

CURRICULUM VITAE

Rachel Sonia John, Ph.D., MPH, LCSW
Assistant Professor
School of Social Work
Rutgers, The State University of New Jersey
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ACADEMIC POSITIONS

- 9/2023- Faculty Affiliate, Center for Research on Ending Violence, School of Social Work, Rutgers, The State University of New Jersey
- 9/2022- Assistant Professor, School of Social Work, Rutgers, The State University of New Jersey

EDUCATION

- 2022 **Ph.D. in Social Work**
Dissertation: *Cultural Stress and Behavioral Health: A Mixed Methods Study of Indian American Youth in the United States*
Boston University, Boston, MA
- 2013 **Certificate in Advanced Psychodynamic Psychotherapy**
St. Louis Psychoanalytic Institute
St. Louis, MO
- 2010 **Master of Social Work**
Clinical Concentration
School of Social Policy & Practice, University of Pennsylvania, Philadelphia, PA
- 2005 **Master of Public Health**
Community Health and Prevention Concentration
School of Public Health, Drexel University, Philadelphia, PA
- 2003 **Bachelor of Arts, Criminal Justice**
Temple University, Philadelphia, PA

LICENSURE

Licensed Clinical Social Worker (LCSW), Missouri, License #2013029935
LCSW, New Jersey, License #44SC06120800

AWARDS & HONORS

Rutgers University Chancellor-Provost's Scholar for Inclusive Excellence in Immigrant and Refugee Health – 3-year award (\$30,000) to advance a diversity and inclusion research agenda.

RESEARCH & TEACHING INTERESTS

Immigrant health and mental health, refugee health, cultural stress, model minority stereotype, acculturation, intergenerational trauma, bicultural identity integration, substance use, mixed methods

PEER-REVIEWED PUBLICATIONS

1. **John, R.S.**, Montero-Zamora, P., Salas-Wright, C.P., Amodeo, M., & Schwartz, S.J. (2024). A Validation of the Negative Context of Reception Scale with Indian American Youth. *Cultural Diversity & Ethnic Minority Psychology*, 30 (4): 703-712. <https://doi.org/10.1037/cdp0000701>
2. **John, R.S.**, Amodeo, M., Montero-Zamora, P., Schwartz, S.J. & Salas-Wright, C.P. (2024). Examining the Role of Cultural and Family Factors in Substance Use Risk among Indian American Youth. *Substance Use & Misuse*, 59 (7): 1031-1038.
3. Hahm, H.C., Petersen, J.M., **John, R.S.**, Rivera, A., Ahuja, N., Cha, D., & Chen, J. (2023) HIV knowledge, risk behaviors, and testing among Chinese-, Korean-, and Vietnamese-American women. *Journal of Health Science & Education*, 7(5): 243.
4. Miller, D. P., **John, R. S.**, Yao, M., & Morris, M. (2022). The 2016 presidential election, the Public Charge Rule, and food and nutrition assistance among immigrant households. *American Journal of Public Health*, 112(12), 1738-1746.
5. **John, R. S.**, Amodeo, M., Schwartz, S. J., Vaughn, M. G., & Salas-Wright, C. P. (2022). Cultural and Model Minority Stress: Toward a Theory of Mental Health Distress Experiences of Indian American Youth. *Child and Adolescent Social Work Journal*, 41 (2) 1-13.
6. Hai, A. H., Lee, C. S., **John, R.S.**, Vaughn, M. G., Bo, A., Lai, P. H. L., & Salas-Wright, C. P. (2021). Debunking the myth of low behavioral risk among Asian Americans: The case of alcohol use. *Drug and Alcohol Dependence*, 228, 109059
7. Cobb, C. L., Salas-Wright, C. P., **John, R.S.**, Schwartz, S. J., Vaughn, M., Martínez, C. R., Jr, Awad, G., Pinedo, M., & Cano, M. Á. (2021). Discrimination Trends and Mental Health Among Native- and Foreign-Born Latinos: Results from National Surveys in 2004 and 2013. *Prevention Science*, 22(3), 397–407.
8. Salas-Wright, C.P., Vaughn, M.G., Goings, T.C., Cobb, C.L., Cohen, M., Montero

Zamora, P., Eschmann, R., **John, R.S.**, Andrade, P., Oliveros, K., Rodríguez, J., Maldonado-Molina, M.M., & Schwartz, S.J. (2020). Toward a typology of transnational communication among Venezuelan immigrant youth: Implications for behavioral health. *Journal of Immigrant and Minority Health*, 23(5), 1045-1052

