

SUZANNE SHU-XIN THAM, MSW, RSW

CURRICULUM VITAE

SCHOOL OF SOCIAL POLICY & PRACTICE | UNIVERSITY OF PENNSYLVANIA
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EDUCATION

2022–Present (Expected May 2027)	PhD Candidate in Social Welfare University of Pennsylvania Dissertation Chair: Phyllis Solomon, PhD	Philadelphia, PA
2018	Master of Social Work University of Michigan Major: Interpersonal Practice / Health Minor: Social Policy & Evaluation	Ann Arbor, MI
2012	Post-Graduate Diploma in Counselling Counselling and Care Centre	Singapore
2008	Bachelor of Social Sciences (Honours) in Social Work National University of Singapore	Singapore

RESEARCH INTERESTS

- Mental Health Services Research, Access, and Equity
- Culturally Responsive and Recovery-Oriented Interventions and Service Innovations
- Community-Engaged Intervention Development
- Implementation Science
- Integrated Behavioral Health

RESEARCH AFFILIATIONS

2024–Present	Associate Fellow Leonard Davis Institute of Health Economics, University of Pennsylvania
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PUBLICATIONS

Peer-Reviewed Journal Articles:

1. Na, S., **Tham, S. S.**, & Solomon, P. (2026). Cultural humility and recovery-promoting competencies among mental health practitioners: The mediating role of recovery attitudes. *Administration and Policy in Mental Health and Mental Health Services Research*. Advance online publication. <https://doi.org/10.1007/s10488-026-01513-x>
2. **Tham, S. S.**, Na, S., & Solomon, P. (2026). Factors influencing the implementation of peer support specialists within mobile crisis teams: A scoping review of Consolidated Framework for Implementation Research domains and implementation strategies. *Psychological Services*, 23(3), 441–461. <https://doi.org/10.1037/ser0000996>
3. Albright, J., **Tham, S. S.**, Durezzo, B., Rushworth, S., Kuriyan, A., Eiraldi, R., & Wolk, C. B. (2025). Adapting TeamSTEPPS for school mental health teams: Development of an implementation research logic model. *Frontiers in Health Services*, 5, Article 1675020. <https://doi.org/10.3389/frhs.2025.1675020>
4. Na, S., **Tham, S. S.**, & Solomon, P. (2025). Understanding the essence of recovery-oriented practice: A Scoping review. *American Journal of Psychiatric Rehabilitation*, 28(5), 1572–1615. <https://doi.org/10.69980/ajpr.v28i5.733>
5. **Tham, S. S.**, & Solomon, P. (2025). Development of a culturally safe recovery-oriented mental health practice. *Journal of Social Work Practice*, 39(2), 257–271. <https://doi.org/10.1080/02650533.2024.2411050>
6. **Tham, S. S.**, & Solomon, P. (2024). Family involvement in routine services for individuals with severe mental illness: Scoping review of barriers and strategies. *Psychiatric Services*, 75(10), 1009–1030. <https://doi.org/10.1176/appi.ps.20230452>
7. **Tham, S. S.**, & Solomon, P. (2024). Practicing cultural humility will achieve recovery-oriented mental health

practice and service delivery. *Administration and Policy in Mental Health and Mental Health Services Research*, 51(1), 10–13. <https://doi.org/10.1007/s10488-023-01307-5>

8. McLaughlin, S. J., Chen, Y., **Tham, S. S. X.**, Zhang, J., & Li, L. W. (2020). Healthy aging in China: Benchmarks and socio-structural correlates. *Research on Aging*, 42(1), 23–33. <https://doi.org/10.1177/0164027519879105>

Book Chapters:

1. Solomon, P., Zhang, A., & **Tham, S.** (2025). Randomized controlled trials in social work. In E. J. Mullen (Ed.), *Oxford bibliographies in social work*. Oxford University Press.
2. Zhang, A., **Tham, S.**, & Solomon, P. (Conditional acceptance). Cognitive behavior therapy for cancer patients and survivors living with severe mental illness. In A. Zhang, W. Tsai, & J. Fann (Eds.), *Cognitive behavior therapy for individuals living with a cancer diagnosis*. Wiley.

MANUSCRIPTS

Under Review:

1. An, Q., Wu, Y., Du, J., **Tham, S. S.**, Solomon, P., & Zhang, A. (2026). Operationalizing implementation quality: Development of an integrated framework and its pilot application to non-pharmacological interventions for dementia.
2. Dunn, C., Assoudeh, E., Na, S., **Tham, S. S.**, Watson, S., Rahman, A., Lopez, V., Estevez, R., & Solomon, P. (2026). Centering lived experience in mental health crisis response systems: The role of peer support workers.
3. Na, S., **Tham, S. S.**, Dunn, C., Assoudeh, E., Watson, S., Rahman, A., Lopez, V., & Solomon, P. (2026). Organizational challenges and strategies for integrating peer support workers into crisis and emergency response teams: A qualitative study in New York City.

In Preparation:

1. **Tham, S. S.**, Kishton, R., Kaplan, K., & Keddem, S. Digital mental health screening completion and care pathways in the Penn Integrated Care Program
2. **Tham, S. S.**, Li, A. C., Chan, W., & Solomon, P. Mental health literacy and help-seeking attitudes: A propensity score matching analysis.
3. **Tham, S. S.**, Na, S., Dunn, C., Assoudeh, E., Watson, S., Rahman, A., Lopez, V., & Solomon, P. From lived experience to professional expertise: An empirically grounded conceptual framework for peer support specialists in mental health crisis response.
4. Yoon, A., Kim, M., Kim, Y., Park, Y., Lee, E., **Tham, S. S.**, Solomon, P., & Oh, H. Feasibility and acceptability study of a brief cognitive behavioral therapy for gambling disorder in South Korea.

