

Rahmatu Kassimu, PhD, MPH, CHES

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Summary of Skills Sets and Experience

Teaching differentiated and varied audiences • Project management • Needs assessment management • Program planning • Program implementation • Program evaluation • Statistical analysis in quantitative and qualitative research • Operations research • Research methodology • Report writing • Oral presentations • Writing coaching • Dissertation/Thesis coaching • Ghostwriting • Manual creation • Editing and revising • Grant and proposal writing • Innovative research tool development and problem-solving • Application of theoretical principals to practical situations • Public speaking • Training development and facilitation • Curriculum development

Education

M.Ed	2021	Educational Leadership University of North Texas at Dallas
PhD	Dec 2017	Health Studies, Texas Woman's University
	Dissertation Title:	
	"I'm Good: Examining the Role of Individual and Interpersonal Factors on Mental Health Status in Women of Color who were Teenage Mothers.	
	This quantitative study was grounded in the Life Course Theory and examined the individual and interpersonal factors that affect mental health status in women of color who were teenage mothers.	
MPH	2011	Social and Behavioral Science, Community Health, University of North Texas Health Science Center
BA	2008	Sociology-Pre-Medicine, Baylor University

Consulting Experience

Dr. K.'s Health Minute

February 2021-Current

Academic Writing Coach

- Provided client-specific dissertation and thesis coaching and advising, including topic selection, feedback incorporation, cohesion checks, brainstorming sessions, and more.
- Faced with the challenge of graduate scholars struggling to apply complex research methods, I provided individualized coaching in research design, biostatistics, and epidemiological analysis. By scaffolding concepts into manageable steps and reinforcing scholarly writing, I successfully guided over 90 clients, resulting in 65 graduates and six additional students projected to complete in the upcoming semester.
- Edited documents through various packages addressing grammar and mechanics, organization and structure, citations, and revisions in APA format.
- Completed over 204 projects efficiently, earning high satisfaction from clients.
- Recognizing gaps in methodological and writing skills, I developed and facilitated workshops—including "Concept to Completion: Structuring Your Dissertation," "Mapping Your Literature Review," and "Analyzing Data with Purpose: Biostatistics & Epidemiology for Scholars." These sessions equipped students with practical strategies for integrating statistical analysis, interpreting epidemiological data, and producing rigorous academic work, leading to measurable improvements in both research design and scholarly writing.
- Compiled and analyzed data to provide over 83 written reports, recommendations, and manuals.

Public Health Consultant

- Created easily accessible and digestible “Health Minutes” in multiple formats, such as graphics, videos, and live sessions on various social media platforms, including Instagram, TikTok, and Facebook.
- Provided expert guidance to multiple projects on best practices for planning, implementing, and evaluating culturally appropriate and responsive health promotion programs, resulting in the achievement of program goals.
- Authored articles containing health improvement recommendations for African American people.
- Developed recommendations manuals for the establishment of systems of care for African American mothers.
- Prepared materials for and moderated a conversation on medical racism faced by African American women for the documentary “I’ve Been Waiting.”
- Facilitated focus groups for various agencies with vulnerable populations discussing sensitive topics such as teenage pregnancy, police brutality, mental health, and HIV/STD prevention.
- Facilitated a closed wellness support group for 12 women of color as part of Black Girls Can Heal, Inc., designing weekly exercises to support transformative shifts and break generational narratives of dysfunction, trauma, and negative self-concept.
- Served as Growth and Development Manager for Dr. Shalon’s Maternal Action Project, increasing social media presence and credibility in Black Maternal Health spaces through management and training of ambassadors on BelieveHer App, including facilitation and improvement of app usability, evaluation of current board members and communications processes and providing recommendations for improvement, production and hosting of 3 seasons of the podcast, *Black Mom Uncensored*, completing applications to various birth equity grants, and securing partnerships and collaborations with notable organizations in birth equity.
- Served as external evaluator for Roots Grant with Texas Southern University completing external evaluation to assess data integrity as well as completed a thorough thematic analysis of qualitative data and provided written conclusions of themes and next steps.
- Conducted external evaluation for The Good Listening Project, a custom wellness initiative for Black Women OB/GYN residents, including pre-and-post assessments, data collection, data analysis, and overall programming evaluation and recommendations for future iterations.
- Designed and facilitated a Cultural Humility workshop for Beacon Public Health, including curriculum development, live facilitation, and session moderation to support public health professionals in advancing equity-centered practices.

