

Sandra L. Lundahl, M.P.H., M.A.

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Profile

Over 30 years of experience as a public health educator. On-campus and online teacher with over six years' experience as an adjunct faculty member for community college and graduate university education. Designed over 27 online and on-campus courses in higher education. Founded two non-profit organizations and three for-profit businesses.

Creates a highly professional and respectful atmosphere. Easy to work with, uplifting, creative, research-oriented, practical and attentive to detail and priorities. Content expertise in public health, leadership, human development, quality assurance, management and organizational design.

Selected Accomplishments

- Facilitated over 30 courses with an average of 20 students per course for community college.
- Developed over 27 online and on-campus courses in higher education and 9 federally funded public health training programs with accompanying training plans, teacher guides, participant manuals, and reference materials.
- Taught online and on-campus courses for graduate university faculty.

Education

- Doctoral studies, Gerontology, University of Maryland, Baltimore and Baltimore County.
- M.A., Instructional Systems Design, University of Maryland Baltimore County.
- M.P.H., Public Health, University of Michigan, Ann Arbor.
- B.A., Psychology and Sociology, State University of New York at Buffalo.

Certifications

Quality Matters: Applying the Quality Matters Rubric (APPQMR).
Quality Matters: Certified Peer Reviewer in Higher Education (PRC).
Quality Matters: Connecting Learning Objectives and Assessments.

Technology Skills

- Microsoft Office including Word, Publisher, Access, Excell.
- Canvas and Blackboard learning management systems.
- WEB EX, ZOOM, Big Blue Button, and other video conferencing tools.
- Appropriate use of technology tools to attain learning outcomes.

Relevant Professional Work Experience

Visions. Ellicott City, MD

1995 to present

Education consulting firm specializing in training, instructional design, and community-based health education programs.

Organizational Development

- Founded Community Educational Networks and Sport4All non-profit organizations.

- Founded and managed Better Foods retail store, Bowie Healing & Wellness Center, and Visions public health consulting firm.

Consultant

- University of Maryland, Baltimore;
- Cook-Ross organizational change consulting firm;
- Howard County and Prince George’s Community Colleges.

Maryland University of Integrative Health. Laurel, MD 2014 to 2016

An accredited private non-profit graduate university dedicated to integrative health with a population of approximately 1300 students.

Director of Faculty Development

- Worked with over 90 faculty members to create and revise online and on-campus graduate courses following Quality Matters instructional design standards. Facilitated faculty study groups on cognitive sciences research. Developed online and on-campus courses in acupuncture, nutrition, health education, health and wellness coaching, yoga therapy, and herbal medicine.

Adjunct Faculty

- Designed and taught a two-semester internship course for graduate students in health education.

Bowie Healing & Wellness Center. Bowie, MD 2012 – 2015

Founder and Director

- Directed an integrative health and wellness center that offered integrative therapies as well as experiential learning to help people gain skill in their personal health, family relationships, and being on purpose in their work life and ultimately reap the benefits of becoming more creative, healthy, whole, & contributing members of society.

Federal Contracting Firms. Washington, DC 1995 – 2009

Instructional Systems Design Specialist

- AFYA, Inc. Laurel, MD
- American Association of Suicidology. Washington, DC
- ROW Sciences, Inc. Rockville, MD
- Educational Services, Inc. Washington, DC
- University Research Corporation. Bethesda, MD

Evergreen Cove Holistic Learning Center. Easton, MD 2001 - 2002

A nonprofit community-based educational organization dedicated to supporting and promoting individuals in being responsible for their health and wellbeing.

Executive Director

- Responsible for budgeting, human resources, program development, and staffing the Board of Directors.

Project Manager

- Directed the SAMHSA/CSAP Synar Policy Analyses and Technical Assistance contract. This project included provision of technical assistance to CSAP for policy analyses and States' sampling methodology to meet the requirements of the Synar Amendment, development of guidance documents, the annual Synar Report to Congress, and the development and maintenance of an integrated web-based database.

Additional public health and educational experience: Maryland State Department of Health and Mental Hygiene and the Johns Hopkins University Comprehensive Cancer Center.

Selected Curricula and Instructional Materials**Curricula**

- *Learning Community Curriculum*, for substance abuse prevention professionals employed by the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Administration (SAMHSA), 2007.
- *Community Core Competencies*, a 5-day, 10 module training program for individuals interested in developing comprehensive suicide prevention programs in their communities following the recommendations of The National Strategy for Suicide Prevention, funded by the Center for Mental Health Services, SAMHSA, 2004.
- *Therapeutic Communities Curriculum*, a 7-day, 11 module training program for staff members of Therapeutic Communities, funded by the Center for Substance Abuse Treatment, SAMHSA, 2003.
- *Coaching and Teambuilding*, a core curriculum developed for the Quality Assurance Program and funded by the U.S. Agency for International Development (US AID), December 1998.
- *Developing and Managing Community Health Worker Programs: Training for Success*, a curriculum and training manual designed for public education and outreach coordinators of the National Breast and Cervical Cancer Early Detection Program, Centers for Disease Control and Prevention (CDC), delivered in January 1998.
- *Developing Effective Outreach Strategies for Older, Medically Underserved Women*, a curriculum and training manual designed for public education coordinators of the National Breast and Cervical Cancer Early Detection Program, funded by CDC, delivered in January 1997.

Papers, Reports, Educational Materials, and Guidance Documents

- *Building Bridges: Suicide Prevention Dialogue. "From Pain to Promise,"* a report of a suicide dialogue with consumers, survivors, and providers, 2008.
- *Annual Synar Report to Congress* and related guidance documents, 2001.
- *BodyWise, Eating Disorders Information Packet for Health Care Providers and Middle School Personnel*, funded by the Office on Woman's Health, 1999.
- *Quality Design and Evaluation of Job Aids*, an issues paper written for the Quality Assurance Program, U.S. AID, October 1998.
- *En Acción Training Manual* to help community organizers and program planners develop a community-based health communication campaign to increase cancer awareness and preventive health behaviors in diverse populations, funded by the National Hispanic Leadership Initiative on Cancer, US Department of Health and Human Services, 1997.