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WORK EXPERIENCE

Healthy Essentials Clinic, Lake Country, BC

Jan 1992-Present

Founder/Director

- Led and supported a multi-disciplinary and multi-modality integrative outpatient mental health clinic for people struggling with mild-moderate mental health and healthcare use issues.
- Grew and managed a blended budget.
- Established strategies for timely access to coordinated person-centred care.
- Collaborated with mental health and primary care partners for person- and family-centred care.
- Created a practitioner model focused on shared learning and shared care
- Managed an integrative team approach to outpatient treatment, recovery, and referrals to other services including tertiary care as required.
- Trained clinicians in detailed clinical reports & approaches to client care.
- Managed counselling support for clients, families, and clinician support for employees.
- Mentored, consulted and educated employees, professionals, and businesses.
- Provided detailed lectures and workshops to various organizations and educational institutions.
- Worked closely with undergraduate and graduate educational institutions.
- Maintained entrepreneurial and marketing skills to enhance success.
- Aimed for personal mastery in client care, health leadership, system change, social enterprise, healthcare prevention and early intervention, and de-stigmatizing mental health

North Okanagan Eating Disorder Program

Mar 1991- Oct 2013

Coordinator (Part time)

- Planned, coordinated, and directed program according to Best Practice Guidelines focusing on collaborative and team-based care and client centred treatment.
- Managed, clinically supervised and trained team members as required.
- Used screening tools to process client referrals and develop evidence-based care plans.
- Recommended hospital admissions and coordinated with team during assessments and admissions.
- Negotiated inpatient treatment of disordered eating patients in community hospitals with appropriate protocol.
- Collaborated with community hospitals through inpatient admissions, rounds and outpatient treatment ensuring continuity of care.
- Collaborated with Tertiary Care Hospitals, St. Paul's, BCCH, & other residential Treatment Centers involving client admission & transition.
- Consulted and participated in various provincial and regional committees.
- Reported to Health Authorities & North Okanagan Advisory Committee providing program updates, statistics, developments, and strategy for growth.
- Provided individual, group counseling, consultation & presentations,
- Provided & participated in regular educational opportunities and workshops.
- Worked closely with ED organizations around prevention and early intervention of illness.
- Maintained and updated staff & client library, provide timely literature and educational opportunities.

South Okanagan Eating Disorder Program

Jan 1996- Oct 2013

Coordinator (Part time)

- Established an Eating Disorder Program.
- Processed client referrals, completed initial assessments, established treatment care plans and consulted with tertiary care centres.

- Worked independently and with consulting team members.
- Developed psycho-educational groups for youth & family.
- Provided family counseling.
- Established ED inpatient protocol and educated staff members at Kelowna General Hospital, bringing awareness and experience to disordered eating treatment.
- Collaborated with psychiatric staff and pediatricians, educating and facilitating evidence based treatment.
- Presented disordered eating treatments to schools, community members, and physicians.
- Established a Best Practice treatment approach to Disordered Eating throughout the Okanagan Valley.

Bioscan Wellness Corporation, Kelowna, BC

Dec 1990-1991

Program Coordinator

- Initiated Wellness Programs with corporate clients and individuals.
- Hired, trained and managed full-time and part-time staff.
- Planned and revised programs according to client need and company standards.
- Managed all aspects of business operations, including marketing, forecasting, goal setting, and achieving company objectives.

Parkwood Hospital, London, ON

Jun 1988-1990

Clinical Dietitian

- Participated in Interdisciplinary team rounds.
- Performed nutritional assessments according to appropriate medical, anthropometric, biochemical, physical and psychosocial parameters.
- Formulated care plans for nutritional and counseling intervention.
- Participated in the Multidisciplinary Feeding & Swallowing Assessment Team.
- Developed workshops and educational seminars appropriate to patient and professional needs of interdisciplinary teams.
- Pursued ongoing education to meet practice standards and personal development goals.