9. **John, R.S.**, Salas-Wright, C., Amodeo, M., Chassler, D., Alford, D. P. (2020) Faculty Education in Addiction Training (FEAT): Evaluating an online training program for multidisciplinary health professions educators. *Substance Abuse*, 41(3), 292–296.
10. Salas-Wright, C.P., Schwartz, S.J., Cohen, M., Vaughn, M.G., Sanchez, M., Rodriguez, J., AbiNader, M., **John, R.S.**, Oliveros K., & Andrade, P. (2020). Cultural stress and substance use risk among Venezuelan migrant youth in the United States. *Substance Use and Misuse*, 55(13), 2175-2183.
11. Salas-Wright, C.P., Vaughn, M.G., Goings, T.C., Oh, S., Marsiglia, F.F., Cohen, M., **John, R.S.**, Andrade, P., & Schwartz, S.J. (2020). Disconcerting rates of alcohol use among Venezuelan immigrant adolescents in the United States. *Addictive Behaviors*, 104. 106269.
12. Salas-Wright, C. P., **John, R.S.**, Vaughn, M. G., Eschmann, R., Cohen, M., AbiNader, M., & Delva, J. (2019). Trends in cannabis use among immigrants in the United States, 2002– 2017: Evidence from two national surveys. *Addictive Behaviors*, 99, 106029.
13. Vaughn, M.G., Salas-Wright, C.P., **John, R.S.**, Holzer, K.J., Qian, Z., & Veeh, C. (2018). Traumatic brain injury and comorbidity in the United States. *Psychiatric Quarterly*, 90 (1), 151-158.

ARTICLES IN NON-REFERRED JOURNAL

1. **John, R.S.**, Murugan, V., & Desai, I. (2023). Indian Americans: Overview. *Encyclopedia of Social Work*.
<https://oxfordre.com/socialwork/display/10.1093/acrefore/9780199975839.001.0001/acrefore-9780199975839-e-1644>

ARTICLES UNDER REVIEW

1. **John, R.S.**, Montero-Zamora, P., Amodeo, M., & Salas-Wright, C.P. (revise and resubmit). Key correlates of anxiety and depression symptoms among Indian American youth. Submitted to Asian American Journal of Psychology.
2. **John, R.S.**, Malorni, A., Obara, L., & Zhu, Z. Navigating internal and external pressures of the model minority stereotype among Asian American college students. (in review). Submitted to Journal of Racial and Ethnic Health Disparities.

PEER-REVIEWED PRESENTATIONS

1. **John, R.S.**, Zhu, Z, Malorni, A., & Obara, L. (2025, June). The Impact of the Model Minority Stereotype on Asian American Young Adults' Mental Health. Oral Presentation. Society for the Study of Emerging Adults (SSEA). Charleston, SC.
2. **John, R.S.**, Malorni, A., & Hennessy, K. (2025, January). Collaborative Autoethnography and Liberatory Consciousness Framework: Facilitator Perspective. Oral Presentation. Society for Social Work Research. Seattle, Washington.
3. **John, R.S.**, Malorni, A., Obara, L., & Zhu, Z. (2025, January). Experiences of Model Minority Stereotype in Asian American College Students. Poster. Society for Social Work Research. Seattle, Washington.
4. Mendez, A., McKenna, N., Michaels, F., Gomez, J., **John, R.S.**, Spera-Ballesteros, V., & Duron, J. (2024, October). Learning from Adult Survivors of Child Sexual Abuse to Promote Prevention. Poster. Sexual Violence Research Initiative, Cape Town, South Africa.
5. **John, R.S.**, & Morris, M. (2024, January). *Experiences of Discrimination, Impact of Bicultural Identity Integration, and Mental Distress Among Indian American Youth: A Mixed Methods Study*. Poster. Society for Social Work Research, Washington D.C.
6. **John, R.S.**, Amodeo, M., Schwartz, S., Salas-Wright., C.P. (2023, January). *Links between Cultural Factors and Mental Health among Indian American Youth*. Poster. Society for Social Work Research, Phoenix, AZ.
7. **John, R.S.**, Amodeo, M., Spencer, R. (2023, January). *Bicultural Experiences of Indian American Youth in the U.S.: A Qualitative Study*. Oral Presentation. Society for Social Work Research, Phoenix, AZ.
8. Yao, A., Miller, D., Morris, M., **John, R.S.** (2022, March). *Longitudinal Impacts of Food Insecurity on Child Health and Academic Outcomes*. Poster. Association for Public Policy Analysis & Management. Austin, TX.
9. Morris, M., **John, R.S.**, Maru, M., Carrillo, D. (2022, January). *Dispelling Racial/Ethnicity Monoliths within Social Work Research, Practice, and Policy: A Case for Disaggregating Race/Ethnicity Health and Mental Health Data*. Roundtable. Society for Social Work Research, Washington D.C.
10. Miller, D.P., **John, R.S.**, Yao, A.N., Morris, M.M. (2021, October). *Evidence for a New Chilling Effect? The 2016 Election and Food Assistance among non-Citizen Households* SP2. Speaker Series 2021-2022: Conversations about race, equity, and justice. School of Social Policy and Practice, University of Pennsylvania, Philadelphia, PA.
11. Davis, A. & **John, R.S.** (2020, November). *Understanding and Enhancing MSW Students' Motivation for Completing Course Readings*. Poster. Council of Social Work

