




# City of Seattle Boards & Commissions Notice of Appointment

<b>Appointee Name:</b> <i>Katrina M. Sanford</i>		
<b>Board/Commission Name:</b> <i>Seattle LGBTQ Commission</i>		<b>Position Title:</b> <i>Member</i>
<input checked="" type="checkbox"/> Appointment OR <input type="checkbox"/> Reappointment		<b>Council Confirmation required?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Appointing Authority:</b> <input type="checkbox"/> Council <input checked="" type="checkbox"/> Mayor <input type="checkbox"/> Other: <i>Fill in appointing authority</i>	<b>Date Appointed:</b> <i>3/16/2017</i>	<b>Term of Position: *</b> <i>5/1/2016</i> to <i>4/30/2018</i>
<b>Residential Neighborhood:</b> <i>West Seattle</i>	<b>Zip Code:</b> <i>98116</i>	<b>Contact Phone No.:</b>
<b>Background:</b> <i>Dr. Katrina Sanford is a Psychotherapist with a PsyD in Clinical Psychology and a specialization in sex therapy. She recently started her private practice in Fremont, where she treats couples and individuals with sexual health difficulties, relationship issues, life transitions, alternative lifestyles/relationships, members of the LGBTQ community, anxiety, mood disorders, gender identity struggles, and trauma, including different forms of abuse. Katrina is particularly interested in the intersections of homelessness &amp; mental health in the LGBTQ community.</i>  <i>Katrina is being appointed to fill the remainder of a vacated term.</i>		
<b>Authorizing Signature (original signature):</b> 		<b>Appointing Signatory:</b> <i>Edward B. Murray</i> <i>Mayor of Seattle</i>

FILED  
 CITY OF SEATTLE  
 2017 APR 19 PM 3:01  
 CITY CLERK

\*Term begin and end date is fixed and tied to the position and not appointment date.

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# Katrina M. Sanford, PsyD

## EDUCATION

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**The Adler School of Professional Psychology, Chicago, IL** September 2007 – August 2014

- APA Accredited Program
- Masters of Arts in Counseling Psychology-Achieved in July 2009
- Doctorate in Clinical Psychology-Achieved in August 2014

**Dissertation:** Intimate partner violence among African American lesbian relationships: the relationship between traditional gender role adherence and violence perpetration.

**Dissertation Chair:** Janna Henning, PsyD., C.T., B.C.E.T.S.

**The University of Michigan Sexual Health Certificate Program, Ann Arbor** July 2013-July 2014  
*Sex Therapy*

**James Madison University, Harrisonburg, VA** August 2000-May 2004  
*Undergraduate Student*

- Bachelor of Science, Major in Psychology
- Minor in Women's Studies

## EMPLOYMENT EXPERIENCE

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**Katrina M. Sanford, PsyD, Seattle, WA** September 2016-Present  
*Private Practice Psychotherapist*

Dr. Katrina M. Sanford is a Psychotherapist with a PsyD in Clinical Psychology and a specialization in Sex Therapy. She works from a social justice integrated approach based in Feminist Theory and Cognitive Behavioral Therapy. Dr. Sanford uses these approaches to treat her clients through a holistic health lens that emphasizes the inseparable connection between the mind and body. Dr. Sanford works to help empower her clients by aiding in the understanding of one's behavioral patterns and how our thoughts and feelings can drastically affect our behavior.

Dr. Sanford treats couples and individuals with sexual health difficulties, relationship issues, life transitions, alternative lifestyles/relationships, members of the LGBTQ community, anxiety, mood disorders, womyn's issues, gender identity struggles, and trauma, including different forms of abuse. In addition, she administers comprehensive psychological and neuropsychological assessments for diagnostic clarification, runs workshops, participates in consultation and parent trainings, and family therapy when needed.

**Intiman Theatre, Seattle, WA** October 2016  
*On site Therapist/Healer*

Intiman Theatre presented a series called POWER: From the Mouths of the Occupied, performances of local African American Seattle residents reciting a piece they wrote based on their racially charged experiences with law enforcement and state sanctioned oppression.

- Provided on site therapeutic services for cast members or audience members in need during and after performances.

