# **CURRICULUM VITA**

**DAMIEN CAVANAUGH**

University of Illinois at Urbana-Champaign (UIUC)

Department of Recreation, Sport and Tourism

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# **Education**

 (Projected) 2024PhD University of Illinois at Urbana-Champaign

 Major Recreation, Sport, and Tourism

 Dissertation Examining Pornography Use: A Grounded Theory Approach

 Chair Dr. Laura Payne

2016M.S.Brigham Young University

MajorRecreation Management and Youth Leadership

Thesis Therapeutic Recreation in Residential Substance Use Treatment

 Chair Dr. Neil Lundberg

2011B.S. Brigham Young University

 Major Recreation Management

 Emphasis Therapeutic Recreation

**Research Experience**

***Published Manuscripts***

Berdychevsky, L., Cavanaugh, D., & Dariotis, J. (2023). Psychological, socio-demographic, and logistical factors associated with changes in sex life after over a year into the Covid-19 pandemic*. International Journal of Sexual Health, 35(2), 263-283.* DOI: 10.1080/19317611.2023.2193568

***Book Chapters in Press***

Payne, L., Schaumleffel, N., Cavanaugh, D., & Lee, M. (2023). Leisure, health and physical activity. In: Monika Stodolska, David Scott, and Toni Liechty (Eds.). *Leisure Matters: Exploring Leisure in a Changing World.* Venture Publishing, Inc.

***Conference Presentations***

Russell, Z., Cavanaugh, D., Fransen, M., Payne, L., Pitas, N., Garcia, A., Dudek, A. (2023). Not Quite Suburban or Rural: Challenges and Progress in an Inter-Governmental Collaboration for Community Parks and Recreation Planning. *National Environment and Recreation Research Symposium.* Annapolis, Maryland

Berdychevsky, L., Clough, B., Cavanaugh, D., & Dariotis, J. (2021). COVID-19’s Impacts of on Sex Life and Related Coping Mechanisms. Proceedings of the American Public Health Association Annual Meeting. Online

Li, J., Cavanaugh, D., & Berdychevsky, L. (2021). The Impacts of COVID-19 on Sex Life. Proceedings of the Undergraduate Research Symposium. University of Illinois, Urbana-Champaign

# Cavanaugh, D. (2021). Is Porn Leisure: A Qualitative Approach. Proceedings of the 17th International Congress of Qualitative Inquiry. University of Illinois, Urbana-Champaign

Headley, C., Chungsup, L., An, J., Cavanaugh, D., Payne, P., Katzenmeyer, C. (2020). Changes in Leisure Self-Efficacy and Fall Risk: One-year results of N’Balance, a Fall Prevention Program. Proceedings of the *Gerontological Society of America.*

Cavanaugh, D. (2020). The Role of Assistive Devices on Worry about Falling and Leisure Self-Efficacy among Older Adults. Proceedings of the *Illinois Undergraduate Research Symposium*. University of Illinois, Urbana-Champaign.

Cavanaugh, D., & Lundberg, N. (2017). Examining Intrinsic Motivation and Holistic Functioning: The Role of Therapeutic Recreation in Residential Substance Use Treatment. Proceedings of the Utah *Recreation Therapy Association (URTA) Conference*. Layton, Utah

***Applied Research Projects - Office of Recreation and Park Resources (ORPR)***

**Community Parks and Recreation Survey: Bloomingdale, Illinois 2023**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and the Bloomingdale Park District. My responsibilities primarily focused on leading the analysis of the qualitative data from open ended questions, which consisted of reading line by line and creating themes. Lastly, I was also a co-author on the executive report.

**Crete Inter-Agency Community Survey: Crete, Illinois 2022-2023**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and several municipal organizations in Crete, Illinois. This was a unique project in that we worked with multiple municipalities (i.e., Crete Library, Crete Village, Crete Park District, Village of Crete). The primary goal of this project was to gather input from residents served by these four municipal organizations regarding their use of and satisfaction with facilities, programs, services, and events. Another goal of this community survey was to assess residents’ needs and preferences regarding parks, recreation, enrichment, and educational programs and services offered by these agencies. My responsibilities included conducting interviews and focus groups with the various staff of the Crete municipalities, constructing survey questions, creating the survey in Qualtrics, data cleaning, data entry, and data analysis both of quantitative and qualitative data. I utilized SPSS in working with the quantitative data, generating reports and tables for demographics and resident preferences. I assisted with the qualitative analysis and coordinated the IRB application for future presentations and literature on this project. Lastly, I was co-presenter at the National Environment and Recreation Research Symposium in Annapolis, Maryland in 2023.

