

Anil Arora, LCSW

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Education

University of Houston- PhD Student

Anticipated Graduation: December 2025

UH Study Abroad- India

March 2022

- Conducted research on mental health and substance use across cultures

University of Southern California

May 2017

Master of Social Work

Department: Children, Youth & Families

USC Global Immersion- China

March 2017

- Conducted research on holistic healing and gender fluidity within sexuality

University of Colorado at Boulder

May 2015

Bachelor of Arts in Psychology

Focused Expertise

- Advocating/Therapy with Veterans (Depression, Anxiety, PTSD, and Self-esteem)
- Community organizing for Military/Veterans and their families
- Suicide and Substance use among Military/Veteran population
- Trauma related services/groups
- Autism Spectrum Disorder (ASD)
- Non-Profit management
- Fundraising through grants & donor relations
- Program management, development, implementation & training
- Homelessness advocacy
- Holistic approaches to mental health healing

Training

Gottman Method Couples Therapy - Level 1

September 2021

Gottman Method Couples Therapy - Level 2

January 2023

Awards

Ralph Fertig Research Award

May 2017

Hawthorne Endowment Director's Award

May 2017

Order of the Torch

May 2017

University of Houston Graduate College of Social Work Travel Award

September 2021

SSWR Doctoral Student Travel Award

January 2021

University of Houston Graduate College of Social Work Travel Award

December 2022

University of Houston MH-RITES Dissertation Award- \$2000

December 2024

Southern California Grant Makers Dissertation Award- \$10000

December 2024

Certificates

- Problem Solving Therapy (PST)

- Motivational Interviewing (MI)
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

Licensure

Colorado Licensed Clinical Social Worker (LCSW) [CSW.09928319] 2022-Present
 California Licensed Clinical Social Worker (LCSW) [#107484] 2022-Present

Academic Appointments

University of Houston, Houston, TX- **Adjunct Professor** September 2022-December 2022
 Advance Social Work Practice in Organizations class at the Graduate College of Social Work

University of Houston, Houston, TX- **Guest Lecturer** 2021
 Human Diversity and Development class Graduate College of Social Work

Publications (Articles, White Papers, Chapters, & Policy Briefs)

- Otterloo, N. de Mol van, Yun, J., **Arora, A.**, Nair, M.D. (2018). Healing Power of the Environment: Traditional Dimensions. *International Research Journal of Environmental Sciences*, 7(9), 39-47.
- Barr, N., Fulginiti, A., Petry, L., **Arora, A.**, Cederbaum, J., Hines, T., Winetrobe Nadel, H., Castro, C., & Rice, E. (2021). *Soldier stress, attitudes and beliefs related to COVID-19 following deployment*. https://cais.usc.edu/wp-content/uploads/2021/06/Soldier-Stress-and-COVID_FINAL.pdf
- Narendorf, S. C., **Arora, A.**, Santa Maria, D., Bender, K., Shelton, J., Hsu, H. T., ... & Barman-Adhikari, A. (2023). Self-Identification of Mental Health Problems Among Young Adults Experiencing Homelessness. *Community Mental Health Journal*, 1-11.
- Savani, S., **Arora, A.**, Brown, M., Ma, Y., & Gearing, R. E. (2024). The influence of religion on euthanasia and physician assisted suicide. In A. Breivik, M. Schouler-Ocak & M. Khan (Ed.), *Suicide Across Cultures*. London: Oxford University Press.
- Gearing, R. E., Alonzo, D., Savani, S., Burr, S., **Arora, A.**, & Khudododova, S. (2024). Suicide and Religion: A Comparative Analysis of this Complex Relationship to Inform Practice. In A. Breivik, M. Schouler-Ocak & M. Khan (Ed.), *Suicide Across Cultures*. London: Oxford University Press.
- Barr, N., Petry, L., Fulginiti, A., **Arora, A.**, Cederbaum, J., Rice, E. & Castro, C., (2025) Who Supports the Troops? Social Support Domains and Sources in Active Duty Army Networks. *Armed Forces and Society*.

Manuscripts in Preparation for Peer-Reviewed Journals

- **Arora, A.**, Narendorf, S. C., Santa Maria, D., Bender, K., Shelton, J., Hsu, H. T., ... & Barman-Adhikari, A. Rapid Rehousing For Young Adults: Perspectives from Case Managers and Participants. *Journal TBD*
- Mytelka, C., Narendorf, S. C., Munson, M., Jones, E.C., **Arora, A.** (In Press) *Contextualizing social support networks of youth exiting foster care: A mixed methods examination*. *Child and Youth Services Review*.

Presentations

- Winters, D., **Arora, A.**, (2017). Caring for the Caretakers: Understanding Ourselves Through an Artistic Lens. Family Services Santa Monica, CA.
- Winters, D., **Arora, A.**, (2018). Understanding Compassion Fatigue and Burnout: Using Art as an Expression of Trauma and Healing. Kedren Community Health Center.

