

Tierra Mechele Murray, LCSW

Curriculum Vitae

University of Houston
Graduate College of Social Work
3511 Cullen Blvd
Houston, Texas, 77204-4013

Phone: 478.357.5394
Email: tmmurra3@cougarnet.uh.edu
Address: 1640 E TC Jester Blvd APT. 112
Houston, Texas, 77008

EDUCATION

Master of Social Work, Valdosta State University **May 2019**

Bachelor of Psychology, Georgia College & State University **December 2016**

Associates of Psychology, Southern Union State Community College **May 2015**

RESEARCH INTERESTS

Anti-Racism, equity, and social justice; HIV prevention and intervention; Intimate partner violence; Mental health; Teen dating violence; Sociocultural informed research, practice, and intervention

TEACHING EXPERIENCE

Guest Lecturer, Human Diversity and Human Development (SOWK 6308) FA 2024
Graduate College of Social Work, University of Houston

Teaching Assistant, Confronting Oppression and Injustice (SOWK 7301) SP 2024
Graduate College of Social Work, University of Houston

Teaching Assistant, Human Diversity and Human Development (SOWK 6308) FA 2023
Graduate College of Social Work, University of Houston

Guest Lecturer, Generalist Practice II: Organizations and Communities (SOWK 6302) SP 2023
Department of Social Work, Valdosta State University

Guest Lecturer, Generalist Practice II: Organizations and Communities (SOWK 6302) FA 2022
Department of Social Work, Valdosta State University

Tierra Mechele Murray, LCSW

Curriculum Vitae

RESEARCH EXPERIENCE

Research Assistant, Columbia University, DIVVA Lab 2024-Present

Compiles literature and conducts article reviews to support qualitative research objectives. Performs thematic analysis on interview transcripts and other qualitative data. Develops and applies coding frameworks and performs data coding using qualitative methodology. Assists in preparing qualitative research articles for publication.

Research Assistant, University of Houston, Graduate College of Social Work 2023-Present

Compiles literature and conducts article reviews for research purposes. Conducts quantitative analysis on secondary data. Conducts searches and preparing manuscripts for various systematic reviews and meta-analyses. Conducts statistical analyses for research articles. Assists in preparing manuscripts for publication.

CLINICAL AND PRACTICE EXPERIENCE

Therapist, Grow Therapy February 2025 to Present

Provides mental health therapy to individuals experiencing domestic violence, self-esteem challenges, and grief, with a focus on young professionals navigating anxiety, burnout, and life transitions. Utilizes a client-centered, trauma-informed approach to address emotional distress, build coping strategies, and promote long-term mental well-being. Integrates evidence-based techniques to support clients in developing self-efficacy, improving relational health, and overcoming psychological barriers to personal and professional growth.

Home Health Social Worker, Enhabit Home, Health, and Hospice July 2021 to Present

Assesses the social and emotional factors associated with the beneficiary's illness, treatment requirements, and adaptation to care. Facilitates access to community resources such as financial aid, legal support, housing, food assistance, home health aide services, and emergency response button services. Offers psychological and emotional support to individuals in need.

Treatment Mall Coordinator, Central State Hospital August 2021 to June 2023

Conducted research, evaluation, and development of culturally responsive and individual-focused curriculums to be incorporated into assigned groups for team members. Provided comprehensive staff training sessions to facilitate the adoption of newly designed curriculums. Offered technical assistance, planning, and implementation support for all treatment programming initiatives. Contributed to the creation of a positive work environment by organizing team bonding activities, implementing professional development strategies, and enforcing a safe space policy. Supervised a team of ten members, emphasizing kindness, goal setting, and constructive feedback.

Tierra Mechele Murray, LCSW

Curriculum Vitae

Treatment Mall Director (Interim), Central State Hospital July 2022 to November 2022

Oversaw the organization of all Adult Mental Health (AMH) and Forensic group and activity programming, both within units and in the main mall area. Monitored the daily implementation of group programming and intervention services across the entire hospital. Ensured that individuals received necessary services in accordance with Joint Commission guidelines and facilitated staff training to meet these requirements. Provided effective supervision for a team of thirty members.

Weekend Shelter Advocate, Crisis Line and Safe House October 2020-October 2021

Established a safe and welcoming environment for residents by warmly greeting them, promptly addressing their requests for assistance or supplies, and offering high-quality emotional support. Conducted intakes and provided orientation to survivors and their children, ensuring their initial needs were met upon arrival at the shelter. Maintained cleanliness and order throughout the shelter, including restocking interior storage, laundering linens, sweeping main areas, decluttering entryways, and completing any necessary tasks to uphold organization. Conducted regular walkthroughs of all units to ensure residents completed assigned chores and signed off on chore sheets. Oversaw overnight shelter safety and security by setting alarms and enforcing quiet hours.

Treatment Mall Social Worker, Central State Hospital August 2020 to August 2021

Facilitated group sessions aimed at alleviating adverse symptoms and enhancing individuals' comprehension of personal and interpersonal challenges. Monitored, assessed, and documented the progress of individuals toward their measurable objectives outlined in their recovery plans. Additionally, served as the chair for the Cultural Calendar Committee, presiding over committee meetings, managing tasks, identifying major holidays for each month, and communicating upcoming events to team members.

Forensic Social Worker, Central State Hospital March 2020 to August 2020

Conducted clinical assessments and delivered case management services tailored to address the unique mental health requirements of each individual. Offered one-on-one therapeutic intervention sessions to facilitate specialized care and aid in the attainment of treatment-oriented objectives. Contributed to the formulation of treatment-focused recovery plans as part of a multidisciplinary team. Maintained timely and comprehensive documentation of weekly and monthly case notes.

