



City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Silas T. James</i>		
Board/Commission Name: <i>Seattle Disability Commission</i>		Position Title: <i>Member</i>
<input checked="" type="checkbox"/> Appointment OR <input type="checkbox"/> Reappointment		Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Appointing Authority: <input type="checkbox"/> Council <input checked="" type="checkbox"/> Mayor <input type="checkbox"/> Other:	Date Appointed:	Term of Position: * 5/1/2022 to 4/30/2024 <input type="checkbox"/> <i>Serving remaining term of a vacant position</i>
Residential Neighborhood:	Zip Code:	Contact Phone No.:
Background: <i>Silas would like to contribute to compiling a dynamic directory of the resources available to people experiencing disability in the Seattle area. There are quite a few resources that people in circumstances of low income or chronic disability can benefit from. These range from health coverage, rental, and cash assistance to museum, entertainment, and some consumer discounts; qualifications can be confusing or complicated, which can prevent eligible people from gaining access. Silas hopes to contribute to an effort to consolidate an up-to-date list of different resource available, the qualifications needed to be eligible, and the most direct ways to access. He hopes to be a voice calling for meaningful action to increase accessible housing, improve resources and pathways to financial independence, and innovate public transportation with creative solutions for disabled folks.</i>		
Authorizing Signature (original signature): <i>Bruce A. Harrell</i> Date: 6/16/2022		Appointing Signatory: <i>Bruce A. Harrell</i> <i>Mayor of Seattle</i>

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

SILAS T. JAMES

ACADEMIC SUMMARY

I am interested in activities that serve the goal of social justice for an underrepresented or at risk population or demographic, either through direct action, shaping policy, contributing to meaningful research, knowledge translation, or a combination of these activities.

EDUCATION

University of Washington, Seattle, WA MPA, Evans School of Public Affairs --Shipman Fellow	2015
The Evergreen State College, Olympia, WA Liberal Arts, -- Gilman Scholar	2008 BA in
Seattle Central Community College, Seattle, WA AAS in Opticianry	2001

EXPERIENCE

UWMC, Department of Rehab Medicine, Seattle, WA. 2012 – present
Project Manager, Traumatic Brain Injury Model System Study (TBIMS) - In this position I: lead a small team, coordinate and adhere to project budgets and time lines; conduct literature reviews and human research; construct cognitive frameworks; translate a variety of different forms of knowledge; identify optimal narratives; write or collaborate on grant applications; set project timelines; coordinate contractors; evaluate project outcomes; engage and manage stake holder relationships.

PROJECTS

- **Traumatic Brain Injury and Chronic Pain** – I researched, created, and evaluated an educational comic series and equivalent factsheet teaching people with TBI, caregivers, and providers about chronic pain and non-pharmaceutical methods to manage it after TBI.
- **Understanding Concussion** – I translated the R.E.A.P. document, a tool kit for parents and teachers managing a child’s concussion and return to normal activities, into a comic that teaches children the best practices for concussion recovery before they have sustained one.
- **Understanding TBI** – I identified a narrative arc that allowed for the perspectives of all stakeholders, relative to TBI, to be empathetically conveyed. I then translated information about TBI, its symptoms and strategies for mitigation into an educational comic series.
- Other knowledge translation projects: **TBI and Headache, TBI and Sleep, Emotional Changes after TBI**

UWMC, Department of Rehab Medicine, Seattle, WA. 2008 – present
Research Assistant: TBIMS

- Tracked study subjects 5 and 10 years post-injury and maintained over a 90% follow up rate.
- Used publicly accessible databases and other sources; paid investigation tools; and inductive reasoning; to locate difficult to find subjects or draw other conclusions.
- Conducted hundreds of hours of interviews some of which we used as part of a training tool.
- Wrote a best practices guide for how to locate subjects, reducing the time for new hire training.
- Worked with principal investigators on cross-channel marketing to increase attendance at informational forums

Volunteer, Advocate/Mentor for People Experiencing Chronic Health Conditions 2016 - present

- I help people set goals, anticipate likely challenges, and strategize solutions for different contingencies.
- I provide case management/advocacy in the context of public benefit eligibility and health systems navigation.
- Analyze medical records and other sources to identify relevant themes in health conditions or provider practices that could affect eligibility for public benefits or other resources.
- I have acted as an advocate for people in medical appointments and in the context of attaining eligibility for public benefits.
- I have acted as representative for people who were not capable of advocating for themselves in *pro se* administrative hearings.

