 390); Marital Conflict and Parenting (PSY 490); Bullying (PSY 490); The Politics and Psychology of Northern Ireland (PSY 390); Science of Behavior (PSY 100); First Year Experience (FYE 100); Professional Psychology (PSY 390); The Psychology of Religion in Italy and Greece (PSY 390); Honors Thesis Practicum (HON 300); The Psychology of Film (PSY 490)
 - Verandah/D-term Classes: The Science of Beer; Stress & Exercise, Body/Courage Play and Talk Back

KidsMatter, Inc., Naperville, IL

Research Consultant and Project Director, May 2016-present

Grant Recipient and PI, StressMatters, April 2017-present

- Applied for and was awarded grant from City of Naperville to conduct multi-site research study in Naperville School Districts 203 and 204
- Collaborate with local not-for-profit board and CEO to create and implement a multi-site research project focused on identifying stressors for adolescents and common coping skills used by adolescents
- Collaborate with two local school districts to develop and implement a survey containing both qualitative and quantitative research questions
- Collaborate with Mayor, Police Chief, and City Council to conduct large scale research project and disseminate results in multiple forms
- Communicate frequently with parents and school administrators about the content of the survey, the logistical implementation of the survey, and the plan for analysis and dissemination of results
- With the help of undergraduate research assistants, coordinate and execute the data analysis for the initial survey, which contains over 5,000 participants (students from 7th

and 10th grades in Districts 203 and 204 were surveyed.) Multi-level modeling and SEM are primary methods of analysis

- Present the results of the survey in multiple venues, including to Naperville's City Council, community organizations, and in a town hall meeting hosted by the Mayor of the City (January 30, 2018)
- Use results from the survey to create prevention and mentoring programs for local teenagers to combat stress and negative coping behaviors
- Create package to be sold to various school districts containing the survey, analysis plan, and dissemination programs

United States Department of Health and Human Services, Administration for Children and Families, Washington, D.C.

Office of Planning, Research, and Evaluation

Grant Reviewer, Summers 2014, 2015, 2016, 2017, 2018, 2019 (present)

Grant Review Chair, Summer 2015, 2016

- As Chair, reviewed reports, briefs and memos from other reviewers to be submitted to project manager at Office of Planning, Research, and Evaluation (OPRE)
- Assisted in the creation of reports sent to applicants with funding decisions and criteria for implementation
- As reviewer, review federal cross-site grants related to low-income early childhood, youth and healthy marriage, and responsible fatherhood programs
- Review pre-doctorial grant applications and created detailed reports for applicants
- Review multiple grants and contracts (funding range \$25,000 to \$20 million) simultaneously to ensure timely completion of project goals, reports and analyses
- Work with other reviewers to create cohesive report for applicant
- Utilize problem solving skills to proactively manage risks and potential problems with research projects

Chicago Home Tutor, Chicago, IL

Tutor and Consultant, January 2019-present

- Work as independent contractor to tutor students with needs that match with my professional expertise
- Create plans for clients (children ranging from 10-22 years of age) who struggle with learning disabilities, ADHD, social anxiety, and executive functioning deficits
- Work with parents and students to create plans and incentive charts for school work, schedules, and other issues faced by students with learning disabilities and executive functioning deficits

Educational Advocate, Naperville, IL

Consultant and Developmental Specialist, September 2015-present

- Serve as educational advocate and expert for families of students who are diagnosed with learning disabilities and who are in need of an Individualized Education Plan (IEP)
- Serve as educational advocate and expert for families of students who are gifted and need specialized education programs

- Consult with and advocate for parents who are applying for Individualized Education Plans for their children
- Meet frequently with students, parents, and school teams (school psychologists, occupational therapists, school social workers, and teachers) to help design, assess, and revise students' education plans

North Central College, Naperville, IL

Director of Undergraduate Research, September 2016 – June 2017

- Managed the implementation and funding for undergraduate research applications and conference presentations across the college
- Designed an interdisciplinary program of research for undergraduate students and faculty members. Paired faculty members of various disciplines with students to create interdisciplinary research projects across the college
- Chaired the Richter Committee, a funding program for undergraduate students who wish to conduct research abroad or otherwise away
- Coordinated presentations and travel for over 50 undergraduate students from North Central College at the National Council of Undergraduate Research
- Attended and presented at the New American Colleges and Universities conference on the best research practices at Liberal Arts Colleges
- Founded and chaired the Research Advisory Council for Undergraduate Research, composed of faculty members from various disciplines across the college
- Redesigned the Undergraduate Research Office website

EDUCATION

University of Notre Dame, Notre Dame, IN

Ph.D. in Developmental Psychology, 2007

Dissertation: *The effects of paternal conflict behavior, parenting, and psychopathology on children*

Supervisor: E. Mark Cummings, Ph.D.

