

Umaira Khan, LMSW

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RESEARCH INTERESTS

Youth and young adult mental health; Intimate partner violence; Culturally-sustaining intervention development; Immigrant and refugee communities; Integration of clinical and forensic social work

EDUCATION

Expected May 2027	UNIVERSITY OF HOUSTON, Houston, TX Ph.D. in Social Work
May 2015	PACE UNIVERSITY, New York, NY M.S. in Teaching, Students with Disabilities, Gr. 1-6
May 2010	NAZARETH UNIVERSITY, Rochester, NY Master of Social Work
May 2007	UNIVERSITY OF BUFFALO, Buffalo, NY B.A. in Health & Human Services

ACADEMIC APPOINTMENTS

Fall 2026	UNIVERSITY OF HOUSTON, Houston, TX Graduate College of Social Work Adjunct Instructor Course: Policy in the Social Environment
Spring 2022	NEW YORK UNIVERSITY, New York, NY Department of Teaching and Learning Adjunct Instructor Course: Assessment & Intervention in Special Education
Spring 2021, Fall 2021	NEW YORK UNIVERSITY, New York, NY Department of Teaching and Learning Adjunct Instructor Course: Foundations of Special Education
Spring 2020	NEW YORK UNIVERSITY, New York, NY Department of Teaching and Learning Field Instructor Course: Seminar for Special Education

FELLOWSHIPS

2026-2027 COUNCIL FOR SOCIAL WORK EDUCATION
Minority Fellowship Program
Award: \$25,800 annual

RESEARCH ACTIVITIES

2023- present Charge Up! Intervention Pilot, UNIVERSITY OF HOUSTON
Graduate Research Assistant

- Support randomized control trial funded by NIMH for an intervention which aims to improve mental health and housing outcomes among formerly homeless youth
- Collect quantitative and qualitative data through individual interviews; maintain contact with participants to collect data at multiple timepoints (baseline/ 3 months/ 6 months/ 12 months)
- Code and analyze data using software such as Dedoose, SPSS
- Collaborate weekly with PI and other research assistants

2022-2023 Program Evaluation, Healthy Minds Healthy Communities, UNIVERSITY OF HOUSTON
Graduate Research Assistant

- Conducted program evaluation of a community-based mental health program using
- Collected qualitative data from program stakeholders through individual interviews
- Prepared annual report of the program

2024 American Muslim Intimate Partner Violence Study, NORTHEASTERN ILLINOIS UNIVERSITY
Research Assistant

- Conducted qualitative data analysis and synthesized data for manuscript for publication

2008-2010 First Year Center, NAZARETH UNIVERSITY
Graduate Research Assistant

- Collected qualitative data around attrition and retention through focus groups and individual interviews with first year students
- Conducted data analysis and synthesized data for University report

PUBLICATIONS

- Narendorf, S.C., Singletary, B., Brown, M., **Khan, U.**, Gomez, G., Hayward, P., Herman, D., Santa Maria, D., Gattis, M. & Munson, M. R. (Accepted). Applying the ADAPT-ITT framework to develop a team-based

mental health support model for young adults transitioning from homelessness to housing. *Children and Youth Services Review*.

- Brown, M., Narendorf, S. C., **Khan, U.**, Gomez, G., & Munson, M. (2025) Co-Creating the healing partner: An examination of the feasibility and acceptability of a boundary spanning and provision shifting clinician. *Journal of Prevention & Intervention in the Community*.
- Narendorf, S., **Khan, U.**, Munson, M. R., Klodnick, V. V., & Harrell, J. (2025). Transition symptom management careers: Historical patterns of mental health symptoms and service use among young adults experiencing a psychiatric crisis. *Social Science & Medicine* (1982), 366, 117657-
. <https://doi.org/10.1016/j.socscimed.2024.117657>
- Narendorf, S.C., Munson, M. **Khan, U.**, Brown, M., Gomez, G., Santa Maria, D., Gilmer, T., Gattis, M. N., Hayward, P. & Herman, D. (2025) Study protocol for a feasibility evaluation of *Charge Up!*: An adaptation of Critical Time Intervention for young adults moving from homelessness to housing. *Pilot and Feasibility Trials*.

