

# SHANA COX

**Advisory Council**, National Women's Shelter Network, Inc.

**Deputy Director of Children's Services and Research Project Director**, Sundari Foundation, Inc. dba Lotus House Women's Shelter

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**DR. SHANA COX, LCSW, PsyD**  
Miami, FL



Dr. Shana Cox, the Deputy Director of Children's Services at the Sundari Foundation, Inc. dba Lotus House Women's Shelter in Miami, Florida, is an accomplished leader within the shelter community.

She has led the two largest early childhood research projects in a shelter setting, which have resulted in publications in peer reviewed journals, including *Addressing Mental Health and Trauma-Related Needs of Sheltered Children and Families with Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)* in Administration and Policy in Mental Health and Mental Health Services Research and *Early Intervention for Families Experiencing Homelessness: A pilot randomized trial comparing two parenting programs* in the Journal of Consulting and Clinical Psychology.

She has presented at multiple conferences, including the 2023 Miami International Child & Adolescent Mental Health Conference and the Inaugural 2023 National Women's Shelter Network Conference. She is actively involved in efforts to raise awareness regarding the high incidence of developmental delays, mental health and behavioral concerns in sheltered children and the need for parenting support through the use of evidence-based clinical assessments and interventions.

Dr. Cox oversees the Lotus House Children's Services program design, implementation, and evaluation. Services offered include evidence-based, life saving assessments and interventions for every child who enters the shelter. Assessments provided, including the Battelle Developmental Screener, 3rd Edition and Child and Adolescent Trauma Screen and more, are used to identify possible developmental delays, trauma symptoms, mental and behavioral concerns, parental stress and attitudes, and parent child interaction.

Evidence based interventions provided at the shelter include: Trauma Focused Cognitive Behavioral Therapy (TF-CBT); Family Check Up/Everyday Parenting (FCU-EP); Parent Child Interaction Therapy (PCIT); Child Parent Psychotherapy and Perinatal Child Parent

Psychotherapy (CPP/PCPP); Video Feedback Intervention for Positive Parenting (VIPPP); and the Positive Parenting Program (Triple P). All have the potential to address different concerns reported by the mother during the assessment.

Dr. Cox has been actively serving high special needs populations of all ages in the Miami community since 2002. Over the years, administrative, teaching, supervisory, and direct service roles have allowed her to intervene at macro, meso, and microlevels. This has allowed her to address challenges from many different perspectives at once. She is dedicated to disrupting the cycle of homelessness by addressing the multigenerational trauma of the mothers and children and intervening early in the lives of sheltered children by providing greatly needed developmental and therapeutic supports.

Dr. Cox earned her Doctorate and Master's in Psychology at Nova Southeastern University and her Master's in Social Work at Barry University, both located in South Florida.