

# CAROL E. SUTHERLAND, PHD, MPH

## RESUME

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### SKILLS SUMMARY

- A gifted life coach helping people in midlife find purpose, joy and meaning in the second half of life
- A creative, entrepreneurial leader with over 15 years experience managing complex projects and organizations and inspiring high performance teams with integrity and vision
- Demonstrated results oriented management style with a commitment to excellence and service
- Over 7 years experience providing consultation and technical assistance on program evaluation, strategic planning, and communicating health information to the public

### EDUCATION/TRAINING

- 2006            Certified Coach, Coach Training Alliance, Boulder, CO
- 2005-2007     Masters Student, Spiritual Psychology, University of Santa Monica, Santa Monica, CA
- 1990            **PhD**, Public Health, University of California, Los Angeles
- 1983            **MPH**, Public Health, University of California, Los Angeles
- 1980            **BA**, Anthropology, Summa cum laude, University of California, Berkeley
- 1994-1997     Stanford University
- One quarter foreign study at Stanford campus, Tours, France 1997

### PROFESSIONAL EXPERIENCE

- 2005-present *Midlife Journeys, Santa Monica, CA.*  
**President.** Life Coach, entrepreneur, author and workshop leader.
- 2005–present *First 5 LA, Los Angeles Universal Preschool, Los Angeles, CA.*  
**Consultant** and member of the Research and Evaluation Advisory Committee.
- 2002-2005     *Center for Excellence, California State University Channel Islands, Camarillo, CA*  
**Executive Director.** Directed the implementation of a 4 year \$4 million evaluation, training and technical assistance grant for early childhood programs funded by First 5 Ventura County.
- 2000-2002     *UCLA Center for Healthier Children, Families and Communities*  
**Project Director.** Managed research projects related to early childhood development with \$400,000 budget over 2 years.
- 1998 – 2000   *Northern California Council for the Community, San Francisco, CA*  
**Consultant.** Served on Executive Steering Committee and provided technical assistance to statewide Healthy California Progress Report Initiative.

- 1998 – 1999 *Los Angeles County Department of Health Services*  
**Consultant.** Provided technical assistance to Department of Health Services for development of Los Angeles County *Health of Angelinos* report.
- 1996-2000 *UCLA Center for Healthier Children, Families and Communities*  
**Project Coordinator.** Managed implementation of federally funded Community Health Report Card project with \$360,000 budget over 3 years.
- 1985 – 1989 *UCLA School of Public Health*  
**Principal Investigator.** Designed and carried out a one year longitudinal evaluation of The Wellness Community, a support community for people with cancer, in Santa Monica, CA.
- 1983-1985 *UCLA School of Public Health*  
**Research Assistant.** Provided research assistance for a study of holistic physicians.

## HONORS AND AWARDS

- 1983-85 National Institute of Mental Health Training Grant, a merit based award and stipend for outstanding students in public health
- 1983 Delta Omega Society Award for academic excellence in public health
- 1980 Phi Beta Kappa

## PUBLICATIONS

1. P. Pacheco and **C. Sutherland**, *Program Evaluation Guidebook*. Center for Excellence in Early Childhood Development, California State University Channel Islands, 2005.
2. E. Tullis, P. Pacheco and **C. Sutherland**, *Neighborhood for Learning Profiles: A description of the 11 communities served by First 5 Ventura County*. Center for Excellence in Early Childhood Development, California State University Channel Islands, 2004.
3. P. Pacheco, E. Tullis, M. Everest, H. Baker and **C. Sutherland**, *Kindergarten Transition: Recommendations for Ventura County*, Center for Excellence in Early Childhood Development, California State University Channel Islands, 2004.
4. B.J. D’Incau and **C. Sutherland**, *Evaluation Report: One-Time Funding for the High Impact/High Innovation and Barrier Reduction Initiative*, Center for Excellence in Early Childhood Development, California State University Channel Islands, 2003.
5. **C. Sutherland**, B.J. D’Incau and C. Rothstein-Fisch, *Enhancing the Future of Ventura County’s Children & Families: A Results-Based Accountability Approach to Evaluating Proposition 10 Funded Initiatives and Programs in Ventura County*, Center for Excellence in Early Childhood Development, California State University Channel Islands, 2002.
6. **C. Sutherland**, J. McCroskey and N. Halfon, *The Challenges of Measuring the Impact of Proposition 10*, in N. Halfon., E Shulman and M. Hochstein, eds., *Building Community Systems for Young Children*. UCLA Center for Healthier Children, Families and Communities, 2001.

