



Application for Appointment to Boards, Committees, and Commissions
City and Borough of Sitka

Board/Commission/Committee: Health Needs Commission

Name: Patrick R. Williams Daytime Phone: 907-747-0349

Address: 209 Maler Avenue Evening Phone: 256-453-7069

Email Address: pwilliams@sithhospital.org Fax Number: 907-747-1760

Length of Residence in Sitka: 1 year, 7 months Registered to vote in Sitka? Yes No

Employer: Sitka Community Hospital

Organizations you belong to or participate in:
 Sitka Health Summit Coalition, Sitka Community Hospital (SCH) Program coordinator, SCH Tobacco coordinator, SCH Injury Prevention coordinator, SCH SBIRT coordinator, SCH TeamSTEPS master trainer, SCH Educator, SCH Substance/Behavioral counselor, Beranof Barracudas Assistant Head Coach

Explain your main reason for applying:
 To finish the goals we listed as a Health Needs Commission - mainly a Community Health Needs Assessment. Representative for Sitka Community Hospital.
 Main goal: To better the Quality of Life for all Sitkans focusing on preventative services.

What background, experience or credentials will you bring to the board, commission, or committee membership?
 Extensive experience in Public Health Policy implementation, Bachelors of Science in Education/Health Science - CDCI-TTS - Exercise specialist (Gwu 2011)
 Background in community health from North Carolina, Alabama & Alaska.

Please attach a letter of interest, outline, or resume which includes your education, work, and volunteer experience that will enhance your membership.

→ (To be considered, your application must be complete AND be accompanied by one of the above supporting documents.)

Date: 9/8/2014 Signature:

Your complete application and resume should be returned to the Municipal Clerk's Office by noon on the Wednesday prior to an advertised Assembly meeting. Applications received after the deadline will be considered but will not be included in the Assembly packets for review prior to appointment.

Appointments are normally made during open session of an Assembly meeting, however, Assembly members may vote to discuss applicant(s) in closed executive session. In this case, do you wish to be present when your application is discussed? Yes No

Return to:
 Sara Peterson, Deputy Clerk
 100 Lincoln Street
 Fax: 907-747-7403
 Email: sara@cityofsitka.com

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Summary of Qualifications:

- More than five years' experience.
- Excellent knowledge of the principles, philosophy, and practices of administration (e.g., program planning, leadership, risk management, budgeting, marketing & public relations).
- Uncommon understanding of the needs and interests of the community and the ability to meet such needs with innovative programs and services that promotes participation in healthy and enjoyable experiences.
- Remarkable ability to plan, promote and evaluate services.
- Strong leadership skills for a wide range of activities and special events.
- Exceptional ability to establish and maintain effective working relationships with officials and staff, Citizen Action Committee, special interest groups, agencies, and individuals.
- Profound ability to assimilate into a rural environment for the duration of a project.
- Excellent ability to communicate effectively orally and written.

Professional Experience:

Sitka Community Hospital (May 2013-Present)

Health Educator/Chemical Dependency Counselor/Program Coordinator

Programs Supervised: Injury Prevention, Tobacco Cessation, SBI Alcohol Prevention (Centers for Disease Control and Prevention guidelines)

- Developed policies and strategies for promoting health at local, regional or national level;
- Planned, developed, implemented, monitored and evaluated projects to promote health improvement;
- Facilitated and supported a wide range of statutory, voluntary, charitable and commercial organizations in their delivery of health promotion activities
- Developed the health awareness of individuals, groups and organizations and empowering them to make healthy choices
- Lead, supported and cooperated in multi-agency projects to promote a healthy context or social environment;
- Ran training courses and workshops in areas such as mental health, accident prevention, cancers and heart disease
- Developed and supported local partnerships to broaden the local response to health inequalities;
- Identified training needs arising from strategic and local agendas and developing and delivering appropriate training for people such as health professionals and volunteers;
- Provided specialist advice and resources to other agencies, such as schools and local communities;
- Ensured that work is underpinned by sound, up-to-date knowledge of health promotion theory and making sure that projects are based on evidence of effectiveness;
- Lobbied for increased recognition of preventative and promotional measures that can take place at a population level and which have a positive impact on the health of a community;
- Wrote and produced leaflets, posters, videos and brochures to aid health promotion in different environments.

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Cardiac Rehabilitation:

- Worked with patients with Doctor Orders to strengthen cardiac impulse through exercise
- Worked alongside: Physical therapists, Nurses and Cardiologists
- Monitored and maintained cardiac equipment: monitor leads and vital signs

Public Relations/Media:

- Scripted radio ads for Health promotion and Hospital programs
- Hosted informational health television shows
- Hosted informational radio interviews for calls and questions

Sitka Health Summit:

- One of six steering committee members
- Model for the state of Alaska in Public Health intervention
- Top 6 community programs in the nation: Robert Wood Johnson Pathways to Health Prize
- Started community programs: Meth-free Sitka, Sitka Food-Hub, Walk-friendly community, Bicycle-friendly community, Downtown revitalization

Southeast Alaska Regional Health Consortium. (January 2013-May 2013)

Health Educator/Counselor

- Implement health education strategies, interventions in the Sitka Community
- Increase public awareness and advocacy for reduction of chronic diseases.
- Act as a resource person for the community.
- Helped raise awareness on dangers of tobacco use
- Met with clients both over the phone and in-person on a daily basis
- Administered Nicotine Replacement Therapy when needed.
- Helped clients deal with behavioral health including stress and other issues regarding tobacco cessation
- Completed necessary courses in order to maintain current knowledge of tobacco cessation
- Used motivational skills in dealing with clients
- Learned cultural awareness of Alaskan Natives

