Stanford



Nuriya Ruth Hefron

Training & Technical Assistance Manager, Psych/Public Mental Health & Population Sciences

Bio

BIO

Nuriya (Nuri) Hefron, MS, OTR/L (she/her), is a licensed occupational therapist with expertise in early psychosis care and program development. She is passionate about holistic recovery-oriented approaches that center meaningful daily engagement, community integration, and well-being.

As the program manager for INSPIRE 360, Nuri is especially interested in evaluating the use of psychosocial interventions and integrating lived experience into both research and service delivery. She values interdisciplinary collaboration and believes diverse teams are essential to building responsive, effective programs.

Her work focuses on improving access to care and expanding opportunities for affirming, culturally sensitive services, particularly for individuals and communities who have been historically underserved. At the heart of her work, Nuri believes that mental health care should meet people where they are, respecting their stories, values, and goals for recovery.

CURRENT ROLE AT STANFORD

Program Manager INSPIRE 360

Expansion of Early Psychosis Care Program

PERSONAL INTERESTS

LGBTQIA+ health and advocacy

Health equity and access

Psychosocial rehabilitation for individuals with psychosis

Sensory integration and cognitive interventions

Client-centered research to enhance quality of care, health, and wellness

Publications

PUBLICATIONS

- **Novel Occupational Therapy Program (Step Up) to Facilitate the Transition from Early Intervention in Psychosis Services.** *Community mental health journal*
  Thomas, E. C., Hefron, N., Zagorac, S., Hewlett, A., Wenzel, R. M., Kramer, I., Walker, L., Read, H.
  2024

- **Occupational Therapy: A Potential Solution to the Behavioral Health Workforce Shortage.** *Psychiatric services (Washington, D.C.)*

Read, H., Zagorac, S., Neumann, N., Kramer, I., Walker, L., Thomas, E.
2024; 75 (7): 703-705

- **Implementation of occupational therapy within early intervention in psychosis services: Results from a national survey.** *Early intervention in psychiatry*
  Thomas, E. C., Read, H., Neumann, N., Zagorac, S., Taylor, C., Kramer, I., Fisher, R. M., De Angelis, T.
  2023; 17 (7): 652-661