

CONTACT

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(312) 972-9906

PROFILE

AmeriCorps VISTA
alumna with
background in
behavioral health and
naturopathic medicine,
seeking experience in
nonprofit and public
healthcare

MEMBERSHIPS PAST + PRESENT

CT Community Nonprofit
Alliance, Inc.

Young Nonprofit
Professionals of Boston

Natural Doctors International

Washington Association of
Naturopathic Physicians

American College for the
Advancement of Medicine

National Coalition
for Sexual Freedom

American Association of
Naturopathic Physicians

SARAH OUANO, ND

NATUROPATHIC PHYSICIAN + NONPROFIT PROFESSIONAL

EDUCATION

2007 - 2011

NATIONAL UNIVERSITY OF HEALTH SCIENCES
Lombard, Illinois
Doctor of Naturopathic Medicine
Concentrations: homeopathy, botanical medicine, physical
medicine

2002 - 2006

DOMINICAN UNIVERSITY OF CALIFORNIA
San Rafael, California
Bachelor of Science in Molecular Cell Biology
Minors: Chemistry, Women and Gender Studies
Thesis: "Effects of *Cinnamoma cassia* on Blood Sugar Levels
in Healthy Asian Adults"

1998-2002

LA REINA HIGH SCHOOL, A CATHOLIC PREPARATORY SCHOOL
FOR YOUNG WOMEN
Thousand Oaks, California
High School Diploma

WORK EXPERIENCE

North American Board of Naturopathic Examiners | Portland, OR
Case Study Writer, Item Writer, and Cut Scorer, September 2012-present
Authors case studies to provide a foundation for all exam questions, constructs questions (or
"items") used on Part II/Clinical Sciences board examinations according to Naturopathic Physician
Licensing Examination (NPLEX) standards, and participates in the scoring evaluation process bi-
annually in Portland, Oregon

Connecticut Natural Health Specialists | Manchester, CT
Health Communications Consultant, November 2016-present
Designs and publishes marketing campaigns and materials for growing interdisciplinary practice,
including printed marketing materials, blog and social media posts, e-newsletters and videos

Corporation for National and Community Service | Washington, DC
*AmeriCorps Volunteers in Service to America (VISTAs) live and serve in the nation's poorest urban and
rural areas, designing sustainable programs to bring residents out of poverty*

Program and Operations VISTA, March 2016-June 2016
Solar Youth, Inc. | New Haven, CT
Worked directly with Operations and Program Administrators to complete Solar Youth
Operations and Solar Youth Program Manuals, analyzed current programming to determine
areas requiring additional financial, volunteer, and training support, and utilized connections with
like-minded local nonprofits to cultivate these resources for both staff and clients

Development and Donor Relations VISTA, August 2015-March 2016
Housing Families Inc. | Malden, MA
Utilized grant writing skills to complement current proposals, actively sought and secured
alternative sources of funding (resulting in an additional \$15,000 for the operational budget),
worked directly with Manager of Special Events and Community Outreach to plan and implement
major fundraising events, including HFI's 30th Anniversary Gala, improved agency's social media

WORK EXPERIENCE, CONTINUED

presence on multiple platforms, including Facebook, LinkedIn, and Twitter, organized and executed a multi-departmental, agency-wide relocation project, produced a series of short videos to enhance marketing efforts, introduced the concept of branding to executive team and delivered a full year of cohesive, branded marketing strategies, created and successfully funded a new photography enrichment project for children participating in HFI's after school program, and forged a relationship between HFI and Tufts University in both their Experimental College and Neighborhood Service Fund

Pharmaca Integrative Pharmacy | Seattle, WA

Assistant Manager, June 2014-April 2015

Served as an effective staff trainer and human resources liaison, designed and implemented team-building policies and practices, creatively merchandised variety of products to help surpass company's fiscal sales goals, and exercised "aggressive hospitality" customer service skills per company standards

Lead Practitioner, May 2013-June 2014

Developed effective communications protocol to educate staff on newest research and best practices applicable to practicing integrative medicine, sought out by store manager to develop and implement ways to increase team member satisfaction, and effectively trained new staff and new physicians on naturopathic medical consultations in the pharmacy setting

Holistic Healing Arts | Edmonds, WA

Naturopathic Resident, November 2012-November 2013

Studied under the supervision of Amy Derksen, ND, to learn Autonomic Response Testing, a diagnostic method developed by Dietrich Klinghardt, MD, introduced classical homeopathy to the array of services offered, created digital and print marketing materials to better brand the clinic, and organized and disseminated knowledge gained from continuing education courses to other physicians within the practice

National Center for Integrative Medicine | Joliet, IL

Naturopathic Physician, December 2010-August 2012

Collaborated with medical doctors, chiropractor, and personal trainer to provide comprehensive patient care, managed patients of all ages with specialty in behavioral disorders, delivered monthly community health lectures, and edited and published monthly digital and print newsletters

Integrative Chiropractic and Spinal Rehabilitation | Wheaton, IL

Front Office and Chiropractic Assistant, September 2008-December 2010

Worked under the supervision of Stephanie Easterday-Bartuch, DC, to manage patient intake and reception, accurately receive and process payment, submit insurance documentation, and provide hands-on therapy for physiotherapy clients

CERTIFICATIONS + ADDITIONAL TRAINING

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

Certificate: Youth Mental Health
First Aid (2017)

Certificate: Adult Mental Health
First Aid (2017)

BOYS AND GIRLS VILLAGE

TIPS-MAPP/Foster Parent
Pre-Service Training (2017)
Common Sense Parenting (2017)

INT'L IV NUTRITIONAL THERAPY

Certificate: Intravenous Therapy
Administration (2012)

RELATED EXPERIENCE

New Haven Farms | New Haven, CT

Guest Lecturer + Programming Volunteer, August 2016 - present

Assists with the setup and preparation of weekly programming, which includes data collection for a Yale University-sponsored public health study with cooking demonstrations, and provides nutrition-based lectures and herbal medicine-making instruction in a bilingual setting

Alternative Healthcare Access Coalition | Seattle, WA

Volunteer Physician, June 2013 - January 2014

Provided weekly naturopathic care to homeless and at-risk youth in the Capitol Hill area who primarily identified as LGBTQA, and served as preceptor to a naturopathic student from Bastyr University

Trinity Medical Group | Bangkok, Thailand

Research Intern June 2004 - August 2005

Studied under the supervision of Vina Churdboonchart, PhD, to investigate medicinal effects of locally-harvested plants, and served as a Press Delegate to the XV International AIDS Conference