**Community Parks and Recreation Survey: Des Plaines, Illinois 2022-2023**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and Des Plaines Park District. The purpose of this project was to evaluate existing parks, facilities, and programs, and assess residents’ recreation needs and preferences. My responsibilities included conducting interviews and focus groups, constructing survey questions, and creating the survey in Qualtrics, data cleaning, data entry, and data analysis of both of quantitative and qualitative data. I utilized SPSS in working with the quantitative data, generating reports and tables for the survey results. I also coordinated the qualitative data analysis of the open-ended questions. Lastly, I was also a co-author on the executive report.

**Community Parks and Recreation Survey: Norridge, Illinois 2022**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and Norridge Park District. The purpose of this project was to evaluate existing parks, facilities, and programs, and assess residents’ recreation needs and preferences My responsibilities included data cleaning, entry, and analysis both of quantitative and qualitative data. I utilized SPSS to analyze the quantitative data, developed tables and charts to summarize results, and co-authored the final report. I also coordinated the qualitative data analysis of the open-ended questions.

**Staff Recruitment and Retention Survey: Illinois Park & Recreation Association (IPRA) 2022**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and IPRA. Our team worked with IPRA staff and volunteers to create a survey disseminated to parks and recreation directors. The survey gained insights about challenges in recruitment and retention of part-time seasonal staff and strategies agencies use to overcome recruitment and retention challenges. My roles included survey design in Qualtrics, data cleaning, data analysis in SPSS, and a presentation to the IPRA board and general membership.

**Adult Children with Aging Parents (ACAP) 2022**

ACAP is an organization that offers community programming designed to increase participants’ knowledge of resources and strategies on various topics related to healthy aging i.e., loneliness, boredom, and social engagement through valued recreation and leisure. I assisted with developing an evidence-informed program that consisted of six modules and accompanying resources: health, medical, and community information about aging, financial and legal aspects of aging, managing alzheimer’s and other age-related dementia, housing and transportation options and aging, psychological and physical aspects of aging, and family dynamics for their community. This program was designed to help participants to become more knowledgeable about the full array of services and resources available in the local community for people who are aging to help caregivers wherever they are in their caregiving journey.

 **Recreation Facilities Survey: Prospect Heights, Illinois 2021**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and the Prospect Heights Park District. The purpose of this project was to assess the perceived needs, preferences, opinions and facility use for the renovation or replacement of Lions Park Pool and the Gary Morava Recreation Center. Another objective of the survey was to assess support for the pool and recreation center renovation or replacement projects and assess opinions about several bond referendum scenarios and other funding strategies. My responsibilities included data cleaning, entry, and analysis both of quantitative and qualitative data. I utilized SPSS in working with the quantitative data, generating reports and tables for demographics and resident preferences. I also assisted with the qualitative data analysis of the open-ended questions, which consisted of reading line by line and creating themes. Lastly, I was also a co-author on the executive report to the Park District Board and staff.

**N’Balance 2021**

The purpose of this research is to assess how participation in a fall prevention program (*N’Balance*) affects worry about falls, self-reported falls, and leisure self-efficacy in older adults. My role has been to conduct the literature review and lead a small group in finding articles that are applicable to our study. We are currently working on a manuscript that I for which I am a co-author.

**Wits Workout 2021-2022**

Wits Workout is an evidenced based, educational program designed to address the six factors that affect brain health. I assisted with screening participants into the study, initial data entry, and facilitated the program at three research sites over the course of 12 weeks.

**Parks Community Survey: Auburn, Illinois 2020**

A collaboration between the Office of Recreation and Park Resources (ORPR) at the University of Illinois and the Auburn Park District was developed to collect feedback through a community survey regarding Auburn residents’ needs and interests as it relates to parks and recreation. My responsibilities included data cleaning, entry, and analysis. I was also a co-author on the executive report to the Auburn Park District.