Private Practice London, ON

May 1988-1990

Nutrition Consultant (Part-time)

- Consulted privately with individual clients with disordered eating.
- Focused on Sports Nutrition and behavioral change in the Elite Athlete.
- Consulted London Tigers (AAA) and Detroit Tigers Baseball League.
- Communicated regularly with physicians and health professionals through private referrals.
- Established awareness of disordered eating in the Elite Athlete.
- Collaborated with Fitness Forum's Business Administrator to raise awareness among clientele about nutrition and lifestyle issues.
- Delivered requested lectures to professional sports teams, corporate organizations, health professionals, and community groups.
- Featured as a new entrepreneur in the London Business Magazine.

REGISTERED MEMBERSHIPS

College of Dietitians of British Columbia #0210

BC Association of Clinical Counsellors #15351

Canadian College of Health Leaders #29140_____

PROFESSIONAL INVOLVEMENT

Pilot Study Committee Member for Kelowna and Vernon Eating Disorder Programs

Kelowna Eating Disorder Program Advisory Committee

Vernon Eating Disorder Program Advisory Committee

Vernon & Area Eating Disorder Association Committee

PEDAC Provincial Eating Disorder Association Committee

Regional Eating Disorder Steering Committee

Eating Disorders Transitions/Full Spectrum of Care Working Group

Eating Disorders Rural & Remote Committee Coordinator

Interior Health Eating Disorder Planning and Initiatives

Professional Practice Council for Mental Health Dietitians

Local Action Group Extended Health Benefits BC College of Dietitians/Dietitians of Canada

Composed and developed several Policy & Procedure Manuals associated with above committees

Composed and developed several Funding Proposals to enhance ED Program Development

Supervised and trained Interns, Clinicians, and Doctors interested in Disordered Eating

Professional Supervision for Dietitians, Registered Clinical Counsellors and Social Workers

Established both Kelowna General Hospital and Vernon Jubilee Hospital Inpatient ED Protocol

Standardization of ED Assessment Tools for Rural & Remote ED Programs

Dietitians of Canada

College of Dietitians of Ontario

College of Dietitians of British Columbia

Developed a Social Enterprise Business Model. Healthy Essentials Clinic, a BC Community Health Centre

Facilitator Leader Impact

Certified Daring Way Facilitator and Regional Daring Way Member

Creator of the Healthy Essentials Clinic Eating Disorder Day Treatment Program

Creator of the Healthy Essentials Clinic Healthy You Program

Collaboration with the Community Foundation North Okanagan

Collaboration with the Okanagan Learning Foundation

Collaboration with the Dakota Foundation for Bipolar Disorder

EDUCATION

University of Guelph, Ontario 1982-1987

Bachelor of Applied Science, Honors in Applied Human Nutrition

Victoria Hospital, London, Ontario 1987-1988

Dietetic Internship

Royal Roads University 2015-2017

Master of Arts in Leadership, Health Specialization Program

Canadian College of Health Leaders 2017-2018

Certified Health Executive

Western University, Ontario Jun 1988-1989

Skin Caliper Assessment & Bio-impedance

Sports & Clinical Nutrition Jun 1988-1991

Various lectures and workshops associated with work related educational training in leadership, business administration, marketing and management