Outreach/Legal Advocate, Women in Need of God's Shelter May 2019-January 2020

Conducted comprehensive assessments of individuals who have undergone trauma and formulated personalized service plans based on their emotional, physical, and psychological needs. Facilitated referrals to relevant agencies and individuals within both the organization and

Tierra Mechele Murray, LCSW

Curriculum Vitae

the community to ensure comprehensive support. Collaborated with service providers to guide clients through processes such as hospital visits, court appearances, interactions with district attorneys, Child Protective Services (CPS), Adult Protective Services (APS), child advocacy centers, and law enforcement agencies, aiming for optimal service execution. Delivered individual and group support to individuals affected by abuse and/or sexual assault, addressing various forms of distress. Assisted in maintaining accurate records of all services and activities for service evaluation purposes related to grant funding.

Part Time Shelter Advocate/Intern, The Haven

January 2018-June 2019

Contributed to crisis intervention services by promptly responding to emergency hotlines and business lines, offering emergency financial assistance, making referrals, providing individual support, and supplying necessary resources and referral information. Collaborated with on-call staff to address emergencies and issues concerning children and adults residing at the shelter, ensuring appropriate and timely documentation. Communicated night shift activities to staff during monthly meetings. Demonstrated reliability by completing entire shifts without leaving the premises.

Support Coordinator/Intern, PCSA

August 2018 to May 2019

Advocated for and supported individuals diagnosed with developmental disabilities to safeguard their health and safety. Facilitated the development of Individual Support Plans (ISP) and personal budgets in collaboration with individuals, caregivers, and mental health professionals. Identified suitable services aligning with individual needs and addressed any barriers hindering service delivery or resource access. Coordinated and monitored services to ensure adherence to planned delivery, aiming for optimal health outcomes.

NATIONAL CONFERENCES AND PRESENTATIONS

Murray, T. (2025, February). *How to write a literature review*. Oral Presentation. Columbia University, DIVVA Lab.

Waller BY, & **Murray T.**, & Adeyemo S. (2025, January). *Partnering with Black Intimate Partner Violence Survivors to Identify Barriers to Help-Seeking in the Healthcare and Mental Healthcare Systems*. Oral Presentation. 28th Annual Conference of the Society for Social Work and Research. Seattle, Washington.

Murray, T., Torres-Vigil, I. (2025, January). *Predictive Risk Factors of Physical Teen Dating Violence Among Black Girls*. Poster presentation. 28th Annual Conference of the Society for Social Work and Research. Seattle, Washington.

Tierra Mechele Murray, LCSW

Curriculum Vitae

Moderator, Society for Prevention Research

May 2024

Facilitated panel discussions on maternal and child health prevention, managed Q&A sessions, and coordinated with speakers to ensure smooth proceedings. Meeting, Washington, D.C.

Murray, T., Borja, S., & Tariq, A. (2024, May). *The Mediating Role of Positive Experiences in the Relationship between Adverse Childhood Experiences and Teen Dating Violence Among Black Youth*. Oral paper presentation presented at the Society for Prevention Research Annual Meeting, Washington, D.C.

Borja, S., Tariq, A., & **Murray, T.** (2024, May). *Promoting Equity through Positive Childhood Experiences: Mediation Effects on Adverse Childhood Experiences and Black Youth's Self-Concept*. Oral paper presentation presented at the Society for Prevention Research Annual Meeting, Washington, D.C.

SERVICE AND ENGAGEMENT

A. Profession

Licensed Clinical Social Worker, Georgia

2024-Present

Licensed Master Social Worker, Texas

2023-Present

National Association of Social Workers, Member

2017-Present

B. Community

Alpha Kappa Alpha Sorority, Incorporated, Empower Our Families Co-Chair

2022-2023

Alpha Kappa Alpha Sorority, Incorporated, Member

2018-Present

National Council of Negro Women, Member

2017-Present

HONORS, AWARDS, AND FELLOWSHIPS

Awarded, Travel Fellowship

2025

University of Houston, Graduate College of Social Work

Amount: \$1,000

Awarded, UH Clemenger Presidential Fellowship Award

2025

University of Houston, Graduate College of Social Work

Amount: \$2,000

Awarded, UH Clemenger Presidential Fellowship Award

2024

University of Houston, Graduate College of Social Work

Amount: \$2,000

Awarded, Diversity Network Committee Travel Scholarship

2024

Society for Prevention Research

Amount: \$500

Tierra Mechele Murray, LCSW

Curriculum Vitae

<u>Awarded, Abstract of Distinction</u> <i>Society for Prevention Research</i> The Mediating Role of Positive Experiences in the Relationship between Adverse Childhood Experiences and Teen Dating Violence Among Black Youth	2024
<u>Awarded, UH Clemenger Presidential Fellowship Award</u> <i>University of Houston, Graduate College of Social Work</i>	2023 Amount: \$2,000
<u>Achieved, Social Work Honor Society</u> <i>Valdosta State University, Department of Social Work</i>	2019
<u>Achieved, Phi Kappa Theta Honor Society</u> <i>Southern Union State Community College</i>	2014

SKILLS

A. Software

SPSS; Microsoft Office Suite; Google Workspace; Video conferencing software

B. Workplace

Behavioral health; Case management; Cognitive Behavioral Therapy; Conflict management; Counseling; Crisis management; Curriculum development; Documentation review; Group therapy; Mental health counseling; Motivational interviewing; Program development; Program management; Research; Supervising experience; Teaching