**Leisure and Boredom Among Older Adults (2019)**

Collaborating with Dr. Payne, Jaesung An, a doctoral student, and two undergraduate students, and Carla Ortiz on this project. The purpose of this research was to understand the concept of boredom in the context of leisure among community dwelling older adults and individuals who reside in assisted living or senior housing communities. The objectives were to: 1) Explore to what extent, if at all, do older adults experience boredom in general and in the context of leisure; 2) Understand variety aspects about boredom to define its meaning among older adults; 3) Understand the cause of boredom; 4) Examine how participants are alleviating boredom and if there exists any constraints.

**Thesis Research (2014-2016)**

Examining Intrinsic Motivation and Holistic Functioning: The Role of Therapeutic Recreation in Residential Substance Use Treatment. This evaluative study examined the impact of recreational therapy interventions on intrinsic motivation and holistic functioning among adults at a substance use treatment facility. Quantitative (inferential Statistics and Multivariate Analysis) and qualitative measures were utilized for this thesis project.

**CRI Military Rowing (2016)**

I operated as the lead investigator for a Boston Rowing community reintegration program for veterans and their families. Data was cleaned, reviewed, and analyzed. Upon our preliminary investigation, a data review was conducted with CRI military rowing. Recommendations were given to improve their data collection to address limitations of attrition, missing responses, design of surveys, and staff training.

**Aspiro Wilderness Therapy (2016)**

Assisted with researching and developing an intentional coping skills program for a wilderness-based therapy program for at risk youth. This project consisted of conducting a literature review and writing a report and presenting the findings of the literature review and the proposed program to their board of directors.

**Recovery Ways Treatment (2015)**

Conducted and gathered surveys from participants in a substance abuse clinic. A content analysis was initiated to help determine the effectiveness of a therapeutic recreation program. This was achieved by identifying various concepts, codes, and categories among participants at the various treatment sites. Additionally, these open-ended questions were reviewed for key words, themes, categories,

subcategories, and frequency. This established a hierarchical structure that was derived from the content of the responses.

**Maple Lake Academy (2014)**

Assisted with researching and developing evidence-based practices for a therapeutic recreation program for adolescent girls who have learning disorders. I assisted with conducting a literature review and created a proposal for their therapeutic recreation program.

**Research Project for Washington County Recreation, Arts, and Parks (RAP) Tax (2014)**

Determined the impact of social media on voters by utilizing and running google analytics. Designed and implemented an evaluation plan with the mayor, city officials, and local businesses. Conducted poll surveys with voters on election day. Cleaned, reviewed, and analyzed data for the Washington County RAP tax initiative.

# **University Teaching**

**Instructor on Record Class Size**

Fall 2023-RST 316-Human Development 50

Spring 2023-RST 316-Human Development 75

Fall 2022-RST 316-Human Development 63

Spring 2021-RST 199-Recreation and Wellbeing During Covid-19 Section B 15

Spring 2021-RST 199-Recreation and Wellbeing During Covid-19 Section A 14

Fall 2020-RST 199-Recreation and Wellbeing During Covid-19 Section B 15

**Teaching Assistant Class Size**

Spring 2022-RST 316-Human Development 92

Spring 2020-RST 200-Leadership in RST-Section A 36

Spring 2020-RST 255-Ethical Issues in RST-Section A 27

Fall 2019-RST 200-Leadership in RST-Section B 63

Fall 2019-RST 255-Ethical Issues in RST-Section B 63

**Course Development**

I developed a course to address the challenges students faced during the Covid-19 Pandemic (e.g., isolation, stress, depression, anxiety, etc.). The course explored the role leisure plays in enhancing and maintaining physical, cognitive, social, emotional, and spiritual aspects of health and wellbeing. The course delved into traditional (e.g. community park and recreation settings) and non-traditional (e.g., high risk, adventure/extreme recreation, devious/fringe/purple leisure, and leisure among populations that are marginalized) areas of leisure and recreation engagement. This course utilized experiential learning initiatives that introduced students to plethora of leisure pursuits intentionally designed to promote and increase wellbeing and quality of life. My responsibilities included designing the course purpose, learning objectives, creating the syllabus, developing the curriculum, creating course assignments and rubrics, creating and delivering course lectures, and grading assignments.

