Destyni Brooke Cravens

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# Education

**PhD** University of California, Riverside, Developmental Psychology Expected by June 2027

Advisor: Dr. Misaki N. Natsuaki

**MPH** University of Alabama at Birmingham, Health Behavior April 2022

Accelerated Bachelor’s/Master’s Program (ABM)

GPA: 4.0

**BS** University of Alabama at Birmingham, Psychology April 2022

High Distinguished Honors

Summa Cum Laude

GPA: 3.97

Honors Thesis: The Complex Understanding of the Motherhood Role and its Impact on the Child

Advisor: Dr. Sylvie Mrug

Undergraduate Certificate in Mental Health April 2022

**BA** University of Alabama at Birmingham, Sociology April 2022

High Distinguished Honors

Summa Cum Laude

GPA: 4.0

# Conference Presentations

**Cravens, D.,** Natsuaki, M. N., Hastings, P. D., Zahn-Waxler, C., & Klimes-Dougan, B. (2023, April). *Differences in Depressed Mothers’ and Fathers’ Communication Styles and their Impact on Youth Emotion-Focused Coping Strategies.* Poster presented at the Annual Meeting of the Society for Research on Adolescence, San Diego, CA.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2022, April). *The Intersection Between Child Gender and Race/Ethnicity: An Exploratory Analysis*.Poster presented at the UAB Spring Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2022, April). *The Moderating Role of Ethnicity: How Maternal Role Perceptions and Positive Maternal Behaviors Impact an Adolescents’ Mood.* Poster presented at the UAB Ost Psychology Research Competition, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2022, April 4-8). *Differences in White and Black Mothers’ Reports of Parental Role Perceptions and their Impact on Adolescents’ Mood.* Poster presented at the National Conference on Undergraduate Research, Washington, D.C, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, December). *The Moderating Role of Ethnicity: How Maternal Role Perceptions and Positive Maternal Behaviors Impact an Adolescents’ Mood.* Poster presented at the UAB Fall Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, April). *Do Parental Role Perceptions Moderate the Effects of Maternal Depression and Parenting on Adolescents’ Mood?* Poster presented at the UAB Ost Psychology Research Competition, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, April). *Do Parental Role Perceptions Moderate the Effects of Maternal Depression and Parenting on Adolescents’ Mood?* Poster presented at the UAB Spring Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, April 12-14). *Perceived Parental Support: Does Maternal Depression and Motherhood Roles Matter?* Poster presented at the National Conference on Undergraduate Research, Washington, D.C, United States.

**Cravens, D.,** Smid, H., Aishah, D., Jaishankar, L., Agrawal, J., Wilkerson, H., Stowe, A., & Lanzi, R. (2021, April). *UAB Mental Health Ambassadors: A Peer-to-Peer Mental Health Promotion Program*. Poster presented at the UAB School of Public Health Virtual Research Poster Session, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2020, December). *Perceived Parental Support: Does Maternal Depression and Motherhood Roles Matter?* Poster presented at the UAB Fall Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Cook, M., & Samuel, C. (2020, April). *The Impact of the Arts on Mental Health*. Poster presented at the UAB Spring Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kuba, I., Nwogu, U., Padilla, M., & Smith, J. (2019, August). *Weight and Vitality Explored in Samoa (WAVES).* Presentation presented at the Summer Health Professions Education Program, Los Angeles, CA, United States.

# Research Experience

***Graduate Student Researcher*** June 2022-Present

**UCR Department of Psychology**

Developmental Transitions Laboratory (DTL)

Principal Investigator: Dr. Misaki N. Natsuaki

* Continues development of the DTL website
* Schedules lab meetings with lab personnel
* Aides with grant writing to obtain lab/project funding

***Research Assistant*** Oct. 2020-Apr. 2022

**UAB School of Public Health**

COVID-19, Race, and Student/Postdoctoral Fellow Mental Health Study

Principal Investigator: Dr. Robin Lanzi

* Scheduled interviews and conducted structured interviews with participants
* Coded in-depth qualitative interviews using NVivo
* Trained lab assistants on the process of cleaning and coding qualitative data
* Generated a qualitative coding instructional manual and schedule for research assistants
* Managed participant payments using ClinCards

***Research Assistant*** Jan. 2020-Apr. 2022

**UAB Department of Psychology**

Birmingham Youth Violence Study (BYVS)

Principal Investigator: Dr. Sylvie Mrug

* Recruited participants and administered structured interviews
* Interacted with diverse adults and children
* Inputted data using MediaLab
* Tracked participants using TransUnion
* Participated in weekly lab meetings
* Measured participants’ height, weight, and blood pressure; collect saliva samples
* Formulated my own research projects and conduct data analyses

# Teaching Experience

***Teaching Assistant***  June 2023-Aug. 2023

**UCR Department of Psychology**

PSYC 012: Psychological Research Methods (n=11)