Dr. Elliot Goldner and Linda Lauritzen St. Paul's Hospital	Mar 1992
Eating Disorders Workshop Sponsored by Vernon Eating Disorder Program	
Vasanto Crawford R.D. , Kelowna, BC	Oct 1992
Vegetarian Nutrition & Cooking for the Health Professional & Teachers	
Eating Disorders and the Role of the Therapist: Marion Fallding	
St. Paul's Eating Disorder Program , Vancouver, BC	Nov 1992
Personal Training with Dr. Elliott Goldner, Executive Director	
Dr. Ron Manley, Director BCCH , Vancouver, BC	Oct 1994
Eating Disorder Program: Mood, Mind & Appetite Workshop, personal Training with	
Dr. Marriage BCCH , Vernon, BC	Mar 1995
Psychosis in Teens	
Dr. Elliot Goldner, St. Paul's & Ron Manley BCCH , Vernon, BC	Apr 1995
Vision for Eating Disorders Workshop	
St. Paul's Hospital	Nov 1995
Interior Eating Disorder Training Event	
Dr. Bryan Lask, Dr. Laird Birmingham, Dr. Jorge Pinzon, Vicki Smye	Nov 1996
Current Trends in the Community Approach to Eating Disorders	
Vernon BC	Mar 1996
Theraplay Workshop	
Dr. Henry Cloud & Dr. John Townsend , Kelowna, BC	Jun 1996
Boundaries Course	
St. Paul's and BCCH , Vernon, BC	Jun 1997
Tertiary Care & Eating Disorder Treatment, Hosted and Facilitated the Event for Okanagan Valley Health Professionals	
Kelowna General Hospital and Vernon Jubilee Hospital	Nov 1997
St. Paul's & BCCH inpatient Team Training	
When Girls Feel Fat; Sandra Friedman: Hosted and facilitated workshops throughout the Okanagan Valley	Feb 1998
Sonya Franklin Health Minister BC Government	Feb 1998
Valley Wide Meetings to Discuss Eating Disorder Treatment and Prevention throughout the Okanagan	
Vernon, BC	Jun 1999
Suicide Intervention for Teens & Adults Workshop	
Okanagan & Area Eating Disorders Association	Oct 1999
Community Solutions for Eating Disorders, Presenter & Participant	
St. Paul's Hospital: Sponsored by Okanagan & Area Eating Disorders Association	Mar 2000
Eating Disorder Information Workshop; Dr. Laird Birmingham and Linda Lauritzen	
Sheena's Place Toronto, Ontario	Jun 2000
Program Review and Training	
Hospital for Sick Children	Jun 2000
Eating Disorder Program Review and Training	
Ellyn Satter , Kelowna, BC	Sep 2000
The Art of Eating: Treating the Dieting Casualty	
Dr. Laird Birmingham St. Paul's Hospital , Vernon, BC	Nov 2000
Nutritional Management of Eating Disorders	
Vernon, BC	Nov 2000
DSM IV In-service for Clinicians and Health Professionals	

Kelowna, BC Scattered Minds; Dr. Gabor Mate`	Mar 2001
Vancouver, BC Manual of Clinical Dietetics Review Workshop	Oct 2001
Kelowna, BC The Way They Learn; Cynthia Tobias	Nov 2001
Dr. Josie Geller, St. Paul's Hospital , Vancouver, BC	Jun 2002
Part I Readiness Motivational Inventory/Interviewing Training	
Edgewood Treatment Centre Addictions Workshop , Nanaimo, BC	Apr 2003
Rural & Remote meetings with various Programs on Vancouver Island	
St. Paul's Hospital , Vancouver, BC	Jun 2003
Part II Readiness Motivational Interviewing Training; Dr. Josie Geller	
St. Paul's Hospital , Vancouver, BC	Oct 2004 - Present
ED Program Monthly Videoconference Series for Clinicians	
Toronto General Hospital	Apr 2005
I'm Like So Fat: Eating Disorder Program Conference: Dianne Neumark-Sztainer, Dr. Leora Pinhas	
Alberta Children's Hospital , Calgary, AB	Mar 2006
Eating Disorders in Childhood and Adolescence; Dr. Bryan Lask University of London and Oslo	
Dr. Richard Phillips , Kelowna, BC	Jun 2006
Relationship between Anorexia Nervosa & Insulin Dependent Diabetes	
St. Paul's Hospital , Vancouver, BC	Jun 2006
EDI III Training Event	
Dr. Les & Leslie Parrott , Kelowna, BC	Sep 2006
Conflict Resolution in Couples	
St. Paul's & BCCH , Vancouver, BC	Oct 2006
Meal Support from Inpatient to Home	
Dirk Stroda , Kelowna, BC	Nov 2007
Mental Training in Athletes & Sports Performance	
Eating Disorder Association of Canada , Calgary, AB	Feb 2008
First Bi-Annual Conference	
Dr. Gordon Neufeld , Kelowna, BC	Nov 2008
Hold on to Your Kids Attachment Workshop	
Toronto, ON	May 2009
NEDIC Shades of Grey: Body Image & Self Esteem	
Michelle Morand Centric Centre , Kelowna, BC	Oct 2010
The Diet Mentality	
Anxiety BC	Feb 2011
Anxiety in Children Webinar	
Motivational Interviewing Webinar	
Dr. Daniel LeGrange Workshop; Presenter Renee Rienecke Ph.D. , Vancouver, BC	Mar 2011
Level I Family Based Therapy	
Rural & Remote Committee	May 2011
Caring for the Clinician Working with Eating Disorders; Carolyn Costin Monte Nido CA	
Eating Disorder Network	Jul 2011
Mindfulness of Youth Webinar	