**Honors & Awards**

# Teachers Ranked as Excellent by their Students via The UIUC Center for Innovation in Teaching & Learning:

Spring 2023-RST 316-Human Development

Fall 2022-RST 316-Human Development

Spring 2021-RST 199-Recreation and Wellbeing During Covid-19 Section B

Spring 2021-RST 199-Recreation and Wellbeing During Covid-19 Section A

Fall 2020-RST 199-Recreation and Wellbeing During Covid-19

# Fellowship, University of Illinois– Department of Recreation, Sport, and Tourism (2019)

# **Professional Work Experience**

The Pavilion

**Recreation Therapy Consultant** 809 W Church St

Feb 2020-Current Champaign, IL 61820

*Consultation Duties*

Responsibilities include hiring, on-boardings, training, in-services, and de-briefings with new recreation therapists. Design and implement new evidence-based recreation therapy (RT) assessments and RT groups and daily documentation. Provide consultation regarding groups provided to ensure concepts align with recreational therapy theory and goals. Review and approve new group interventions and proposals. Evaluation of groups provided by recreation therapists. Provide oversight and supervision of three full time recreation therapists and one part time recreation therapist.

Seal Beach Health & Rehabilitation

**Director of Recreation Therapy** 3000 N Gate Rd.

Sept 2017- Sept 2019 Seal Beach, California 90740

*Essential Managerial Responsibilities*

Duties included first-level supervision of recreation supervisors, recreation assistants, Certified Nursing Assistants (CNA), and other support staff in a skilled nursing facility. My team performed recreation therapy and leisure services that contributed to the treatment of patients holistically. We provided recreation therapy programs designed to restore or maintain physical, social, cognitive, emotional, and spiritual functioning to impact their quality of life.

*Staffing Development*

Was based on available staff and therapy needs of patients, established and adjusted schedules, reviewed the quality and adequacy of therapy services provided by the therapy staff, and implemented corrective measures where necessary. Evaluated employee performance and prepared performance evaluations. Made recommendations on hiring, promotions, transfers, work improvement, discipline, and discharge. Resolved problems of employee grievances and discipline and/or made recommendations regarding unresolved problems.

*Documentation and Goals*

Prepared reports to summarize work activities, which included descriptions of goals, planning, scheduling, execution, results, analysis, conclusions, and recommendations according to management and state/federal reporting requirements. Developed and revised therapy treatment programs based upon changes in therapy needs, review of patient records and review of professional literature. Updated daily, monthly, quarterly, and annual assessments.

*Planning*

Planned and recommended staff, equipment, and supply requirements to support therapy services in assigned areas. Planned, managed, and coordinated unit therapy programs with health personnel, families, and other agencies. Planned short and long-range therapy staff requirements for assigned areas, based upon anticipated census loads and types and levels of therapy required. Planned and conducted staff meetings to share and elicit technical and administrative information, discussed, and resolved problems, and interpreted policies and procedures.

*Volunteer Coordinator*

Developed policies and procedures for operational efficiency among volunteers. Conducted and oversaw background checks, toxicology screens, and department training for volunteers. Disseminated information for upcoming programs and events. Kept detailed records of volunteers’ information, assignments, and progress. Maintained oversight and coordination of volunteers varying schedules and availability.

Mountain View Hospital

**Recreation Therapist Supervisor** 1000 E 100 N

Sept 2014- Sept 2017 Payson, Utah 84651

Duties involved leading daily groups of clients through the modality of experiential therapy in three populations: adults and geriatric psychiatric patients, and detox patients. Diagnoses treated and addressed at this facility include: substance use disorders, anxiety disorders, major depression, bipolar disorders, schizophrenia, PTSD, borderline personality disorder, OCD, eating disorders, and psychosis.

*Guidance of Experiential Therapy Group Sessions*

Patients are presented with a combination of physical, mental, social, and emotional challenges incorporated into initiative activities, trust activities, simulated games, social encounters, and other strategies that are not inhibiting. Patients learn techniques in problem solving, self-efficacy, leadership, communication, conflict resolution, group cooperation, trust, and motivation. Facilitated group cohesion by implementing tasks focusing on support systems.

*Life Skills Taught Include:*

* Self Esteem
* Assertiveness Training
* Stress Management
* Risk Taking
* Leisure Education
* Socialization Skills

*Documentation of Daily Progress Notes*

Daily progress notes are written for each participant in group. Notes contain patients’ individual strengths or weaknesses, their attitude toward group members, and whether they grasp the concept during the session.

*Assessment of Participants Needs, Objectives, and Goals*

An assessment was developed for each patient identifying their individual needs and how they are met through the modality of Recreational Therapy. The assessment also includes a leisure survey.