**Lifelong Wellness, Inc., Washington, DC**  
*Post-Doctoral Clinician/Psychology Associate*

October 2013-June 2016

Lifelong Wellness, Inc., provides holistic therapy services to children as young as 4 to geriatric adults. Additionally, I provided therapy and assessment services to youth in Washington, DC area schools.

- Performed Individual Therapy
- Performed Psychological Testing, specifically Special Education testing
- Developed personalized diagnostic batteries of tests to assess cognitive, academic, and socio-emotional levels
- Produced comprehensive reports documenting assessment findings and case conceptualizations
- Developed appropriate and creative recommendations for clients' treatment plans
- Presented findings of diagnostic assessments to parents and youth
- Collaborated with school officials, therapists, medical doctors, and educational advocates to maintain continuity of care after diagnostic intervention

**Fremont Community Therapy Project, Seattle, WA**  
**Pre-Doctoral Intern**

June 2013-June 2014

*Clinical Director: Laura S. Brown, PhD, ABPP*  
*Clinical Supervisor: Rochelle Coffey, PsyD*

The Fremont Community Therapy Project (FCTP) offers low-fee psychotherapy and psychological assessment to underserved populations, specifically individuals who are economically disadvantaged. The services I provided in addition to individual and couples therapy included, facilitating Dialectical Behavior Therapy (DBT) skills groups for developing interpersonal and emotional skills, Treatment using Eye Movement Desensitization Reprocessing (EMDR) for survivors of trauma, psychological assessment of intellectual and/or emotional functioning such as questions about learning disabilities or competency.

**Project Fierce Chicago, Chicago, IL**  
*Collective Board Member*

February 2013-August 2015

Project Fierce Chicago's mission is to reduce LGBTQ youth homelessness in Chicago by providing affirming, no-cost transitional housing and comprehensive support services to homeless LGBTQ young adults. PFC also aims to encourage community-building and civic engagement through cooperative living and youth leadership development.

- Facilitated information exchange between outside groups and Project Fierce Chicago
- Facilitated financial planning discussions, tax preparation and bookkeeping for the organization
- Administrative duties including
- Created Bylaws for the group
- Participated in Strategic and yearly planning
- Participated in marketing and event planning
- Prepared fundraising plans and executed them
- Participated in grant writing

**Earth Pearl Collective, Chicago, IL**  
*Executive Director*

January 2011-Present

Earth Pearl Collective (EPC) is a feminist and social justice oriented queer, black womyn nonprofit organization dedicated to healing our community through creative collaborations.

- Design, develop, and implement yearly strategic plan
- Facilitate financial planning discussions, tax preparation and bookkeeping for the organization
- Maintenance of website
- Administrative duties including
- Creation and updating of Bylaws
- Participation in marketing and event planning
- Preparation and execution of fundraising plans
- Grant writing
- Co-production of all events, performances, workshops, plays, talkbacks, and exhibits

**Community Systems Incorporated, Sterling, VA**  
*Educator/Counselor*  
*Assistant Manager- March 2006-August 2007*

October 2005-August 2007

Community Systems Incorporated strives to help adults with disabilities find happiness in their own homes, in their personal relationships, and as contributing members of their community. This organization provides opportunities for small group living, shared living, supported individual living, case management services, supported employment, and structured daily activities.

- Provided residential, financial and other individual supports to persons with developmental disabilities co-morbid with other mental health issues
- Organized and managed a staff of 5 individuals in a four person group home setting as well as an independent living apartment with two individuals
- Performed crisis intervention when necessary
- Planned, developed, and implemented home and outside activities
- Direct supervision of employees
- Emergency Response training
- Primary case management
- Provided instruction on independent living skill building
- Medication Administration Training

**Graydon Manor Behavioral Health Facility, Leesburg, VA**  
*Group Life Counselor II*

November 2004-August 2005

Graydon Manor is dedicated to treating children and adolescents with serious emotional and behavioral problems, while currently helping their families. This facility offers residential services, intensive outpatient services, and a day school.

