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[www.ReleaseYourInnerSage.org](http://www.ReleaseYourInnerSage.org)

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### **Profile**

Ms. Lundahl holds graduate degrees in public health and instructional systems development; and has over 30 years experience working with governmental, non-profit, and private, health-related organizations. She is a senior instructional designer with expertise in health education, curriculum development, distance learning, job aids, and workforce development with content expertise in mental health; substance abuse treatment and prevention; cardiovascular disease risk reduction; cancer prevention and control; weight management, nutrition and eating disorders; suicide prevention; complementary and alternative medicine; leadership development and quality assurance.

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### **Skills**

- Instructional systems design and training delivery
- Curriculum development, including face-to-face, distance learning, and blended or integrated approaches
- Program design, management, and evaluation
- Leadership development, community organization and collaboration
- Writing and publications design; website design; online newsletter design and writing
- Computer proficiency (Word, Excel, Access, PowerPoint, Publisher, Quick Books, and WebEx)

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### **Education**

- M.A., Instructional Systems Design with specialization in distance learning, University of Maryland Baltimore County
- M.P.H., Public Health with specialization in health education and health behavior, University of Michigan, Ann Arbor
- B.A., Psychology and Sociology, State University of New York at Buffalo; 2 years of coursework in the Department of Nursing
- Certifications: Myers Briggs Personality Indicator—trained by Otto Kroeger and Associates; the Enneagram personality system—trained by The Trifold School for

Enneagram Studies; BodyWorks, a program developed by the U.S. Office on Women's Health and designed to help parents and caregivers of young adolescent girls (ages 9 to 13) to improve family eating and activity habits; Cultural Competency, certified by the Mid-Atlantic Public Health Training Institute.

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## **Experience**

### **Release Your Inner Sage, March 2009 – Current**

#### **◆ Founder**

Forms and facilitates small groups of men and women over age 50 through a 4-step self-actualization process to tap into and release the wisdom of their inner sage. Targeted specifically to those who are ready to step into the fullness of their lives, willing to gain deep understanding of themselves and others, inspired to make a difference in the world.

Programs include:

- Over Age 50: Conversations that Matter
- InnerSage Learning Community
- Wisdom Circle

### **Visions, 1995 – Present**

#### **◆ Public Health Consultant**

Provides public health content expertise and support in developing training curricula, conference reports, and educational materials. Works with Federal, State, and local government agencies, non-profit organizations, and Federal government contracting firms.

### **Suicide Prevention and Resource Center, 2005 – 2008**

#### **◆ Instructional Systems Design and Training Delivery**

Provided training and consultation to the Suicide Prevention Resource Center (SPRC), located at Education Development Center, Inc. in Newton, MA and funded by the Center for Mental Health Services/SAMHSA.

- Worked with experts in suicide prevention and emergency response systems to identify core competencies for first responders (e.g., fire department and law enforcement personnel) as a basis for training in responding to suicide attempts and completions; currently developed a 4-hour training module based on these core competencies.
- Worked with experts in clinical suicidology to update the Assessment and Management of Suicide Risk (AMSR) course for mental health professionals (see below).
- Conducted in-service training for SPRC project officers in developing comprehensive community-based suicide prevention programs.

- Conducted extensive training on developing comprehensive community-based suicide prevention programs for communities in Pennsylvania, Western Maryland, and Massachusetts.

### **AFYA, Inc., 2002; 2005 – 2009**

#### **◆ Health Education, Training, Instructional Design**

Provided consultation in health education and instructional system design and training delivery on a contractual basis for Federal government health agencies.

- Wrote meeting reports for Office of Consumer Affairs, Center for Mental Health Services/SAMHSA including regional consumer advisory meetings and the Dialogue on Social Inclusion.
- Wrote *From Pain to Promise*, a report based on the Suicide Dialogue meeting held with suicide attempt survivors, family members, and health care providers funded by the Center for Mental Health Services/SAMHSA.
- Worked with subject matter experts and training team to design a one-day, cross-cutting partnership development training for staff members of the National Center for Injury Prevention and Control at the Centers for Disease Control and Prevention; delivered the training on evaluation of partnership development.
- Guided the Center for Substance Abuse Prevention (CSAP)/Substance Abuse and Mental Health Services Administration (SAMHSA) in developing a comprehensive in-service training project; delivered training on the public health approach to substance abuse prevention including modules on public health principles, substance abuse prevention research findings, systems thinking, cultural competency, and sustainability of desired outcomes; and technical assistance skill building.
- Worked with the Corporation for National and Community Service to provide training and technical assistance in conference and meeting planning services.
- Worked with subject matter experts, designed, and pilot tested the Therapeutic Communities (TC) Curriculum funded by the SAMHSA/Center for Substance Abuse Treatment (CSAT) for initial training of therapeutic community employees. The TC is a residential drug treatment program that views substance abuse as a disorder of the whole person and uses the distinctive community-as-method approach to treatment.

### **American Association of Suicidology, 2003 – 2005**

#### **◆ Instructional Systems Design and Training Specialist**

In collaboration with the Suicide Prevention Resource Center funded by SAMHSA and experts in suicide prevention,

- Produced the Community Core Competencies Curriculum (CCCC). The CCCC provides community groups with basic knowledge as well as leadership and collaboration skills to implement a comprehensive suicide prevention program following the recommendations of *The National Strategy for Suicide Prevention*.

