

Holly Noonan

Specializing in Mental Health based on nourishment and whole-person-healing.

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WORK EXPERIENCE

HealthyElders.net, Silver City, NM **Bredesen Protocol Health Coach**

February 2019- present

Created a personalized approach to accomplishing the milestones in Dr. Bredesen's 7-part functional medicine program for the reversal of cognitive decline, including ketogenic diet, daily exercise, sleep optimization, stress reduction, brain stimulation, detoxification and supplements. Tasks include liaising with doctors, understanding of complex functional medicine labs and interventions and a commitment to staying grounded in daily joy and gratitude in order to move forward out of chronic illness and into physical resilience and mental clarity.

Maine Behavioral Healthcare, Rockland, ME **Mental Health Clinician**

Nov 2015- March 2016

Worked as a Clinician in a Day Treatment Program in a group setting with adults with major mental illness such as schizophrenia and bipolar disorder. Tasks included working on individual goals with patients both one-on-one and in a group setting to develop skills and pro-social behaviors, writing reports, developing program modules around self-awareness and healthy lifestyle choices.

Pen Bay Medical Center- PARC Unit, Rockport, ME **Clinical Social Work Internship**

May-July 2015

Conducted individual assessments, group work and family therapy in a multi-disciplinary crisis stabilization team for an intensive inpatient mental health facility, serving patients with major mental health challenges and those needing medically supervised detoxification. Coordinated with families, other social service agencies and the criminal justice system to provide effective continuity of care upon discharge.

Harbor Family Services, Rockport, ME **Foundation Year Social Work Internship**

September 2013-May 2014

Developed a wellness program for 50 employees of a small social services agency. This project included quantitative and qualitative data collection, individual health counseling, group workshops, research into remediation of occupational stress on social workers, and the development of a program focusing on organizational change, nutrition, exercise, and work-life balance.

Mind Body Nutrition, Camden, ME **Nutrition Counselor and Life Coach**

December 2006-September 2013

Ran all aspects of a small business which included individual health counseling, group workshops, corporate workshops, public speaking, website development (MindBodyNutrition.net), social media marketing, column writing, membership development, financial management and product development. I also promoted other practitioners (above) and co-founded DestinationWellnessME.com, a 150-member organization promoting Camden, Maine nationally as a wellness destination.

EDUCATION

- Masters in Social Work (MSW) from University of Maine in Orono, ME August 2015
- Bachelors of Arts in International Studies, State University of New York at Buffalo June 1992
-Third year at Université Stendhal in Grenoble, France

RELATED EXPERIENCE

- Member of the NASW Maine Legislative Action Committee January-May 2015
-Wrote and delivered testimony to Maine Legislature
- Co-wrote and awarded \$10,000 Grant for Belfast Soup Kitchen March 2015
-Stephen and Tabitha King Foundation

Certifications

- Apollo Health's Reversal of Cognitive Decline 2.0 training for Clinicians, 2021
- Institute for Functional Medicine Training for Reversal of Cognitive Decline, 2019
- MOAB trained, PenBay Medical Ctr, Rockland, ME, 2015
- Respite Service Provider, NAMI, Augusta, ME, 2014
- First Aid & CPR trained, Rockport, ME, 2014
- Behavioral Health Professional, Rockport, ME, 2013
- Empowerment Life Coach, Rhinebeck, NY, 2011
- Holistic Health Counselor, IIN, NY, NY, 2007
- Three-month Mandarin Language Immersion, Beijing, China, 1998
- TESL- Teacher of English as a Second Language, NY, NY, 1992

Workshops & Conferences

- Penquis Regional Linking Partnership Conference, Bangor, ME, April 2014
 - The Sanctuary Model of Organizational Trauma
- NAMI Maine Annual Conference, Lincolnville, ME, April 2014
 - The Respite Care Program
- Trauma Incident Reduction 4-hour workshop, Westbrook, ME, April 2014
- Trauma Incident Reduction 4-day training, Westbrook, ME, August 2014
 - Evidence-Based solutions for treating PTSD
- The Maine Assoc. of Psychiatrists 9th Annual Clinical Conference, Portland, ME, April 2015
 - With Bessel van der Kolk, Keynote Speaker
- UNE Campaign School and Political Advocacy for Social Workers, Portland, ME, April 2015
 - A two-day training on getting social workers into elected office
- 26th Annual International Trauma Conference, Boston MA, May 2015
 - Featuring Bessel van der Kolk and his Trauma Institute's latest research
- 31st Annual International Trauma Conference, Virtual, May 2020
 - Featuring Bessel van der Kolk and his Trauma Institute's latest research

Travel

Between 1990 and 2000, I spent six years living overseas in France (studying abroad,) Australia (WWOOFing,) New Zealand (bicycle tour,) Japan (teaching English,) China (language immersion,) and Nepal (volunteering with Tibetan refugees.) I have spent time in 20 countries and 40 states. These experiences have given me a unique international perspective on many aspects of human life; interpersonal, socio-political, historical and cultural. I see myself and my society in a global context.

Additional Information

- Fluent in French, studied Japanese, Chinese, Nepali and Tibetan.
- Adept at communicating across linguistic and cultural barriers.
- Have maintained a focus on meditation and Buddhist studies for decades.
- Established lifelong practice of personal growth and holistic health.
- Healed from a complex illness by solo camping in a NM wilderness area for a whole year.
- Renovated and developed a three-unit rental property as a single mom in Camden, ME.
- Technologically savvy, adept at both PC and Mac and quick to learn new programs.