

Rachel has grown immensely through the Division of Behavioral Health & Recovery (DBHR) Prevention Fellowship program. She has been able to build on her experience working within the field of Prevention and enjoys the opportunities the fellowship has given her to challenge her thinking and expand her perspectives.

Working within the Substance Use Disorder Prevention and Mental Health Promotion section during the first three-month phase of her fellowship, Rachel studied the Strategic Prevention Framework and Continuum of Care. She supported DBHR staff with technical assistance, contract management, and a variety of statewide projects. She also spent time in her Phase 1 networking with DBHR's Recovery Support team, becoming involved with the Health Care Authority's Office of Recovery Partnerships and the recovery-oriented employee resource group, Recovery SynERGy. A highlight of her Phase 1 was providing support to both the Prevention and Recovery teams on a project in partnership with Washington State University to expand Collegiate Recovery services to institutions of higher education throughout the State of Washington.

During Phase 2 of the fellowship, Rachel had the opportunity to implement the Strategic Prevention Framework working with the Children of the Sun Coalition and the Spokane Tribal Network in Wellpinit, Washington. This experience allowed Rachel to apply what she'd learned during Phase 1 of the fellowship and gain hands-on experience in community mobilization promoting practices that increase community wellness. Currently in Phase 3, Rachel is working on expanding prevention services and reinforcing community-based wellness efforts in Medical Lake, Washington.

Rachel has enjoyed the opportunity to explore the different prevention services and systems of care that support the people and communities of Washington State. She values the fellowship experience for teaching her the importance of community engagement and using data to understand community perspectives, the need for health equity and cultural competency in supporting individuals, youth, and families, and the value of strategic planning in maintaining a sustainable coalition. Rachel hopes to continue her career in the field of Prevention and build on her professional networks and connections after the fellowship.