Brand Partnerships & Public Health Media

- *The Lung Cancer Foundation of America- Social Media Awareness Campaign (January 2022-August 2023)*
 - Developed six social media campaigns for The Lung Cancer Foundation of America, raising awareness of lung cancer and care-seeking recommendations.
- *Watering Hole Media – Social Media Awareness Campaign (May-August 2025)*
 - Created educational social media content to raise awareness about the “Big Beautiful Bill” and its public health implications. Developed culturally relevant messaging aligned with 501(c)(3) guidelines, centering health equity and financial justice for marginalized communities.
- *American Pride Rises – DEI Rollbacks & AI Bot Launch (May 2024)*
 - Produced digital media content to educate the public on the rollback of DEI initiatives and promote APR’s AI-powered advocacy chatbot. Crafted accessible, equity-focused messaging across platforms to mobilize awareness and community engagement.

Public Speaker

- *Fordhamstories*
 - “I’ve Been Waiting,” a documentary discussing the experiences of African American women with medical racism
- *Public Health Me*

- S1 E15: A Nutritious Guide to Public Health: Empowering Healthier Eating Habits
- *Black Girls Can Heal*
 - Mental Health in Women of Color: A virtual conversation discussing the myth of the “Strong Black Woman,” and ways to improve mental health
- *EndoBlack*
 - Our Table: Standing on the Frontline: Endo Black’s Advocates and Allies Conference
 - Health Equity: Discussing ways to increase health equity in the treatment of endometriosis
- *Priscilla Wambui*
 - Health, Healing & Becoming: A discussion about the importance of healing to become who we are truly meant to be and being intentional in the steps that we take to heal.
- *Fearless Summit*
 - Reflect, Pivot, Transition: Keynote Speech
 - Workshops
 - Mindfulness Jumpstart
 - Sex ED for Grown-Ups: Things You Were Afraid to Ask as a Kid
 - Discovery of Self: A Three-Part Series
- *National Dialogue on HIV Summit*
 - Panelist discussing the current state of HIV in the United States
- *BEN Black Maternal Health*
 - Health Inequities in Black Maternal Health
- *Lourie Center for Children’s Social and Emotional Wellness*
 - Empowering Resilient Care: Mastering Trauma-Informed Parenting in Child Welfare
 - Equity-Driven Care: Nurturing Inclusivity through Anti-Racist Positive Parenting
- *Southeast AIDS Education and Training Center/North Carolina HIV Training & Education Center*
 - Unmasking Bias: Confronting Sexism in HIV Treatment and Prevention
 - Sexism in HIV
 - Understanding the Interconnections between STIs and HIV
 - Social Determinants of Health: Addressing the Whole Person in HIV Care
 - Healing the Whole Person: Addressing Spiritual Trauma in LGBTQIA HIV Care
 - Affirming Care Across the HIV Care Continuum: Creating Safe Spaces for LGBTQ Individuals
 - Power, Privilege & Prevention: Dismantling Gender Bias in HIV Work
- *The HIV Medical Case Management Symposium*
 - Navigating Stigma: Empowering Individuals Along the HIV Care Continuum

Professional Experience

Commit Partnership

June 2025-July 2025

Educator Effectiveness Fellow

- Conducted landscape analysis of 22 Educator Preparation Programs (EPPs), creating interactive dashboards and heatmaps to highlight program effectiveness, strategic gaps, and demographic alignment for targeted district investments.
- Developed an innovative Composite Match Index to align teacher candidate demographics with district student populations, enabling data-driven recruitment and placement strategies.
- Produced clear, interactive data visualizations and executive summaries to effectively communicate insights to diverse stakeholders to support strategic decision-making.
- Facilitated Commit’s application to become a TEA-approved Continuing Professional Education provider and synthesized best practices to launch regional instructional coaching initiatives aligned with state policies (HB2 Teacher PREP Allotment).
- Delivered evidence-based recommendations to inform and support district hiring practices, strengthening EPP partnerships, and supporting the strategic vision of the Dallas County Consortium for Teacher

Excellence.

