



City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Paula Orrego</i>		
Board/Commission Name: <i>Seattle Commission for People with disAbilities</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: <i>Fill in appointing authority</i>	Date Appointed:	Term of Position: * 9/1/2020 to 8/31/2021 <input type="checkbox"/> <i>Serving remaining term of a vacant position</i>
Residential Neighborhood: <i>University District</i>	Zip Code: <i>98105</i>	Contact Phone No.:
Background: Paula Orrego is a California native, graduated from Palo Alto University in 2019 with a degree in Psychology and Social Action. Paula has been an anti-bullying advocate and political activist for 10 years, touring the Bay Area with regular speaking engagements. She looks forward to the opportunity to advocate for disAbled community members in the world of city policy. She is currently attending University of Washington, pursuing a degree in Speech and Hearing Sciences.		
Authorizing Signature (original signature): 		Appointing Signatory: <i>Jenny A. Durkan</i> <i>Mayor of Seattle</i>

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

PAULA ORREGO

PERSONAL PROFILE

As a passionate individual with a strong work ethic, I have developed a diverse set of skills that allow me to excel in a wide variety of work environments. I pride myself on being a lifelong learner, and I adapt readily to changing circumstances. In my free time, I enjoy travel and experiencing new cultures, reading, and creative writing.

AWARDS & RECOGNITION

Awarded by The Pollination Project:
- Youth Rising Grant (2017)

Awarded by Gilroy Unified School District Board of Education:
- Recognition of Activism (2019)

Awarded by Project Cornerstone:
- Positive Peer Influence Award Nominee (2019)

PROJECTS

"The Little Pig"

- My first children's picture book about a pig who discovers the meaning of family
- Slated for a Jan 2021 book release

Speak Up, Stand Up, Becoming a Changemaker: Mental Illness in Silicon Valley

- Organized and hosted the event, with funding from The Pollination Project
- A panel of speakers discussed their positive and negative experiences with mental illness in the Bay Area as well as what audience members can do to help

Give More HUGS Musical Instrument/Book Drives

- Organized two book drives in 2019 and one instrument drive in 2018 with non-profit organization Give More HUGS
- Donated books and instruments to local, low-SES schools

RELATED EXPERIENCE

Public Speaker

Self-Employed | Jun. 2012 - Present

- Lead workshops and presentations in a variety of settings, including schools, colleges/universities, conferences, and churches
- Bring awareness to the issues of school bullying and mental illness stigma

College Ambassador and Communications & Media Intern

Give More HUGS | Aug. 2017 - Dec. 2019

- Created social media (Facebook and Instagram) and blog content
- Created multimedia presentations and videos for new ambassadors
- Collaborated with the rest of the social media team
- Partnered with Microsoft for book signing events
- Attended monthly leadership meetings
- Represented the ambassador program during the National Hugging Day Conference in Los Angeles and networked for the organization

Grief Counselor

Bill Wilson Center | Apr 2018- Nov 2019

- Provided psychological support and facilitated meaningful discussion to help teenage clients dealing with grief
- Collaborated with my co-facilitator and supervisor in order to deliver the best care possible
- Assisted the Volunteer Program Coordinator on Bill Wilson Center projects, including calling potential donors, organizing the volunteer databases, and helping the rest of the Human Resources staff in their duties
- Provided a compassionate presence and Spanish-English translation during critical incident debriefings

ACADEMIC PROFILE

University of Washington-Jun. 2020-Present

Palo Alto University-Sep. 2017-Jun. 2019

Bachelor of Science in Psychology and Social Action

Class of 2019

Summa Cum Laude

3.83 GPA

- Member of Psi Chi
- Cohort Representative
- Public Relations Officer of the Coalition for Disability Advocacy and Education

Foothill College-Apr. 2014-Jul. 2017

Dean's List (2016 and 2017)

- Member of Glee Club
- Member of Film Club
- Pass the Torch Writing Tutor
- Member of Gay-Straight Alliance Club

Willamette University-Aug. 2012-Feb. 2014

- Member of Unified Scholars
- Member of Philosophy Club
- Member of Debate
- Student Representative on Willamette University Safety Committee

Seattle Commission for People with Disabilities

October 2020

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
9	F	3	1.	Member	Hannah Wilson	5/01/19	4/30/21	1	Mayor
			2.	Member	VACANT	5/01/19	4/30/21	1	City Council
6	M	7	3.	Member	Eric L. Scheir	5/01/19	4/30/21	2	Mayor
6	M	6	4.	Member	Jayson Morris	5/01/19	4/30/21	2	City Council
			5.	Member	VACANT	11/1/19	10/31/21	1	Mayor
			6.	Member	VACANT	11/1/19	10/31/21	1	City Council
2	NB	5	7.	Member	ChrisTiana ObeySumner	11/1/19	10/31/21	3	Mayor
			8.	Member	VACANT	11/1/19	10/31/21	1	Commission
4	F		9.	Member	Kristina Sawyckyj	5/01/20	4/30/22	2	City Council
2	F	3	10.	Member	Anquida Adams	5/01/20	4/30/22	2	Mayor
6	F	7	11.	Member	Jessica Williams-Hall	5/01/20	4/30/22	2	City Council
			12.	Member	VACANT	5/01/20	4/30/22	1	Mayor
			13.	Member	VACANT	11/1/18	10/31/20	1	City Council
			14.	Member	VACANT	11/1/18	10/31/20	1	Mayor
			15.	Member	VACANT	11/1/18	10/31/20	1	City Council
			16.	Get Engaged	Paula Orrego	9/1/20	8/31/21	1	Mayor
			17.	Member	VACANT	5/01/20	4/30/22	1	City Council
			18.	Member	VACANT	11/1/18	10/31/20	1	Mayor
1	M	2	19.	Member	Daniel Kogita	5/01/20	4/30/22	1	Commission
			20.	Member	VACANT	11/1/18	10/31/20	1	Commission
		1	21.	Member	Kaitlin Skilton	5/01/20	4/30/22	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	2		1		2				1			1
Council	1	2						1		2			
Other	1				1								
Total	3	4		1	1	2		1		3			1

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.

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