

**Application Form****Profile****Which Boards would you like to apply for?**

Family &amp; Children's Trust Committee: Submitted

**Mental Health**

Seat Name (if applicable)

**Describe why you are interested in serving on this advisory board/commission (please limit your response to one paragraph).**

My interest in serving on the Family & Children's Trust Committee, occupying the seat of Mental Health is both purposeful and meaningful. Last year, upon being awarded my Doctorate in Behavioral Health, I realized more than ever, that this privilege was a call to expand my consideration of how best to serve my community's needs in the area of emotional and mental well-being. For over two decades I have been working in diverse environments with a wide range of strategic business plans; from homeless services, prison, universities, and fortune 50 companies. This experience has provided me a keen insight into the importance of effective and efficient resource allocation to ensure an increased return on investment for all involved. While we are currently experiencing epidemic levels of mental illness and associated consequences, we are made aware of the limited resources available to address this complex, systemic problem. A specific interest of mine is to focus on the root cause of mental illness: Adverse Childhood Experiences (ACEs) and to develop a trauma informed community. This interest is met through steward leadership and best practices in developing meaningful cross sectional partnerships with a shared vision of eliminating childhood trauma and improving access to care for mental and emotional health. I believe that my background and passion in this area of focus will allow me to contribute to those we serve in a most meaningful and expansive way: improving the quality of life for those we aim to serve.

**This application is used for all boards and commissions****Allyson**

First Name

**Mayo**

Last Name

Middle Initial

Email Address

Home Address

Suite or Apt

City

State

Postal Code

Primary Phone

Employer

Job Title

Occupation

Do you, or a business in which you have a financial interest, have a contract with Contra Costa Co.?

☐ Yes ☒ No

Is a member of your family (or step-family) employed by Contra Costa Co.?

☐ Yes ☒ No

---

## Education History

Select the highest level of education you have received:

None Selected

If "Other" was Selected Give Highest Grade or Educational Level Achieved

---

## College/ University A

Name of College Attended

Course of Study / Major

Units Completed

## Type of Units Completed

None Selected

## Degree Awarded?

☐ Yes ☒ No

Degree Type

Date Degree Awarded

---

## College/ University B

Name of College Attended

Course of Study / Major

Units Completed

**Type of Units Completed**

None Selected

**Degree Awarded?**

☐ Yes ☐ No

Degree Type

Date Degree Awarded

---

**College/ University C**

Name of College Attended

Course of Study / Major

Units Completed

**Type of Units Completed**

None Selected

**Degree Awarded?**

☐ Yes ☐ No

Degree Type

Date Degree Awarded

---

**Other schools / training completed:**

Course Studied

Hours Completed

**Certificate Awarded?**

☐ Yes ☐ No

Dates (Month, Day, Year) From - To

Hours per Week Worked?

### Volunteer Work?

☐ Yes ☐ No

Position Title

### Employer's Name and Address

### Duties Performed

Allyson Mayo CV 2.9.18.pdf

Upload a Resume

### Final Questions

#### How did you learn about this vacancy?

None Selected

If "Other" was selected please explain

#### Do you have a Familial or Financial Relationship with a member of the Board of Supervisors?

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

#### Do you have any financial relationships with the County such as grants, contracts, or other economic relations?

☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

**Please Agree with the Following Statement**

**I understand that this form is a public document and is subject to the California Public Records Act.**

☒ **I Agree**



# ALLYSON MAYO

DOCTOR OF BEHAVIORAL HEALTH

## MISSION STATEMENT

A personal mission to bring diverse communities and cross sectional industries together with a shared vision of finding solutions to the root causes of complex, systemic public health problems. This Life's passion is achieved through Steward Leadership, keen, working knowledge of behavioral change theories, and business acumen, inclusive of Continuous Quality Improvement, innovation, and transformation.

## PROFESSIONAL EXPERIENCE

**Executive Director:** Smith Family Foundation (David E. Smith MD; Founder of the Haight Ashbury Free Clinic), November 2017-Present

The PEACE Project (Providing Easier Access to Care Everywhere (PEACE))

The PEACE Project is aimed at responding to the National Institute of Health's initiative to develop a workforce more adequately prepared to treat addiction. As the program's Executive Director, responsibilities included the following:

- Developing the strategic plan to ensure the mission and vision are achieved through activities measured in fiscal, operational, and clinical goals met.
- Risk management of resources allocated towards new services and products, stratification to increase return on investment for all involved.
- Managing the diversity of multiple missions across key stakeholders to ensure a shared vision remained top of mind
- Identifying new lines of service solutions aimed at the root causes of complex public health problems.
- Building teams, succession planning, securing grants, fiscal operations
- Providing expertise in taking new services/products/programs from the Start-Up phase to maturity with a sustainable quality assurance plan.