- Primary case management
- Facilitated unit groups and activities
- Reinforced program norms and boundaries
- Facilitated modeling and role-playing groups to teach residents social skills
- Trained in Crisis Prevention Institute restraint techniques

## **CLINICAL TRAINING EXPERIENCE**

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### **Adler Community Health Services, Chicago, IL Pre-Doctoral Therapy Extern**

July 2011-August 2012

*Clinical Director: Daniel Barnes, PhD.*

*Clinical Supervisor: Jennifer Schmidt, PsyD*

Adler Community Health Services provides psychological services to underserved populations including forensic, primary care, and school facilities. During my time at Adler Community Health Services I provided individual therapy, case management, group therapy, and workshop facilitation services for children and adolescents in grades Pre-K to 8th in a Southside Chicago Catholic School, womyn in a transitional living facility and students at an alternative high school ages 17-23. Clients were primarily African American and Latino. In all of these settings, clients presented with personal issues including marital/family problems, depression, anxiety, stress, school adjustments, family conflict, partner distress, grief/loss, substance abuse, and other emotional/psychological issues.

### **Adler Community Health Services, Chicago, IL Pre-Doctoral Psychodiagnostic Extern**

July 2010-Aug 2011

*Clinical Director: Daniel Barnes, PhD.*

*Clinical Supervisor: Steven Migalski, PsyD*

Adler Community Health Services provides psychological services to underserved populations including forensic, primary care, and school facilities. While with Adler Community Health Services I provided psychological testing in a variety of settings including primary care facilities and transitional living facilities for both men and womyn. Clients presented with a range of issues they needed testing for including, learning disabilities, and diagnostic clarity for mental illness, substance abuse, and antisocial behaviors.

- Administered 14 comprehensive psychological diagnostic batteries
- Assessed children and adults ages 6 to 60, from diverse backgrounds for socio-emotional, differential diagnosis, and forensic evaluations
- Developed personalized diagnostic batteries of tests to assess cognitive, academic, and socio-emotional levels
- Produced comprehensive reports documenting assessment findings and case conceptualizations
- Developed appropriate and creative recommendations for clients' treatment plans
- Presented findings of diagnostic assessments to parents and the client
- Presented case conceptualizations in group supervision and explored a variety of theoretical - orientations, issues of social responsibility, and forensic evaluations
- Collaborated with school officials, therapists, and probation officers to maintain continuity of care after diagnostic intervention
- Hand scored and interpreted psychological testing measures

### **Will County Health Department- Forensics Department, Joliet, IL**

November 2008-July 2009

*Clinical Practicum Student-Master's*

*Clinical Supervisor: Zorana Jeffries, PsyD*

The Will County Health Department is an outpatient community mental health center providing comprehensive, multidisciplinary, individual, systemic and therapeutic services for children and adolescents in a low income, rural setting.

- Conducted therapy in a forensic setting with adults ages 21-55 who have a history of legal involvement or substance abuse

- Psychological interventions emphasized in milieu therapy included: cognitive-behavioral techniques, anger management training, insight oriented techniques
- Case management of court mandated forensic clients
- Co-Facilitator of Sex Offender Group sessions with adults who were low functioning
- Co-Facilitator of Domestic Violence Group sessions with court mandated men charged with domestic violence
- Co-facilitator of Intensive Outpatient Substance Abuse Group sessions

**The Center on Halsted, Chicago, IL**  
*Community Service Practicum Student*

January 2008-July 2008

The Center on Halsted is a highly visible organization that serves the LGBT community of Chicago. They offer diverse programs ranging from social, recreational, cultural, and social service need for youth and adults.

- Organization and development of materials for a National Summit Conference for well known researchers within the LGBT community
- Research and development of sources available for grant funds
- Researched available training programs on the LGBT Community to use for distance learning classes.
- Catering management for National Summit Conference members

**James Madison University, Harrisonburg, VA**  
Counseling and Student Development Center  
*Undergraduate Intern*

January 2004-May 2004

- Researched and presented workshops on various mental health issues and illnesses such as Eating Disorders, Binge Drinking and Women and Alcohol
- Co-produced and developed a monthly newsletter and bulletin board
- Computerized data from past client assessments using a statistical software program
- Educated and informed college age students on various mental health issues at several fairs, events and presentations

## **VOLUNTEER EXPERIENCE**

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**Adler School of Professional Psychology and The Goodman Theater**  
**Chicago, IL**  
*Co-Facilitator*

October 2012-Nov 2012

- In conjunction with the Goodman Theater and the play "*Black and Blue Boys/ Broken Men*" By Dael Orlandersmith, I co-facilitated 3 talkback discussions with audience members on trauma and violence with boys and men over the course of the Goodman's play season.