Motivational Interviewing: Remuda Ranch Webinar for Clinicians	Aug 2011
Eating Disorder Network	Oct 2011
Family Based Therapy Webinar	Nov 2011
Weight Centered Program Webinar: BCCH	
CMHA Vernon Branch	Mar 2012
Living Life to the Full	
Dr. Ron Manley , Kelowna, BC	Feb 2013
Eating Disorders and Athletes	
Eating Disorder Network	Feb 2013
Meal Support Webinar	
Eating Disorder Network	Apr 2013
Dance and Body Image Webinar	
Dr. Gordon Neufeld	Apr 2013
How to Keep Children Safe in a Wounding World Webinar	
Dr. Gordon Neufeld	Apr 2013
Weight Bias Webinar	
Dr. Barbara Beach BCCH	Jun 2013
Family Based Therapy Webinar	
Fresh Outlook Foundation , Kelowna, BC	Jul 2013
Women 4 Sustainability Presenter and Participant	
Dr. Karina O'Brien, Dr. Barbara Beach BCCH	Sep 2013
Family Based Therapy Webinar	
Kelowna BC	Oct 2013
Global Leadership Summit	
Stephanie Clairmont R.D.	Feb 2014
FODMAPS Webinar	
Kelty Resource Centre	Apr 2014
Mindfulness in Youth Webinar	
Kelty Resource Centre	Sep 2014
Eating Disorders in Boys & Men	
Joseph Grenny	Nov 2014
Crucial Conversations Webinar	
Kelty Resource Centre	Feb 2015
Binge Eating Disorder Webinar	
Dr. Joanne Dolhanty and Dr. Adele Lafrance Robinson , Vancouver, BC	May 2015
Emotion Focused Family Therapy Certification Workshop	
Royal Roads University Continuing Studies, Victoria, BC	July - Sept 2015
Academic Writing and Critical Thinking, Johanne Paquette	
Royal Roads University Master of Arts in Leadership , Victoria, BC	Sep 2015 - 2017
Health Specialization Program	
Dr. David Smith , Vernon, BC	Jan 2016
DSM 5: Web X Presentation	
Renfrew Centre	Mar 2016
Webinar: What every non-medical practitioner should know	

Dr. Joanne Dolhanty and Dr. Adele Lafrance , Kelowna, BC Emotion Focused Family Therapy Phase II Training	Mar 2016
College of Dietitians of BC Medical Nutrition Therapy Webinar	Apr 2016
Kelowna, BC Interior Health Eating Disorder Forum	Jun 2016
Centre for Excellence , BC Nutritional Management of Adults with Eating Disorders Webinar	Jan 2017
St. Paul's Hospital BC Clinical Guidelines for Eating Disorders Webinar: Josie Geller	Feb 2017
FODMAP Webinar: Stephanie Clairmont R.D.	Mar 2017
Emotion Focused Family Therapy Advanced Clinician Training, Dr. Adele Lafrance and Natasha Files	May 2017
St. Paul's Hospital Medical Complications for Disordered Eating Webinar: Internist	Oct 2017
Canadian College of Health Leaders Certified Health Executive Program	Nov 2017 - Dec 2018
St. Paul's Hospital Adult Autism Spectrum Disorder and Eating Disorders: Dr. Elfers	Feb 2018
Weight Issues in the Recovery of Eating Disorders: Why is this so complicated: Becky Mehr, MSc, RD, LDN	Feb 2018
Autism Spectrum Disorder: Stinkin Thinking and Poisonous Perceptions: Katherine Paxton	Mar 2018
Canadian College of Health Leaders Driving Integrated Care Across the Health System	Mar 2018
Canadian College of Health Leaders What Your Job Really Is? Dr. Doug Cochrane	Apr 2018
St. Paul's Redesign St. Paul's Eating Disorder Program: Dr. Josie Geller; Dr. Julia Raudzus	Apr 2018
Yorkville University Theories of Personality	May - Jun 2018
Canadian Psychological Association Being an Ethical Psychologist	Jun - Jul 2018
Emotion Focus Family Therapy Certification: Supervisor, Natasha Files MSW	Sep 2018 - present
Eating Disorder Forum Interior Health	Oct 2018
Kelowna, BC Global Leadership Summit	Oct 2018
Canadian College of Health Leaders Conference , Vancouver, BC Courageous Leadership	Oct 2018
Houston, Texas Certification in the Daring Way: Brene' Brown PhD MSW	Jan 2019 - 2020
BC First Nations: Leadership Perspectives	Jan 2019