Dallas ISD/New Tech High School

June 2021- August 2025

Biology/Environmental Systems Educator

- Created and implemented a culturally responsive project-based learning curriculum that encouraged cross-content collaboration.
- Served as campus SEL champion and designed and implemented SEL programs for students and staff.
- Served on campus threat assessment team assessing and managing threats to campus.
- Demonstrated a 40% increase in passing percentage on Biology district tests.
- Demonstrated a 50% increase in passing percentage on AP Environmental Science test.
- Achieved Distinctions in Science via the state accountability rating scale 3 years in a row.
- Designed and delivered weekly wellness and mindfulness curriculum to students spanning relevant topics.
- Designed and delivered weekly wellness messaging to staff members to increase morale and decrease staff burnout.

Dallas ISD/Seagoville Middle School

September 2018 – June 2021

Astronomy and Eighth Grade Science Educator

- Created innovative and culturally responsive curriculum for multiple subjects using cross-content collaboration
- Demonstrated a 24% increase in passing percentage on 8th grade Science district tests
- Facilitated content planning meetings using evidence-based practices that yielded improvements in formal and informal assessments
- Analyzed standardized assessment data and created internal benchmarking for Science and Astronomy curriculum
- Facilitated campus SEL implementation planning many initiatives targeting students and staff to increase campus morale and school cohesion and culture.
- Distributed relevant information to teachers regarding TEI evaluation system as TEI Campus Expert
- Served as Faculty Advisory Chairwoman facilitating solution-based meetings and reporting them to administration to enact department and campus-wide change

The Office of the Assistant Secretary for Health

July 2018-Current

Non-Federal Reviewer/Review Committee Chair/Panel Manager

- Appointed to conduct ten classified grant reviews of not-for-profit 501(C) (3) agencies providing programming intended to reduce teenage pregnancy and to reduce domestic violence against women, perinatal health, and fatherhood empowerment initiatives
- Attended and facilitated debriefings on the details of the grant evaluation policies and procedures administered by grant providers
- Critiqued grant proposals using the grading rubric as directed
- Compiled grading results for the final grant review collaboration meeting with the other reviewers and executive director
- Directed all communications to executive director

**H. Grady Spruce High School/Teach For America
2018**

May 2013 – September

Science Department Lead

- Compiled and analyzed department-wide data monthly with a team of 15 science teachers to determine growth goals
- Demonstrated 45% increase in passing percentage of Physics and Environmental Systems district tests
- Facilitated implementation of department-wide goals, which increased department-wide district exam scores
- Collaborated with other department leads to create and implement campus-wide initiatives that

- increased parental involvement in the PTA from 5% to 35%
- Managed and fundraised student activities budget of \$75,000

Anatomy and Physics Educator

- Successfully advocated for the inclusion of Anatomy to course catalog based on needs assessment data
- Created innovative and culturally responsive curriculum for multi-grade students in both Anatomy and Physics
- Consistently surpassed school and district averages on district-provided semester exams by at least 5 percentage points
- Coordinated cross-content lessons and activities that were differentiated based on student learning level

Texas Woman's University

October 2016 - June 2017

Graduate Research Assistant

- Collected data for need assessment stage of \$5 million NtaRupt Teenage Pregnancy Prevention Grant in Dallas, TX
- Recruited participants for online surveys and in-person focus groups through multiple formats both on and offline
- Facilitated and lead focus groups concerning culturally sensitive topics
- Transcribe focus groups and analyze for trends in teenage pregnancy and prevention in Dallas teens, parents, and teachers
- Presented compiled data to manager for synthesis and dissemination

Teach For America

March 2016 - August 2016

Diversity, Equity, & Inclusiveness Facilitator

- Facilitated diversity, inclusiveness, and equity curriculum to incoming corp members from diverse backgrounds.
- Led discussions in diverse affinity spaces centered on privilege, power, and oppression.
- Cultivated a safe space where differences were appreciated, and personal growth as change agents was nurtured.
- Collaborated with other facilitators to create outcome-driven sessions that challenged corp members to examine their own privilege, power, oppression, and how to leverage these components.