Education, Virtual.

12. Hahm, H., His, J., Xu, J., **John, R.S.**, Lee, B., Zhong, C., Wongchai, V., Patel, A., Inouye, M., Cheung, C., Chen, S. (2020, January). *Feasibility and Efficacy Trial for Asian Women's Action for Resilience and Empowerment (AWARE) Intervention at Three University Health Services Centers*. Poster. Conference of the Society for Social Work and Research, Washington, D.C.
13. Ruth, B., Wachman, M., Marbach, A., Marshall, J., Choudhury, N., **John, R.S.**, & Ross, A. (2019, November). *Advancing Public Health Social Work: Recommendations for Strengthening Visibility, Education, Impact, and Leadership*. Presentation. American Public Health Association, Philadelphia, PA
14. **John, R.S.**, Alford, D. P., Salas-Wright, C., Chassler, D., Amodeo, M., (2019, November) *Improving Addiction Teaching of Social Work and Medicine Faculty: A Pilot Online Addiction Training Program*. Poster. AMERSA National Conference, Boston, MA.
15. Hahm HC, Hsi JH, Xu J, **John, R.S.**, Lee B, Zhong C, Wongchai V, Patel A, Inouye M, Cheung Zheng C, Chen S. (2019, October). *Asian Women's Action for Resilience and Empowerment (AWARE) Intervention: Feasibility and Efficacy Trial at Three University Health Services Centers*. Poster. Asian American Psychological Association Annual Convention, San Diego, CA.
16. Spencer, R., Nicholson, J., **John, R.S.**, Brinkerhoff, C., Johnson, K. (2019, June). *Teaching and Learning through Doing Qualitative Methods*. Plenary Session. 2019 Society for Qualitative Inquiry in Psychology: SQIP Annual Conference on Qualitative Research Methods. Simmons University, Boston.
17. DeVoe, E., Flinton, K., **John, R.S.** (2019, March). *Assessment of Learning and Student Competencies in Trauma-Informed Social Work (SSW)*. Presentation. 5th Annual Assessment Symposium, Boston University.
18. Hahm, H., Ha, Y., His, J., **John, R.S.**, & Lei, G. (2019, January). *Chinese-, Korean-, and Vietnamese-American Women with Interpersonal Violence History do not Seek Mental, Physical, and Sexual Healthcare*. Poster. Society for Social Work and Research, San Francisco, CA.
19. Hahm, H., Petersen, J., Rivera, A., **John, R.S.**, Tran, K., Ahuja, N., & Chen, J. (2019, January). *HIV Knowledge, HIV Risk Behaviors, and Testing Among Chinese, Korean, and Vietnamese Women in the U.S*. Poster. Society for Social Work and Research, San Francisco, CA.
20. **John, R.S.**, Johnson, K., Tang, C. (2018, November). *Critical Race Theory and Capability Theory: Alignment with Social Work and Dr. King's Dream*. Presentation. National Association for Multicultural Education, Nashville, TN.

21. **John, R.S.**, Lama, M., Formal, R., Perea, F., Sprague-Martinez, L. (2018, November). *A Community Driven Research and Action Project to Diversify the Gentrification Dialogue*. Poster. American Public Health Association, San Diego, CA.

