

Becca Cadoff
Doctoral Candidate in Social Welfare
Graduate College and University Center, City University of New York
609-571-6284 || rcadoff@gradcenter.cuny.edu

Curriculum Vitae

EDUCATION

Graduate School and University Center, City University New York (CUNY), New York NY Doctoral Candidate in Social Welfare (ABD) <i>Dissertation: Exploring Experiences of Physical Activity Among People Who Are Formerly Incarcerated</i>	Exp. 2026
Graduate Center CUNY, New York NY Master of Philosophy in Social Welfare	June 2022
New York University, New York NY Master of Public Administration Focus: Health Policy Analysis	May 2013
Northwestern University, Evanston IL Bachelor of Science in Education and Social Policy Major: Social Policy Minor: U.S. History	June 2010

RESEARCH INTERESTS

Community reentry following incarceration; physical activity in the lives of people impacted by the criminal justice system; individual and community wellness; consequences of criminal convictions on individuals, families, and communities; racial inequality in the criminal justice system; strategies to reduce poverty, and social and income inequality; undoing historical racial harms; criminal legal system reform; social welfare policy reform

PUBLICATIONS

Refereed Articles

Lopez-Humphreys, M., **Cadoff, B.**, & Ortega-Williams, A. (2025). Unearthing Belonging: A Multifaceted Exploration of Community Resilience and Spatial Justice Through Participatory Action Research. *Journal of Progressive Human Services*, 1-22.
<https://doi.org/10.1080/10428232.2025.2567742>

Thomas, C., **Cadoff, B.**, Wolff, K. T., & Chauhan, P. (2022). How do the consequences of pretrial detention on guilty pleas and carceral sentences vary between misdemeanor and felony cases? *Journal of Criminal Justice*, 82. <https://doi.org/10.1016/j.jcrimjus.2022.102008>

Cadoff, B., Wolff, K. T., & Chauhan, P. (2021). Exploring variation in factors associated with likelihood of pretrial detention. *Journal of Criminal Justice*, 74. <https://doi.org/10.1016/j.jcrimjus.2021.101799>

Manuscripts in Progress

Lopez-Humphreys, M., & **Cadoff, B.** (*in progress*). Measuring the relationship between sense of community and race in an urban-island context.

Reports

Archibald, P., Busby, S., **Cadoff, B.**, Lopez-Humphreys, M., Torre, M.E., Zeller-Berkman, S., & 30 Staten Island Wellness Fellows. (2025). *Growing and Glowing: Building and Supporting Wellness in Staten Island Through Community-Based Participatory Action Research*. A t of the Staten Island Wellness Fellow Initiative.

Cadoff, B., Lu., O., Monaghan, S., & Rempel, M. (2023). *Criminal Convictions in New York State: 1980-2021*. Data Collaborative for Justice.

Cadoff, B., Jones, K., Bond, E., Chauhan, P. & Rempel, M. (2023). *Lower-Level Enforcement, Racial Disparities, and Alternatives to Arrest: A Review of Research and Practice from 1970 to 2021*. Data Collaborative for Justice.

Cadoff, B., Bond, E., Chauhan, P., & Meizlish, A. (2021). *Trends in Criminal Convictions in New York City*. Data Collaborative for Justice.

Cadoff, B., Bond, E., & Chauhan, P. (2020). *Misdemeanor Enforcement Trends Across Seven U.S. Jurisdictions*. Data Collaborative for Justice.

Cadoff, B. (2019). *Serving Survivors of Complex Homicides: An Initial Review of an Interagency Pilot Program*. Center for Court Innovation.

Dalve, K. & **Cadoff, B.** (2019). *Project Reset: An Evaluation of a Pre-arraignment Diversion Program in New York City*. Center for Court Innovation.

Pooler, T. & **Cadoff, B.** (2016). *Unmasking Times Square: A Needs-Assessment Survey with Ticket Sellers, Costumed Characters, and Others*. Center for Court Innovation.

Cadoff, B. & Frederico, L. (2015). *A Look at School Discipline in NYC: A Call for Transparency and Reform*. New York Civil Liberties Union.