Baranof Barracudas Swim Club (February 2013-present)

Assistant Head Coach

- Managed kids from ages 4-18
- Managed swim lessons
- Ran practices that spanned from beginner-elite levels
- Administered website information: TeamUnify

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Talladega Parks and Recreation: Talladega, Alabama. (June 2011-Janurary 2013)

Programs and Facility: (June 2011-January 2013)

- Developed effective written program plans for Summer Fun in consultation with leaders of the community.
- Based on community interests/preferences, coordinated the development and implementation of at least three community wide special events that are available to anyone in the community.
- Assured that equipment and facilities were safely and properly prepared and maintained for use by program participants and staff.
- Effectively supervised youth and children; and Coached and mentored the youth and children.
- Help recruit needed volunteers and contract service volunteers (e.g., special guests such as athletes and sports camp participants etc).
- Promoted and publicized special event programs and services by utilizing all forms of available media.
- Garnered publicity for the recreation program and special events by distributing and following up on a number of news releases to local and regional media.
- Determined and recommended fees to be charged as required for special events.
- Maintained accurate and detailed financial records.
- Assisted with the evaluation of specific programs.
- Prepared oral and written reports on all aspects of the recreation program as required.

Fitness for Life: Talladega Recreation Center. (November 2011-August 2012)

- Designed Fitness Program: Weight Loss, Nutrition and Health Safety

Assistant Pool Program Manager: (June 2011-January 2013)

- Helped with numerous pool programs
- Managed City of Talladega swim lesson program for children on individual and group levels
- Helped manage the Talladega Swim Team program
- Coach for Special Olympic Swim team program

University of Alabama at Birmingham Hospital, Birmingham, Alabama (May 2009- August 2009; May 2010-August 2010)

Patient Coordinator/Observer:

- Responsible for client interaction, and maintaining accurate files
- Perfected people skills, client interaction, and confidentiality
- Worked alongside health professionals including: Doctors, Nurses, Physical Therapists, and Occupational Therapists.
- Recommended necessary changes within scope of practice
- Maintained excellent relationships with patients
- Maintained excellent relationships with Health specialists

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References

Kay Turner. Director of Outpatient Services Sitka Community Hospital. 907-747-3241
Brian Hutton. City of Talladega Parks and Recreation: Assistant Director. 256-362-0514
Nicole Parker: Department of Human Resources Director Talladega Alabama. 256-761-6600

Additional Information:

Community Service

Special Olympics Coach 2011-2012. Swim instructor for underprivileged children, 2004-2006.
Anniston Alabama & Talladega, Alabama: Young Men's Christians Association (Anniston)
/Talladega Parks and Recreation

Certifications/Licensures:

- Chemical Dependency Counselor: Alaska Behavioral Health Certification: March 2014
- Tobacco Treatment Specialist: University of Massachusetts: September, 2013
- Tobacco Educator: University of Maryland: May, 2013
- Management of Aggressive Behavior Instructor: June, 2013
- United States Swimming Coach: 2013-present
- Exercise Specialist (GWU: 2011)
- *American Heart Association:*
- Basic Life Support Instructor: November 5th 2013
- First Aid: November 5th 2013
- *American Red Cross*
- First Aid: May 2013
- CPR: May 2013

Notable Achievements

NCAA Division 1 Collegiate Swimmer 2008, 2009
NCAA Division 1 Collegiate Runner 2010, 2011

Education:

B.S. Gardner-Webb University, Boiling Springs, N.C. (2011)
Health Education/Science/Exercise



Health Needs and Human Services Commission

NAME	CONTACT NUMBERS	TERM STARTS	EXPIRES	CATEGORY
WILLOW MOORE 700 Etolin St	747-4600 w 738-9082 c willow@braveheartvolunteers.org	10/22/13	10/22/14	CHAIR
PAUL BAHNA, MD 600 DeGroff St #A	747-7749 w 623-0945 h bnbahna@uas.alaska.edu	11/12/13	10/22/15	VICE-CHAIR <i>Leccese term</i>
MYRON FRIBUSH, MD PO Box 303	738-1489 c 747-5377 h rfribush3@gmail.com	10/22/13	10/22/16	
AMY ZANUZOSKI PO Box 1991	747-3636 w 805-390-4194 c amyz@scpsak.org	10/22/13	10/22/14	
GALADRIEL MORALES 429 Katlian St	747-7221 w 738-0630 c glade.morales@sitkatriben-sns.gov	10/22/13	10/22/15	
VICKI D'AMICO PO Box 2191	747-3370 w 747-4729 h vdamico@safv.org	10/22/13	10/22/16	
PATRICK WILLIAMS 209 Moller Avenue	747-0349 pwilliams@sitkahospital.org	5/13/14	10/22/14	Hample's term
Phyllis Hackett 500 Lincoln Street #B4 <i>Alternate: Mim McConnell 215 Smith Street Apt G</i>	738-1991 c assemblyhackett@cityofsitka.com <i>747-2860 h 738-2888 c assemblymcconnell@cityofsitka.com</i>			Assembly Liaison

Established by Ordinance 2013-23

7 members 3-year terms (except for first commission): The first members appointed to the Commission shall, upon appointment, determine the length of the terms so that the terms of three (3) members shall be for one year, the terms of two (2) members shall be for two years, and the terms of two (2) members shall be for three years, resulting in staggered terms for members subsequently appointed. A vacancy on the commission shall be filled by appointment by the Assembly for any remainder of an unexpired term.

Meeting Schedule: 2nd Tuesday of each month – noon at Brave Heart Volunteers Office; meet a minimum of four times per year.

Revised: May 15, 2014