

Ruby Mathen

LMSW · KEYNOTE SPEAKER · SOCIAL WORKER · THERAPIST

“How are we connected?”



For **20+ years**, Ruby Mathen has worked the front lines of New York’s housing and mental-health crisis — leading a supportive-housing program and treating clients as a therapist — and turned what she’s seen into **stories that move audiences to act**. A rare practitioner-leader-therapist who is also an unforgettable storyteller.

— SIGNATURE TALKS

Beyond Four Walls: Housing & Healing

The intersection of housing instability & mental health.

How Are We Connected?

Finding humanity beyond diagnosis — a moving keynote.

The Heart Behind the Work

Burnout & compassion-fatigue prevention for helpers.

Unspoken: The Desi Experience

South Asian mental health, stigma & identity.

From Compassion Fatigue to Collective Strength

Practical resilience for individuals & teams.

Leadership With Empathy

Building healthy, culturally responsive teams.

— FORMATS

Keynote (45-60 min) · **Workshop** (2-4 hrs) · **Half- / Full-day training** · **Panel** · **Webinar**. Every talk is tailored; non-profit rates available.

— WHY TEAMS & CONFERENCES BOOK RUBY

Frontline, not theoretical. She leads a program and treats clients today — every example is real and current.

Stories that land. She opens a room with a single moment, then turns feeling into action.

Tools, not just inspiration. Audiences leave with frameworks they can use Monday morning.

Connects with any audience. From case managers to executives to community groups.

— IDEAL FOR

Conferences

Universities

Nonprofits & agencies

Healthcare & housing

Corporate / DEI

Faith & community

— CREDENTIALS

Program Director, ICL Brooklyn Treatment Apartment Program (BTAP III) · Licensed therapist (CBT, DBT, trauma-focused) · Fluent in English & Malayalam.

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Housing and mental health are not two problems. They are one problem wearing two coats.