- I have conducted review of the stipulations related to receipt of public benefits, maintaining eligibility for these benefits, and when necessary helped people file and argue appeals contesting denial of eligibility.

Young Adults with Traumatic Brain Injuries Group (YAWTBI), Seattle, WA 2010 – 2012
 Facilitator – I realized through my work at UWMC that there was a need for a supportive community to help youth with TBI navigate the transition from adolescence into young adulthood. I organized the group; secured seed funding; structured meetings; arranged guest speakers; advertised meetings; tracked attrition, worked with service providers to recruit new members and create external activities:

- **Feed Your Recovery** was a four week series of cooking classes focused on brain healthy nutrition. The program was a collaboration between YAWTBI, Whole Foods, and The Brain Injury Alliance of Washington (BIAW); it was funded as part of a DSHS grant.
- **Gentle Yoga for People with TBI** was a weekly low impact yoga class organized as a collaboration between YAWTBI, BIAW, and another support group.

Office of the Governor, Communications Office, Olympia WA 2007
 Communications Intern, Governor Gregoire’s office

- Wrote press releases and scripted the governor’s constituent video greetings
- Prepared the governors daily news brief
- Strategized with director of communications and other communications staff regarding language and content of official statements.

The Twice Monthly Show, Seattle Community Access Network, Seattle, WA 2003 – 2004
 Producer/Director - Casted actors, recruited writers, and scouted music and other guests.

- Lead a collaborative creative team of writers and content producers to structure each show and develop live segments.
- Provided direction to four live production teams in studio. with a crew of up to 16 volunteers.

LEADERSHIP & SERVICE

Brain Injury Support Group Network Newsletter, Reoccurring Columnist	2010 – 2011
Washington State TBI Conference, Planning Committee Board Member	2009 – 2010
UW School of Occupational Therapy, Consultant, Support Group Facilitator Tool Kit	2009 – 2010
TBI Clubhouse Proposal, Independent DSHS Bid Evaluator	2009
Seattle Children’s Hospital, Volunteer (875 hours of service)	1996 – 1997

PRESENTATIONS

James, S., (2021) Ableism to Fascism: Implicit Biases in Policy. Guest Lecturer. Disability Studies 230. University of Washington, Comparative History of Ideas. Presented Remotely

James, S., (2021) Why Use Comics for Knowledge Translation? Presenter. Spring 2021 Lecture Series. Pittsburgh Dissemination and Implementation Science Collaborative. Presented Remotely

James, S., (2020). Disability Advocacy: How, When, and Why. Presenter. Brain Injury Alliance of Washington and Traumatic Brain Injury Model System Study, Presented Remotely

James, S., (2020). Why Use Comics for Knowledge Translation? Presenter. Qualitative Research Consult Group. Center of innovation for Veteran-Centered and Value Driven Care. Presented Remotely.

James, S., (2019). Why Use Comics for Knowledge Translation? Presenter. Center on Knowledge Translation for Disability & Rehabilitation Research. 2019 online KT Conference.

James, S., (2019). Disability Advocacy: How, When, and Why. Presenter. Brain Injury Alliance of Washington and Traumatic Brain Injury Model System Study, Harborview Medical Center, Seattle WA

James, S., (2018). Communicating with people who have disabilities. Panel member. Physical medicine and rehabilitation student group. University of Washington, School of Medicine, Seattle WA.

James, S., (2013). Special Topics in Rehab: Interdisciplinary Case Seminar, Rehab 566. University of Washington, School of Medicine, Seattle WA.

James, S., (2012). Special Topics in Rehab: Interdisciplinary Case Seminar, Rehab 566. University of Washington, School of Medicine, Seattle WA.

James, S., (2011). Chronic Care Clerkship: Patient Interviewing, Conjoint 690. University of Washington, School of Medicine, Seattle WA.

James, S., (2011). Special Topics in Rehab: Interdisciplinary Case Seminar, Rehab 566. University of Washington, School of Medicine, Seattle WA.

James, S., (2009). Reconnecting with your community after TBI. Panel Leader. Washington State TBI Conference, Seattle WA.

James, S., (2008). The business of selling eyewear. Ophthalmic Dispensing Business, Oph 295. Seattle Central Community College, School of Opticianry, Seattle, WA.

James, S., (2006). Special Topics in Rehab: Cognitive Disabilities, Rehab 566. University of Washington, School of Medicine, Seattle WA.