**TA Duties:**

* Collaborated with other TAs on grading assignments
* Answered student questions
* Informed students of upcoming deadlines and assignments through Canvas and email
* Produced instructional materials to support learning
* Employed one-on-one student teaching during in-class group projects and individual activities
* Taught various lectures and topics related to APA style, basic statistical analyses in Excel, and sections of a research paper

***Teaching Assistant***  Aug. 2020-Apr. 2022

**UAB School of Public Health, Health Behavior**

PUH 204: Social and Behavioral Determinants (n=61)

PUH 492: Adolescent Mental Health Promotion Seminar (n=41)

PUH 499: Mental Health Promotion Seminar (n=34)

PUH 606: Public Health Leadership (n=303)

HB 613: Public Health Disabilities (n=35)

HB 624: Advanced Theory of Behavioral Sciences (n=18)

***Teaching Assistant***  Aug. 2020-Apr. 2022

**UAB Department of Psychology**

PY 216 & PY 216L: Elementary Statistics (n=490)

***Teaching Assistant*** Aug. 2020-Dec. 2020

**UAB Honors College**

HC 112: Mental Health Promotion Seminar (n=24)

**TA Duties:**

* Collaborated with other TAs on grading assignments
* Answered student questions
* Informed students of upcoming deadlines and assignments through Canvas and email
* Assisted with the production of videos and other instructional materials to support learning
* Employed one-on-one student teaching during in-class team practice sessions
* Helped coach students outside of class via Zoom
* Researched modern, applicable topics to incorporate into the course’s framework
* Finalized course content with various partners and departments at UAB
* Taught various lectures and topics such as the *Impact of COVID-19 on Adolescent Mental Health* and *Language Sensitivity*

# Grants, Honors, and Scholarship Awards

Eugene Cota Robles Fellowship Recipient 2022-2023

UAB McNair Ambassador Award 2022

UAB SCS Advisory Board Undergraduate Student Mental Health Champion 2022

American College Health Association’s Lewis Barbato Award 2022

UAB College of Arts and Sciences Dean’s Award 2022

UAB Department of Psychology Nominee for Dean’s Award 2022

UAB Passey Prize for the Outstanding Student in Psychology Award 2022

3rd Place in the Social/Behavioral Sciences Category at UAB Fall 2021 Research Expo 2021

UAB Women’s Club House 3rd District Scholarship 2021

3rd Place in the Social/Behavioral Sciences Category at UAB Spring 2021 Research Expo 2021

Alabama Association of Educational Opportunity Program College Scholarship 2021

UAB Affinity Scholarship 2021

UAB Truman Scholarship Institutional Nominee 2021

CUR Health Sciences Division Award 2021

Linly Heflin Unit Scholarship 2020-2021

1st Place in the Social/Behavioral Sciences Category at UAB Fall 2020 Research Expo 2020

McNair Scholar 2020

Alabama Association of Educational Opportunity Program Survivor Scholarship 2020

Aaron L. Lamar Jr. Student Leadership Scholarship 2020

Robert C. Chapmen Scholarship 2020

Tennant & Susan McWilliams Scholarship 2020

UAB Honors Endowed Scholarship 2019

UAB Emerging Leaders Scholarship 2019

UAB Peggy Jolly Best in Class Award 2019

Presidential Honors List, College of Arts and Sciences 2018-2022

Collegiate Honors Scholarship 2018-2022

Big D Motors Scholarship 2018

AP Scholar Award 2018

# Professional Experience/Internships

***Intern, UAB Student Counseling Services*** May 2021-Apr. 2022

**University of Alabama at Birmingham, Birmingham, AL**

* Acted as a liaison between UAB Student Counseling Services (SCS) and UAB departments
* Designed and developed social media content on topics such as boundary setting, self-care, and ways to support others
* Assisted SCS in planning and implementing mental health promotional content for UAB students

***Scholar, Summer Health Professions Education Program (SHPEP)***June 2019-Aug. 2019

**University of California-Los Angeles, Los Angeles, CA**

* Participated in weekly grand rounds, case evaluations, and reading hours
* Demonstrated an understanding about the necessity for diversity and inclusivity in the medical field
* Evaluated and applied in-class learning material to the community of Los Angeles through excursion activities

# Work Experience

***Social Media Intern*, CR Counseling** Aug. 2021-Present

* Create and develop social media content for CR Counseling
* Update CR Counseling’s website through ongoing management
* Design a monthly News Blast with popular mental health related content and CR Counseling updates

# Leadership/Mentorship Experience

***Lead*, UCR Developmental Psychology Brown Bag Committee** Jul. 2023-Present

* Schedule and host speakers to participate in developmental area brown bag
* Plan and implement social programming for developmental area in order to increase connection between faculty and graduate students

***Mentor*, UCR Women’s Resource Center Graduate Mentoring Program** Jan. 2023-Present

* Create a comfortable space for undergraduate women in the process of applying to graduate school
* Advise mentees in developing materials for graduate school applications
* Utilize personal experiences with graduate school applications to guide mentees through application process

