




# City of Seattle Boards & Commissions Notice of Appointment

<b>Appointee Name:</b> <i>Afra Mahmood</i>		
<b>Board/Commission Name:</b> <i>Immigrant and Refugee Commission</i>		<b>Position Title:</b> <i>Get Engaged Member</i>
<input type="checkbox"/> <b>Appointment</b> OR <input checked="" 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: <i>Fill in appointing authority</i>	<b>Term of Position: *</b> 9/1/2022 <b>to</b> 8/31/2023  <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>
<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 after school 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 environment that sought to build the students' self-esteem in the learning process.</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 relevant resources and facilities for Muslims with disabilities in Washington. She worked with the organization "MUHSEN" to ensure gathering spaces are accommodating to individuals with special needs. Currently, she is a medical student at the UWSOM.</i></p>		
<b>Authorizing Signature (original signature):</b>  <b>Date Signed (appointed):</b> 10/11/2022	<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

## EDUCATION

### University of North Carolina at Charlotte

2020 May

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

## RESEARCH 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
- Supported Principal Investigator in grant preparation (drafted budget narrative, project summary, aims, and objectives)
- Collaborated with a team of faculty, graduate students, and community leaders to run operations of the U-City Family Zone, a place-based partnership between the university and surrounding geographical area

### 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

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

## EXPERIENCE

### New Horizons

(6mo) Oct '21 – March

'22

#### Shelter Counselor (Part-Time)

- Oversee operations of the Cedar St. homeless shelter for adults ages 18 to 25
- Provide presence, reassurance, and support to clients through assisting with basic needs (serving meals, warm clothes, etc.)

### Muslims Understanding and Helping Special Educational Needs (MUHSEN)

(1yr 8mo) Oct '20 – Jun

'22

#### Mosque Certification Intern, Outreach Coordinator

- Organize a national campaign to partner with mosques to establish accommodations like ramps, respite care, and educational programming to advance conversations surrounding inclusion and accessibility
- Develop a national directory of caregivers as a means of offering informal mutual support and opportunities to discuss caregiving challenges and strategies

### Our Bridge for Kids

(2yr 8mo) Oct '18 – May

'20

#### Intern

- Responsible for day-to-day academic support of a 2<sup>nd</sup> to 3<sup>rd</sup> class of students of refugee status
- Supported instructors in carrying out a trauma-informed curriculum that builds children's self-esteem in the learning process

### Shifa Free Health Clinic

(4yr 5mo) Oct '15 – Mar

'20

#### 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

### Allegro Foundation

(2yr 3mo) Jan '18 – Mar

'20

#### Volunteer

- Facilitated weekly kinesthetic instruction sessions (in English and Spanish) to stimulate communication among children with special needs in three Title 1 elementary schools

### 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 interviews with a team of nutritionists and registered dietitians to learn which resources were most and least utilized by expecting women exhibiting high blood pressure (presented findings as a means of increasing resource referral)

#### RELATED OBJECTIVES

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

## 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	F	NA	1.	Member	Gul Siddiqi	2/1/21	1/31/23	1	Council
8	F	NA	2.	Member	Hajer Al-Faham	2/1/21	1/31/23	1	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	1	Mayor
			5.	Member	Vacant	8/1/20	7/31/22	1	Council
2	F	NA	6.	Member	Ilays A. Aden	8/1/21	7/31/23	1	Mayor
			7.	Member	Vacant	8/1/21	7/31/23	1	Mayor
8	F	NA	8.	Member	Naheed Aaftaab	2/1/22	1/31/24	2	Council
3	F	NA	9.	Member	Maria Jimenez-Zepeda	2/1/22	1/31/24	2	Council
			10.	Member	Vacant	2/1/21	1/31/23	1	Mayor
2	M	7	11.	Member	Emmanuel G. V. Dolo	2/1/22	1/31/24	1	Mayor
1	F	3	12.	Member	Heather Yang Hwalek	2/1/21	1/31/23	1	Council
3	F	4	13.	Member	Amanda Sandoval	8/1/20	7/31/22	1	Mayor
			14.	Member	Vacant	2/1/2022	1/31/24	1	Council
1	F	7	15.	Get Engaged Member	Afra Mahmood	9/1/22	8/31/23	2	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					2	2	1						
Council					2		1					2	
Other													
<b>Total</b>					<b>4</b>	<b>2</b>	<b>2</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.*