

Profile

Jenny

Thompson

First Name

Last Name

Email Address

Street Address

City

CA

State

93110

Postal Code

Indicate Supervisor Who Will Receive a Copy of your Application *

☒ Second District - Laura Capps

Primary Phone

Alternate Phone

Which Boards would you like to apply for?

Behavioral Wellness Commission : Submitted

Reference 1 Name

Jennifer Karapetian

Reference 1 Address

Reference 1 Telephone

Reference 1 Occupation

Assistant District Attorney

Reference 2 Name

Eric Jackson

Reference 2 Address

Reference 2 Telephone

Reference 2 Occupation

Board of Directors, Mental Wellness Center

Reference 3 Name

Jennifer Drury

Reference 3 Address

Reference 3 Telephone

Reference 3 Occupation

Principal at Drury Pullen

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.

NA

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 Commission because I want to use my own lived experience to make a real, positive impact in our community. I struggled with severe disordered eating for 20 years and had to rebuild my life and my sense of self from the ground up as a single mother of two young kids. Going through local day treatment programs, navigating housing, and getting back into the workforce taught me exactly what is working in our local systems and where people are falling through the cracks. Because of my journey, I am extremely passionate about three specific areas: -Maternal Mental Health: I know firsthand how hard it is to focus on healing when you are facing barriers like a lack of income, housing, education, or childcare. I want to advocate for programs that look at a mother's reality holistically. -Eating Disorder & Substance Recovery: In my own healing journey, I had to do a lot of my own research into neural pathways and addiction because some of the modalities provided in day treatments at the time weren't helping. I want to make sure our county programs are using the absolute best, most effective care possible to break the loop of addiction. -Youth Prevention: I have always loved working with kids, but this became deeply personal two years ago when my daughter's childhood best friend died by suicide. It made it painfully clear that community programs aren't enough—there is a critical lack of clinical resources and safety nets for teens, especially during that 8th to 10th-grade transition. I want to be on this commission so no other family has to experience that loss.

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.

My qualifications come from a mix of professional hustle, continuous learning, and hands-on community building. -Professional Drive: I spent time working in the corporate tech world at Citrix, and now at Procore. When I started, I had no tech background—to say there was a learning curve is an understatement. But I hustled, found mentors, and taught myself how to navigate a complex corporate environment. I later applied that same tenacity to build and run my own successful local corporate juicing business. Those experiences taught me how to manage operations, work within a budget, and build strong relationships. -Education & Training: While working, I went back to school for a nutrition certification so I could properly educate myself and my family. I have also spent years independently studying the science behind trauma, food addiction, and recovery modalities to better understand the systemic side of behavioral health. -Community Work: I love being hands-on in the community. I've taught nutrition and cooking classes for local preschool parents and kids. I also started a homegrown event called "Girls with Gratitude," which focused on building young girls up, mindfulness, healthful cooking, and vision board activities. I know how to learn quickly, how to apply myself, and how to build community. I would love to bring that same energy and tenacity to the board to help evaluate and improve our county's resources.

[Jenny Thompson - Procore Resume 2025_2_.pdf](#)

Please attach any additional documents here

Demographics

Ethnicity

☒ Caucasian/Non-Hispanic

Gender

☒ Female

Date of Birth

Education Completed:

Associate of Arts, Liberal Arts – Santa Barbara City College Certified Holistic Health & Wellness Coach – Institute for Integrative Nutrition Certified Customer Success Manager (Levels 1-5) Former NASM & ISSA Personal Trainer – Included CPT and specializations in Youth, Prenatal, and Special Populations

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 *