	Jan 2019 - present
EFFT Certification – Dr. Adele Lafrance and Natasha Files MSW	
New Canada’s Food Guide	Feb 2019
Health Canada Presentation	
RRU Alumni Okanagan Regional Library	Feb 2019
Leadership Workshop	
	May 2019
Primary Care Transformation – ADM Ted Patterson	
	Oct 2019
UBCO Eating Disorder Forum	
San Antonio, Texas	Jul 2019
Brene’ Brown: The Daring Way Training	
	Apr 2020
Leader Impact Webinar: Leading Forward, From Now to Next	
	Jun 2020
Leader Impact Webinar: Economist Peter Hall	
	Jul 2020
FAST Program – Wendy Busse: Food Avoidance and Sensitivity Trap	
	Oct 2020
Eating Disorders & Autism: Recognizing and Responding to the needs of Girls and Women: Sara Garner RCC	
	Oct 2020
REDS Relative Energy Deficiency in Sport – Dr. Sara Forsyth	
	Jan 2021
Canadian Regional Daring Way: Webinar	
BC Association Community Health Centre – Val St. John	Jan 2021
Webinar	
College of Dietitians of BC	Feb 2021
Webinar Competency Programs	
	May 2021
EFFT Recertification Videos	
Ministry of Health Focus Group	Jun 2021
Community Care	
	Jun 2021
Dr. Bonnie Kaplan – The Better Brain: Webinar	
	Sep 2021
Daring Healthcare: Dr. Corey Martin: Webinar	
	Nov 2021
What is ADHD? Dr. Sergei Reznikov Pediatrician: Webinar	
	Jan 2022
The Interdisciplinary Alternative: CCHL: Webinar	
	Apr 2022
Daring Way Geo Regional Meeting: Atlas of the Heart: Webinar	
	Apr 2023
Daring Way Geo Regional Meeting: Enneagram and its Use	
	May 2023
CCHL Education Series: “You Don’t Belong Here: Healthcare Leadership reflections of an old gay man” Ed Mantler: Webinar	

	Sep 2023
Geo Regional Daring Way: The Reckoning, Gifts of Imperfection: Cat Baio	
	Oct 2023
Geo-Regional Meeting: Gifts of Imperfection: Rest & Play	
	Mar 2024
BC Provincial Attachment System: ADM Ted Patterson	
	Mar 2024
Nutrition in Menopause: Women's Health: Dr. Mary Claire Haver: Webinar	
	Apr 2024
Let's Talk Menopause: Don't go Breaking My Heart: What you need to know about menopause and your heart health – Dr. Erin Michos	
	May 2024
Menopause Live Symposium in Chicago: Sex, Mood, and more	
 <u>PROFESSIONAL CONFERENCE, PRESENTATIONS & WORKSHOPS</u>	
Kelowna Community Nutritionist , Penticton, BC	Mar 1993
Eating Disorder Information Presentation with Cathy Richards	
 Kelowna, BC	 Mar 1993
Vegetarian Eating & Eating Disorders	
 Kamloops, BC	 Sep 1993
Eating Disorder Training Event for Clinicians; Workshop presentation with Dr. Elliot Goldner	
Immaculata High School , Kelowna, BC	Jan - Mar 1994
Presentations Eating Disorder Prevention	
OKM High School Counselors , Kelowna, BC	Feb 1994
Eating Disorders in Teens	
BC Builder Corporation , Kelowna, BC	Mar 1994
Nutrition in Business	
Kelowna Figure Skating Club	Jul 1994
Nutrition & the Elite Athlete	
 Victoria, BC	 Jul 1994
Proposal for Greater Eating Disorder Services in the Okanagan Valley presented to Sonya Franklin Health Minister	
School District #22 , Vernon, BC	Jan 1996
Professional Development Day: Eating Disorder Prevention presentation for Teachers & Counselors	
Okanagan College , Vernon, BC	Feb 1996
Becoming Barbie Presentation	
 Victoria, BC	 Feb 1996
International Conference on ED,	
OKM High School Counselors , Kelowna, BC	Oct 1996
How Media Encourages Thinness	
 Kelowna, BC	 Feb 1997
Sports Nutrition & Athletes with Disordered Eating	