**Adler School of Professional Psychology, Chicago, IL**  
**Institute on Social Exclusion**  
*Co-organizer*

August 2011-December 2014

- Co-creator of a series of panel and lecture discussions focused on Lesbian, Gay, Bisexual, and Transgender people of color

**Adler School of Professional Psychology Student Government, Chicago, IL**  
*President*

July 2011-July 2012

- Presided over all Adler Student Government Meetings and was the liaison between the student government and the school's leadership team
- Prepared and presented agendas for each meeting

- Provided school wide programming and prepared materials to market these events
- Prepared our yearly budget and allocated funds where needed

**American Psychological Association for Graduate Students, Chicago, IL** July 2010-July 2012

*Regional Advocacy Coordinator for the Northeast Region*

*Regional Advocacy Coordinator for the North Central Region*

- Recruitment and ongoing mentorship and communication with State Advocacy Coordinators and Campus Representatives to rally the support of college campuses around the Northeast and North Central regions specific pieces of state and federal legislation.
- Facilitated information exchange between students and the APAGS Board through State Advocacy Coordinators and Campus Representatives.
- Recruited Campus and State Representatives

**Howard Brown Health Center, Chicago, IL**

March 2009-January 2011

Howard Brown is a multi-site organization that promotes the well-being of gay, lesbian, bisexual and transgender persons through the provision of health care and wellness programs, including clinical, educational, social service and research activities.

- Co-Facilitated Womyn's Sexuality Support group sessions focused on process difficulties of being a sexual orientation minority in society. These groups ranged from 4 to 8 individuals.

**Adler School Feminism and Equality Alliance, Chicago, IL**

August 2008-July 2012

*Founder and Co-Chair*

- Created group Bylaws
- Organization and facilitated monthly general and leadership team meetings
- Prepared school wide programming and event planning
- Acquired Dr. Laura Brown as a speaker on Trauma, the LGBT community and Feminist Psychology
- Directed and organized The Vagina Monologues Performances from 2008-2012
- Organized an events focused on "Talking to Sex with your Clients"
- Breast Cancer Awareness fundraising from 2009-2012
- Organized an event focused on womyn in professions predominately male
- Organized Self Defense Seminars for 3 years
- Organized an event with The Chicago Alliance Against Sexual Exploitation
- Planned yearly budget and allocated money accordingly

**Citizens Against Sexual Assault, Harrisonburg, VA**

January 2004-May 2004

*Volunteer*

Citizens Against Sexual Assault advocate for those womyn and children who are affected by sexual violence through crisis services, support groups, and medical and legal accompaniment services.

- Compiled and constructed advertisements to be placed in the local newspaper
- Educated teenage high school students at several health fairs about
- violence against womyn
- Performed office duties such as computer work, copying and
- compilation of information to be sent out to the community

- Delivered and distributed important information on child abuse and neglect to area churches and organizations
- Assisted the Education Coordinator on several informative presentations to citizens
- around the area

## RESEARCH EXPERIENCE

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**Adler School of Professional Psychology, Chicago, IL** March 2014  
*Principal Investigator:* Katrina M. Sanford, MA  
*Dissertation Chair:* Janna Henning, PsyD, J.D., C.T., B.C.E.T.S.

Sanford, K. (2014). *Intimate partner violence among African American lesbian relationships: the relationship between traditional gender role adherence and violence perpetration*. (Unpublished doctoral dissertation). Adler School of Professional Psychology, Chicago, IL.

- Acted as primary researcher for the completion of my doctoral dissertation qualitative study

**Adler School of Professional Psychology, Chicago, IL** October 2008  
*Graduate Research Assistant*  
*Principal Investigator:* Jennifer Flack, Psy.D  
*Supervisor:* Steve Migalski, Psy.D

Flack, J. (2009). *Screening for Obsessive-Compulsive Disorder in a Non-Clinical Sample of Adults: Implications for the Management of Anxiety Disorders in Primary Care Psychology*. (Doctoral dissertation). Adler School of Professional Psychology, Chicago, IL.