Publications

James, S., Jacob, A., Lasky, D., (2019). Why Comics For Knowledge Translation (Unpublished *In Process*)

James, S., Jacob, A., Lasky, D., Dougherty, T.,. (2018). Traumatic Brain Injury and chronic pain, 1-4. Retrieved from <http://comics.tbi.washington.edu/tbi-and-chronic-pain-part-1>

James, S., Hoffman, J., Lucas, S., Moessner, A., Bell, K., Walker, W., Plummer, C. J.,... Hurwitz, M.,. (2018). TBI and chronic pain, 1-2. Retrieved from <http://comics.tbi.washington.edu/tbi-and-chronic-pain-part-1>

James, S., Jacob, A., Lasky, D.,. (2017). Understanding concussion. Retrieved from <http://comics.tbi.washington.edu/recovering-from-concussion>

James, S.,. (2015). *Comics: A Radical Tool for Traumatic Brain Injury Education* (Unpublished MPA thesis). University of Washington, Evans School of Public Policy and Governance.

James, S., Jacob, A., Lasky, D.,. (2014). Understanding Traumatic Brain Injury. Retrieved from <http://comics.tbi.washington.edu/recovering-from-concussion>

James, S., Jacob, A., Lasky, D.,. (2014). Traumatic Brain Injury and headaches. Retrieved from <http://comics.tbi.washington.edu/tbi-and-headaches>

James, S., Jacob, A., Cory, M.,. (2013). Traumatic Brain Injury and sleep. Retrieved from <http://comics.tbi.washington.edu/tbi-and-sleep>

James, S., Jacob, A., Cory, M.,. (2012). Emotional changes after Traumatic Brain Injury. Retrieved from <http://comics.tbi.washington.edu/emotional-changes-after-tbi>

Seattle Disability Commission

June 2022

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

- 8 City Council-appointed
- 9 Mayor-appointed (includes 1 Get-engaged Mayor position)
- 4 Other Appointing Authority-appointed (specify): Commission-appointed

Roster:

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
			1.	Member	VACANT	5/01/21	4/30/23	1	Mayor
			2.	Member	VACANT	5/01/21	4/30/23	1	City Council
			3.	Member	VACANT	5/01/21	4/30/23	1	Mayor
6	F	6	4.	Member	Christine Lew	5/01/21	4/30/23	1	City Council
			5.	Member	VACANT	11/1/21	10/31/23	1	Mayor
			6.	Member	VACANT	11/1/21	10/31/23	1	City Council
			7.	Member	VACANT	11/1/21	10/31/23	1	Mayor
6	F		8.	Member	April Snow	11/1/21	10/31/23	1	Commission
4	F		9.	Member	Kristina M. Sawyckyj	5/01/22	4/30/24	3	City Council
			10.	Member	VACANT	5/01/22	4/30/24	1	Mayor
6	F	6	11.	Member	Devon Breithart	5/01/22	4/30/24	1	City Council
6	M	3	12.	Member	Silas T. James	5/01/22	4/30/24	1	Mayor
			13.	Member	VACANT	11/1/20	10/31/22	1	City Council
			14.	Member	VACANT	11/1/20	10/31/22	1	Mayor
	F	5	15.	Member	Taylor Woods	11/1/20	10/31/22	1	City Council
6	F	4	16.	Get Engaged	Taylor Ladd	9/1/21	8/31/22	1	Mayor
			17.	Member	Heyiwot Amare	5/01/22	4/30/24	1	City Council
			18.	Member	VACANT	11/1/20	10/31/22	1	Mayor
6	F	7	19.	Member	Shelby Dey	5/01/22	4/30/24	1	Commission
	F	3	20.	Member	Dawn Dailey	11/1/20	10/31/22	1	Commission
6	F	1	21.	Member	Kaitlin Skilton	11/1/20	10/31/22	1	Commission

SELF-IDENTIFIED DIVERSITY CHART

			(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)		
	Male	Female	Transgender	NB/ O/ U	Asian	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	Other	Caucasian/ Non-Hispanic	Pacific Islander	Middle Eastern	Multiracial
Mayor	1	1								2			
Council		4								2			
Other		4								2			
Total	2	9								6			

Key:

*D List the corresponding *Diversity Chart* number (1 through 9)

**G List *gender*, M= Male, F= Female, T= Transgender, NB= Non-Binary O= Other U= Unknown

RD Residential Council District number 1 through 7 or N/A

Diversity information is self-identified and is voluntary.