- **Arora, A.,** Narendorf, S., (2021). Rapid Rehousing For Young Adults: Perspectives from Case Managers Poster Presentation accepted at the Council on Social Work Education.
- **Arora, A.,** Narendorf, S., (2021). Transitioning from Homelessness to Housing in Rapid Rehousing: Perspectives of Young Adults Poster Presentation accepted at Society for Social work and Research.
- Barr, N., Petry, L., Fulginiti, **A., Arora, A.,** Cederbaum, J., & Rice, E. (2022). Social support in active duty Army social networks: Roles, relationships, and implications for Soldier wellbeing. Oral paper accepted for publication at the annual meeting of the Society for Social Work and Research. Phoenix, AZ.
- Gardner, J., Narendorf, S., **Arora, A.,** Ali, S., Harris, A., (2022). Infrastructure to Support Public Impact Scholarship: Launching the Hub for Engaged Action Research (HEAR) Lab. Roundtable accepted for publication at the annual meeting of the Society for Social Work and Research. Phoenix, AZ.
- Harvey, A., Blankenship, A., **Arora, Anil.,** Borah, E., (2024). Informing Peer Support Programming for Active Duty Military Spouses and Committed Partners. Poster presentation accepted for publication at the annual meeting of the Society for Social Work and Research. Washington D.C.
- **Arora, A.,** Gardner, J., Vences, M., Martinez, M., Narendorf, S., (2024). Transforming Research: Innovative Ways to Democratize Knowledge through Research Podcasts. Roundtable accepted for publication at the annual meeting of the Society for Social Work and Research. Washington D.C.

Research Experience

Los Angeles Veterans Collaborative- Statistician under *Aimee Bravo* June 2021- Current

- Compute monthly service usage data looking specifically at homelessness, mental health, etc.
- Support 150 organizations with using the Unite Us Platform for data collection purposes
- Create monthly presentations for monthly collaborative meeting

UT Austin Research Intern- Work under *Professor Elisa Borah* May 2022- December 2023

- Participate in weekly meetings with professor and team to ensure projects move forward
- Support with manuscript writing
- Develop one page research briefs of research articles that can be used for dissemination

UH Research Assistant-Work under *Professor Sarah Narendorf* August 2020-Current

- Participate in weekly meetings with professor to ensure quantitative and qualitative projects move forward
- Support in the development of the Hub for Engaged Action Research to support anti-racist scholarly work and its dissemination
- Work collaboratively to write, edit, and contribute to different manuscripts

USC Research Assistant-Worked under *Professor Murali Nair* August 2016-May 2017

- Wrote, edited, and contributed to published articles before sending them to the university editor
- Attended meetings with professor to ensure research was going as planned

USC- Provost's Interdisciplinary Homelessness Initiative September 2016- May 2017

- Collaborate with students from different disciplines (Law, Public Policy, Journalism, Social Work)
- Work with community partners to improve programs and tackle homelessness issues

Service to the Profession

Field Instructor- PESA & BBSLA

August 2022-Current

- Supervised MSW and BSW students during their field education internships
- Created a new partnership with University of Southern California and Big Brother Big Sister of Greater Los Angeles (BBSLA) to be a new practicum site for MSW students to host MSW students to increase mentor matching by 25%.

Board Member- Big Brother Big Sister of Greater Los Angeles

March 2023- Current

- Support gala, fundraising, and oversight of agency funding through quarterly board meetings
- Inaugural Social Work Board Member for BBBSLA to enhance trauma informed programming, recognition of alcohol and other drugs, and school based mentoring

Guest Peer Reviewer- Child and Adolescent Social Work Journal

October 2022

- Critically review manuscripts by identifying strengths and weaknesses and analyzing potential contribution to the field of social work

Editorial Board Member- Perspective in Social Work

March 2021-August 2022

- Coordinate manuscript submissions for a doctoral student led journal and host networking events at conferences

Clinical Experience

Down To Grow Therapy PLLC- Owner/Therapist

August 2022-Current

- Set-up and manage a private practice to conduct couples therapy, individual therapy or family therapy
- Complete needed assessments with clients and submit notes via online portal to simple practice

The Geneva Foundation- Mindfulness Therapist

August 2022-August 2023

- Conduct one on one mindfulness sessions based on Mindfulness-Oriented Recovery Enhancement Training to reduce pain and opioid dependency
- Attend weekly group supervision sessions to continue learning about mindfulness

The Relationship Center of Colorado- Couples Therapist

August 2019-March 2023

- Conduct couples therapy, individual therapy or family therapy with private practice clients
- Complete needed assessments with clients and submit notes via online portal to simple practice

Health One Hospital- Social Worker II

August 2019- March 2021

- Responsible for assessing the psychological, social, cultural and/or financial needs that impact the high-risk patient's health and recovery
- Provide emotional support, case coordination, crisis intervention, and referrals for individuals
- Facilitate groups (ages 7-90) around anxiety, depression and bipolar affective disorder
- Use meditech to enter notes within 24 hours