Okanagan Valley Eating Disorder Screening and Awareness for Physicians	Jun 1997
Okanagan Valley Treatment of the Inpatient Eating Disorder Client for Nurses	Jun 1997
Okanagan Valley Training Event on Inpatient Hospital Eating Disorder Protocol	Jun 1997
Albert Einstein College of Medicine & Montefiore Medical Center, New York City, USA International Conference on Eating Disorders Postdoctoral Course of Instruction	Apr 1998
Northview Community Church, Abbotsford, BC Ten Things I have Learned in Treatment of the Eating Disorder Client	Jun 1998
Vernon Jubilee Hospital Hospital Inpatient Eating Disorder Treatment for Health Professionals; St. Paul's & Vernon Eating Disorder Program	Oct 1999
Elite Alpine Skiing Athlete, Kelowna, BC Sports Nutrition	Oct 2000
International Eating Disorder Conference, Victoria, BC Presenter & Participant	Oct 2000
International Eating Disorder Conference, Victoria, BC Group Therapy in Eating Disorders	Oct 2000
Kelowna, BC Nutrition, Wellness & the Eating Disorder Client for Certified Dental Assistants	Nov 2000
Kamloops, BC Nutrition & Health for Certified Dental Assistants	Apr 2001
International Conference on Eating Disorders, Vancouver, BC Academy for Eating Disorders Presenter & Participant Sheraton Wall Centre	May 2001
Rural & Remote ED Conference Planning & Design for Rural Programs, Kamloops, BC Presenter and Participant	Jun 2001
ANAD Conference, Vancouver, BC Still Trying to Measure Up? Presenter and Participant	Nov 2002
Vernon, BC Nutrition & Media Awareness; Queen Silver Star Candidates	Dec 2002-2007
Vancouver, BC Nutrition for the Eating Disorder Client presentation for Rural & Remote Members	Apr 2003
Salmon Arm Mental Health & Vernon Jubilee Hospital Staff Eating Disorders & Recovery Process	Feb 2004
School District #23, Kelowna, BC Eating Disorders & Media Influence; Professional Development Day	Feb 2004
Salmon Arm Mental Health Eating Disorder Training Event	Jun 2004
School District #22, Vernon, BC Eating Disorders & Adolescents; Professional Development Day	Feb 2005