- Worked with expert clinicians to identify core clinical competencies and to produce the Assessment and Management of Suicide Risk (AMSR) to enhance the clinical evaluation, treatment planning, and management skills of mental health professionals working with individuals at risk for suicide.

### **Evergreen Cove Holistic Learning Center, 2001 - 2002**

#### **◆ Executive Director**

Evergreen Cove Holistic Learning Center is a nonprofit community-based educational organization dedicated to supporting and promoting individuals in being responsible for their health and wellbeing.

### **ROW Sciences, Federal Data Corporation, 1999 - 2001**

#### **◆ Project Manager**

Project Manager for the SAMHSA/CSAP Synar Policy Analyses and Technical Assistance contract. This project included provision of technical assistance to CSAP for policy analyses and States' sampling methodology to meet the requirements of the Synar Amendment, development of guidance documents, the annual Synar Report to Congress, and the development and maintenance of an integrated web-based database.

#### **◆ Instructional Designer**

As an instructional designer for ROW Sciences' National Training Center (NTC) funded by the Cancer Control and Prevention Program of the Centers for Disease Prevention and Control (CDC), responsible for the design and implementation of the needs assessment process and development of the training plan for the Comprehensive Cancer Control Leadership Institute.

As task leader and instructional designer, coordinated the conversion of a face-to-face cross training program to an online tutorial for substance abuse, mental health, and corrections professionals funded by SAMHSA/CSAT.

### **Educational Services, Inc., 1998-1999**

#### **◆ Health Communications Specialist**

Conducted social marketing research and prepared educational materials for middle school personnel for the BodyWise Eating Disorders Educational Campaign funded by the Office on Women's Health/ U.S. Public Health Service.

### **University Research Corporation, 1997-1998**

#### **◆ Health Communications & Training Specialist**

For the U.S. Agency for International Development, developed a core curriculum on Coaching and Teambuilding, a 3 1/2-day 15-module course focused on facilitation and just-in-time training skills for quality assurance coaches. Worked on an operations research team and wrote a paper on the quality design of job aids as a training strategy for improving work performance and enhancing formal training programs.

Conducted public health and marketing research to support national media campaigns for the National Heart, Lung, and Blood Institute and SAMHSA/ CSAP; and wrote a technical assistance plan for two demonstration communities planning to implement local activities to support a national media campaign. Drafted focus group summary reports for four audiences as part of a needs assessment for a possible methamphetamine media campaign and contributed to the development of a manual about student led media campaigns. Drafted a dissemination plan for managed care products and training/ technical assistance plans for National Center for Alcohol and Drug Information (NCADI).

### **ROW Sciences, Inc., 1995-1997**

#### ◆ **Training & Program Specialist**

Provided support for the development of educational materials for the National High Blood Pressure Education Program and wrote a training manual for the National Hispanic Leadership Initiative in Cancer.

Tabulated and analyzed data for proposed regulations by Food and Drug Administration (FDA) restricting the sale and advertising of tobacco products to minors.

Provided research for needs assessments, developed training curricula and educational materials for health care professionals, and organized the training resource library and database for the National Training Center, Division of Cancer Prevention and Control at CDC.

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### **Publications**

- *From Pain to Promise*, a report of a suicide dialogue with consumers, survivors, and providers, 2008
- *Learning Community Curriculum*, for substance abuse prevention professionals, 2007
- *Clinical Skills Core Competencies Curriculum*, for mental health professionals working with individuals at risk for suicide, 2005, updated in 2008.
- *Community Core Competencies*, a 5-day, 10 module training program for individuals interested in developing comprehensive suicide prevention programs in their communities following the recommendations of *The National Strategy for Suicide Prevention*, 2004.
- *Therapeutic Communities Curriculum*, a 7-day, 11 module training program for staff members of Therapeutic Communities. 2003.
- *Coaching and Teambuilding*, a core curriculum developed for the Quality Assurance Program U.S. AID, December 1998.
- *Quality Design and Evaluation of Job Aids*, an issues paper written for the Quality Assurance Program, U.S. AID, October 1998.

- *Developing and Managing Community Health Worker Programs: Training for Success*, a curriculum and training manual designed for public education and outreach coordinators of the National Breast and Cervical Cancer Early Detection Program, CDC, delivered in January 1998.
- *How to Design and Deliver Hands-On, Skills Building Clinical Breast Examination (CBE) Training*, an educational packet designed for coordinators of professional and clinical education as well as for trainers who conduct CBE training for health care providers. June 1997.
- *Enhancing Training Design and Delivery Skills, Using CBE as a Model*, a curriculum and training manual designed for professional education coordinators of the National Breast and Cervical Cancer Early Detection Program, CDC, delivered in June 1997.
- *Developing Effective Outreach Strategies for Older, Medically Under served Women*, a curriculum and training manual designed for public education coordinators of the National Breast and Cervical Cancer Early Detection Program, CDC, delivered in January 1997.

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### **Associations**

Member, American Association of Suicidology (AAS)

Member, Suicide Prevention Action Network (SPAN, USA)

Member, American Society for Training and Development

Member, Association of Enneagram Teachers in the Narrative Tradition

Member, Enneagram Studies of the Greater Washington Area

Board member, Sport4All

Founder, Bowie-Crofton Holistic Community/Community Educational Networks