



## *Total Life Fitness Staff/Faculty*

*Director - Robert Greene Sands, Ph.D. - anthropology, CEO of Pamlico Rose & Adjunct Professor, Norwich University.* 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 host 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.

*Nate Galbreath, Ph.D. - psychology, George Washington University.* Nate is the Acting 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.* Laura's 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. She spent one and 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 also served for four years as the Health, Education and Workforce Liaison for Senator Tom Harkin's Iowa office. She received her M.S. from Columbia University.

*Danielle J. Braxton, M.A, ATR-BC - Registered and Board-Certified Art Therapist, Intrepid Spirit Concussion Recovery Center at Camp Lejeune.* Danielle has been practicing as an Art Therapist for 12 years. Braxton received her M.A. degree in Clinical Art Therapy from Long Island University, C.W. Post Campus. Throughout her career she has focused on helping her patients improve their emotional wellbeing and recover from psychological health conditions by engaging their creative process through artmaking. Braxton has spent the last 7 years providing art therapy to military service members, beginning in 2012 at Ft. Bliss, William Beaumont Army Medical Center in El Paso, Texas and then

moving to Naval Medical Center Camp Lejeune in North Carolina in 2017. Braxton is currently located at the Intrepid Spirit Concussion Recovery Center at Camp Lejeune as part of the Creative Forces initiative. An initiative of the National Endowment for the Arts, Creative Forces®: NEA Military Healing Arts Network is a partnership with the U.S. Departments of Defense and Veterans Affairs and the state and local arts agencies with administrative support provided by Americans for the Arts.

***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, stepfather, 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.

***Yoshi Newman, Ph.D.*** - *educational psychology, Certified Nature and Forest Therapy Guide, The Association of Nature and Forest Therapy Guides.* Yoshi Newman received a Ph.D. in educational psychology from the University of Iowa with a desire to understand how people learn and develop new strategies for learning. She became interested in the role emotional experience plays in the process of learning and went on to receive certification in emotional intelligence to practice and teach how to access and use emotions to advance learning. For Dr. Newman who enjoyed being outdoors, nature became a means to tap into the emotional intelligence. Dr. Newman studied and received certification as a Nature and Forest Guide to help facilitate its benefits to the human condition. Being in and moving through the outdoors provides a restorative and therapeutic way for people to connect to the natural world through a deep, sensory experience that provides physical, mental and spiritual benefits.

***Jennifer M Lewis, R.N.*** - *Vidant Beaufort Hospital.* Jennifer is a Registered Nurse who works as a Community Health Improvement Coordinator. Jennifer practiced nursing within the walls of Vidant Beaufort for 22 years working as a staff nurse in several units as well as physician practices. In her current position, she focuses on connecting with the community through partnerships with local organizations, churches and business to promote health awareness. Jennifer believes in the value of cultivating strong partnerships in order to positively influence the health and well-being of the communities Vidant Beaufort serves.

*Kaitlyn O'Donnell, B.A., psychology, AmeriCorps/VISTA Community Resource Associate, Pamlico Rose.* Kaitlyn O'Donnell is a member of AmeriCorps Vista supporting Pamlico Rose. She graduated from Washington College in 2019 where she received a bachelor's degree in psychology with a minor in sociology. Before graduation she served as President for the PSI CHI International Honor Society in Psychology, was a member of Pi Lambda Theta, The Education Honor Society, and was a member of the Washington College Crew team. She has also been invited to present several research projects at the Eastern Psychological Association Conference in 2018 and 2019. Her senior thesis experiment studied the effects of desensitization versus positivity prior to stress exposure.