



APPLICATION FOR APPOINTMENT TO THE COMMISSION

Applicant's Name: Carolynn Anne Rosen Date: 10/13/2024
Home Address: [REDACTED] Primary Phone: [REDACTED]
City/State/Zip Code: Middletown, CA 95461 Work Phone: [REDACTED]
Work Address: [REDACTED] Supervisorial District #: 1
City/State/Zip Code: Lower Lake, CA 95457 Email: carolynn@optimumwellnessgroup.org
Fax #:

How long have you lived in Lake County? 11 years

Which languages do you speak/read/write proficiently? English

With what ethnic group do you most closely identify? *(This is an optional question. This question is included because the Commission values diversity. The Commission does not discriminate based on ethnicity or any other protected class.)* White (secondary: Wailiki Indian)

Please list all community organizations in which you have been involved and describe your level of participation:

My professional roles fell outside county lines during my initial eight years in Lake County, as I worked under a national consultant as a research assistant in school mental health and youth development. This allowed me flexibility for a life chapter centered on supporting the education and development of my children apart from a school system (due to a child with a learning difference). Within this role, I coordinated a myriad of learning opportunities for local children centered around literature, music, fieldtrips, and nature-based activities. I facilitated Girls Groups to support social skill development of middle school girls and Presentation Days at the Middletown Library for children to practice giving/receiving public presentations. Over the years our family also volunteered at places like the Warming Centers in Lakeport and Middletown and arranged annual holiday caroling for low-income seniors.

In 2022 I shifted to full-time work as an ERMHS therapist for Konocti Unified. I recently transitioned out of this role to work more directly with parents (and children) as a mental health clinician with Optimum Wellness Group, whose director served as my clinical supervisor at Konocti Unified.

This vacancy is considered an at-large* commissioner position as opposed to a mandated position. We are seeking applicants who meet the criteria in one of the following categories.

- ☐ Educator specializing in early childhood development
- ☒ Representative of a local organization for prevention or early intervention for families at risk
- ☐ Representative of a local childcare resource or referral agency
- ☐ Representative of a local medical, pediatric or obstetric agency, association, or society
- ☐ Representative of a community-based organization (CBO) that has a goal in early childhood nurturing and development
- ☐ Recipient of project services included in the First 5 Lake strategic plan
- ☐ Representative of a local school district

Please select the categories you represent above and state which organization/agency you represent and what position you hold:

*Length of term for “at-large” commissioners is two (2) years. Some of the duties for “at-large” commissioners include: a.) Attendance at all regularly scheduled meetings (including special meetings, as necessary) without missing three (3) consecutive meetings, b.) Professional conduct at all times, and c.) Facilitate and participate in discussion and dialogue regarding our strategic plan, policies, and all other issues of mutual concern to the Commission

Please include below a brief description explaining why you would like to serve on the FIRST 5 Commission, what special qualifications or expertise you may have for the position, and any other information you would like to include as part of your application.

Applying to serve on the First 5 Commission feels like a “full circle” opportunity. I propose my background in the science of trauma, infant-family mental health, social work, early childhood education, mothering, and technical assistance work as a research associate position me as a worthy applicant.

Over 20 years ago I left early childhood education to pursue a master’s in social work to support parents and guardians in building the neural networks infants and toddlers need to later lead healthy, vibrant, meaningful lives. (In graduate school peers teased that I wove infant mental health into every presentation I possibly could.) After grad school I secured my dream job training and supervising homevisitors, a program funded by a First 5 grant. ... And then, upon my own young children entering my life, I shifted my role at the agency to be a part-time consultant and later research associate to allocate more energy towards my family.

Though my years as a research associate (and mother) took me away from the clinical work with families I longed for, my years of experience as a research assistant further grounded my work in the biology of chronic stress and the most evidence-based modalities to help youth heal.

With my own children now aged 16 and 18, I am thrilled to have the mental space to return to the early development and prevention field as both a clinician and community member. It would thus be an honor to become more involved in the wider Lake County community by serving as a First 5 Commissioner.

Appointment of New Members:

When vacancies on the Commission exist, the Commission will recruit new members from all geographic areas of the county by means of Commission meetings, word of mouth and newspaper announcements, the Commission Chairperson will then appoint a committee to review and screen applicants. The Commission will make a recommendation to the Board of Supervisors for final appointment of new Commissioners.

Rev. 8.29.23

Please return completed application to:

First 5 Lake County, 1173 Eleventh Street, Lakeport, CA 95453

Or electronically to: sbond.first5@lakecountycalifornia.gov

You will be notified by First 5 Lake staff when your application has been received.

FOR OFFICE USE ONLY:

| | |
|--|---|
| Date Received: <u>10/14/2024</u> | Vacancy Existing on Date Received? (Y/N) <u>Yes</u> |
| Submitted to Committee (date): <u>11/4/2024</u> | Selected for Appointment? (Y/N & Date) _____ |
| Applicant Notified of Receipt/Vacancy/Selection: _____ | |