PRESENTATIONS

Juried Presentations

Cadoff, B. (2024, June). *Integrating Trauma-Informed Kettlebell Training in a Community-Centered Violence Reduction Initiative*. Paper for presentation at the annual meeting of National Organization of Forensic Social Workers, New Orleans LA. *Did not attend due to unforeseen personal emergency.

Lopez-Humphreys, M., Archibald, P., **Cadoff, B.**, & Busby, S. (2023, October). *Staten Island Equity & Belonging: A case study of anti-oppressive inquiry into belonging & wellbeing*. Panel presentation at the Council of Social Work Education (CSWE) conference, Atlanta GA. *Did not attend due to unforeseen personal emergency.

Cadoff, B., Thomas, C., & Wolff, K. T. (2020, November). *Investigating conditional consequences of pretrial detention*. Paper for presentation at the annual meeting of the American Society of Criminology, Washington DC. *Conference cancelled due to COVID-19 pandemic.

Cadoff, B. & Wolff, K. T. (2020, March). *Examining the impacts of pretrial detention and criminal history on downstream criminal justice outcomes*. Paper for presentation at the annual meeting of the Academy of Criminal Justice Services, San Antonio TX. *Conference cancelled due to COVID-19 pandemic.

Wolff, K. T. & **Cadoff, B.** (2019, November). *Thrown off course: The pernicious effects of pretrial detention in New York City*. Paper presented at the annual meeting of the American Society of Criminology, San Francisco CA.

DeWind, C. & **Cadoff, B.** (2019, November). *Taking a restorative justice-based pre-arraignment diversion intervention to scale*. Paper presented at the annual meeting of the American Society of Criminology, San Francisco CA.

Cadoff, B. & Pooler, T. (2018, October). *Evaluating the effectiveness of alternative to incarceration programming for misdemeanor defendants in Bronx, NY*. Paper presented at the meeting of the American Society of Criminology, Atlanta GA.

Dalve, K. & **Cadoff, B.** (2018, October). *Project Reset: Evaluation of an adolescent pretrial diversion program*. Paper presented at the meeting of the American Society of Criminology, Atlanta GA.

TEACHING

Interests

Public policy; social welfare policy; criminal justice policy; reentry; inequality; poverty; advocacy & organizing; consequences of criminal legal system; trauma and embodiment;

embodied healing from trauma; movement as a healing modality; research methods; statistics; GIS/mapping

Instructor on Record

Masters

Research Methods II (MSW @ College of Staten Island, CUNY)	Spring 2026
Research Methods I (MSW @ College of Staten Island, CUNY)	Fall 2025
Social Work Research (MSW @ Silberman School of Social Work, CUNY)	Spring 2024 Fall 2023
Social Welfare Institutions and Programs (MSW @ Lehman College, CUNY)	Fall 2021

Undergraduate

Statistical Methods in Psychological Research – Lab (Hunter College, CUNY)	Spring 2022 Fall 2021
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Teaching Assistant

Doctoral

Advanced Statistical Analysis (Graduate Center, CUNY)	Spring 2023 Spring 2025
Methods of Data Analysis/Statistical Methods in Psychology (Graduate Center, CUNY)	Fall 2022 Fall 2024

AWARDS, GRANTS, RECOGNITIONS, and WORKSHOPS

Graduate Assistant D Fellowship Graduate Center, CUNY	2022-2025 2018-2020
Doctoral Student Research Grant Graduate Center, CUNY	Mar. 2022
Graduate Assistant B Fellowship Graduate Center, CUNY	2021-2022
Early Research Initiative – Catalyst Grant Graduate Center, CUNY	Dec. 2021

Panel Study of Income Dynamics workshop (<i>application only</i>) Inter-University Consortium for Political and Social Research University of Michigan	June 2021
Stone Center Junior Scholar Stone Center on Socio-Economic Inequality Graduate Center, CUNY	2020-2021
Social Welfare Tithe Scholarship Graduate Center, CUNY	Spring 2021 Fall 2020

