

BIOGRAPHICAL SKETCH

NAME	POSITION TITLE	INSTITUTION
Sara Semborski semborsk@usc.edu	Ph.D. Candidate	University of Southern California Suzanne Dworak-Peck School of Social Work

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	YEAR	FIELD OF STUDY
University of Southern California, Los Angeles, CA	Ph.D.	In-Progress	Social Work
Temple University, Philadelphia, PA	M.S.W.	2015	Social Work
Eastern University, St Davids, PA	B.A.	2012	Anthropology

Professional and Research Interests: Homelessness and supportive housing interventions; Mental health, emotional regulation, and affect; Social network analysis; Spatial analysis for social science and behavioral health; Ecological momentary assessment.

Professional Experience:

2015-2017	Residential Coordinator & Young Adult Coordinator, Project HOME; Philadelphia, PA
2014-2015	Intern Counselor, Philadelphia FIGHT Tree IOP/OP; Philadelphia, PA
2013-2015	Homelessness Outreach Coordinator, Pathways to Housing PA; Philadelphia, PA
2012-2014	Manager, Circle Thrift/Welfare to Work; Philadelphia, PA
2008-2012	President, Youth Against Complacency and Homelessness Today; St. Davids, PA

Honors and Other Activities:

Passed Ph.D. Qualifying Examination with distinction
Full scholarship in doctoral program, University of Southern California
Alpha Delta Mu, Beta Rho Chapter National Social Work Honor Society, Temple University
Leadership Fellows Program, Eastern University

Academic Teaching Experience:

Instructor	University of Southern California, Advanced Practice with Complex Social Work Cases (SOWK 647), Summer 2021
Instructor	University of Southern California, Advanced Practice with Complex Social Work Cases (SOWK 647), Spring 2021
Co-instructor	University of Southern California, Advanced Multivariate Statistics (SOWK 764), Fall 2020
Co-instructor	University of Southern California, Group Psychotherapy in Mental Health Settings (SOWK 694), Spring 2020
Teaching Assistant	University of Southern California, Advanced Multivariate Statistics (SOWK 764), Fall 2019

Research Experience:

05/21 – 04/23	Principal Investigator, <i>Understanding emotional regulation and mood in the real-world context of homelessness through the use of geographic ecological momentary assessment</i> (1F31MH126641-01). F31/NIMH funded.
01/19 – 07/21	Research Assistant, Pathways Housing First Institute.
08/17 – 05/20	Research Assistant. University of Southern California, <i>Understanding HIV Risk for Youth in Supportive Housing</i> , R01/NIMH funded.
03/19 – 08/19	Research Assistant. University of Missouri, State funded.
10/18 – 05/19	Principal Investigator. University of Southern California, <i>Youth Access Project</i> , internally funded.
06/10 – 07/10	Ethnographic Researcher. Women's Empowerment Centers, Buea, Cameroon. Partnership with Eastern University and Bloomsburg University of Pennsylvania.

Publications:

