

Committee: **Middlesex-London Health Unit Board of Health**

Organization/Sector represented: **Currently employed by Social Services - Ontario Works**

Name: **Shaunessey Boland**

Address:

**67 Parliament Cres, London, ON N6C 2X8**

Occupation: **Case Management Caseworker**

Work experience: **Over the years, I have worked in a variety of social service agencies designed to help improve the health and wellbeing of marginalized populations and assist them in becoming more self reliant. I have experience working with people who have mental health issues, addiction, acquired brain injury, intellectual disability and behavioural challenges, as well as those who have experienced poverty and abuse. I also have experience working in both health and recreation facilities and assisting people in boosting their physical activity, nutrition and community involvement. Lastly, I have used my skills, as a Health Promotion Specialist, to design programs that assist people in improving their overall health and well being.**

Education: **My education was conducted at Western University. I received Dean's Honour Roll, as well as several scholarships during my studies. I successfully completed my Bachelor of Arts and graduated with Honours Specialization in Psychology and Sociology. I have also completed my Master's of Science and graduated from the Health and Rehabilitation Science program, specializing in Health Promotion.**

Skills: **I have a broad array of skills that would make me an asset to the Board of Health. I have a plethora of experience working directly with people experiencing various ailments, as discussed above, and I have learned lots about them, the challenges they face and the needs they have. I am very in touch with the members of our community as well as their wants and needs. In addition, I have been well educated on how to promote the health and well being of the community and I am well informed of the associated legislation. I believe that I can use my knowledge and skills to assist in improving the health and wellbeing of our community.**

Interest reason: **I am interested in serving the City of London as I am a proud Londoner and an honoured civil servant. I have lived in London all my life and I am very in touch with our community. I would be honoured to serve the community as a Board of Health member and assist in improving the health and wellbeing of our community as well as the services we provide.**

Contributions: **In addition to my skills and knowledge in health promotion and disease prevention, I believe that I have an especially keen understanding of mental health which can be used to assist in mental health promotion initiatives. Mental health issues, and associated concurrent disorders, are a growing problem in our community. With my knowledge and experience, I can offer expertise in this area as well as health promotion.**

Past contributions: **I have experience as a Board Member and as a Committee representative for Second Chances. As a specialist in mental health promotion, I was able to assist with effective planning of services that would assist people with mental health issues in securing gainful employment. I also serve as a City Representative for the Business Cares Food Drive and have designed events to raise funds for our local food banks. I'm also on the Market Tower Social Committee to assist City employees with getting involved in social events and improving their health and wellbeing.**

Interpersonal: **As part of many multidisciplinary teams, I have a host of experience in exchanging varying views and collaborating as a team to come to mutual conclusion and construct reports, programs and action plans that best serve community members. I have also received specific training in effective interdisciplinary communication and I believe in the value and necessity of consulting many minds to cover all angles of the matter at hand and formulate a well designed response. Should more information be required on any area of this application, please contact me and I will be happy to assist with questions or send a cover letter and resume as it relates to this specific position.**

Interview interest: **Yes**