PEER-REVIEWED CONFERENCE PRESENTATIONS

- **Khan, U.**; Richard, V.; Hood, A. (Accepted May 2026; presenting October 2026). *How our stories shape our scholarship: A collective autoethnography among early-stage scholars*. [Panel]. Council for Social Work Education, Annual Program Meeting.
- **Khan, U.** (January 2026). *A structural trauma-informed approach to emotional and behavioral disorders*. [Flash Talk]. Society for Social Work Research, Annual Conference.
- **Khan, U.** (April 2025) *Emotional disturbance within a school-to-prison pipeline: How collaboration with social workers can facilitate paradigm expansion*. [Oral Presentation]. American Educational Research Association, Annual Meeting.
- **Khan, U.**; Hamdan, K. (March 2025) *Delivering mental health services within a collective care framework in a domestic violence agency for Muslim women and families*. [Virtual, Oral Presentation]. Muslim Mental Health Conference, Michigan State University.
- **Khan, U.** (January 2025) *Disrupting the criminalization of students identified with emotional disturbance: A scoping review of theoretical approaches*. [Poster Presentation]. Society for Social Work and Research, Annual Conference.
- Brown, M; Narendorf, S; Gomez, G.; **Khan, U.**; Munson, M. (January 2025). *The Healing Partner: Reimagining mental health supports for young adults at critical points of transition*. [Oral Presentation]. Society for Social Work Research, Annual Conference.
- **Khan, U.**, Elkassem, S.; Dettlaff, A.; Hussain, A. (October 2024). *A critical discourse analysis of statements about ongoing violence in Palestine and Israel among schools of social work*. [Panel, Moderator]. Council for Social Work Education, Annual Program Meeting.
- Hussain, A.; Elkassem, S.; **Khan, U.** (October 2024). *Navigating resistance: Isolation and solidarity amongst Muslim social workers*. [Panel] Council for Social Work Education, Annual Program Meeting.
- **Khan, U.**, Narendorf, S., Burr, S. (January 2024). *Analysis of the first year of implementation of a multi-year intervention based on community-initiated care: A mixed methods case study design*. [Poster Presentation]. Society for Social Work and Research, Annual Conference.
- Narendorf, S.; **Khan, U.**, Burr, S., Washburn, M. (October 2023). *Creativity and flexibility in community based evaluation: The Healthy Minds Healthy Communities program evaluation*. [Poster Presentation]. Council for Social Work Education, Annual Program Meeting.

PRACTICE EXPERIENCE

- 2024- present AN-NISA HOPE CENTER, Houston, TX
Therapist
- Provide trauma-informed, culturally-sustaining individual therapy for women impacted by intimate partner violence, in a primarily Muslim immigrant and refugee community
 - Prepare treatment plans for active caseload according to clinical assessments; interpret assessments for depression, anxiety, and PTSD; document progress and update session notes using SimplePractice
 - Conduct intake assessments once weekly for incoming clients; conduct risk assessment; match incoming clients with clinicians in the agency
 - Conduct psychosocial evaluation to supplement VAWA and U-Visa applications, prepare a report for immigration attorney
 - Collaborate on treatment plan with case manager
- 2011- 2013 CAYUGA CENTERS, The Bronx, NY
Therapist
- Provided individual trauma-informed therapy in Treatment Family Foster Care to youth age 18-25 years old classified by NYS with “Serious Emotional Disturbance”
- 2010- 2011 PHILADELPHIA CHILDREN’S ALLIANCE, Philadelphia, PA
Forensic Interviewer
- Conducted forensic interviews for child victims involved in sexual abuse allegations and prepared legal report for Special Victims Unit
- 2009-2010 ROCHESTER CITY SCHOOL DISTRICT, Rochester, NY
MSW Intern
- Facilitated culturally- sustaining counseling groups with elementary school students, primarily worked with newly arrived refugee students
- 2008-2008 HEALTHY START CENTER, Rochester, NY
MSW Intern
- Provided workshops and counseling groups with mothers and provided maternal mental health support
- 2007- 2008 THE HOUSING COUNCIL, Rochester, NY
Fair Housing Coordinator
- Developed and delivered community-based workshops on tenant rights.

