



## LEADERSHIP TEAM

### **Elizabeth (Liz) Markle, Ph.D., Co-Founder and Executive Director.**

Dr. Markle is a licensed psychologist, speaker, writer, researcher, and Associate Professor of Community Mental Health at California Institute of Integral Studies. She earned her doctorate in Counseling Psychology from Northeastern University and her M.A. in Psychology from Pacifica Graduate Institute. She completed her pre-doctoral internship at Cambridge Health Alliance/Harvard University and her postdoctoral training in Primary Care-Mental Health Integration at the San Francisco VA Medical Center. Dr. Markle is a thought leader in health and wellness, and is sought-after as a consultant for her expertise in clinic-community integration, innovative approaches to mental health, and group facilitation.

### **Benjamin (Ben) Emmert-Aronson, Ph.D., Co-Founder and Director of Operations and Evaluation**

Dr. Emmert-Aronson is a licensed clinical psychologist and researcher. He earned his MS in Statistics from Columbia University and his Ph.D. in Clinical Psychology from Boston University. He is dedicated to partnering with underserved communities to improve health and wellbeing and reduce health inequity. As Director of Operations at Open Source Wellness, Dr. Emmert-Aronson manages the organization's financial health through development, budgeting, and compliance. He oversees data systems and ensures HIPAA compliance, leads OSW's evaluation function, and conducts research to support strategic decision-making.

### **Sara Standish, Managing Director of Business Operations and Innovation**

Ms. Standish oversees OSW's business operations, including its human resources function, and leads innovations in its Community As Medicine® (CAM) program. The latter supports OSW's strategy to spread and scale the CAM model. With 10+ years of experience in healthcare and non-profit leadership, she brings a unique combination of business acumen and nonprofit expertise to her role. Prior to joining OSW, she led development of a regional community information exchange involving collaboration with over 100 clinical and community partners in King County, WA. She has held senior leadership roles at Health Leads, a national nonprofit, and has served as an advisor to healthcare payers, providers, and private equity clients at Bain & Company.

### **Sally St. John, MA, NBC-HWC, Managing Director of Programs and Partnerships**

Ms. St. John has 10+ years of experience as a nonprofit executive leader and integrative health and wellness coach, and is graduate of holistic health studies at St. Catherine University. Through these experiences, she has gained deep competencies in supporting the healing of the whole-person. Her work includes exploration of cultural diversity and indigenous and ancient healing practices, and investigation of the historic constructs of oppression underpinning today's medical and public health systems to influence individual as well as community and systemic change. Drawing on her expertise and experience as a former YMCA executive, Ms. St. John leads OSW's priority strategy to spread and scale Community As Medicine through OSW's YMCA Community As Medicine Learning Collaborative.

### **Rachel Barach, Director of Training**

Ms. Barach's vision is to expand access to quality health coaching for all who need it. She is an NBHWC- certified health coach and a certified QPR (Question, Persuade, and Refer) suicide prevention trainer. She brings her engaging, nuanced, humorous, and enthusiastic training approach to her role leading Open Source Wellness's health coach training programs including its NBHWC-approved CAM Health Coach Training Program (CAMtP), CAM Facilitator Training, and continuing education programs. In this role, she trains coaches in trauma-informed coaching, cultural relevance, social determinants of health, empathy, rapport, and suicide prevention. She has deep expertise in individual and group coaching in a healthcare context and has worked with 1,000+ clients.

### **Julie Alvarez, Director of Clinical and Community Health Programs**

Ms. Alvarez leads OSW's on-the- ground direct service programs in Alameda County, bringing wellness practices to underserved populations through collaborative and creative partnerships. Her goal is to ensure that everyone has access to the same healthy living practices so that everyone can not only survive but also thrive. During her tenure, OSW's partnerships with FQHC clinics in Alameda County have expanded to support a growing number of community residents to have better health through our health coaching programs. To support delivery of OSW's programs, Ms. Alvarez has built program systems and workflows, developed curriculum, overseen OSW's data and research, and trained and mentored staff to step into leadership positions.