Skyward, Inc

April 2011 - June 2013

Customer Service/Software Tech

- Maintained a 95% productivity rating while assisting customers with inquiries associated with student suite software
- Provided interactive training to customers on-site or remotely through online conference
- Created supplemental curriculum troubleshooting materials for software help site
- Organized and planned team-building exercises
- Assisted in the training of new employees when superiors were unavailable

Refugee Services of Texas

May 2010 - November 2010

Public Health Coordinator

- Conducted a needs assessment of refugee clientele to determine overall health status needs and concerns
- Created a comprehensive health services referral system with outside nonprofit service organization in Microsoft Excel for case managers to use and refer their clients
- Managed agency system for processing and referring refugees for care to the International Health Clinic and John Peter Smith Hospital
- Reduced client referral time to health services from 4 weeks to 1 week
- Delivered training to case managers concerning utilization of the system

Volunteer Experience

FearLess Dallas

2022- 2024

Board Member

- Attended and actively participated in quarterly board meetings, presenting committee progress and engaging in discussions and feedback.
- Responded to and provided feedback on monthly email updates to maintain effective communication and progress tracking.
- Hosted social events ("Apps & Chats") to diversify engagement and share organizational goals with personal networks, supported by FearLess staff.
- Featured on the organization's website with a photo and bio, showcasing leadership and promoting the organization's mission within personal networks.
- Conducted structured one-on-one sessions with program participants to provide mentorship and support for their growth and development.

SAILS

2023-Present

Board Member: Online Community Connects Chair

- Attended at least 80% of Board meetings and work sessions, participating via phone, Zoom, or in person, and reviewed agendas and supporting materials beforehand.
- Promoted and provided resources for all organizational events, participated in annual retreats and development workshops, and committed to making a personal financial contribution or raising a minimum of \$500 annually.
- Served on committees, attended meetings, took on special assignments, and participated in board recruitment, including interviewing potential board members.
- Created and facilitated quarterly events designed to serve as safe spaces of connection for those who have suffered stillborn and infant loss.
- Fundraised and generated funding opportunities as agreed upon by the Board, remained informed about the organization's mission, services, and policies, and promoted the organization accordingly.
- Worked in good faith with staff, volunteers, and other board members towards achieving organizational goals, provided input into strategic planning, and maintained confidentiality of organizational business.

Professional Certification/Licensure

Certified Mindfulness Coach

2022- Present

Professional Membership

American Public Health Association

2017-Present

National Society of Leadership and Success

2017-Present

Society of Black Public Health Professionals (SBPHP)

2010-Present

Research Presentations

The Teach for America RockCorps, Year 2:

2016

Using Authentic Research Experiences in Geophysics for STEM Teachers to Inspire Earth Science- Themed Lessons in High School Classrooms

Presented at the American Geophysical Union Fall Meeting

The 5th Annual Texas Campaign to Prevent Teen Pregnancy Symposium

2016

Assessing Resources and Gaps in Preventing Teen Pregnancy in Dallas County
(Advisor: Dr. Mandy Golman & Dr. Nila Ricks)

Presented at the Texas Campaign's 5th Annual Symposium

Implementing the School Health Index in a Texas School District 2011
Presented at the University of North Texas Health Science Center, Ft. Worth, TX

Health Referral System 2011
Presented at the University of North Texas Health Science Center, Ft. Worth, TX

Publications

Wachira, E., Wachira, P. W., & Kassimu, R. (2023). Major Depressive Disorder Among African-Americans. In *Changing the Stigma of Mental Health Among African Americans: Moving From Denial to Acceptance* (pp. 163-181). IGI Global.

References

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