PROFESSIONAL RESEARCH & POLICY EXPERIENCE

College of Staten Island, CUNY, Staten Island NY

Research Assistant, 2022-present

- Conduct quantitative and qualitative analyses regarding equity, inclusion, belonging, and wellness in Staten Island, with Principal Investigator Mayra Lopez-Humphreys
- *Staten Island Wellness Fellows Initiative*: In response to a cluster of deaths by suicide of residents in New York City Housing Authority (NYCHA) public housing, the Department of Health and Mental Hygiene granted funds to CUNY to conduct research from community members about what types of support they would like the City to provide. Using a Community-Based Participatory Action framework, a group of six faculty and graduate students worked together to create space for NYCHA community members to lead the research about what is needed in their communities. We identified thirty NYCHA residents as participant co-researchers, and over the course of roughly six months, we meet weekly in person (and eventually added Zoom options) to facilitate asset-focused conversations with the Fellows about how they define wellbeing, and what supports would elevate them further. The Fellows planned and executed a Community Care Carnival, with local vendors who provided goods and services related to wellbeing. Smaller versions of the event are being reproduced at every NYCHA residence in Staten Island so that all residents are aware of the services and support available to them. The Fellows also repaired fractured relationships between different NYCHA residences, and provided opportunities for ongoing communication and collaboration.
 - With the rest of the planning team, mapped out activities and goals that the fellows could choose from; we prepared a lot of options because we wanted to be able to pivot to whatever direction the Fellows decided to turn. Led a community resources mapping project that allows community members in marginalized groups to share spaces where they feel comfortable and safe; designed to evolve into an evergreen, community-run project. Documented and archived all outputs and ideas generated by the community. Provided administrative support, e.g., tracking attendance, logging free transportation passes, ordering food, set up and break down.
- *Staten Island Equity & Belonging Project*: When the negative impacts of social isolation from COVID-19 quarantine became clear, Staten Islanders collaborated to build a community project to identify strengths of the community and identify channels for belonging and equity. With input from the College of Staten Island, community

organizations designed a survey to collect data from people who live and work across Staten Island about their perspectives of equity and belonging. Developing the survey took many months of collaboration and discussion; in its final form, it includes multiple validated scales, such as the Sense of Community II, Awareness of Privilege and Oppression, and the Symbolic Ableism Scale, as well as Staten-Island specific questions of particular interest to the community.

- Clean, code, and analyze data from a 100-item survey with over 500 participants for the goal of publishing papers and sharing with the community what equity and belonging means to them through mixed media community presentations

Data Collaborative for Justice at John Jay College of Criminal Justice, New York NY

Research Associate, 2019-2021

- Collaborated on assorted quantitative data analysis and research projects relating to law enforcement practices, pretrial detention, criminal records, and local criminal legal system reform initiatives
- Merged, cleaned, coded, and analyzed administrative data from multiple government agencies (e.g., New York City Department of Corrections; New York State Division of Criminal Justice Computerized Reports (arrests); New York State Office of Court Administration)

Center for Court Innovation, New York NY

Center for Justice Innovation, as of 2023

Senior Research and Data Associate, 2018-2019

- *Bronx Community Justice Outcomes Evaluation (PI)*: Bronx Community Justice was a pilot program for testing whether community-circle models of restorative justice could be an effective diversion intervention for individuals arrested for select non-violent low-level behaviors.
 - Worked with program staff and other researchers to write a mixed-methods research plan that received IRB approval with very minor modifications.
 - Qualitative components: Participant-observation of intervention; group interviews with stakeholders (e.g., program staff, court staff, prosecutorial staff)
 - Quantitative components: Short exit survey for participants regarding their experience in the program; recidivism analysis using various matching techniques to develop a quasi-experimental comparison group
 - Procedures for study development: Participated in restorative justice circles to experience the intervention; met with staff over a three-month time period leading up to program launch to understand the roots of the program; based on existing proprietary case management system, developed a data tracking system specifically for this program that met the needs of case managers and the research team
 - Senior staff researcher for borough-wide alternative-to-incarceration program in Bronx NY, including overseeing data entry and extraction for case management system of nearly 10,000 cases annually, and cleaning, merging, recoding, and analyzing said data for ad hoc and regular operational and billing reports
 - Managed other full-time Bronx research staff and part-time research assistants

