

Darla Shepherd

Resume

Darla Shepherd

darla.shepherd@uky.edu

606-273-1860

Bledsoe, KY 40810

Professional Summary:

Compassionate Community Health Worker with six years of experience in fast-paced positions. Committed to helping community members improve wellness through hands-on support and education. Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals. Most of all I am dedicated and love to serve my clients with excellence and honor to ensure they are meeting the healthiest lifestyle possible and to help bridge the gap for any hindrance that could be in the way of that taking place. I take pride in being a voice for the voiceless!

Skills:

- * Community Health Workers lead and facilitate programs with excellent communication skills.
- * Provide Advocacy Skills
- * Community Outreach and engagement
- * Promote Healthy Lifestyles
- * Promote Eating habits
- * Promote Self-management
- * Reasoning Ability
- * Serve as a liaison between clients and healthcare providers.

Education:

Southeast Community & Technical College

Harlan, KY & Cumberland KY

Associates in Arts; 2006

References:

Mace Baker 606-216-5151

Michaela Amburgey 606-438-3696

Janet Kegley 606-495-5197

Sandra Tolliver 606-909-2558

Work History:

Certified Community Health Worker

Kentucky Homeplace, UK Center Of Excellence & Rural Health

Harlan, Ky 40831

May 2017 -Current

- Help assist with free or low-cost eye exams and eyeglasses.
- Help assist clients with medication access for free or reduced medications.
- Perform applications for Healthcare coverage through Medicaid as an Assister, Medicare, and prescription drug plan assistance.
- Certified in health coaching with chronic disease self-management classes, Smoking Cessation, and Blood Pressure coaching with Kentucky Care Collaborative
- Help assist with dental access, diabetic shoe clinics, medical equipment, food assistance, and much more.
- Help train and mentor new Community Health Workers
- Perform duties on our database team to help ensure that our system captures best scenarios for client services.

Optometry Technician

Mountain Comprehensive Health Corporation

Harlan/Whitesburg

May 2016-May2017

- Performed pretesting tasks for optical patients
- Maintained and updated electronic patient files, complying with confidentiality regulations.
- Trained first-time contact wearers on the insertion and removal of lenses.
- Maintained detailed knowledge of eyeglass frames, contact lens types, and eye care solutions.
- Sold glasses and contact lenses
- Secretary duties such as scheduling patients, running insurance, and referring to outside providers.

Dental Assistant

Harlan Dental Clinic

Harlan, Ky 40831

January 2004-January 2016

- Cleaned and sanitized dental tools and equipment, straightened treatment rooms, and restocked supplies to prep for the next patient and maintain health and safety practices.
- Sanitized trays, instruments, and surfaces for clean dental office settings and patient safety.
- Successfully assisted dentist by performing four-handed dentistry and other chair-side duties.
- Sterilized rooms and prepped equipment and instruments for thirty-plus procedures daily.