

JOAN HARTMANN
Third District Supervisor



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COUNTY OF SANTA BARBARA

Date: February 13, 2017

Clerk of the Board of Supervisors
County of Santa Barbara
105 East Anapamu Street
Santa Barbara, CA 93101

RE: Behavioral Wellness Commission

For placement on the Board of Supervisors agenda for the meeting of: February 28, 2017.

I would like to recommend the appointment/ reappointment of the following person to the Behavioral Wellness Commission :

Salutation: Mr Mrs Ms.
Full Name of Appointee: Ciara Wong
Address:
City/State/Zip:
Home Phone:
Work Phone:
E-mail:

Appointee will represent the Third District on this commission.

Position was formerly held by:

Check box only if this appointment is filling an unexpired vacancy.

Third District Supervisor: Joan Hartmann

Signed by: Joan Hartmann

COB Information Verification	
<input type="checkbox"/>	Letter of Resignation on file
<input type="checkbox"/>	Vacancy Notice on file
Term:	
<input type="checkbox"/>	_____ years
<input type="checkbox"/>	Beginning date _____
<input type="checkbox"/>	Ending date _____

Reference 2 Address

Reference 2 Telephone

Student Leadership Programs
Advisor

Reference 2 Occupation

Amanda Zachwieja

Reference 3 Name

Reference 3 Address

Reference 3 Telephone

Assistant Resident Director

Reference 3 Occupation

If you are now, or have ever been employed by the County of Santa Barbara, please list the department in which you worked, your title, and the dates you were employed.

Interests & Experiences

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.

I believe I've had many experiences that have taught me many valuable skills and tools in addressing situations dealing with people's well-being. As a Resident Assistant, I am the first person my residents come to when they're feeling down. Being in this position has helped me learn about numerous resources and how to refer people appropriately. As a Student Representative for the Student Health Advisory Committee at UCSB, I've been able to learn how to effectively advocate on behalf of the students' voice while addressing their concerns and demands effectively. Being a Representative at Large in the Residential Housing Association has given me the opportunity to connect with a diverse group of people and work with different leadership styles and experiment with different forms of communication. Obtaining the Summer Internship for the Residential Housing Association helped enhance my administrative skills. The position of Vice President of Service in the National Residence Hall Honorary has strengthened my love for serving the community to the best of my ability. Holding the Chair of the Associated Students Commission on Student Well-Being has given me an outlet to push my own creativity in figuring out ways to teach and educate people about mental health and other sensitive topics. I've had the privilege of being trained and certified in Mental Health First Aid, Suicide Prevention, LGBTQ Safe Zone, and Care Connect (Dealing with victims of Sexual Assault). I was able to attend multiple conferences that have contributed to my passion for mental health and leadership opportunities, such as the UCI Reclaim Mental Health Conference, the UCSB Mental Health Conference, and Student Leadership Development Training. I've also partook in volunteer opportunities relating to the Deveraux Mental Health facility, assisting children with special needs, and tending to the houseless community who have been severely affected by their mental health. These trainings, conferences and volunteer opportunities have all taught me to be very aware and sensitive about the people around me. I've worked on many projects relating to mental health, such as creating UCSB Housing's first ever Mental Health Campaign, a campus wide video meant to destigmatize mental health, a resource brochure with all the mental health resources available in the area, Community Care Cards, and etc. I've also done presentations and workshops at conferences pertaining to mental health, such as inclusive language within mental health and mental health within Asian Pacific Islander communities. With all this experience, My hope is to spread the knowledge I've gained in order to reach a bigger audience. Although I've learned a lot from the UCSB community, I'd like to start making an impact on an even bigger community. This position would allow me to start that dialogue and reach that crowd.

Final Behavioral Wellness Commission Resume .pdf

Upload a Resume

Please attach any additional documents here

Demographics

CIARA WONG

<https://www.linkedin.com/in/ciara-wong>

PROFESSIONAL SUMMARY

Highly committed, dependable, and self-motivated leader with solid experience in programming, special projects, community service, team building, and strong communicative skills. Takes special interest in mental health and diversity related topics.

SKILLS

- Culturally sensitive
- Public speaking ability
- Event Planning
- Self Motivated
- Strong Communication
- Time Management
- Organizational Skills
- Team Leadership

WORK HISTORY

Commission on Student Well-Being Chair

- Associated Students** - University of California, Santa Barbara 03/2016 - Current
- Works on special projects and initiatives relating to mental health and student well-being.
 - Presents educational workshops on the different aspects of mental health.
 - Collaborates with other organizations who advocate on behalf of mental health.
 - Runs and facilitates weekly Board Meetings for a Board of 13 members.

Student Representative

- Student Health Advisory Committee** - University of California, Santa Barbara 08/2016 - Current
- Serves as a liaison between Associated Students and Student Health.
 - Attends Student Health Advisory Committee meetings as the Student Representative for the University.
 - Ensures all students are being represented of their needs within the UCSB health facilities.

Resident Assistant

- UCSB Housing, Dining & Auxiliary Enterprises** - University of California, Santa Barbara 08/2016 - Current
- Develops a wide variety of programs in order to build community and educate a floor of 80 residents on diversity and other related topics such as mental health.
 - Provides resources and maintains a safe and secure environment for 1600+ residents.
 - Addresses the wellness concerns and needs of residents in a timely manner.
 - Works on a team of 29 diverse, professionally trained staff members.

Vice President of Service

- National Residence Hall Honorary** - University of California, Santa Barbara 09/2016 - Current
- Oversees a Service Committee.
 - Plans events relating to service and giving back to the community.
 - Helps empower and encourage general members to share their ideas.
 - Mentors the Community Service Chairs of each Hall Council.

Summer Intern

- Residential Housing Association** - University of California, Santa Barbara 06/2016 - 08/2016
- Created UCSB Housing's first ever Mental Health Campaign.
 - Developed a Mental Health Resource Brochure and Community Care Card.
 - Worked on various, special projects to enhance residential living within university owned housing.

Representative at Large

- Residential Housing Association** - University of California, Santa Barbara 08/2015 - 06/2016
- Acts as a liaison between the RHA Coordinating Board and Santa Catalina North Hall Council by attending weekly meetings for both.