COMMUNITY-BASED TEACHING EXPERIENCE

2017-2019	NEW YORK CITY DEPARTMENT OF EDUCATION P168X, The Bronx, NY Instructional Coach Developed and implemented instructional support plans for teachers and created unit plans modified for students with Individualized Education Programs
2013- 2017	NEW YORK CITY DEPARTMENT OF EDUCATION P168X, The Bronx, NY Special Education Teacher - Taught in a 12:1:1 setting for 5th and 6th grade students with primary diagnosis “emotional disturbance”; prepared differentiated lessons; modified general education curriculum; led IEP meetings - Selected as a New York City Teaching Fellow to receive subsidized Masters in Teaching at Pace University while working full-time as a NYC teacher

PROFESSIONAL SERVICE

2024- present	UNIVERSITY OF HOUSTON, Graduate College of Social Work Student Ambassador - Appointed by PhD program director to represent the program with prospective students - Participate in Admissions Committee with faculty; collaborate with faculty on admissions interviews - Respond to prospective students via email to provide student perspective
2024- present	SOCIETY FOR SOCIAL WORK RESEARCH, Doctoral Student Committee Communications Subcommittee Board Member Collaborate with doctoral students across the nation to prepare and disseminate a quarterly newsletter written by PhD students; Write articles for the newsletter

AWARDS AND SCHOLARSHIPS

2026	YOUTH AND YOUNG ADULT MENTAL HEALTH GROUP, New York University Dissertation Award (\$2,000)
2022-present	GRADUATE COLLEGE OF SOCIAL WORK, University of Houston Graduate Tuition Fellowship
2025	CHILD & FAMILY CENTER FOR INNOVATIVE RESEARCH, University of Houston Dissertation Award (\$1,000)
2025	GRADUATE COLLEGE OF SOCIAL WORK, University of Houston Travel Award (\$1,000)
2024	GRADUATE COLLEGE OF SOCIAL WORK, University of Houston Travel Award (\$1,000)

Curriculum Vitae, U. Khan

2023	GRADUATE COLLEGE OF SOCIAL WORK, University of Houston Travel Award (\$1,000)
2022	GRADUATE COLLEGE OF SOCIAL WORK, University of Houston Magaziner Scholarship (\$4,000)

PROFFESIONAL AFFILIATIONS

2023-present	National Association of Social Workers, Member
2023-present	Society for Social Work Research, Member
2025- present	National Association of Muslim Social Workers, Member
2025- present	Youth and Young Adult Mental Health Working Group, Doctoral Student Member
2024- present	Institute for the Development of Human Arts, Member
2023- 2025	American Education Research Association, Member

CERTIFICATIONS & LICENSURES

2024- present	Licensed Master of Social Work, Texas
2013- 2020	Childhood Education, Professional Certification, New York
2013- 2020	Students with Disabilities, Professional Certification, New York
2010-2014	Licensed Master of Social Work, New York

TRAININGS & WORKSHOPS

2025	NATIONAL ASSOCIATION FOR PUBLIC DEFENSE, 1-day workshop Leveraging Special Education Law for your Clients
2025	UT AUSTIN SCHOOL OF SOCIAL WORK, 2-day workshop Expert Witness Training
2024	INSTITUTE FOR THE DEVELOPMENT OF HUMAN ARTS, Fall 2024 Semester Transformative Mental Health Core Curriculum
2024	UNIVERSITY OF MICHIGAN, 5-day workshop Mixed Methods Workshop
2024	THE QUALITITATIVE REPORT BY JOHNNY SALDANA, 1-day workshop Designing Conceptual Frameworks for Qualitative Research Studies
2024	THE QUALITITATIVE REPORT BY JOHNNY SALDANA, 1- day workshop An Introduction to Qualitative Data Analysis
2023	INSTITUTE FOR META-SYNTHESIS, 3-day workshop Qualitative Meta-Synthesis as a Means to Interrogate Educational Research

LANGUAGES & TECHNICAL SKILLS

Language: Urdu
Technical: RedCap, Canvas, Blackboard, Qualtrics, SPSS, Rayan