- Acted as a research assistant to two doctoral students gathering data for dissertation research
- Distributed and scored brief anxiety and depression measures to a community adult sample
- Analyzed scores obtained and provided feedback to participants

**Adler School of Professional Psychology, Chicago, IL** April 2010  
*Graduate Research Assistant*  
*Principal Investigator:* Jessica Bonatakis-Mattingly, M.S./Ed.S., NCC  
*Supervisor:* Janna Henning, Psy.D., J.D., C.T., B.C.E.T.S.

Bonatakis-Mattingly, J. (2010). *Openness to Experience as a Protective Factor Against Posttraumatic Symptoms Among College Music Majors*. (Doctoral dissertation). Adler School of Professional Psychology, Chicago, IL.

- Acted as a research assistant to a doctoral student gathering data for dissertation research
- Administered the Trauma Life Events Questionnaire (TLEQ), Trauma Symptoms Inventory (TSI), and NEO Personality Inventory-Revised (NEO-PI-R) to first year college students, ages 18-19
- Conducted debriefings and risk assessment with participants.

**James Madison University, Harrisonburg, VA** May 2003  
*Undergraduate Assistant*  
*Independent Study with Dr. James Benedict*

- Researched demographic information on authors of a teaching psychology textbook
- Contacted authors of the textbook to gather further information
- Compiled a categorized list of the authors and their demographic information



- Determined what demographic characteristics contribute to modern psychology's textbook writings and research

## **PRESENTATIONS/WORKSHOPS**

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- Sanford, K. (2008, June). *Sexual Orientation and Gender Institute at the Center on Halsted*. Poster presented at The Adler School of Professional Psychology's Community Service Practicum poster presentation: Chicago, IL.
- Sanford, K. (2009, May). *African American Lesbians and Implications for Therapy Practice*. Poster presented at The Adler School of Professional Psychology's conference on "Multi-faceted Themes of Diversity: Chicago, IL.
- Sanford, K. (2009, November). *Lesbian Intimate Partner Violence*. Poster presented at the Illinois Psychological Association's Annual Conference: Skokie, IL.
- Sanford, K. (2010, February). *Lesbian Intimate Partner Violence*. Poster presented at the National Summit on Interpersonal Violence: Dallas, TX.
- Sanford, K. (2010, November). *Lesbian Non-monogamy*. Illinois Psychological Association's Annual Convention: Chicago, IL
- Sanford, K. (2011, January). *Lesbian Intimate Partner Violence. What is Competent Practice with this Population?* Presented at the Adler School of Professional Psychology, Didactics: Chicago, IL.
- Sanford, K., Saddler, A., & Cochran, T. (2011, March). *Gender Discrimination in Higher Education*. Poster presented at Argosy University's conference on "Multi-faceted Themes of Diversity: Chicago, IL
- Sanford, K., & Saddler, A. (2011, May). *Confidentiality, Boundaries, and the Protection of the Client*. Presented at St. Leonard's Ministries In-service for employees.
- Sanford, K. (2011, November). *Examining the Effects of Homophobia, Suicide, and Anti-LGBTQ Bullying on the African American Community*. Presented at The Illinois Psychological Association's Annual Convention for the Lesbian, Bisexual, Gay, Transgender, and Queer Youth Symposium, Chicago, IL.
- Sanford, Katrina (2012, August). *Emotional Awareness*. Presented at Rudy Lozano Leadership Academy, Chicago, IL.
- Sanford, Katrina (2013, May). *A Beautiful Mind: Bridging the Gap Between Your Physical & Mental Health*. Presented at Woodlawn Social Service Building, Chicago, IL for Affinity Community Services Women's Health Wednesdays.
- Sanford, Katrina (2014, January). *Silence Embodied*, a meditation circle for womyn of color to learn how to meditate, find their inner peace, and discuss body image issues for queer womyn of color. Presented at Core Gallery, Seattle, WA for the *Body Embodied Project* for Earth Pearl Collective
- Sanford, Katrina (2016, June). *C.L.I.T. (Consciously Learning Intimacy Together,)* is an event specifically for queer womyn that allows them to have a safe space to discuss taboo subjects focused on sex, sexuality, relationship styles/communication within relationships, BDSM, and

kink. This particular C.L.I.T. was on polyamory, non-monogamy and a “how to” on spanking. Presented in Hyattsville, MD

