

ODAWNI PALMER



Writer
Researcher
Mental Health Advocate
Nice Person

Filipina-American, 39
Grew up in Africa, Pakistan,
Bangladesh, The Philippines

ODAWNIPALMER@GMAIL.COM

360-643-0182

SEATTLE, WA

odawni.journoportfolio.com

EDUCATION

ANTIOCH UNIVERSITY SEATTLE 2013 - 2017

M.A., Psychology (Couple & Family Counseling)

UNIVERSITY OF WASHINGTON (UW) 1997 - 2006

B.A., Communications

EXPERIENCE

FACILITIES MGMT ASSISTANT 2018 - Current

Department of Comparative Medicine, UW, Seattle

RESEARCH STUDY ASSISTANT 2015 - 2017

Social Development Research Group, UW, Seattle

MENTAL HEALTH COUNSELING INTERN 2015

Atlantic Street Center, Seattle

RESEARCH STUDY ASSISTANT 2013 - 2014

Department of Radiology, UW, Seattle

RESEARCH STUDY COORDINATOR 2007 - 2013

Department of Medicine, UW, Seattle

PROGRAM COORDINATOR 2003 - 2006

Transplant Service Line, UW Medical Center, Seattle

ASSISTANT TO PUBLIC 2000 - 2002

INFORMATION OFFICER

City of Bothell, Bothell

SKILLS

PC Windows, MS 365 Tools
Mac OS X, Google Apps
Slack, SurveyMonkey,
Canva, Dropbox, Doodle
Wordpress, Wix
Sharepoint, ResearchGate
Basic HTML, CSS & SEO
APA Style, 80 WPM

PERSONALITY

Curious
Resourceful
Adaptable
Silly
Innovative
Compassionate
Hopeful
Musical

ADVOCACY & VOLUNTEER

SENESCENCE.SPACE 2017 - Current

Multi-media Sci-fi story about teen depression.

TEEN MUSIC & RADICAL WELLNESS* (TMRW)

Community-based project aimed at creating a safe, welcoming space to empower teens and teen allies to create music and talk openly about mental health.

GUEST MENTAL HEALTH WRITER 2013 - 2017

Seattle International Film Festival, The SunBreak & The Mighty

PODCAST GUEST 2014 - 2016

Psychology in Seattle (Topics: Depression, Suicide, Self-Care)

VOLUNTEER SPECIALIST 2014 - 2015

Crisis Text Line

PHONE VOLUNTEER 2010 - 2011

Crisis Connections (FKA Crisis Line)

TRAINING & CERTIFICATION

CREATIVE FACILITATION 2018

Office of Arts & Culture, City of Seattle

MOTIVATIONAL INTERVIEWING 2016

Partner Healthcare Systems

PSYCHOLOGICAL FIRST AID 2016

PFA Online

NARRATIVE THERAPY 2016

Vancouver School of Narrative Therapy

RESEARCH

Palmer, O.A., & Finley, M. (2017). Examining the Potential of Utilizing Social Media to Address Employee #Depression in the Workplace. Unpublished manuscript. DOI: 10.13140/RG.2.2.30462.89923.

SUMMARY OF RESPONSIBILITIES

- Networking and collaborating with teens, parents and teen allies to develop the TMRW* project
- Dreaming up TMRW Fest to celebrate and encourage teens, teen music and teen wellness
- Creating data tracking and organizational management systems to increase efficiency and quality
- Mentored survey and data collection team
- Developed treatment plans using SMART goals and evidence-based practices (for child, teen, adult)
- Administered web-based team training to clinicians
- Oversaw UW Patient Safety Innovations Program; created operations manual & project timeline
- Recruited, scheduled and facilitated 150+ clinical team communication trainings at 5 institutions in WA & CO
- Supervised clinician usability tests for eLearning tool
- Collaborated extensively with inter-disciplinary teams in academic and clinical environments

KEY GRADUATE COURSES

Abusive Relationships	2016
Effective Parenting	2015
Treating Adults of Childhood Sexual Abuse	
Internalized Oppression	2014
Multicultural Perspectives	2013
Family Systems	2013

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B.A., Communications

SKILLS

PC Windows, MS 365 Tools
Mac OS X, Google Apps
Slack, BaseCamp
FB, Instagram, Twitter,
Pinterest,
SurveyMonkey, MailChimp
Canva, Dropbox, Doodle
Wordpress, Wix
Patreon, ResearchGate
Basic HTML, CSS & SEO
APA Style
80 WPM

PERSONALITY

Curious
Resourceful
Adaptable
Kind
Driven
Silly
Constructively self-critical
Personable
Innovative
Patient
Communicative
Musical

VOLUNTEER & ADVOCACY

senescence[dot]space & Teen Music & Mind Wellness 2017 - Current

Teen mind wellness awareness & anti-stigma projects.

CONTRIBUTING MENTAL HEALTH WRITER 2013 - 2017
The SunBreak & The Mighty

PODCAST GUEST 2014 - 2018
Psychology in Seattle (Topics: Depression, Suicide, Self-Care)

VOLUNTEER SPECIALIST 2014 - 2015
Crisis Text Line

PHONE VOLUNTEER 2010 - 2011
Crisis Line

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EXPERIENCE

WEB DEVELOPER 2017 - Current
The Grand Lodge of Washington, Buckley

RESEARCH STUDY ASSISTANT 2015 - 2017
Social Development Research Group, UW, Seattle

MENTAL HEALTH COUNSELING INTERN 2015
Atlantic Street Center, Seattle

RESEARCH STUDY ASSISTANT 2013 - 2014
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PROGRAM COORDINATOR 2003 - 2006
Transplant Service Line, UW Medical Center, Seattle

ASSISTANT TO PUBLIC INFORMATION OFFICER 2000 - 2002
City of Bothell, Bothell

SUMMARY OF TASKS

- Managing web content and design, including creating data tracking and organization systems
- Developed treatment plans using SMART goals and evidence-based practices (for child, teen, adult)
- Oversaw UW Patient Safety Innovations Program; created operations manual & project timeline
- Recruited, scheduled and facilitated 150+ clinical team communication trainings at 5 institutions in WA & CO
- Supervised build of eLearning training modules
- Completed tasks with minimum supervision
- Provided status updates, troubleshoot barriers, and determined deliverables

RELEVANT COURSES

INTERNALIZED OPPRESSION 2014

MULTICULTURAL PERSPECTIVES

SYSTEMS PERSPECTIVES

Antioch University Seattle

DISABILITY STUDIES 2013

University of Washington