University of Cardiff, Wales, UK

Diploma in Social Science Research, 2002

M.A., Developmental Psychology, 2005

Thesis: *Family factors and children's smoking and drinking behaviours: A process-oriented model*

Supervisor: Gordon Harold, Ph.D.

University of Notre Dame, Notre Dame, IN

B.A., *Cum Laude*, 2001

Majors: Psychology & English

OTHER PROFESSIONAL EXPERIENCES

Community Youth Team, Naperville IL
Consultant and Researcher, 2017-present

DuPage Children's Museum, Naperville, IL
Research Board Member, August 2010-present

Project H.E.L.P., Naperville, IL
Board Member, February 2009 – 2012
Chair of Program Development Committee, March 2009 – 2012

University of Notre Dame, Notre Dame, IN
Postdoctoral Research Associate in Psychology, June 2007 – May 2008
Supervisor: E. Mark Cummings, Ph.D.

RESEARCH GRANTS & PROJECTS

StressMatters: Exploring and Preventing Stress and Drug Use Among Teenagers, April 2017 – present
Grant awarded from City of Naperville and School Districts 203 and 204
PI: Patricia M. Schacht

A Prevention Program to Improve Coping Skills and Bullying Behaviors, January 2016 - 2018
PI: Patricia M. Schacht

Adolescents and their Parents: The Effects of Parenting on Adolescent Outcomes & Relationships, 2013-2015
PI: Patricia M. Schacht

Children's Museum Frequent Visitor Study, 2013
PIs: Patricia Schacht and Nicole Rivera

Prevention of Negative Family Contexts on Children's Development, March 2011
PI: Patricia M. Schacht

Adolescents and their Parents, North Central College, March 2010-present
PI: Patricia M. Schacht

Work-Family Dynamics: Facilitating Parent-Child Communication, Summer 2009
PI: Patricia M. Schacht & Karl Kelley

Postdoctoral Research Associate, June 2007 – May 2008
Interpersonal Skills and Relationship Training for the Sake of Marital, Adolescent and Family Well-Being, University of Notre Dame
Supervisor: E. Mark Cummings, Ph.D.

**Family Process, Emotional Security and Child Adjustment
Graduate Research Assistant, September 2002 – May 2008**

University of Notre Dame

Supervisor: E. Mark Cummings, Ph.D.

SELECT PUBLICATIONS

- Schacht, P.M. (2018). State of the Kids. Comprehensive report published for the Naperville School Districts and Mayor of Naperville, Il.
- Schacht, P.M. (2018). StressMatters. Comprehensive report published for Community Youth Team, Naperville, Il. (This report was sent to all local not-for-profits in Naperville and surrounding communities, as well as the Chief of Police and police social workers.
- Cummings, E. M., Faircloth, W. B., Schacht, P. M., McCoy, K. P., & Schermerhorn, A. C. (2016). Opportunities and obstacles in giving away research on marital conflict and children. In K. Durkin & H. R. Schaffer (Eds.), *The Wiley Handbook of Developmental Psychology in Practice: Implementation and impact*. (pp. 53-76). New York: John Wiley & Sons, Ltd.
- Faircloth, W.B, Cummings, E.M., Schacht (Mitchell*), P.M, & Schermerhorn, A.C. (2014). Testing the long-term efficacy of a prevention program for improving marital conflict in community families. *Journal of Family Psychology*.
- Garthe, Rachel & Schacht, P.M. (2012). The Effects of Self-Esteem and Aggression in Scottish Young Adults on Depression. *Psi Chi Journal of Undergraduate Research*.
- Faircloth, W. B., Schermerhorn, A. C., Mitchell*, P. M., Cummings, J. S., & Cummings, E. M. (2011). Testing the long-term efficacy of a prevention program for improving marital conflict in community families. *Journal of Applied Developmental Psychology*, 32, 189-197.
- Schacht, P.M., Cummings, E.M., & Davies, P.T. (2009). Fathering in family context and child adjustment: A longitudinal analysis. *Journal of Family Psychology*, 23, 790-797.
- Cummings, E.M., Faircloth, W. B., Mitchell*, P.M., Schermerhorn, A.C., Cummings, J.S. (2007). Evaluating a brief prevention program for improving marital conflict in community families. *Journal of Family Psychology*.
- Mitchell*, P. M., McCoy, K. P., Cummings, E. M., W. Brad Faircloth, W. F., & Cummings, J. S. (2009). *Prevention of the Negative Effects of Marital Conflict: A Child-Oriented Program*. In E. Cuyler and M. Ackhart (Eds.), *Psychology of Relationships* (pp.303-317). Hauppauge, NY: Nova Science Publishers, Inc.
- Mitchell*, P.M. (2007). The effects of paternal conflict behavior, parenting, and psychopathology on children. *Dissertation Abstracts International*.