## SKILLS

- Behavioral Health Specialist
- Healthcare Economist
- Professional Educator
- Motivational Speaker
- Steward Leadership
- Workforce Development
- Six Sigma Professional
- Addiction Specialist

## EDUCATION

Doctor

Behavioral Health

Arizona State University 2018

.....

Master of Science

Behavioral Health

University of San Francisco 2015

.....

Bachelor

Business Administration

University of San Francisco 1994

.....

Associate of Arts

Marketing

Fashion Institute of

Design & Merchandising 1989

.....

## CERTIFICATIONS

- Certified Addiction Treatment Counselor (CATC)
- Alcohol & Other Drug Counselor (AOD)
- Master Trainer for Team Strategies & Tools to Enhance Performance & Patient Safety (TEAMSTEPPS)
- Certified Trauma Informed Care Specialist
- Therapeutic Art: Certified Soul Collage Facilitator
- Peer to Peer Educator
- Basic Life Support (BLS)
- Master Diver Open Water

## ALLYSON MAYO

### PROFESSIONAL EXPERIENCE CONTINUED

**Professor:** University of San Francisco, November 2017–Present  
School of Nursing and Health Professions (SONHP)  
Graduate and Doctoral Students

Adjunct Professor and member of the SONHP Dean's Board, includes responsibilities that demand a working knowledge of the complex systemic nature of the local and global determinants of health and quality of life for all segments of the population.

Courses are taught at the master and doctoral Level to an interdisciplinary team of healthcare professionals. Instruction includes curriculum design, development, and delivery of material in the following roles: mentor, fieldwork site placement, and community partnership for the following courses:

- Team Leadership and Inter-Professional Collaboration
- Quality Improvement and Program Planning

**ROLES:** John Muir Health, October 2014– Present

**Mental Health Provider:** October 2014– Present

Serving the integrated care needs of our community members and their families experiencing severe and persistent mental illness. Also treating co-occurring Substance Use Disorders within a locked, in-patient psychiatric facility. Roles and responsibilities expanded to include design, development, and delivery of the following:

- Lean Sigma quality improvement projects
- High Reliability Organization Educational re-design
- Program development
- Therapeutic direct patient care
- Mentorship, clinical and operational education, ambassadorship, and inter-professional collaboration

## SKILLS

- Proficient in Microsoft Word, Power Point, Publisher, Content Marketing, Digital Media
  - Skilled in HTML & Web Design, Microsoft Project, Excel, Six Sigma, Research design and Measure
- .....

## BOARD POSITIONS

- University of San Francisco, School of Nursing and Health Professions: Dean's Advisory Board
  - Smith Family Foundation
  - PEACEofmyHEARTSF.org
  - Changeful, a healthcare technology company aimed at providing care for the caregiver
- .....

## PROFESSIONAL MEMBERSHIPS

- National Alliance of Mental Illness (NAMI)
- The National Council for Behavioral Health
- Women in Leadership & Philanthropy
- Epsilon Sigma Alpha, Professional Sorority, Vice President
- Court Appointed Special Advocate for Children (CASA)

## ALLYSON MAYO

### PROFESSIONAL EXPERIENCE CONTINUED

#### **Behavioral Health Specialist:** April 2017–Present

As a behavioral health specialist, I understand the importance of servant leadership. This position requires an aggregate approach which includes the needs of Accountable Care Organizations and their ability to to meet the goals of the Quadruple Aim: 1) Improve Patient Experience, 2) Cost Containment, 3) Population Health, and 4) Reduce Provider Burnout.