PRESENTATIONS

1. **Tham, S. S.**, & Solomon, P. (2026, January). The role of mental health literacy in promoting help-seeking attitudes: A propensity score matching approach [Poster presentation]. Society for Social Work and Research, 30th Annual Conference, Washington, DC.
2. **Tham, S. S.**, Albright, J., Duresso, B., Rushworth, S., Kuriyan, A., Testa, S., & Wolk, C. B. (2024, November). Staff and leader perceptions of barriers and facilitators to implementing an adapted TeamSTEPPS team training model for school mental health teams [Poster presentation]. Association for Behavioral and Cognitive Therapies 58th Annual Convention, Philadelphia, PA.
3. **Tham, S. S.**, Chen, Y., Li, L. W., Zhang, J., & McLaughlin, S. J. (2018, November). Assessing healthy aging among older adults in China [Poster presentation]. Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
4. **Tham, S. S.**, & Lim, J. F. (2016, June). Factors influencing patients' willingness to discuss their future health care preferences [Paper presentation]. 8th International Conference on Social Work in Health and Mental Health, Singapore

RESEARCH EXPERIENCE

2024–Present	NYC Mayor's Office of Community Mental Health, Integrating Peer Support Services in NYC Emergency Response	PI: Eliot Assoudeh, PhD
2023–2025	Penn Center for Mental Health Adapting and Implementing TeamSTEPPS in School Mental Health	PI: Courtney B Wolk, PhD

RESEARCH SKILLSETS

Software and Platforms	R, Stata, Mplus, NVivo, Qualtrics, REDCap, Prolific
Quantitative Methods	Structural equation modeling, propensity score analysis
Mixed-Methods Research	Explanatory sequential design, integration of quantitative and qualitative data

FELLOWSHIPS, HONORS, & AWARDS

2026, 2024, 2022	Young NUS Fellow , National University of Singapore (Three awards totaling <u>\$23,600</u>)
2026	Doctoral Student Travel Award , Society for Social Work and Research
2025	Research Travel Grant , University of Pennsylvania
2023	Summer PhD Research Fellowship , University of Pennsylvania
2016–2018	Gerontology Learning Community Funds , University of Michigan
2016	Dean’s Mission Scholarship , University of Michigan
2016	Health Manpower Development Plan Fellowship , Ministry of Health, Singapore Full tuition and living stipend for the MSW program at the University of Michigan
2011	Health Manpower Development Plan Fellowship , Ministry of Health, Singapore Funded advanced clinical training through a Postgraduate Diploma in Counselling

TEACHING EXPERIENCE

Academic Teaching:

2026	Invited Guest Lecturer, Advanced Mental Health Studies (Doctoral level) Sungkyunkwan University (South Korea) Lecture: Introduction to Implementation Science
2025–2026	Invited Guest Lecturer, Advanced Research Methods (Doctoral level) University of Pennsylvania Lectures: Mixed Methods in Research Design (2026) Introduction to Implementation Science (2025, 2026)
2024	Teaching Assistant, Cognitive Behavioral Therapy (MSW level) University of Pennsylvania - Developed and delivered class session on group and family CBT - Contributed to assignment design and assignment grading
2019–2021	Teaching Assistant, Theory and Practice of Gerontological Social Work (MSW level) Singapore University of Social Sciences - Developed and delivered class session on lifespan development, policies in aging and practice research - Collaborated in syllabus development, assignment design, and grading

CLINICAL EXPERIENCE

Pre- & Post-M.S.W. Experiences:

2014–2022	Senior Medical Social Worker , Singapore General Hospital	Singapore
	- Developed population-health initiatives with community stakeholders to address social determinants of health and community needs - Advanced equitable access to health care by piloting a hospital-wide	

- Medical Chaperone Service for disadvantaged populations
- Provided individual, couples, and family therapy using dialectical behavior therapy, mindfulness-based stress reduction and cognitive behavioral therapy as a member of the Family Therapy Team
- Designed and facilitated support groups for family caregivers and delivered community-based mental health promotion initiatives

2008–2014

Medical Social Worker, Singapore General Hospital

- Collaborated with interdisciplinary teams to integrate advance care planning into routine care, secured funding to support its implementation, and evaluated implementation processes and outcomes
- Conducted psychosocial assessments and coordinated case management
- Provided crisis intervention and counseling to patient and families experiencing medical crises, end-of-life care, and bereavement

Social Work Internships:

2017–2018

Social Work Intern, Michigan Medicine

Ann Arbor, MI

2016–2017

Social Work Intern, Cancer Support Community

Ann Arbor, MI

PROFESSIONAL LICENSURE

2011–Present

Registered Social Worker, Singapore
Singapore Association of Social Workers (RSW-0604)

SPECIALIZED CLINICAL TRAINING AND CERTIFICATES

2021

Mindfulness-Based Stress Reduction
Center for Mindfulness, UMass Memorial Health

2021

Addictions Certificate Program
University of Michigan School of Social Work

2020

Dialectical Behavior Therapy (DBT)
The SEL Network, Singapore

2012

Advance Care Planning (ACP)
Living Matters, adapted from Respecting Choices

2009

Applied Suicide Intervention Skills Training (ASIST)
LivingWorks

SERVICE ACTIVITIES

Ad Hoc Journal Reviewer:

2026–Present

BMC Psychology
Journal of Mental Health
Journal of Immigrant and Minority Health

2025–Present

Community Mental Health Journal

PROFESSIONAL MEMBERSHIP

2026–Present

Asian & Pacific Islander Social Work Educators Association

2024–Present

Council on Social Work Education
Society for Social Work and Research