- Semborski, S.**, Petry, L., & Henwood, B.F. (*in press*). A comparative analysis of Transitional and Permanent Supportive Housing through the lens of young adult residents. *Child and Adolescent Social Work Journal*.
- Dzubur, E., **Semborski, S.**, Redline, B., Hedeker, D., Dunton, G.F., & Henwood, B.F. (2022). Food insecurity and the effects of hunger on variability of stress among young adults who have experienced homelessness. *Health Psychology*. <https://doi.org/10.1002/ajcp.12606>.
- DiGuseppi, G. T., **Semborski, S.**, Rhoades, H., Goldbach, J. T., & Henwood, B. F. (2022). Perceived safety in community and service settings among young adults experiencing homelessness: Differences by sexual and gender identity. *American Journal of Community Psychology*.
- Semborski, S.**, Madden, D., Henwood, B.F., & Rhoades, H. (2022). Health care needs of young adults who have experienced homelessness. *Medical Care*, 10-1097. doi: 10.1097/MLR.0000000000001741.
- Semborski, S.**, Henwood, B.F., Dzubur, E., Redline, B., Mason, T., & Intille, S.S. (2022). Mixed-methods study of the feasibility and acceptability of ecological momentary assessment with young adults who are currently or formerly homeless. *JMIR Formative Research*, 6(3):e33387. doi:10.2196/33387.
- Semborski, S.**, Winn, J.G., Rhoades, R., Petry, L., & Henwood, B.F. (2022). The application of GIS in homelessness research and service delivery: A qualitative systematic review. *Health and Place*, 75. <https://doi.org/10.1016/j.healthplace.2022.102776>
- Semborski, S.**, Madden, D.R., Dzubur, E., Redline, B., Rhoades, H., & Henwood, B.F. (2022). The effect of momentary affect on substance use among young adults who experience homelessness. *Substance Use & Misuse*, 1-8. <https://doi.org/10.1080/10826084.2021.1995756>.
- Semborski, S.**, Rhoades, H., Madden, D.R., & Henwood, B.F. (2021). Factors associated with contraceptive use among currently and formerly homeless young adults: Does housing matter? *Sexual & Reproductive Healthcare*, 29. <https://doi.org/10.1016/j.srhc.2021.100654>.
- Madden, D.R., **Semborski, S.**, Dzubur, E., Redline, B., Rhoades H., & Henwood, B.F. (2021). Examining HIV risk and exchange sex among current and formerly homeless young adults. *AIDS and Behavior*, 25(2), 165-174.
- Semborski, S.**, Redline, B., Madden, D.R., Granger, T., & Henwood, B.F. (2021). Housing interventions for emerging adults experiencing homelessness: A scoping review. *Children and Youth Services Review*. <https://doi.org/10.1016/j.childyouth.2021.106081>.
- Harris, T., **Semborski, S.**, Rhoades, H., & Wenzel, S. (2021). Service Utilization Changes in the Transition to Permanent Supportive Housing: The Role of the Housing Environment. *Health and Social Care in the Community*. <https://doi.org/10.1111/hsc.13448>.
- Semborski, S.**, Henwood, B.F., Rhoades, H., Mason, T., Wenzel, S., & Rice, E. (2021). Construct, concurrent, and real-world predictive validity of the Difficulties in Emotion Regulation (DERS-18) among young adults with history of homelessness. *Psychological Assessment*, 33(5), 385–394. <https://doi.org/10.1037/pas0000991>
- Semborski, S.**, Srivastava, A., Rhoades, H., Fulginiti, A., & Goldbach, J. (2021). Burden, Belonging, and Homelessness: Disclosure and Social Network Differences among LGBTQ Youth Recruited from a Suicide Crisis Service Provider. *Journal of Homosexuality*. <https://doi.org/10.1080/00918369.2021.189880>
- Redline, B., **Semborski, S.**, Madden, D.R., Rhoades, H., Henwood, B.F. (2021). Examining sleep disturbance among sheltered and unsheltered transition age youth (TAY) experiencing homelessness. *Medical Care*, 59, S182-S186. doi: 10.1097/MLR.0000000000001410.
- Semborski, S.**, Rhoades, H., Henwood, B., Rice, E., & Wenzel, S. (2020). Gender differences in residents' intention to leave Permanent Supportive Housing. *Journal of the Society of Social Work and Research*, 11(4), 529-544. <https://doi.org/10.1086/712505>.

- Semborski, S.**, Redline, B., & Henwood, B.F. (2020). Provider perspectives of housing programs for young adults experiencing homelessness. *Children and Youth Services Review*, *112*.
<https://doi.org/10.1016/j.childyouth.2020.104898>.
- Hsu, H-T., Rice, E., Wilson, J., **Semborski, S.**, Vayanos, P., & Morton, M. (2019). Understanding Wait times In Rapid Rehousing Among Homeless Youth: A Competing Risk Survival Analysis. *Journal of Primary Prevention*, *40*(5), 529-544.
- Srivastava, A., Rusow, J., Holguin, M., **Semborski, S.**, Onasch-Vera, L., Wilson, Nicole., & Rice, E. (2019). Exchange and Survival Sex, Dating Apps, Gender Identity, and Sexual Orientation among Homeless youth in Los Angeles. *Journal of Primary Prevention*, *40*(5), 561-568.
- Henwood, B. F., Dzibur, E., Redline, B., Madden, D. R., **Semborski, S.**, Rhoades, H., & Wenzel, S. (2019). Longitudinal effects of permanent supportive housing on insomnia for homeless adults. *Sleep Health*, *5*(3), 236-240. <https://doi.org/10.1016/j.sleh.2019.01.001>.
- Henwood, B. F., Redline, B., Dzibur, E., Madden, D. R., Rhoades, H., Dunton, G. F., Rice, E., **Semborski, S.**, Tang, Q., & Intille, S. S. (2018). Investigating health risk environments within housing programs for transition age youth. *Journal of Medical Internet Research*, *8*(1). <https://doi.org/10.2196/12112>.
- Henwood, B. F., Redline, B., **Semborski, S.**, Rhoades, H., Rice, E., & Wenzel, S. L. (2018). What's Next? A Theory on Identity Preservation for Young Adults in Supportive Housing. *Cityscape*, *20*(3), 87-100.
<https://www.jstor.org/stable/26524873>.
- Hsu, H., Canada, K., & **Semborski, S.** (2019). Case Management Analysis and Training for the Missouri Balance of State Continuum of Care Report. *Missouri Housing Development Commission (MHDC)*.