Sanford, Katrina (2016, September). *C.L.I.T. (Consciously Learning Intimacy Together)*, is an event specifically for queer womyn that allows them to have a safe space to discuss taboo subjects focused on sex, sexuality, relationship styles/communication within relationships, BDSM, and kink. This particular C.L.I.T. was on bedroom gender dynamics and cunnilingus. Presented in Mt. Rainier, MD.

## **FORMAL TEACHING EXPERIENCE**

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**Adler School of Professional Psychology, Chicago, IL**

January 2011-April 2011

*Graduate Teaching Assistant*

*Supervisor: Dr. Gary Phillips, S.T.D*

### **Professional Development in Clinical Psychology**

- Facilitated weekly discussions with first year doctoral students covering the Psychological Ethics code
- Aided professor in grading papers and exams, preparing and copying lecture materials and handouts
- Reviewed students’ work and provided feedback about comprehension of class material
- Provided individualized instruction to students needing additional help understanding class material

## **PROFESSIONAL ORGANIZATIONS**

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American Psychological Association for Graduate Students (APAGS)

2007-2013

American Psychological Association

2013-Present

Psi Chi

2008-Present

Illinois Psychological Association

2012-2014

The Society for the Psychological Study of Social Issues

2014-Present

# Seattle Lesbian, Gay, Bisexual, Transgender and Queer Commission

## FEBRUARY 2017

16 Members: Pursuant to *SMC 3.14.920*, all members subject to City Council confirmation, 2-year terms:

- 7 City Council-appointed
- 8 Mayor-appointed
- 1 Other Appointing Authority-appointed: Commission-appointed

**Roster:**

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
3	M		1.	Member	Ray Corona	5/1/16	4/30/18	1	Mayor
			2.	Member	Vacant	5/1/15	4/30/17		Mayor
2	F		3.	Member	Katrina M. Sanford	5/1/16	4/30/18	1	Mayor
5	F		4.	Member	Luzviminda Uzuri "Lulu" Carpenter	5/1/15	4/30/17	2	Mayor
3	M		5.	Member	Sigifredo (Freddy) I. Mora	5/1/15	4/30/17	1	Mayor
3	M		6.	Member	Manuel Venegas	5/1/15	4/30/17	1	Mayor
			7.	Member	Vacant	5/1/15	4/30/17		Mayor
9	NB		8.	Member	Yani Robinson	5/1/15	4/30/17	1	City Council
6	F		9.	Member	Debra Salls	5/1/15	4/30/17	1	City Council
6	F		10.	Member	Julia Ikauri Ricciardi	5/1/15	4/30/17	1	City Council
			11.	Member	Vacant	5/1/15	4/30/17		City Council
			12.	Member	Vacant	5/1/16	4/30/18		City Council
			13.	Member	Vacant	5/1/16	4/30/18		City Council
9	NB		14.	Member	Blaine Manuel Leal	5/1/16	4/30/18	1	City Council
6	M		15.	Member	Anders McConachie	5/1/15	4/30/17	1	Commission
			16.	Get Engaged	Hannah Johnson	09/01/16	8/31/17	1	Mayor

**SELF-IDENTIFIED DIVERSITY CHART**

			(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)		
	Men	Women	Transgender	Unknown	Asian	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	Other	Caucasian/ Non- Hispanic	Pacific Islander	Middle Eastern	Multiracial
Mayor	3	2				1	3		1				
Council		2								2			2
Comm	1									1			
<b>Total</b>	<b>4</b>	<b>4</b>				<b>1</b>	<b>3</b>		<b>1</b>	<b>3</b>			<b>2</b>

**Key:**

- \*D List the corresponding *Diversity Chart* number (1 through 9)
  - \*\*G List *gender*, M = Male, F= Female, T= Transgender, U= Unknown
  - RD Residential Council District number 1 through 7 or N/A
- Diversity information is self-identified and is voluntary.*