Research Associate, 2016-2018

- *Needs Assessment of Times Square Costumed Characters (Co-PI)*: New York City passed an ordinance that limited where “costumed characters” (e.g., Mario, Minions, Micky & Minnie Mouse) could conduct their business, which consists of posing for pictures with tourists in exchange for tips. Individuals out of bounds of the marked areas would receive a summons that would be processed by one of CCI’s programs. Typically, the judge sentences counseling services for this type of offense; the program wanted to know the needs of these individuals so they could create appropriate resource packages.
 - Drafted and finalized survey questions
 - Conducted interviews of Costumed Characters in Times Square
 - Supervised staff and interns conducting interviews of Costumed Characters
 - Cleaned, coded, and analyzed quantitative data; Reviewed open-ended questions using open-coding to draw recommendations for program managers. Wrote findings.
- Co-PI on mixed-methods impact analysis of police- and prosecutor-led pretrial diversion program for young adults in Manhattan, using surveys, propensity score matching, and regression analysis
- Managed multiple administrative case management datasets of over 20,000 cases annually
- Provided ongoing program management data and analysis support to alternative-to-incarceration programs in the Bronx and Manhattan

New York Civil Liberties Union, New York NY

Data and Policy Analyst, 2014-2016

- Analyzed data for litigation and advocacy purposes regarding city and state punitive solitary confinement, police stops, pretrial detention, school-based arrests and suspensions, school bullying incidents, and racial segregation in schools
- Conducted policy analysis on pretrial detention, LGBTQ rights, access to voter registration, school segregation, and predictive policing policies
- Presented findings to various audiences, including internal memos and position papers, written reports and oral testimonies to city council, presentations and memos in litigation settlement negotiations, and white papers

American Civil Liberties Union, New York NY

Paralegal, 2012-2014

- Analyzed, coded, tracked, and interpreted over 500 state-level bills, annually, relating to abortion access
- Evaluated annual and over-time patterns of state legislative activity and disseminated findings in maps, charts
- Wrote blog posts on short deadlines to explain complex legislation, and generated thousands of unique views
- Compiled, write, and edited content for monthly newsletter distributed to over 300 stakeholders

Legal Assistant, 2010-2012

- Provided administrative assistance to civil impact litigation attorneys
- Drafted memos and conducted factual and background research to prepare for court filings

OTHER PROFESSIONAL EXPERIENCE

Avon High School, Avon CT

Girls Team Assistant & Novice Coach, 2025-present

- Taught high school athletes how to row in an 8-person boat
- Designed and executed a nine-week training program that included water workouts, land workouts, strength, stretching and mobility, and personal and team goal setting
- Helped student athletes balance commitment to the team with schoolwork and other personal responsibilities
- Worked with other coaches to cultivate a supportive and encouraging environment for intrasquad competition
- Managed and mentored two junior assistant coaches

New Haven Community Boating, New Haven CT

Coach / Interim Head Coach, June - Aug 2025

- With co-coaches, designed and ran four week-long rowing camps designed to introduce New Haven Public School students to the sport
- Taught rowing technique on land and in boats, ran daily warmup exercises, supervised learning and play activities related to rowing and social-emotional growth
- Connected with students from 6th through 12th grade from all backgrounds

Litchfield Hills Rowing Club, Litchfield CT

Lead Coach for Adult Racing Team, Jan – Aug 2025

- Coordinated competitive rowing program for adult athletes
- Designed seasonal practice plans, wrote daily workouts, assigned athletes to boats, provided technical feedback
- Responded to athlete feedback regarding program design and made adjustments
- Managed and mentored two junior assistant coaches

Berkshire Community Rowing, Pittsfield MA

Director & Head Coach, Nov 2023 – Dec 2024

- Deepened and expanded youth and adult rowing programs by offering more practice options and providing the opportunity for athletes to compete at larger, more competitive races
- Built institutional knowledge by documenting existing, tacitly understood guidelines and policies
- Developed new policies to ensure athlete safety and improve equipment maintenance
- Developed and implemented week-by-week annual plan