- Cummings, E.M., Faircloth, W.B., Mitchell*, P.M., McCoy, K.P., & Schermerhorn, A.C. (2007). Translating basic research about marital conflict and children into a psycho-educational program for parents. Invited for publication in H.R. Schaffer & K. Durkin (Eds.), *Blackwell Handbook of developmental psychology in action: Opportunities and obstacles in giving developmental psychology away*. Malden, MA: Blackwell Publishing, Inc.
- Keller, P.S., Cummings, E.M., Davies, P.T., & Mitchell*, P.M. (2007). Longitudinal relations between parental drinking problems, family functioning and child adjustment. *Developmental Psychopathology*.
- Mitchell*, P. M., Faircloth, W.B. & Keller, P.S. (2006). Marital conflict and the aftermath of divorce: Prevention programs for children. In J. Borkowski & C. Weaver (Eds.). *The culture of prevention: Using science and art to promote healthy development*. Brookes Publishing.

SELECT PRESENTATIONS

- Schacht, P.M. (January 30, 2018). State of the Kids. Presentation of StressMatters Survey. Invited talk, Naperville Town Hall Meeting, hosted by Mayor Chirico and Chief of Police Marshall.
- Schacht, P.M. (February 9, 2018). State of the Kids. Presentation of StressMatters Survey and Future Steps. Invited talk, Naperville Police Station, hosted by Chief of Police Marshall.
- Schacht, P.M. & Owusu, Abena. (February 16, 2018). State of the Kids. Presentation of StressMatters Survey and Future Programs for Schools. Invited talk, Naperville School Districts 203 & 204, hosted by Superintendents Bridges & Sullivan.
- Schacht, P.M. & Owusu, A. (March, 2018). Examining Adolescent Stress and Coping Skills: How Stress Impacts Drug Use & Negative Behaviors in Adolescents and Young Adults. Poster presented at the Biennial Conference for the Society of Research on Adolescence, Orlando, Florida.
- Schacht, P.M. (April 17, 2018). KidsMatter & CYT: A Deeper Dive. Invited talk to Community Youth Team, a collaborative group of not-for-profit organizations in Naperville, IL.
- Schacht, P.M. (May 10, 2018). State of the Kids: Meet the Changemakers. North Central College, Naperville, IL.
- Schacht, P.M. (May 30, 2018). Teen Suicide & Mental Health Discussion Panel Panel Member, invited by Congressman Bill Foster.
- Schacht, P.M. (March, 2016). Examining Adolescent Stress and Coping Skills: How Stress Impacts Drug Use & Negative Behaviors in Adolescents and Young Adults. Poster presented at the Biennial Conference for the Society of Research in Child Development.