7. N. Halfon, **C. Sutherland**, M.V. Schneider, M. Guardiani, A. Kloppenburg, J. Wright, K. Uyeda, A. Kuo, E. Shulman, *Reaching Back to Create a Brighter Future: The Role of Schools on Promoting School Readiness*. UCLA Center for Healthier Children, Families and Communities, 2001.
8. **C. Sutherland**, E. Shulman, N. Halfon, *From Resources to Results in Your Neighborhood: A Workbook for Improving the Lives of Children and Families*. UCLA Center for Healthier Children, Families and Communities, 2000.
9. **C. Sutherland**, E. Shulman, N. Halfon, S. Gardner, and J. McCroskey, *From Resources to Results for California's Children and Families: A Guide to Prop 10 Strategic Planning and Implementation*. UCLA Center for Healthier Children, Families and Communities, 2000.
10. **C. Sutherland**, N. Halfon, and J.E. Fielding, *Community Health Report Cards*. Encyclopedia of Public Health, 2000.
11. J.E. Fielding, **C. Sutherland**, N. Halfon, *Community Health Reports Cards: Results of National Survey*. American Journal of Preventative Medicine, 17(1): 79-86, July 1999
12. J.E. Fielding, and **C. Sutherland**, *National Directory of Community Health Report Cards*, UCLA Center for Healthier Children, Families and Communities, 1998.
13. J.E. Fielding, N. Halfon, **C. Sutherland**, *Characteristics of Community Reports Cards, Morbidity and Mortality Weekly Report*, 46(28): 647-655, 1997.
14. **C. Sutherland**, and M.S. Goldstein, *Joining a Healing Community for Cancer: Who and Why?* Social Science and Medicine, 35(3): 323-333, 1992.
15. M.S. Goldstein, **C. Sutherland**, D. Jaffe, J. Wilson, *Holistic Physicians and Family Practitioners: Similarities, Differences and Implications for Health Policy*, Social Science and Medicine, 26(8): 853-861, 1988.
16. M.S. Goldstein, **C. Sutherland**, D. Jaffe, J. Wilson, *The Use of Health Promotion Techniques by Holistic Physicians and Family Practitioners*, Advances, 5(3): 12-25, 1988.
17. M.S. Goldstein, **C. Sutherland**, D. Jaffe, J. Wilson, *Holistic Physicians and Family Practitioners: An Empirical Comparison*, Family Medicine, 19(4): 281-286, 1987.
18. M.S. Goldstein, D. Jaffe, **C. Sutherland**, J. Wilson, *Holistic Physicians: Implications for the Study of the Medical Profession*, Journal of Health and Social Behavior, 28: 103-119, 1987
19. M.S. Goldstein, D. Jaffe, **C. Sutherland**, *Physicians at a Holistic Medical Conference: Who and Why*, Health Values, 10: 3-13. 1986
20. M.S. Goldstein, D. Jaffe, **C. Sutherland**, *Variability among Holistic Physicians*, Health Policy, 5: 183-198, 1985.

## PRESENTATIONS

1. **C. Sutherland** and P. Pacheco, *Evaluating a Countywide Initiative: First 5 Ventura County*, California State University Northridge, 2005.

2. **C. Sutherland**, *Theory of Change*. Presented to the Ventura County Partnership for Safe Families, Camarillo, CA, 2005.
3. **C. Sutherland**, *Enhancing the Future of Ventura County's Children and Families: A Countywide Evaluation Design*, Presented to the Children and Families First Commission of Ventura County, 2002.
4. **C. Sutherland**, *Strategic Planning for Maternal, Adolescent and Child Health*, Conference of Maternal, Child and Adolescent Health Directors, Los Angeles, CA, 2001.
5. **C. Sutherland**, *Prioritizing for Greater Impact*, Kern County Prop 10 Technical Advisory Group, Bakersfield, CA, 2001.
6. **C. Sutherland** and Stephen Kaplan, *Strategic Plan Review*, Tehama County Children and Families Commission, Red Bluff, CA, 2001.
7. **C. Sutherland**, *A Web-based Strategic Planning Tool for Prop 10*, Statewide Conference of Children and Families Commissions, San Diego, CA, 2001.
8. **C. Sutherland** and Larry Best, *The UCLA Center for Healthier Children, Families and Communities: Providing technical assistance in community health monitoring for children, families and communities*. Presented to the Children and Families First Commission, Santa Barbara, CA, 1999.
9. **C. Sutherland**, *The Evolution of Community Report Cards*. Presented at The Future of Community Report Cards Conference, San Diego, CA, 1999.
10. **C. Sutherland** and Jonathan Fielding, *The UCLA Community Health Report Card Project*, Annual National Preventive Medicine Meeting, San Francisco, CA, 1998.
11. **C. Sutherland** and M.S. Goldstein. *The Wellness Community: An Innovative Approach to Psychological Cancer Care*. Presented at the Annual Meeting of the American Public Health Association, New Orleans, LA, 1987.
12. M.S. Goldstein, **C. Sutherland**, J. Wilson, D. Jaffe, *The Use of Alternative Healing Techniques Among Holistic and Mainstream Physicians*. Presented at the Annual Meeting of the American Public Health Association, Washington, D.C., 1985.
13. M.S. Goldstein, **C. Sutherland**, J. Wilson, D. Jaffe, J. Wilson, *Attitudes and Behavior toward Chiropractic and Manipulation among Holistic and Mainstream Physicians*. Presented at the Annual Meeting of the American Public Health Association, Washington, D.C., 1985.
14. M.S. Goldstein, D. Jaffe, **C. Sutherland**, *Physicians at a Holistic Medical Conference: Who and Why?* Presented at the Annual Meeting of the American Sociological Association, Washington, D.C., 1985.