***Student Representative*, Suicide Prevention and Implementation Team** Aug. 2021-Apr. 2022

* Collaborated with faculty and peers on the UAB’s Student Counseling Services (SCS) Suicide Prevention Leadership and Implementation Team (SPLIT)
* Shared UAB suicide prevention signage and events with UAB students
* Advocated for better suicide prevention resources on UAB’s campus

***Communications Lead*, UAB Mental Health Ambassador Program** Aug. 2021-Apr. 2022

* Used effective communication skills with program’s director to lead ambassadors in social media initiatives
* Communicated with general MHA members via email, GroupMe, text messaging, and Canvas
* Served as a bridge between campus partners such as UAB Student Counseling Services and UAB students

***Co-Founding President*, It’s On Us at UAB** May 2021-Apr. 2022

* Collaborated with program’s faculty advisor in leading program initiatives
* Communicated with general members via email, GroupMe, text messaging, and Canvas
* Partnered with Co-President in planning, developing, and implementing sexual violence prevention programs
* Conceptualized and composed social media content and initiatives

***Outreach Chair*, Active Minds at UAB** Apr. 2020-Apr. 2022

* Assisted Active Minds Leadership Team in running on-campus chapter
* Created flyers and social media posts for events/updates throughout the semester
* Outreached to UAB students through tabling events and social media platforms

***Student Representative*, UAB SCS Student Advisory Board** Apr. 2020-Apr. 2022

* Collaborated with peers during UAB’s Student Counseling Services (SCS) Student Advisory Board Committee meetings
* Assisted Dr. Stowe with outreach to UAB students
* Informed other members of updates for Mental Health Ambassador program/organization

***Ambassador*, Summer Health Professions Education Program** Aug. 2019-Apr. 2022

* Hosted and participated in campus outreach activities
* Compiled program information with pre-health advisors and other influential college/university staff
* Shared own experience as a program participant with students

***Student Lead*, UAB Mental Health Ambassador Program** Apr. 2020-Aug. 2021

* Collaborated with program’s director to lead ambassadors in initiatives and events
* Served as a bridge between UAB Student Counseling Services, UAB School of Public Health, UAB Honors College, and students
* Facilitated monthly leadership and member meetings
* Developed and implemented on-campus and virtual programming
* Supervised the training of 587 students on several mental health promotional topics such as Mental Health Matters, QPR Suicide Prevention, Active Listening and Motivational Interviewing, and Presentation Design and Development
* Identified and coordinated alternative make-up assignments for students who were unable to attend live trainings
* Communicated with leadership team and general members via in-person, email, GroupMe, phone, and text messages

***Volunteer*, UAB COVID-19 Peer Chat Program** Oct. 2020-Apr. 2021

* Communicated with students in isolation on a weekly basis
* Completed and turned in paperwork on student’s well-being after each call
* Served as a bridge between students, UAB Student Counseling Services, and UAB Residence Life

***Ambassador*, UAB Mental Health Ambassador Program** Aug. 2019-Apr. 2020

* Planned and developed outreach events for UAB’s campus surrounding art therapy
* Initiated partnership between the program and UAB’s Artists in Medicine program
* Supervised 20 partnered events with UAB’s Artists in Medicine program
* Shared ways to improve mental health, promote resiliency, and encourage self-care through programming, events, and social media creations

# Professional Trainings and Certifications

Narcan (Naloxone) Training Jan. 2022

UAB Health Promotion Officer Certification Oct. 2021

UAB/UABHS HIPAA Privacy and Security Training Oct. 2020

Family Educational Rights and Privacy Act (FERPA) Aug. 2020

Trained Recovery Ally Mar. 2020

Validate, Appreciate, Refer (VAR) Feb. 2020

Kognito At-Risk Training for Students Jan. 2020

IRB Human Subjects Training Jan. 2020

Question, Persuade, Refer Gateway Training (QPR) Oct. 2019

Microsoft Word 2013 May 2018

Microsoft PowerPoint 2013 May 2018

# Skills

Research/Statistics: SPSS, R Software, Qualitative analysis through NVivo

# Professional Affiliations

Society for Research on Adolescence Jan. 2023-Present

The National Society of Leadership and Success Jan. 2019-Present

# References

**Dr. Misaki N. Natsuaki, Ph.D.**

*University of California, Riverside, Department of Psychology*

Professor

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**Dr. Sylvie Mrug, Ph.D.**

*University of Alabama at Birmingham, Department of Psychology*

Professor

Phone: (205) 934-3850

Email: [sylva@uab.edu](mailto:sylva@uab.edu)

**Dr. Angela Stowe, Ph.D., LPC-S, NCC, Board Certified Telemental Health Provider**

*UAB Student Counseling Services*

Director

Phone: (205) 934-5816

Email: [amstowe@uab.edu](mailto:amstowe@uab.edu)