




## City of Seattle Boards & Commissions Notice of Appointment

|  |                        |  |
|--|------------------------|--|
| <b>Appointee Name:</b><br>Allan Nyaribo  |                        |  |
| <b>Board/Commission Name:</b><br>Seattle Human Rights Commission   |                        | <b>Position Title:</b><br>Member   |
| <input type="checkbox"/> Appointment OR <input checked="" type="checkbox"/> Reappointment  |                        | <b>Council Confirmation required?</b><br><input checked="" type="checkbox"/> Yes<br><input type="checkbox"/> No                        |
| <b>Appointing Authority:</b><br><input checked="" type="checkbox"/> Council<br><input type="checkbox"/> Mayor<br><input type="checkbox"/> Other:   | <b>Date Appointed:</b> | <b>Term of Position: *</b><br>1/23/2022<br>to<br>1/22/2024<br><br><input type="checkbox"/> Serving remaining term of a vacant position |
| <b>Residential Neighborhood:</b>   | <b>Zip Code:</b>       | <b>Contact Phone No.:</b>  |
| <b>Background:</b><br>Allan has been involved in the Community Mental Health Sector and has functioned in various capacities as a case manager, therapist, and program manager. He is a passionate mental health advocate and believes in integrating mental health into daily living as a vehicle of self-empowerment for immigrant and minority populations. He is currently a graduate student at the School of Social Work and Criminal Justice at the University of Washington, Tacoma and holds a bachelor's degree in Social Psychology. Allan writes poetry in his spare time focusing on and inspired by his experiences as a first-generation immigrant encompassing topics of race, ethnicity, and identity all of which he passionately advocates for in different forums. Allan has been active member and looks forward to his continued work on the commission. |                        |  |
| <b>Authorizing Signature (original signature):</b><br>  |                        | <b>Appointing Signatory:</b><br>Councilmember Tammy Morales<br>Seattle City Council  |

# **Allan Nyaribo**

## **Summary**

- Associates Degree Social and Cultural Anthropology University of Nairobi
- BA Social Psychology Interdisciplinary Evergreen State University
- MSW candidate University of Washington Tacoma Class of 2022.
- Credentials - CDPT – Active / Agency Affiliated Counselor - Active
- Proficient in Microsoft software packages Excel, Word, Outlook, PowerPoint.
- Proficient with Electronic Health Records - Avatar, Credible and CareWare

## **Education**

- University of Washington Tacoma MSW Candidate Class of 2022
- Evergreen State College BA Social Psychology (Interdisciplinary) Class of 2019
- University of Nairobi - Social and Cultural Anthropology – Associates Degree
- Undergraduate Internship - Behavioral Health Resources - Counseling Capstone Project
- MSW Graduate Generalist Practicum completed with Cascade Community Healthcare's Crisis Stabilization Unit.

## **Employment**

### **Cascade Community Healthcare Evaluation and Treatment Center**

#### **Inpatient Program Manager – 4/1/21 to Date**

##### **Current Duties**

- Provides planning, organizing, and coordination for the Inpatient Services Program.
- Provides supervision, training, and evaluations of program staff.
- Participates in program development.
- Provides coordination between program and community, program, and other Cascade programs.
- Provides on call clinical supervision as directed by the Director of Acute Psychiatric Services.
- Participates in other selected activities at the direction of the Director of Acute Psychiatric Services.

### **Cascade Community Healthcare: Inpatient Acute Psychiatric Case Manager**

#### **4/17/20 – 4/1/21**

- Conducting intakes and clinical scales for the purposes of developing collaborative treatment plans for clients assigned to the Acute Psychiatric Services team.

- Coordinating treatment services for clients with severe mental illness by teaming up with and making referrals to a variety of community service providers and linking up clients with community resources after discharge.
- Consulting with professionals during clinical assessment meetings on a variety of problems including delivery of needed services for clinically complex cases including reporting on escalating symptoms medication access and management with a view of stabilizing the client.
- Providing individual mental health counseling and case management services under the supervision of a Mental Health Professional using CBT/DBT and other evidence based therapeutic interventions.
- Attending clinical assessment meetings to determine client progress in treatment while in the CSU/ETU with the objective of safely discharging the client after their voluntary/involuntary hold.
- Developing crisis and safety planning with designated clients while in the facility to ensure client and staff safety including mitigating escalating behaviors post discharge.

#### **Pierce County Aids Foundation: Mental Health Case Manager**

**12/2/2019 – 4/4/20**

- Developing, Implementing, monitoring, reviewing, and updating individual service plans with clients with an objective of tailoring the plans to the clients' specific needs.
- Maintaining a comprehensive understanding of the statewide standards for HIV Medical Case Management and adhere to the requirements that govern HIV management in Washington State.
- Document client contacts as required by funding sources by maintaining accurate records and preparing statistical reports in a precise and timely manner.
- Developing and demonstrating knowledge of HIV/AIDS related conditions and treatment, and use knowledge to educate clients and people in their social support systems.
- Cultivate and sustain positive working relationships with medical, mental health, chemical dependency, and other social service providers in the community. Facilitate referrals for such services when necessary and make appropriate follow-ups to ensure client access.