Kelowna, BC Sports Nutrition for the Elite Athlete & Families	Mar 2005
Okanagan, BC Nutrition & Sustainability; Community Workshop	Oct 2005
NOW Canada , Kelowna, BC Nutrition and Addictions	Dec 2005
Kelowna, BC Lifestyle Nutrition & Wellness Everyday	May 2007
School District #22 , Vernon, BC Body Image & Eating Disorders; Professional Development Day	Nov 2009
Fulton School Teacher & Counselors , Vernon, BC World of Disordered Eating	Nov 2009
CMHA & North Okanagan Eating Disorder Program , Vernon, BC Boundaries for Parents with Children suffering from an Eating Disorder; Six Week Course	Apr 2010
Vernon Foster Parents Association Helping Foster Children with Disordered Eating	Feb 2010
Vernon Jubilee Hospital Helping the Inpatient Eating Disorder Client & Families; In-service for Nurses and Staff	Sep 2011
Eating Disorder Association of Canada Conference , Vancouver, BC	Oct 2014
	Feb 2015
Vernon Pregnancy Outreach: Love Your Body, Love Yourself Global Leadership Summit , Kelowna, BC	Oct 2015
Interior Health 3rd Annual Eating Disorder Forum , Kelowna, BC Round table discussion facilitator and forum participant	Oct 2017
Global Leadership Summit , Kelowna, BC	Oct 2017
District of Lake Country, BC and Council Organizational Leadership Project Presentation: A Mental Health and Substance Use Services Transformational Leadership Framework for Patient-Centred Outpatient Care	Nov 2017
Kelowna Golf and Country Club Nutrition and Lupus Presentation	May 2018
	Apr 2019
Mama's for Mama's Postpartum and Nutrition	Nov 2019
The Daring Way Workshop – Community Professionals Canadian College of Health Leaders Social Enterprise Presentation	Jan 2020
CCHL National Leadership Conference Adaptive Leadership in Complex Times	May - June 2021
	Jul 2021
Daring Way Workshop for Professionals – Lan Luong Co-Facilitator Brene' Brown Courage Camp Virtual Conference	Oct 2021
	Jan 2022
Eating Disorders: 10 Things I have learned: Inservice/training for HEC staff	

CCHL Integrative Care Conference	Apr 2022
Ontario Health Summit: The Way Now Renewed	
	April - July 2022
HEC Eating Disorder Day Treatment Program: Start of 12 Week Program	
	Feb 2023
UNBC Presentation: Leadership and System Transformation	
Eating Disorders Community of Practice Conference, Vancouver	May 2023
Kelowna General Hospital	Jun 2023
Psychiatry Presentation: HEC Integrative Model	
Global Leadership Summit	Aug 2023
Impactful Leadership: Virtual Conference	
BC Association of Community Health Centres, Victoria BC	Sep 2023
Union of BC Municipalities: Panel Presentation: Healthy Essentials Clinic – Integrative Health Model	
CCHL Western Conference, Victoria, BC	Oct 2023
Resilience and change harnessing the opportunity of the moment	
Healthy You Program	Sep - Dec 2023
Presentation & Training: HEC Staff and Physicians	

MEDIA SERVICE

Waist Management Article by Ken Maver London Business Magazine	Feb 1990
Various newspaper interviews & Articles	Mar 1991-present
Eating Disorders Awareness Week; Midday with Mike Roberts CHBC Television	Feb 1994
Eating Disorders Awareness Week: CILK FM Live 3 hour call-in show	Feb 1995
Eating Disorders Awareness Week: CJIB Live Talk Show with Patrick Nicol	Feb 1996
Eating Disorder Information; Uncut CHBC Television with Blaine Gaffney	Mar 1996
Changing the Message: A Community Response to Eating Disorders by Cara MacDondald Vernon Morning Star:	
Interview with Christina Camilleri Program Co-Ordinator Teen Eating Disorder Program	Apr 1996
Current Trends in the Community Approach to Eating Disorders Taped by Shaw Cable and CJIB Live Radio	Nov 1996
Eating Disorder Information Call-in show CJIB Live Radio with Patrick Nicol	May 1996
Adults Conquer Eating Disorders by Cara MacDondald Vernon Morning Star: Interview with Christina Camilleri and Sharon Robbie Vernon Eating Disorders Program	Sep 1997
Eating Disorder Awareness Week CHBC Television Interview	Feb 1997
Clinic Adopts Holistic Approach: by Carli Berry, Lake Country Calendar	Feb 2019
Clinic Filling mental health care needs: by Barry Gerding, Lake Country Calendar	Aug 2019
Straight From DeHart – Kelowna Now	Jul 2020
Women in Business: Making holistic health care accessible by Twila Amato: Kelowna Capital News	Feb 2021
Lake Country clinic combats surge in youth eating disorders during pandemic By Brendan Shykora, Vernon Morning Star	Feb 2022
Kelowna Now Interview: Voted Best of Kelowna 2024 in 3 Categories: Best Clinic, Best Clinical Counsellor, Best Nutritionist.	May 2024

