
Profile

Lauren

First Name

Penepacker

Last Name

[REDACTED]

Email Address

[REDACTED]

Street Address

[REDACTED]

City

CA

State

93420

Postal Code

Indicate Supervisor Who Will Receive a Copy of your Application *

Second District - Laura Capps

[REDACTED]

Primary Phone

[REDACTED]

Alternate Phone

Which Boards would you like to apply for?

Behavioral Wellness Commission : Submitted

Reference 1 Name

Patricia H. Young

Reference 1 Telephone

Reference 1 Occupation

Retired Teacher

Reference 2 Name

Kaitlyn Ridenour

Reference 2 Telephone

Reference 2 Occupation

President of Alpha Phi - Gamma Beta Chapter

Interests & Experiences

Please explain why you are interested in serving, and what experience you bring to the Committee. Attach additional documentation as necessary.

I am interested in serving on the Behavioral Wellness Committee because I want to represent the young adult sector of Santa Barbara County in making decisions pertaining to the mental health and behavioral wellness of the community. I believe that my positionality as a nineteen-year old woman and rising sophomore at UCSB has given me an invaluable perspective on the mental health and substance use issues that pervade the college-age population. For instance, I have witnessed firsthand how prevalent substance use can be in both social and nonsocial situations. I have listened to my close friends speak about certain mental health issues they face, like anxiety. I am also open with my close friends about some of the mental health issues I have faced, and how I learned to overcome some of them. Notably, my father has worked as a psychiatrist for over twenty years, which is what initially piqued my interest in mental and behavioral health as a child. I have learned a great deal from him over the years; not only about a plethora of mental illnesses and treatments, but also some simple bits of insight that have transformed the way I view things like stress, procrastination, and rejection. I feel that the combination of these factors qualifies me to serve on the Committee as a representative of the young adult portion of our community.

Give any information explaining qualifications, experience, training, education, volunteer activities, community organization memberships, or personal interests that bear on your application for the above Board, Commission or Committee. Attach additional documentation as necessary.

Serving my community through volunteer activities has always been a priority of mine. For example, in high school, I served as an Advisory Leader (AL) to a team of upperclassmen mentors who met with twenty-three freshmen each day and helped them experience a smooth transition into high school. While I was mainly a role model and guiding figure for my freshmen, I learned how to be a mandated reporter, too. Furthermore, as an undergraduate student pursuing a Bachelor's of Science degree in Psychological and Brain Sciences at UCSB, I have had the opportunity to start taking upper-division psychology courses. These courses will continue to deepen my understanding of mental health as I complete my degree. Last fall, I also became a member of the Alpha Phi Sorority at UCSB. In Alpha Phi, our Vice President of Health, Wellness, and Accountability does a fantastic job of keeping us safe and informed about the dangers of substance use. Her dedication has inspired me to similarly help my community.

[Resume-2.pdf](#)

Upload a Resume

Demographics

Ethnicity

Caucasian/Non-Hispanic

Gender

Female



Date of Birth

Education Completed:

Adlai E. Stevenson High School - High School Diploma University of California, Santa Barbara - Rising Sophomore

Please Agree with the Following Statement

I agree that upon submission of this application all information provided is a matter of public record, and is subject to disclosure.

I Agree *