- Schacht, P.M. & Garthe, R. A. (October, 2015). The interactions between home and school: How relationships at home can impact children's relationships at school. Invited talk presented at the National Social Science Association, New Orleans, LA.
- Schacht, P.M. (October, 2015, 2011). The benefits of working at a liberal arts college. Talk given at Northwestern University's Department of Psychiatry and Behavioral Sciences, Chicago, IL.
- Schacht, P. & Garthe, R. (March, 2013). The Effects of Marital Conflict and Parenting on Children's Bullying, Victimization and Coping Behaviors. Poster presented at the Biennial Conference for the Society of Research in Child Development, Seattle, WA.
- Rivera, N., Schacht, P.M., & Mark-Hummel, Cynthia. (July, 2013). Museums as a place of inquiry and student learning. Power point presentation given at the Association of Midwest Museums annual conference in Madison, WI.
- Schacht, P.M. (October, 2011). The benefits of working at a liberal arts college. Talk given at Northwestern University's Department of Psychiatry and Behavioral Sciences, Chicago, IL.
- Garthe, Rachel. (2012). The Effects of Self-Esteem and Aggression in Scottish Young Adults on Depression. Psi Chi Journal of Undergraduate Research, supervisor Patricia Schacht.
- Mitchell*, P.M., Cummings, E.M., & Davies, P.T. (April, 2009). Family processes and children's representations of family security. Poster presented at the Biennial Conference for the Society of Research in Child Development, Denver, CO.
- Mitchell*, P.M., Cummings, E.M., & Davies, P.T. (April, 2008). The effects of father conflict, parenting, & psychological symptoms on adolescent emotional security & development. Poster presented at the 12th Biennial Conference for the Society of Research on Adolescence, Chicago, Illinois.
- Mitchell*, P.M. (Chair). *Contexts of the Influence of Marital Relationships on Child Adjustment*. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Boston, MA.
- Mitchell*, P.M., Merrilees, C. E., Cummings, E. M., & Davies, P. T. (March, 2007). Marital conflict, positive and negative parenting, and child adjustment: A longitudinal analysis. In P. Mitchell (Chair), *Contexts of the Influence of Marital Relationships on Child Adjustment*. Symposium conducted at the Biennial Conference of the Society for Research in Child Development, Boston, MA.

SELECT SUPERVISED STUDENT PRESENTATIONS & PUBLICATIONS

Kovac, Samantha. (2019). Dissociative Identity Disorder in the Media. Poster presentation to be given at the Rall Symposium at North Central College.

Schacht, P.M. & Owusu, Abena. (February 16, 2018). State of the Kids. Presentation of StressMatters Survey and Future Programs for Schools. Invited talk, Naperville School Districts 203 & 204, hosted by Superintendents Bridges & Sullivan.

Schacht, P.M. & Owusu, Abena. (March, 2018). Examining Adolescent Stress and Coping Skills: How Stress Impacts Drug Use & Negative Behaviors in Adolescents and Young Adults. Poster presented at the Biennial Conference for the Society of Research on Adolescence, Orlando, Florida.

Marsh, Alexis. (2016). Parent-Child Relationships and Adolescent Self-Esteem in Northern Ireland. Poster presentation to be given at the National Conference of Undergraduate Research and the Rall Symposium at North Central College.

Marsh, Alexis. (2016). Adolescent Self-Esteem in Northern Ireland. Poster presentation to be given at the Rall Symposium at North Central College.

Lang, Jessica. (2013). College Students' Views on Teen Pregnancy in Relation to their Religious Devotion. Poster presentation to be given at Rall Symposium at North Central College.

Garthe, Rachel & Schacht, P.M. (2012). The Effects of Self-Esteem and Aggression in Scottish Young Adults on Depression. *Psi Chi Journal of Undergraduate Research*.

Garthe, Rachel & Cook, Jen. (2012). A Prevention Program to Improve Coping Skills and Bullying Behaviors. Poster to be given at annual conference of Midwestern Psychological Association in Chicago, IL.

Garthe, Rachel. (2012). The Effects of Parenting on Late Adolescent Aggression, Bullying Behaviors and Peer Victimization. Poster to be given at annual conference of Midwestern Psychological Association in Chicago, IL.

Garthe, Rachel. (2011). A Pathway to Depression: The Effects of Self-Inefficacy and Peer Victimization on Scottish Children. Poster to be given at annual conference of Midwestern Psychological Association in Chicago, IL.

AFFILIATIONS

Psi Chi Honors Society, 2001-present, Faculty Supervisor for NCC chapter, 2007-2016

The Society for Research of Adolescence (SRA), 2004, 2006 – present

The Society for Research in Child Development (SRCD), 2003 - present

American Psychological Association (APA), 2000 -2001, 2007

Midwestern Psychological Association (MPA), 2009-present

Association for Psychological Science (APS), 2007, 2008, 2009

*Professional name changed in 2008