#### **Cascade Community Healthcare: Clinician 1 Intensive Case Management**

**7/19/20 – 11/19/20 –**

- Establishing and maintaining a therapeutic relationship with clients served with an objective of providing a safe and trusting environment for the clients to stabilize within the community.
- Conducting Assessments and Intakes for the development of Treatment Plans and creating Case Management profiles for clients entering and leaving the program to assist clients stabilize, access and utilize community resources.
- Monitoring medication compliance and providing supports for medication management services in coordination with the medical team.

- Addressing Crisis situations involving symptomatic clients with a view to stabilization closely collaborating with DCR's and Law Enforcement.
- Coordinating client care while in transition from psychiatric holds, jail or involuntary detentions with aim of a smooth transition into community living.
- Documenting all treatment provided consistently within agency deadlines including keeping track of insurance authorizations, expiring treatment plans and client exits from the program.

**Behavioral Health Resources RITZ Program: Counselor Undergraduate Intern (Recovery and Integrated Recovery Services)**

**3/26/2019 – 7/01/2019**

- Collaborated closely with clients to develop a tailored Case Management Plan for the purpose of maintaining appropriate levels of care needed for maintaining abstinence, including emotional support and coping skills, social support, medical support and medication compliance.
- Provided Co-Occurring (COD) CD Intervention, Counseling and Case Management services to clients exhibiting chronic and persistent Chemical Dependency with Co-Occurring Mental Illness, emotional disorders and/ or other co-occurring disorders.
- Conducted Assessments and Intakes for the development of Treatment Plans.
- Addressed Crisis situations involving symptomatic clients with a view to stabilization closely collaborating with DCR's and Law Enforcement.
- Coordinated with client to set up after care plans and strategies for follow up for client stability in the community.

# Seattle Human Rights Commission

January 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: Commission-appointed

**Roster:**

| *D | **G | RD | Position No. | Position Title | Name               | Term Begin Date | Term End Date | Term # | Appointed By |
|----|-----|----|--------------|----------------|--------------------|-----------------|---------------|--------|--------------|
| 1  | M   | 4  | 1.           | Member         | Schuyler Reid      | 7/23/21         | 7/22/23       | 1      | City Council |
|    |     |    | 2.           | Member         | Robel Mulugeta     | 7/23/21         | 7/22/23       | 1      | Mayor        |
| 2  | M   | 7  | 3.           | Member         | Tyrone Grandison   | 7/23/21         | 7/22/23       | 2      | City Council |
|    | F   |    | 4.           | Member         | Roopali Dhingra    | 7/23/21         | 7/22/23       | 1      | Mayor        |
|    | F   |    | 5.           | Member         | Guneeta Chadha     | 7/23/21         | 7/22/23       | 1      | City Council |
|    | F   |    | 6.           | Member         | Amanda Richer      | 1/23/21         | 1/22/23       | 1      | Mayor        |
|    | M   |    | 7.           | Member         | Allan Nyaribo      | 1/23/22         | 1/22/24       | 2      | City Council |
|    | F   |    | 8.           | Member         | Julia Ismael       | 1/23/22         | 1/22/24       | 2      | Commission   |
|    |     |    | 9.           | Member         | Vacant             | 7/23/20         | 7/22/22       | 1      | Mayor        |
| 2  | F   | 6  | 10.          | Member         | Jackie Turner      | 7/23/20         | 7/22/22       | 2      | City Council |
| 1  | F   | 7  | 11.          | Member         | Erika Chen         | 7/23/20         | 7/22/22       | 2      | Mayor        |
|    |     |    | 12.          | Member         | Vacant             | 7/23/20         | 7/22/22       | 1      | City Council |
|    | F   |    | 13.          | Member         | Jackie Schultz     | 1/23/21         | 1/22/23       | 1      | Mayor        |
|    |     |    | 14.          | Member         | Vacant             | 1/23/21         | 1/22/23       | 1      | City Council |
|    |     |    | 15.          | Member         | Vacant             | 1/23/21         | 1/22/23       | 1      | Mayor        |
|    | F   |    | 16.          | Get Engaged    | Kira Rosenlind     | 9/1/21          | 8/31/22       | 1      | Mayor        |
|    |     |    | 17.          | Member         | Vacant             | 7/23/20         | 7/22/22       | 1      | City Council |
|    | M   |    | 18.          | Member         | Alexander Tang     | 1/23/22         | 1/22/24       | 1      | Mayor        |
|    |     |    | 19.          | Member         | Vacant             | 7/23/20         | 7/22/22       | 1      | Commission   |
| 6  | M   | 3  | 20.          | Member         | Brian Egger        | 1/23/20         | 1/22/22       | 2      | Commission   |
| 6  | F   | 3  | 21.          | Member         | Jessica C. Bhuiyan | 7/23/20         | 7/22/22       | 2      | Commission   |

## SELF-IDENTIFIED DIVERSITY CHART

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