

## EDUCATION

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**Tufts University**, Boston, MA  
*Bachelor of Arts in Community Health, Magna Cum Laude, 2019*

## AWARDS & RECOGNITION

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| <ul style="list-style-type: none"><li>• Dean's List, <i>Spring 2018, Fall 2017, Spring 2017, Fall 2015</i></li><li>• Gill Fellow, <i>Fall 2018-Spring 2019</i></li></ul> | <ul style="list-style-type: none"><li>• Tisch Scholar, <i>Spring 2017-Spring 2019</i></li><li>• Oxfam Change Leader, <i>Spring 2017</i></li></ul> |
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## SKILLS & CERTIFICATES

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### Languages

- English, *fluent*
- Portuguese, *fluent*
- Spanish, *fluent*

### Certificates

- Mandated Reporter
- Basic Family Planning
- Behavioral Health Justice

## WORK EXPERIENCE

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<b>Fenway Heath, Boston, MA</b> <i>Community Health Worker in Behavioral Health</i>	<i>June 2020-October 2021</i>
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- Worked with a multidisciplinary team performing case management services, including community resource planning and crisis intervention, to 15-20 high-acuity dual-diagnosis patients
- Created trusting relationships with patients to better understand their health needs and barriers to achieving these health needs
- Educated patients on positive behavioral health practices and social skills to sustainably improve their health and positive lifestyle choices
- Participated in several trainings that covered behavioral health justice, cultural competence, and managing severe emotional and behavioral problems in complex populations

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<b>Peace Corps, Quetzaltenango, Guatemala</b> <i>Health Educator</i>	<i>September 2019-March 2020</i>
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- Evaluated all health education practices and sanitation infrastructures at 20 public schools in the district and presented findings and recommendations to guide future community health interventions
- Collaborated with local teachers and community leaders to develop curriculum and other educational tools on various health topics, including nutrition, mental health, sexual health, and self-empowerment
- Taught health classes 2-3 times a week at varying district public schools, which were mainly primary schools, to students ranging from 3 to 17 years of age
- Co-facilitated weekly interactive health classes with indigenous health workers on pressing health topics to midwives and expecting mothers at the local health center
- Participated in municipal government commissions (Education Commission, Women's Commission, and Food and Nutrition Commission) for assistance in strategic planning and implementation of community activities and acted as liaison between students and families, health care personnel, and local government leaders
- Conducted 35 house and school visits to connect individuals and families to health care resources and agencies and identify and resolve barriers in adhering to recommended health practices

## VOLUNTEER EXPERIENCE

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<b>B.O.Y. (Bet on Yourself) Community Garden, Ft. Lauderdale, FL</b> <i>Community Engagement Volunteer</i>	<i>May 2022-Present</i>
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- Established a Children's Education Program that focuses on promoting kids' health and wellness as well as their environmental awareness by teaching them gardening techniques, plant and soil knowledge, as well as our interrelationship with the land
- Organize and lead interactive educational workshops on topics ranging from gardening skills to nutrition to 5-10 children from 3 to 10 years of age
- Plan community engagement events at the garden that offer space for community, highlight the benefits of gardening and growing our own produce, and provide education on gardening techniques, regenerative agriculture, and ethnobotany