Conference Presentations:

- Semborski, S.** & Henwood, B. F. Youth service engagement among housed and unhoused young adults: the role of emotional regulation. Annual meeting of the Society for Social Work and Research. 2022.
- DiGuseppi, G., **Semborski, S.**, Rhoades, H., Goldbach, J. T., Henwood, B. (2022, January 12-16). *Perceived safety in community and service settings among sexual and gender diverse Young Adults experiencing homelessness: a mixed-method ecological momentary assessment study*. Annual meeting of the Society for Social Work and Research. 2022.
- Semborski, S.**, Rhoades, H., Madden, D.R., & Henwood, B.F. Factors associated with contraceptive use among currently and formerly homeless young adults: Does housing matter? Annual meeting of the American Public Health Association. 2021.
- Semborski, S.**, Rhoades, H., Madden, D., Redline, B., & Henwood, B.F. Measuring Difficulties in Emotional Regulation Among Young Adults with History of Homelessness: Psychometric Properties of the DERS-18. Annual meeting of the Society of Social Work and Research. 2021.
- Semborski, S.**, Harris, T., & Rashid, M. Housing and homelessness pulse check: Where are we now and where are we going? Annual meeting of the Society of Social Work and Research. 2020.
- Semborski, S.**, Dzibur, E., Madden, D. R., Redline, B., Rhoades, H., & Henwood, B. F. Emotional regulation and mental health: Psychometric properties of Difficulties in Emotional Regulation Scale (DERS-18) among currently and formerly homeless young adults. Annual meeting of the European Health Psychology Society, Dubrovnik, Croatia. 2019.
- Semborski, S.**, Redline, B., & Henwood, B. F. Understanding Housing Environment Factors for Young Adults in Transitional and Permanent Supportive Housing Programs: Does Emotional Regulation Play a Role? West Coast Convening. 2019.

Redline B., Henwood B. F., Madden D. R., Dzubur E., **Semborski S.**, & Rhoades H. Insufficient Sleep among Young Adults with Current and Past Homelessness Experience. Paper presented at World Sleep, Vancouver, BC. 2019.

Semborski, S., Henwood, B. F., Dzubur, E., Redline, B., Madden, D. R., Rhoades, H., & Wenzel, S. Longitudinal effects of permanent supportive housing on insomnia for homeless adults. Annual meeting of American Public Health Association. 2018.

Srivastava, A., Rusow, J., Holguin, M., **Semborski, S.**, Onasch-Vera, L., Wilson, Nicole., & Rice, E. Exchange and Survival Sex, Dating Apps, Gender Identity, and Sexual Orientation among Homeless youth in Los Angeles. Annual meeting of American Public Health Association. 2018.

Semborski, S., Holguin, M., & Jansson, B. Engaging the grand challenges in classrooms: The case of extreme economic inequality. Influencing Social Policy Conference. St Louis, MO. 2018.

Semborski, S., Henwood, B. F., Dzubur, E., Redline, B., Madden, D. R., Rhoades, H., & Wenzel, S. Longitudinal effects of permanent supportive housing on insomnia for homeless adults. Annual meeting of the Society of Behavioral Medicine. 2019.

Henwood, B. F., Redline, B., Dzubur, E., Madden, D. R., Rhoades, H., Dunton, G. F., Rice, E., **Semborski, S.**, Tang, Q., & Intille, S. S. Investigating health risk environments within housing programs for transition age youth. Annual meeting of the Society of Behavioral Medicine. 2019.

Dzubur E., Redline B., **Semborski S.**, Madden D., Intille S., Henwood B. F. Investigating special considerations in experience sampling methodology among homeless youth: A mixed-methods approach. Poster session presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), Washington, D.C. 2019.

Semborski, S., Rhoades, H., Henwood, B., Rice, E., & Wenzel, S. Should I stay or should I go? Intention to leave Permanent Supportive Housing among residents' housed for one year. Annual meeting of the Society for Social Work and Research. 2019.

Semborski, S., Srivastava, A., Rhoades, H., Fulginiti, A., & Goldbach, J. Burden and belonging: Romantic partnership, identity, and homelessness. Society for the Scientific Study of Sexuality. Montreal, Quebec, Canada. 2018.

Professional Memberships/Certifications:

Licensed Clinical Social Worker, State of Pennsylvania

Clinical Certification in Psychodynamic Psychotherapy, Bryn Mawr College

National Association of Social Workers

American Public Health Association

Society of Behavioral Medicine