

APPLICATION FOR APPOINTMENT TO
COUNTY BOARDS/COMMISSIONS AND COMMITTEES

Submit Date: Jan 13, 2022

Profile

Instructions: You may fill out this application on-line by tabbing between fields. After you have completed the form, print the application by clicking on the Print button at the bottom of the page. Alternatively, you may print the blank form and fill it out by hand. You must sign and date the application. Attach any additional documents and mail to the address at the bottom of the form.

Must be a resident of Nevada County to apply.

Which Boards would you like to apply for?

Mental Health & Substance Use Advisory Board (Nevada County): Submitted

Incumbent?

Yes No

Schuyler

First Name

Bright

Last Name

[Redacted]

Home Address

[Redacted]

City

[Redacted]

Suite or Apt

[Redacted]

State

[Redacted]

Postal Code

Mailing Address (if different from residence)

Supervisorial District 1 through 5 (Available from Election Office, 265-1298)

District 4

Time(s) available to attend meetings (days, evenings, etc.)

first Friday of the month works for me

[Redacted]

Email Address

[Redacted]

Primary Phone

[Redacted]

Alternate Phone

Interests & Experiences

Experience: A resume, or additional sheets, may be attached containing any information that would be helpful to the Board in evaluating your application.

Education/Employment Experience

See resume. The only thing I haven't updated yet is my MSW internship with Best Futures for Youth. My MSW is with University of Denver online program.

Community Experience and Affiliations

see resume

Other County Boards, Commissions, or Committees on which you have served:

nothing official. I helped design the last presentation with the Community Oversight Task Force, which was a group of members of the community concerned about the efficaciousness of law enforcement. My focus in the group was highlighting mental health of officers as officers with positive awareness of mental health (as opposed to stigma) will be more compassionate to those in the community with mental health concerns.

Other experience you feel would be helpful to the Board of Supervisors in making this appointment:

As you will see in my resume, I have taught Trauma Informed Yoga in many agencies/ institutions in this county over the last 11 years and have some familiarity with many in the populations served.

References: Please list two references with telephone numbers

Lee Kirby: [REDACTED] she was the Superior Court Administrator in Sierra County when I had a contract there teaching Trauma Informed Yoga, Mindfulness and Self-Care to Drug Court probationees for two years.

[Most Current Resume 2021.docx](#)

Upload a Resume

Other attachment

Agreement

Applicants may be required by State Law and County Ordinance to file a financial disclosure statement as part of the appointment process. The form may be viewed at <http://www.fppc.ca.gov>. An Oath of Office will be required upon appointment. I have reviewed the Financial Disclosure Statement requirement.

I Agree

Applications must be filed with: **Clerk of the Board of Supervisors, County of Nevada, 950 Maidu Ave., Nevada City CA 95959-8617**. This application is a public document.
Document-16360 Rev 1/2008

Schuyler Bright,

MSW Intern, C-IAYT, CAS, CMT, CDVSAC

Certified Yoga Therapist, Clinical Ayurvedic Specialist, Certified Massage Therapist

[REDACTED]
schuyler@holistictraumarecovery.org

Professional Experience

- 2011- 2020** **Yoga and Ayurveda for Trauma Recovery Institute** *Founder, Director*
Created curriculum for & taught 50, 70 & 200hr Training, Presentations.
- 2011-2020** **Community Beyond Violence, Hospitality House, Women of Worth:**
Yoga Instructor Taught weekly Yoga for Resilience class (received grant last 4 years at CBV). Fielded emergency calls weekly for 5 years.
- 2019-2020** **Sierra Nevada Memorial Hospital, Nevada County Superintendent of Schools, Earle Jamieson School, SNCS, Friendship Club, SPIRIT**
Program Development, TIC Instructor of Caregivers, special populations: mentally ill, foster youth, & kids with excessive truancy.
- 2018- 2019** **Charis Youth Center** *Program Development, Instructor*
Taught at risk youth Trauma Informed Yoga & Mindfulness once a week.
- 2016- 2018** **Sierra County Drug Court** *Program Development, Director*
Created 16-week curriculum integrating Mindfulness, Yoga, Ayurveda and trauma recovery. Meet with clients weekly, report to Drug Court on progress.
- 2015- 2018** **Connecting Point** *Yoga, Diet/ Lifestyle Teacher*
Teach IHSS Public Authority caregivers and CalWORKS recipients gentle stretching and Ayurvedic diet/ lifestyle tools.
- 2011-2013** **Common Goals** *Yoga Instructor*
Taught Yoga for Recovery weekly for clients.
- 2010-2016** **South Yuba Club** *Yoga Instructor*
Teach the general population yoga postures and breathing techniques.
- 2012- 2013** **North San Juan Senior Center, SNAP-Ed** *Yoga, Diet/ Lifestyle Teacher*
Taught seniors about food choices and natural treatment of various illness.
- 2008-2009** **Shuniasa Yoga Studio** *Teacher Training*
Coordinator, Marketing, Front Desk, Yoga Instructor: Managed logistics of teacher training, stocked product, taught asana.
- 2005-2009** **Yoganic Studio (San Diego)** *Owner, Manager, Yoga Instructor*
Built \$110,000 gross annual revenue from nothing, with over 30 classes a week with 17 teachers, weekly and monthly events; developed client base of over 4,000, email marketing, public speaking, inventory, payroll, teacher training, etc.

Education

- 2021- current** **University of Denver: Masters of Social Work (Intern)**
Social Policy & Advocacy, Community/ Macro Practice, Human Behavior in the Social Environment, Clinical Social Work Theories and Practice, Evidence Based Practice, Power, Privilege and Oppression, Integrated Social Work Practice for Social Justice

2008-11 California College of Ayurveda: CAS- Clinical Ayurvedic Specialist
Over 2000 hours in Ayurvedic History, Theory and Clinical Application (with Supervised Internship and Residency) in Nutrition, Herbal Medicine, and 5 Sense Therapies: Aromatherapy, Sound/Color/ Light Therapy & Ayurvedic Massage Therapy to treat all disease symptoms.

2004-06 Mueller College of Holistic Studies: CMT- Certified Massage Therapist
775 hours in Anatomy, Physiology, Pathology, Swedish and Asian (Shiatsu & Tuina) Styles.

2003-04 Holistic Medicine Institute: ERYT500- Registered Yoga Teacher
500 hours in Yoga History & Philosophy, Asanas/ Postures, Breathing & Cleansing Techniques.

1996-00 University of Utah Acting Conservatory, Liberal Arts: BFA- Bachelor of Fine Arts Awarded Department of Fine Arts Scholarship in 1999.

Other:

Wayne Brown Correctional Facility teaching first ever Yoga & Mindfulness program 2016-2020.

UN delegate 2012-13, local radio guest 2011-18.

Authored featured articles in Consumers Health Digest, The Union newspaper, International Journal of Yoga Therapists.

Additional Accreditations: Certified Domestic Violence Sexual Assault Counselor- 2011. Rape Self-Defense Instructor- 2012.

Continuing Education Provider for both Yoga Alliance (YACEP) and National Ayurvedic Medical Association (PACE).

Presenter at Accessible Yoga Conference- 2017, National Ayurvedic Medical Association Conference- 2019.