



## TLF Retreat Staff

*Director - **Robert Greene Sands, Ph.D.** – anthropology, CEO of Pamlico Rose*

Robert is an anthropologist and the CEO of Pamlico Rose, whose mission is to advance programs that help ease reintegration and transition in Veteran populations. The Rose Haven Center of Healing is a rehabilitated historic farmhouse, adjacent barn, and meditation and produce gardens that will be used to support a reintegration home for women Veterans in recovery and hosting Total Life Fitness retreats. Sands has worked for a decade for the Department of Defense in designing and delivering learning that promotes cross-cultural capability. He has explored the importance of social resilience to military personnel and many of the underlying skills important to cross-cultural capability, while promoting the development of individual and social resilience, critical components to reintegration.

***Tracy Jackson, M.D.** – chronic pain and addiction medicine, CEO, Relief Retreats*

CMO, Forsana; Consultant, Bright Heart Health

Tracy completed medical training at the University of North Carolina and did a surgical internship and anesthesiology residency at UNC. Deciding treating pain was her calling, she completed a fellowship in chronic pain management at Stanford University. She has engaged in advocacy, leadership, research, and education to address the issue of the opioid epidemic and has lectured extensively both nationally and internationally about chronic pain syndromes and alternatives to ineffective opioid-centric management strategies. She has additional certification in medical acupuncture and yoga and has worked closely with the Osher Center for Integrative Medicine at Vanderbilt, to better understand and study “alternative” methods to deal with chronic pain.

***Nate Galbreath, Ph.D.** – psychology, George Washington University*

Nate is the Deputy Director for the Department of Defense Sexual Assault Prevention and Response Office (SAPRO). He is the Department’s expert for prevention and response programs and their relationship to behavioral health, forensic science, criminal investigation, and sex offender assessment and treatment. Nate is a former Air Force officer and has a Ph.D. in Clinical Psychology from the Uniformed Services University of the Health Sciences. He completed a clinical psychology residency at Malcolm Grow Medical Center, Andrews Air Force Base, MD. He served as the Behavioral Health Clinic director at Minot Air Force Base where he supervised mental health, family advocacy, and alcohol/drug treatment programs. He is currently a licensed psychologist in the state of Maryland.

***Laura Sands, M.S.** – human nutrition, public health nutritionist, former Director, WIC, State of Iowa*

Laura received an M.S. in Human Nutrition from Columbia University. Her professional experience includes eleven years developing successful community efforts to engage citizens and leverage resources to create healthier choices and improved educational outcomes in schools, one a half years as executive director of a health advocacy nonprofit corporation and

three years as manager of a statewide federal supplemental food and nutrition education program for women, infants and children. Laura served for four years as the Health, Education and Workforce Liaison for Senator Tom Harkin's Iowa office.

***Debra Torrance, M.ED, MBA. – education and early childhood, Arts of the Pamlico***

Debra is the Executive Director of the Arts of the Pamlico (AOP). AOP is a state-designated arts council providing cultural opportunities through initiation, support, and presentation of artistic programs in Beaufort & Washington Counties and the surrounding region. It is a goal of the AOP to present a wide range of educational, entertainment, and cultural programs and to encourage the same by advancing and supporting the efforts of local artists, arts organizations and arts businesses throughout the region. She holds undergraduate and graduate degrees in marketing (Alfred State), business administration (Alfred University) and education from University of Buffalo. Her career path has led her from New York to North Carolina and other countries including Sweden, France, Denmark, Norway, and Italy. At every junction she has strived to connect and ground her work in the passions of the people who will benefit from her efforts.

***Shannon Landrum, Ed.D. – educational psychology, Gaston College***

Shannon Haney Landrum holds an Ed.D in Adult and Community College Education and an MS in Fisheries and Wildlife Science, both from North Carolina State University, and a BS in Biology from the University of North Carolina at Charlotte. She is an expert in military veteran transitional processes into higher education, with a focus on transition into community college. Dr. Landrum has taught in the community college system for almost 18 years and is currently a biology instructor at Gaston College. Shannon served on the Board of Directors at Carolina Tiger Rescue for 10 years, where she also served as the Executive Director for 2½ years. She is a native North Carolinian, and currently resides in the Lake Norman area with her family. Dr. Landrum is committed to aiding military veterans in their transition from the military into higher education. She is part of a military family; her husband, father, step-father, father-in-law, grandfathers, several great-uncles, and her great-grandfather all served. She was part of her husband's transitional journey from the Navy into community college, which made a lasting impression and helped hone her research focus on how to best develop practice and programming to facilitate the transitional process for all military veterans.