Head Coach, June – Nov 2023

- Ran youth and adult summer rowing programs
- Ran an indoor rowing phys. ed. program at low-income elementary school
- Developed partnership and executed a contract with the local YMCA for indoor training

Challenging Minds Wellness Center, Bantam CT

Trauma Informed-Yoga Instructor, 2022-2023

Litchfield Hills Rowing Club, Litchfield, CT

Assistant Coach

- Directed Learn-to-Row programs for adult and middle school athletes
- Co-coached 8th grade racing team

SERVICE

Academic

CUNY Social Welfare Committee on Anti-Racism and Liberatory Transformation

Committee member 2020-2024

Social Welfare Curriculum Committee

Student representative 2022-2024

Social Welfare Examinations Sub-Committee

Student representative 2022-2023

Social Welfare Advisement & Mentoring Sub-Committee

Student representative 2022-2023

Community

Litchfield Hills Rowing Club, Litchfield, CT

Assistant Coach 2022-2023

- Taught Learn-to-Row classes for adult and middle school athletes
- Lead yoga classes for youth and adults

Communications Coordinator 2021-2023

- Generated and updated content for website and monthly newsletter

Gallop NYC, Brooklyn, NY

Lead Walker, Side Walker 2016-2019

- Worked with horses and students to assist instructors providing therapeutic horseback riding lessons to youth with disabilities

Horse Education Instructor 2019-2019

- Instructed walk-in community members for short introductory horseback riding lessons

Site Co-manager (Brooklyn) 2019-2019

- Co-managed daily Sunday operations at Brooklyn location for therapeutic horseback riding lessons for youth with disabilities; trained and oriented new volunteers; assigned volunteers to appropriate tasks; directed and assisted with setup and breakdown of lesson tools; checked in riders scheduled for lessons

Minds Matter NYC, New York, NY

Co-Director of Volunteers 2015-2016

- Designed and executed plan to recruit 250 recent college graduates to provide weekly mentoring and academic support to NYC high school students
- Trained and coordinated 500+ volunteers across nine mentoring programs

Director of Writing and Critical Thinking – 11th Grade 2013-2015

- Managed 25 volunteers
- Designed curricula and wrote weekly lesson plans

Writing Advisor 2010-2013

- Writing tutor for 6 students per year, met weekly during academic year

PROFESSIONAL MEMBERSHIPS

Academy of Criminal Justice Sciences 2019-Present

American Society of Criminology 2018-Present

National Organization of Forensic Social Workers 2024-Present

SKILLS & CERTIFICATION

Skills

Proficient: STATA; SPSS; R; SQL; ArcGIS; QGIS; Adobe Acrobat; Microsoft Office Suite; SurveyMonkey; Google Suite; Canva

Beginner: HTML/CSS; Python; Microsoft Access and Publisher; NVivo; Dedoose; Adobe InDesign; Spanish (language)

Selected Certifications

National Academy of Sports Medicine, *Certified Personal Trainer*

- Trauma Informed Weight Lifting Certificate with *Center for Trauma and Embodiment*
- Kettlebell Coaching Certificate with *Bell Mechanics*
- Kettlebell Coaching for All Bodies with *Coaches Corner*

Registered Yoga Instructor, 200-hour

- Trauma Informed Yoga Certificate with *Exhale to Inhale*

US Rowing Level 2 Coach

- First Aid/CPR/AED
- SafeSport Core Training

REFERENCES

Mayra Lopez-Humphreys

Associate Professor

Silberman School of Social Work at Hunter College, CUNY

2180 Third Avenue | New York NY 10035

mlopezhu@hunter.cuny.edu

Dissertation committee chair

Tia Pooler

Deputy Director of Data Analytics and Applied Research

Center for Justice Innovation

520 Eighth Avenue | New York NY 10018

tpooler@nycourts.gov

Renee Jones

Assistant Women's Rowing Coach

Trinity College, CT

300 Summit Road | Hartford CT 06106

860-944-6196

coachreneejones@gmail.com

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