COMMUNITY SERVICE

BC Summer Games, Kelowna, BC	Jul 1994
Eating Disorder Workshop for School Counselors & Health Professionals	Oct 1994
Nutrition & Body Image for GES School Counselors & Teachers, Winfield, BC	Oct 1994
Nutrition & Lupus; Lupus Association, Kelowna, BC	Mar 1996
Eating Disorders & Teens; Seaton High School PAC Meeting, Vernon, BC	Mar 1996
Beautiful You! Girl Guides of Canada, Winfield, BC	Mar 1996
Eating Disorder Information & Training for Okanagan Physicians & Health Care Professionals, Kelowna, BC	Apr 1996

Sheena Place Meetings & Program Planning, Toronto, ON	
Beautiful You! Grade 8-12 Students; Kelowna Christian School	Jan 1997
Big White Racer Parent Volunteer, Kelowna, BC	Oct 2000 - present
New Year's Eve Community Event Fundraiser for Lower Income Families; Organizer & Coordinator, Winfield, BC	Dec 2001
Apple Triathlon Volunteer, Kelowna, BC	Aug 2004
ALS Event Fundraiser for Dave Johnston: Silent Auction Co-coordinator, Kelowna, BC	Oct 2008
Vice President Big White Racers Ski Club. Coordinated Corporate Sponsorships and Business Liaison for club with the German National Ski Team, Lufthansa Airlines, Avis Rentals, Kelowna Airport, Gray Monk Wineries & Big White Ski Resort	Apr 2008 - 2011
Diamonds & Denim Event Looking Glass Foundation Fundraiser; Guest Speaker, Vernon, BC	Feb 2009 - 2010
Hovawart Club of North America Event Volunteer, West Virginia USA	Sep 2010
Hovawart Club of North America Event Volunteer, St. Lois USA	Jun 2011
International Children's Winter Games, Kelowna, BC	Jan 2011
Collaboration and Networking with District of Lake Country, BC: Development of Community Centred Health Model for Region	Jun 2013 – Present
Media Coordinator World Cup Ski Cross, Nakiska, AB	Dec 2013
Professional Panel Participant at UBC Okanagan during Eating Disorders Awareness Week	Feb 2014
Professional Consultation to Mental Health Community Partners	Jan 2015 - present
Collaboration with Central Okanagan Division of Family Practice	Jan 2017 – present
Facilitator for LeaderImpact-mentoring and growing marketplace leaders	May 2018 - present
Scale Smash Fundraiser to combat Eating Disorders, Kamloops, BC	Jan 2019
Ladies who Beer – Introduction to Healthy Essentials Clinic	May 2019
UBCO- Presentation on Integrative Health Care	Nov 2019

PERSONAL ACCOMPLISHMENTS

Graduated with Honors from High School
 Basketball awards yearly, Senior Athletic Awards Grade 13
 Rexdale Soccer League Champions 1986
 Coach of the first Rexdale All Star Girls Soccer Division
 Coach of the Mission and Winfield Girls Soccer League
 Completion of Frontline Leadership for Clinicians
 Development of a Parkinson's Education program for Day Hospital London, Ontario
 Establishment of the Dining Experience Program for Ambulatory Seniors
 Consultant to large Corporations: Detroit Tigers Farm Team, BC Lions Football Team and BC Hydro
 Assisted in the establishment of the Vernon and Kelowna Eating Disorder Programs
 Assisted in the establishment of the Vernon & Area Eating Disorder Association
 Consulted to and supported the establishment of Looking Glass Foundation
 Established and coordinated the Eating Disorder Rural & Remote Committee of PEDAC
 Established 2 Athlete Training Events with the German National Ski Team and Lufthansa Airlines
 Supporting 2 female Elite Alpine and Ski Cross Athletes towards their Olympic Dream
 Completed 2 Half Marathons and 1 Triathlon coming top 10 for age group
 Developed a Social Enterprise Business Model for Mild to Moderate Outpatient Mental Health and Healthcare Treatment

References Available Upon Request