

Ariel K. Fuchs

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PROFESSIONAL EXPERIENCE

Primary Prevention Health Educator

May 2017 – July 2018

Axis Community Health, Livermore, CA

- Implemented prevention programming into four diverse-income elementary & middle school communities.
- Built relationships with stakeholders in school communities including principals, teachers, counselors, parents, community agencies, and Alameda county contacts.
- Facilitated Social Emotional Learning (SEL) and drug & alcohol education curriculum to 400+ students weekly.
- Researched, developed, and facilitated drug and alcohol education programs for parents and teachers.
- Coordinated speaking events for parents, students, and the community for groups of 40 – 500+ people.
- Managed data for program strategies and outcomes.

Health Education Instructor

Sept. 2016 – Dec. 2017

Kaiser Permanente, Antioch, CA

- Facilitated health education groups for adults on topics including Chronic Disease Management (CDSMP), stress, nutrition, and physical activity.

Nutrition & Cooking Education Instructor

Sept. 2016 – May 2017

Catholic Charities, San Francisco, CA

- Developed and implemented health education curriculum to eight schools on cooking, nutrition, and physical activity for grades K-8.

Integrated Health Navigator

Oct. 2013 – June 2016

Jewish Family & Children's Service, Phoenix, AZ

- Maintained caseload of 70+ clients to provide 1:1 health education for youth and adults on nutrition, physical activity, patient advocacy, prevention, stress management, and general wellness topics.
- Completed health-risk assessments to evaluate client health needs and inform prevention and treatment plans on a regular basis.
- Coordinated patient care with medical and behavioral health providers as part of an interdisciplinary team.
- Planned and evaluated weekly health promotion events for patients such as Girls on the Run, Student Health Group, P1 Kids, yoga classes, food demonstrations, and supermarket tours to teach healthy lifestyle habits, food budgeting, physical activity, and positive self-esteem.
- Planned & facilitated Chronic Pain and Chronic Disease Self-Management groups, delivering programs for clients to acquire a self-management "toolbox" and learn skills in communication, stress & health management, nutrition, and a stretching series (10 groups led).
- Acted as a client advocate at medical appointments.

Program Coordinator

Jan. 2013 – Oct. 2013

Cancer Support Community – Arizona, Phoenix, AZ

- Planned and implemented health programs for teen and adult cancer survivors to build a support community and increase education on cancer-related health topics.
- Built relationships and maintained communication with local hospitals, health agencies, and non-profit organizations for program recruitment and collaboration opportunities.
- Moderated Child Cancer Coalition meetings, provided administrative support to Programs Department, maintained volunteer engagement system, and supported grant-writing efforts for pharmaceutical grants.
- Co-facilitated a weekly "KidSupport" group for children affected by cancer to gain social and emotional support.

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Campaign Manager & Trainer

Sept. 2012 – Dec. 2012

New Organizing Institute, Phoenix, AZ

- Led civic engagement campaign to pledge 6,000 Arizona voters in support of national immigration legislation.
- Supervised core team of organizer staff throughout campaign, managed productivity reports, and provided individual supervision and evaluations.
- Trained community leaders and organizing teams on the process of running civic engagement campaigns in order to develop local sustainable leadership and continue advocacy work.

Master Trainer

Feb. 2011 – May 2011

New Organizing Institute Washington, DC

- Managed Midwest volunteer training team of 160+ Facilitators to train 1,000+ students at national Power Shift conference for college students to build community and launch local campaigns for environmental justice.
- Organized and supported five movement building trainings for Midwest youth climate organizers and leaders from several environmental advocacy organizations, such as Greenpeace, to develop local leadership and catalyze climate change campaigns.

Regional Organizer

June 2011 – Nov. 2011

Promise Arizona, Phoenix, AZ

- Trained and supervised student volunteer leaders and teams throughout Arizona in civic engagement and leadership skills.
- Built and maintained relationships with local community partners such as churches, universities, and businesses to promote campaign engagement and assist with meeting campaign goals to register Latino voters.

West Maricopa Field Organizer

Aug. 2010 – Nov. 2010

Promise Arizona, Phoenix, AZ

- Recruited, trained, and managed team of 50+ high school student volunteers in underserved communities to increase civic participation among low-efficacy voters.
- Mobilized and managed volunteer teams to register more than 1,000 Latino voters in one month leading up to the November 2010 election.
- Planned and implemented Get Out The Vote (GOTV) strategy for five regions of West Phoenix.

VOLUNTEER LEADERSHIP

Trip Coordinator

June 2008 – Aug. 2012

Alternative Spring Break & Truck of Love, Tohono O'odham Nation, AZ

- Advised and supported out-of-state youth on immersion trip to Native American Reservation.
- Coordinated trip logistics, recruitment, fundraising efforts, and service projects for trip.

EDUCATION

Dickinson College, Carlisle, PA

Aug. 2006 – May 2010

Bachelor of Arts in American Studies

ADDITIONAL TRAINING AND CERTIFICATIONS

Chronic Disease & Pain Self Management Program Facilitator (CDSMP, CPSMP)

Whole Health Action Management (WHAM)

Freedom From Smoking Facilitator

Disability Wisdom Training

Cannabis Summit on Mental Health California 2018

Cultural Competency 101

Girls on the Run Coach Training

Adult & Youth Mental Health First Aid

Lion's Quest Social Emotional Learning Classroom Facilitator

Drugs and the Teenage Brain

Mercy Maricopa Integrated Health Care Facilitator "Train the Trainer"

ASIST – Suicide Prevention Training