Success can be achieved through:

- Information dissemination via lectures such as the Institute of Healthcare Improvement's Joy in Work and Healthcare Economics
- Delivery of business acumen workshops to industry leaders including best practices in Lean Sigma
- Kaizen events
- Development of subject matter experts in behavioral health and change management who can educate organizational leaders and staff on emerging approaches to team development and patient care

#### **Committee Member**

- Continuing Medical Education
- Culture of Excellence Ambassador
- Culture of Understanding Advisory Committee
- Leadership Academy and High Reliability Organizational Development

#### **Alcohol and Other Drug (AOD) Counselor:**

Anka Behavioral Health. September, 2012– December 2014

Anka Behavioral Health served as an outsourced provider for at risk and underserved populations. As an AOD counselor, my call to action was educating myself on the importance of eliminating personal bias so that a keen level of person centered care could be delivered. Work in this area began with individual clients then expanded to group counseling at walk-in service centers to program design, development, and delivery for individuals experiencing incarceration



# LECTURES

- The ROI of Bringing Joy Into the Workplace
- UCSF, Annual Substance Abuse Summit: Healthcare Workforce Development
- New Healthcare Models of Care: Value Based Reimbursement
- Healthcare Economics: Understanding Models of Healthcare Delivery
- Multidisciplinary Approach to Ethical Decision Making In Healthcare
- Employee Engagement & The Implications of Patient Experience
- The Cost of Not Delivering Trauma Informed Care
- Motivational Interviewing, for Administrators
- What Can Healthcare Adopt From The Hospitality and Retail Industry
- Implicit Bias and Treating Patients
- What Does Adolescent Depression Look Like
- Ambulatory Sensitive Care Conditions and The Patient Center Medical Home
- Let's Understand Social Determinants of Health
- Loneliness, the Root of Chronic Conditions

# ALLYSON MAYO

## PROFESSIONAL EXPERIENCE CONTINUED

- Lowered recidivism by improving access to community resources
- Redesigned anger management curriculum and facilitated courses for released San Quentin Prison individuals
- Collaborated with local vocational training programs to assist individuals with the development of work skills
- Strengthened community partnerships for improved resource utilization

### **Business Owner:** The Best Beads 2009-2013

Designed, developed and delivered a scalable business model to increase fundraising efforts for the K-12 school districts in the Bay Area. Business generated a 300% increase in founding revenue by the first quarter and sustained an additional 150% growth over four years. The proceeds were allocated to fund academic programs in jeopardy of elimination including music and athletics. As a business owner, efforts in this area included the following:

As the business owner of a mission specific company, efforts included:

- Preparation of a market analysis, pitch deck and proposal to key stakeholders for seed money
- Creation of the business prototype
- Completion of Plan Do Study Act cycles to refine the business model and prepare a scalable spread for increased revenue
- Development of first to market service and products
- Continued increase in new products and services to sustain market position and expand into new target markets
- Maintenance and tracking of business record keeping (e.g. profit/loss statement, taxes, and pay role)

## AREAS OF FOCUS & EXPERIENCE

- Population Health
- Alternative Reimbursement Models for Healthcare
- Physicians Quality Reporting
- Lean Six Sigma Processes
- Risk Management (Health)
- Healthcare Transformation
- Healthcare Information Technology
- Data Governance
- Workforce Development & Succession Planning
- Employee Engagement
- Quadruple Aim
- Competency Based Education
- Systemic Solutions
- Patient Generated Health Data
- Health Data Analysis and Meaningful Use
- Aggregate Management
- Behavioral Health Integration
- Business Development and Marketing
- Tele Capabilities (health, education, vocation, internet cafe, etc)

## ALLYSON MAYO

### PROFESSIONAL EXPERIENCE CONTINUED

#### **Business Development Manger: Xerox Corporation, 1993-2004**

My tenure with Xerox Corporation occurred during a revolutionary technological shift from hard copy documents to a digital revolution. Their re-branding with a digitized logo and technologically integrated products and services demanded a new skill set from its workforce to maintain the Fortune 100 legacy as a business leader.

Success resulted from my focus on the customer business model and was illustrated through the following:

- Exceeded projected revenue goals by 150-300% consecutively for nine years
- Managed a sales team of 10-20 executive members who generated \$10 million in annual revenue
- Utilized Six Sigma processes to facilitate the digital transformation for Fortune 500 clients
- Achieved strategic business goals through 1) improved customer experience, 2) meeting the needs of specific industries 3) containing cost through new resource allocation and design, and 4) increased client's return on investment through utilizing integrated, inter-professional partnerships