*Participation in Interdisciplinary Treatment Team Meetings*

These meetings entailed giving input from the recreational therapy groups for each participant in weekly meetings. Feedback is also given to participants on their progress in their treatment.

Southern Hills Hospital

**Recreation Therapist** 9300 W Sunset Road

Geriatric Psychiatric Unit Las Vegas, Nevada 84651

Dec 2013- Sept 2014

Seven Hills Behavioral Institute

**Recreation Therapist** 3021 West Horizon Ridge Parkway

**Preceptor** Henderson, Nevada 89052

Geriatric and Adult Psychiatric Unit

Detox and Rehabilitation Unit

Adolescent Unit

Aug 2011-November 2013

Maple Lake Academy

**Assistant Supervisor** 6155 S 2400 W.

May 2008-August 2011 Lakeshore, Utah

* Facilitated and supervised recreational programs
* Worked with teenage girls, 13-18 years old, diagnosed with Asperger’s, NLD, RAD, and ADHD
* Certified in Mandt and Positive Controlled Systems, a de-escalation system and controlled restraints
* Certified to distribute medication
* Trained in CPR and First Aid
* Assisted in TR tasks
* Efficient in charting and evaluation documentation

# **Preceptor**

**Seven Hills Behavioral Institute**

Therapeutic Recreation Preceptor for BYUI Intern 2013

* Structured an immersion program for intern
* Demonstrated correct use of therapeutic recreation interventions
* Designed a transition program for rehab patients together
* Guided intern in developing and implementing capstone project
* Supervised and critiqued intern’s use of modalities in therapeutic recreation
* Corroborated client assessments and documentation
* Gave performance reviews

**Certifications, Licensure, & Membership**

**University of Illinois Urbana-Champaign Center for Innovation in Teaching and Learning (CITL)**

Certificate in Foundations of Teaching (CITL) 2020

**National Council for Therapeutic Recreation Certification**

Certified Therapeutic Recreation Specialist (CTRS) current and in good standing since 2011, License number 60314

**Licensed Recreational Therapist for the state of Utah (LRT)**

Current and in good standing since 2014 License number 9165450-4002

**The Academy of Leisure Science (TALS)**

Current and in good standing member

**Illinois Park and Recreation Association (IPRA)**

Current and in good standing member

**Service**

***Guest Lecturer-IHLT 375: Interdisciplinary Collaboration in Health Services, 2023***

Guest lecture consisted of introducing students to acute mental health services in the community and on campus. Also discussed working with an interdisciplinary treatment team for mental health spheres.

***Guest Lecturer-RST 100: Introduction to Recreation, Sport, and Tourism, 2022***

Guest lecture consisted of introducing students to Recreation Therapy as potential career path and how it fits within our department’s goals.

***Guest Lecturer-CHLH 206: Human Sexuality, 2022***

Guest lecture consisted of reviewing my research on pornography use from a socioemotional health and leisure perspective.

***Journal Reviewer***

***World Leisure Journal*, Reviewer 2021**

Reviewed the manuscript, entitled "Intergenerational family leisure in the COVID-19 pandemic: Some potentials, pitfalls, and paradoxes" for the World Leisure Journal.

***Journal of Leisure Research*, Reviewer 2019**

Reviewed the manuscript, entitled "Views of Turkish Mothers on the Effect of Recreational Physical Activities on Children with Autism Spectrum Disorder: A Qualitative Study" for the Journal of Leisure Research.

**PhD Visit Day Panel on the Doctoral Experience** 2019 & 2022

**Twelve Step Addiction Recovery Program**

 Volunteer/Facilitator 2013-2017

**Las Vegas Rescue Mission**

 Volunteer Coordinator 2012-2013

**Recreation Management Youth Leadership (RMYL) Student Council** 2011-2012

Service Department Chair

Organized service opportunities and department socials

**Trinity Mission Health & Rehab** 2008-2011

Volunteer

**The Church of Jesus Christ of Latter-Day Saints**

Elders Quorum President 2020-Current

Young Men’s President 2017-2020

Young Men’s Teacher 2016-2017

Young Men’s Councilor 2012-2014

Cub Scout Leader 2011-2012

Gospel Essentials Teacher 2007-2011

Ambassador for the Yekaterinburg, Russia Mission 2006-2007

Ambassador for the Kennewick Tri-Cities, Washington Mission 2005-2006