Wellness Works- Social Worker/Program Director

August 2016-March 2019

- Managed a caseload of 20 veterans and their families for therapy and case management
- Created a PTSD class curriculum and implemented the class for 2 cohorts allowing veterans to feel more connected and stable in realms of: mental, spiritual, and physical health
- Learned cognitive approach therapy through 500 hours of the internship portion of work participating in supervision
- Conceived, planned, and managed first fundraising Gala Dinner with 90 attendees raising \$25,000
- Managed and composed 4 grants raising \$170,000 in funds to support the needs of veterans

Compton Unified School District- Social Work Intern August 2015 – July 2016

- 450-hour internship, had weekly individual supervision and group supervision
- Conducted Support for Students Exposed to Trauma (SSET) group with middle school students to help reduce symptoms related to existing traumatic experiences
- Implemented a district wide train the trainers Trauma program called “Typical or Troubled”
- Practiced individual therapy with different theoretical modalities (CBT, TF-CBT, MI, PST, Guided Imagery) 25 caseload

Equinox Counseling & Wellness Center- Therapeutic Specialist May 2014 – August 2015

- Created group curriculum for special needs youth to increase socialization and positive manners
- Community specialist focused on balance of responsibility and recreational activity for troubled teens
- Provided real time coaching with behavior and accountability situations for youth and parents
- Mentored troubled teens/youth on the autism spectrum in academics and healthy lifestyles
- Improved flexible thinking in special needs youth through consistent challenging activities

Children’s Hospital - Kempe Center Intern January 2014–January 2015

- Conducted therapeutic childcare using child directed play skills leading to increasing cooperation and positive behavior for those that have experienced trauma
- Collaborated with trial clinicians to investigate evidence-based therapeutic approaches to best support clients and understand cognitive development after trauma
- Learned about clinical trials in the ongoing training & supervision with the Child Trauma Program

Counseling and Psychological Services- Head Peer Educator August 2013 – May 2015

- Selected to be the second head peer educator in order to manage and support 22 volunteers
- Co-Facilitated weekly academic Bounce Back Program for students on academic probation
- Communicated and planned 55 events per semester with psychologists and volunteers
- Designed and managed an outreach project used to reduce stigma of counseling on campus
- Organized bi-weekly trainings for volunteers to improve understanding of community psychology
- Accountability meetings with supervisors to go over weekly goals and provide progress reports for projects/events

Leadership Experience

Children’s Hospital of Los Angeles- Leadership Education in Neurodevelopmental Disabilities Fellow August 2018- May 2019

- Engaged in 300 hours of life course perspective seminars, clinical cases, small group exercises, interdisciplinary team modeling, family-base experiences, and policy and advocacy work
- Completed leadership project with the Boone Fetter Clinic, created follow-up survey for services, obtained IRB approval, identified participants, and established the research protocol
- Collaborated with interdisciplinary team to achieve project goals, while synthesizing data, and was selected to participate in the Association of University Centers on Disabilities conference

Crystal Stairs- *Building Stronger Families Watts/Willowbrook Coordinator*

December 2017-July 2018

- Managed the implementation of goals, objectives, policies, and budget for First 5 LA grants valued at \$1.2 million which provided professional and emotional development for young parents ages 16-24
- Developed and facilitated professional trainings, support groups, and special events
- Created partnerships in the community, provided logistical support, and created a participant tracking system

USC- Social Work Graduate Government- *Community Service Chair* May 2016-May 2017

- Advocated for and attended Men in Social Work Caucus bi-monthly meetings, and helped create/manage events
- Managed and coordinated as team captain for 60 Social work students to participate and raised \$3,000 for United Way in their fight to end homelessness
- Coordinated a month of social work events and led a homelessness-awareness week

Vector Marketing/Cutco- *Branch Manager/Senior Field Sales Manager* May 2011 – Present

- Managed office operations for the #1 office in the nation leading to \$1.5 million in sales in 3 months
- Sold over \$85,000, while growing sales and building relationships across the country through 300 in home appointments
- Critiqued & guided a new training program that was implemented as a best practice for employees
- Supported and directed a team of 30 individuals

Dream Team Bhangra @ CU Boulder (DTB) – *Founder*

August 2013 – May 2015

- Envisioned and formed a team of 8 people that performed traditional Indian Bhangra Dance at community festivals, campus events, and weddings
- Coordinated logistics, created weekly schedules for practice and multiple routines with student choreographers

South Asian Student Association (SASA) – *President*

January 2012 – May 2015

- Advocated to governing boards with proposals/budgets to receive \$50,000 from the university to run the organization, funded 6 student community events and travel to South Asian Leadership conference at Harvard
- Created year-long strategy, programming, led weekly meetings, organized logistics for events and worked with a 6-person team to promote South Asian culture across a 39,000 student campus
- Planned & facilitated a South Asian culture show for 550 people, raised \$1,054 for charity by hosting a 5k run/walk

Professional Affiliations

Member, Council on Social Work Education

Member, Society for Social Work and Research

Languages

- Hindi, Punjabi & proficient in Spanish