GUEST LECTURES

1. *Developing a Conceptual Framework* -Boston College School of Social Work-Ph.D. Seminar, March, 2023 and March 2022
2. *Analyzing your Data Using Interpretive Phenomenological Methodology*- Boston University School of Social Work- Advanced Qualitative Research Methods Class, October, 2021
3. *Writing a Mixed-Methods Dissertation Proposal*- Boston University School of Social- Dissertation Seminar, October, 2021

PROFESSIONAL DEVELOPMENT

- 2024 Cognitive Interviewing in Survey Research (Online)
H.W. Odum Institute, The University of North Carolina at Chapel Hill
- 2024 Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research,
Training and Mentoring Institute, University of Miami.
- 2023 NIH R01 Writing Academy, Office of the Vice Provost for Research, Rutgers, The
State University of New Jersey
- 2022 OASIS-Leadership and Professional Development Program. Faculty Diversity
Collaborative, Rutgers, The State University of New Jersey
- 2022 “Teaching Online-An Introduction to Online Delivery.” School of Social Work,
Rutgers, The State University of New Jersey
- 2021 “Advances in Mixed Method Analysis and Integration. Michigan Mixed Methods
Program University of Michigan

COMMUNITY ENGAGEMENT

1. *Anti-Racist Research*. SSW PhD Student Planning Committee on Racism. School of
Social Work, Rutgers, The State University of New Jersey, Panelist, April 2024
2. *Challenging Racism-A Call to Action*. School of Social Work, Rutgers, The State
University of New Jersey, Panelist, June 2023.

3. *Asian Americans and the Social Work Discipline*. University of Pennsylvania, School of Social Policy and Practice, Asian American Pacific Islander Alumni Panel, April 2022

ACADEMIC SERVICE

2024 Member, Society for Social Work and Research Book Award Committee

2023 Member, Society for Social Work and Research Book Award Committee

TEACHING EXPERIENCE

Rutgers University School of Social Work

2025 Co-Instructor, MSW Program
Special Topics in Social Work Research – Global Education to India – Winter Session 2025

Module Instructor, DSW Program
Theoretical Framework for work with Immigrants and Refugees
Working with Immigrants and Refugees

Instructor, MSW Program
Clinical Social Work with Adolescents (online)
Social Work with Immigrants and Refugees, (online)

2024- Course Coordinator, Clinical Social Work I

2024 Instructor, MSW Program
Clinical Social Work I, (on the ground and online)

2023 **Module Instructor**, DSW Program
Theoretical Framework for work with Immigrants and Refugees
Working with Immigrants and Refugees

2022- **Instructor**, MSW Program
Clinical Social Work with Adolescents
Social Work with Immigrants and Refugees, (online)

Boston University School of Social Work

2017-2022 **Instructor**, MSW Program
Human Behavior in the Social Environment
Facilitator, MSW Program (online)
Ethics and the Social Work Profession
Clinical Practice with Adult Trauma

Lesley University Social Work Program

2021 **Instructor**, MSW Program
 Research Methods

DOCTORAL DISSERTATION COMMITTEE

2024- Shaheena Shahid, University of Alaska Fairbanks

2023- Melanie Yu: *Refugee Reciprocity as a Critical Apparatus for Reimagining
Resettlement Work: A Qualitative Examination of Refugee Reciprocity and Solidarity*

MENTORING

Doctoral Students

Michael Zuch, Rutgers University, School of Social Work

Lena Obara, Rutgers University, School of Social Work

Stella Zhu, Rutgers University, School of Social Work

Master of Social Work Students

Manasa Magesh, Rutgers University, School of Social Work (Intern)

Fatima Sindhu, Rutgers University, School of Social Work (Intern)

Undergraduate

Anjelica Solomon, Rutgers University

POST-MASTER’S EXPERIENCE

2012– 2017 Washington University in St. Louis Brown School of Social Work
 Office of Field Education – Practicum Coordinator/MPH Program Manager

2014–2017 St. Louis Psychoanalytic Institute, Schiele Clinic, St. Louis, MO
 Clinic Therapist

2010–2012 Center for Survivors of Torture and War Trauma, St. Louis, MO
 Youth Program Supervisor

2005–2008 Drexel University, Philadelphia, PA
 Program Manager

AD HOC JOURNAL REVIEWER

American Journal of Drug and Alcohol Abuse
American Journal of Orthopsychiatry
Asian American Journal of Psychology
Cultural Diversity and Ethnic Minority Psychology
Journal of Adolescent Research
Journal of American College Health
Social Work in Health Care
Substance Use and Misuse
The American Journal of Drug and Alcohol Abuse