



# City of Seattle Boards & Commissions Notice of Appointment

<b>Appointee Name:</b> <i>Afra Mahmood</i>		
<b>Board/Commission Name:</b> <i>Seattle Immigrant and Refugee Commission</i>		<b>Position Title:</b> <i>Get Engaged Member</i>
<input checked="" type="checkbox"/> <b>Appointment</b> OR <input type="checkbox"/> <b>Reappointment</b>	<b>City Council Confirmation required?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Appointing Authority:</b> <input type="checkbox"/> City Council <input checked="" type="checkbox"/> Mayor <input type="checkbox"/> Other: _____	<b>Term of Position: *</b> 09/01/2021 to 08/31/2022  <input type="checkbox"/> <i>Serving remaining term of a vacant position</i>	
<b>Residential Neighborhood:</b> <i>Belltown</i>	<b>Zip Code:</b> <i>98121</i>	<b>Contact Phone No.:</b> <i>N/A (Business phone # is not available)</i>
<b>Background:</b> <p><i>Afra grew up in Charlotte, NC, and was a close observer of her mother's efforts in welcoming her refugee neighbors to her community. While obtaining her B.A. in Public Health and B.S. in Spanish at UNC Charlotte, she consequently grew connected with a local immigrant and refugee-serving afterschool program: ourBRIDGE for KIDS. There, she supported the facilitation of a culturally-relevant science, technology, engineering, art, and math curriculum that was grounded in creating a learning environment that promoted the innate resilience of the children.</i></p> <p><i>Afra recognizes the crucial importance of one's community in acting as a protective factor that promotes the health and wellbeing of families. Upon relocating to Seattle in 2020, she learned of the gap in culturally-relevant resources for Muslims with disabilities in Washington. Currently, she is an intern with 'MUHSEN,' where she works to ensure gathering spaces are accommodating to individuals with special needs, many of whom are immigrants and refugees. In addition, she is working as a shelter counselor at New Horizons, a homeless shelter that partners with young adults on their journey towards housing. She is also obtaining her M.A. with the Islamic Seminary of America with a goal of deepening the well that guides her efforts to walk with and learn from communities.</i></p>		
<b>Authorizing Signature (original signature):</b>    <b>Date Signed (appointed):</b> 3/7/2022	<b>Appointing Signatory:</b> <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.

# Afra Mahmood

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## EDUCATION

### University of North Carolina at Charlotte

May 2020

Bachelor of Science in Public Health (BSPH); Bachelor of Arts in Spanish (BA); summa cum laude

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## WORK EXPERIENCE

### Our Bridge for Kids

(2yr 8mo) Oct '18 – May '20

#### Intern

- Responsible for day-to-day academic support of a class of primary school students of refugee status
- Supported instructors in carrying out a trauma-informed curriculum that builds children's self-esteem in the learning process

### Allegro Foundation

(2yr 3mo) Jan '18 – Mar '20

#### Core Volunteer

- Facilitated weekly kinesthetic instruction sessions (in English and Spanish) to stimulate communication among children with special needs in three Title I elementary schools

### Shifa Free Health Clinic

(3yr 8mo) Aug '16 – Mar '20

#### Core Volunteer

- Assisted physicians in taking vital signs of incoming patients, conducting screenings to validate eligibility for services, and acting as a Spanish-English translator
- Executed resource referrals to community partners and agencies to address concerns such as food insecurity, housing instability, and other social needs

### Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

(5mo) Aug '19 – Dec '19

#### Intern

- Led outreach seminars (in English and Spanish) in two maternal health clinics that promoted WIC program services among immigrant mothers upon observation of the decline in program participation in the county
- Conducted semi-structured interviews with a team of nutritionists and registered dietitians to better understand the resources used by expecting women exhibiting high blood pressure to increase resource referral

### Camino Clinic

(5mo) Aug '17 – Dec '17

#### Intern

- Oversaw administrative duties at a predominantly Latinx-serving free clinic (responding to client requests, scheduling appointments and maintaining health records)
- Streamlined the effort to institute a patient record-keeping system for clinic staff to utilize

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## RELEVANT EXPERIENCE

### Academy for Research on Community Health, Engagement and Services (ARCHES)

(2yr 3mo) Jan '18 – Mar '20

#### Undergraduate Research Assistant

- Authored literature reviews on biopsychosocial factors affecting the health and well-being of residents in high-stress, low-resource communities and integrated qualitative data into visual media for presentations to community agencies
- Collaborated with a team of faculty, graduate students, and community leaders to organize the 4<sup>th</sup> Annual Latinx Mental Health Summit on immigration, trauma and resilience

### Southeastern Association of Culture Studies Regional Conference, Lead Presenter

Feb '20

- Presented findings of honors thesis that investigated the role of English language literacy as a social determinant of health and barriers to English language learning among immigrant and refugee youth

### Dahl Lab, Department of Public Health Sciences

(7mo) May '19 – Jun '19; Aug '19 – Dec '19

#### Undergraduate Research Assistant

- Co-authored a mental health needs assessment and resource directory for NCAA female student athletes
- Drafted a master protocol for a pilot study measuring self-reported health factors present during pregnancy among African American women in the county
- Evaluated the county's tobacco-free parks ordinance by surveying park visitors' (n = 102) observations of behaviors and attitudes towards tobacco-free policies

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## RELATED OBJECTIVES

Question, Persuade, Refer (QPR) Gatekeeper, Mental Health America | Spanish and Urdu, Advanced proficiency

# Seattle Immigrant and Refugee Commission

15 Members: Pursuant to Ordinances 12822 and 120345 and SMC 3.14.545, [all] members subject to City Council confirmation, [14 [ have 2-year terms, (1) Get Engage Member has 1 year term:

- 7 City Council-appointed
- 8 Mayor-appointed
- 0 Other Appointing Authority-appointed (specify):

## Roster:

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
			1.	Member	Vacant	2/1/21	1/31/23		Council
			2.	Member	Vacant	2/1/21	1/31/23		Council
1	F	2	3.	Member	Bao-Tram Do	2/1/21	1/31/23	1	Mayor
			4.	Member	Vacant	2/1/21	1/31/23		Mayor
			5.	Member	Vacant	8/1/20	7/31/22		Council
2	F	NA	6.	Member	Ilays A. Aden	8/1/19	7/31/21	1	Mayor
3	F	6	7.	Member	Karina San Juan	8/1/19	7/31/21	1	Mayor
8	F	NA	8.	Member	Naheed Aaftaab	2/1/20	1/31/22	2	Council
3	F	5	9.	Member	Maria Jimenez-Zepeda	2/1/20	1/31/22	2	Council
			10.	Member	Vacant	2/1/21	1/31/23		Mayor
2	M	2	11.	Member	Emmanuel G. V. Dolo	2/1/20	1/31/22	1	Mayor
			12.	Member	Vacant	2/1/21	1/31/23		Council
3	F	4	13.	Member	Amanda Sandoval	8/1/20	7/31/22	1	Mayor
			14.	Member	Vacant	2/1/22	1/31/24		Council
1	F	7	15.	Get Engaged Member	Afra Mahmood	9/1/21	8/31/22	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 (Specification Optional)	Caucasian/ Non- Hispanic	Pacific Islander	Middle Eastern	Multiracial
Mayor													
Council													
Other													
Total													

## 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.