

# Amy Francis LaRue

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## EDUCATION

### **A.T. Still University**

Doctor of Health Education

Expected August 2017

Dissertation Title: "An Analysis of PTSD Symptoms and Perceived Quality of Life among Firefighters and Police Officers"

Committee: Colleen Halupa (chair), Donna Allen, Laura Palombi

### **Saint Mary's University of Minnesota**

Master of Arts in Management

December 2010

Master of Arts in Health and Human Services Administration

December 2010

Thesis: Reducing Health Care Costs through a Reduction in the Rate of Obesity and Associated Co-morbidities

### **University of Wisconsin-Superior**

Bachelor of Science in Community Health Promotion

December 2007

Internship: Minneapolis Heart Institute Foundation

## EMPLOYMENT EXPERIENCE

### **Public Health Educator (0.8 FTE)**

September 2015 - present

*Carlton County Public Health and Human Services* - Cloquet, MN

- Deliver full spectrum of health and wellness programming and services within Carlton County
- Serve as public health emergency preparedness coordinator
- Lead community coalition on substance use and abuse
- Manage grants, budgets, and grant reporting
- Coordinate community groups, meetings, presentations and events

### **Owner/Founder of Aspire Health and Wellness**

October 2014 - present

*Aspire Health and Wellness* - Duluth, MN

- Deliver health and wellness services to clients in Duluth, MN and surrounding areas, including in-home personal training, health coaching, private yoga classes, etc.
- Management and operation of all business aspects, including delivery of services, marketing, scheduling, proposal submissions and all other administrative responsibilities

### **Guest Lecturer**

October 2014 - present

*University of Minnesota, College of Pharmacy* - Minneapolis/Duluth, MN

- Serve as guest lecturer and subject matter expert in the areas of public health, motivational interviewing and teaching/learning

**Instructor**  
**Schools**

September 2015 – present *World Instructor Training*

- Instruct fitness enthusiasts/students in the fundamental basics of exercise physiology, anatomy, kinesiology, program design, etc. through face-to-face, online, and hands-on instruction.

**Education Specialist/Instructional Designer**

May 2012 - September 2015

*University of Minnesota, College of Pharmacy* - Minneapolis/Duluth, MN

- Lead and collaborate in the design and development of new pharmacy curriculum
- Serve as project manager for curriculum development and college initiatives
- Lead and oversee course management, evaluation, assessment, and faculty development
- Work with instructors to integrate emerging, evidence-based pedagogical tools and techniques into didactic and online courses

**Workforce Development Health Educator Coach**

October 2010 - April 2012

*CIGNA* - Eden Prairie, MN

- Designed and developed new curriculum for all onboarding, content specific and remedial trainings within company
- Taught and/or facilitated core and developmental courses for new and existing employees (nurses, behavioral clinicians, health educators)
- Converted all face-to-face training curriculum to web-based trainings
- Served as project manager for migration of all company employees across six national locations to a new data management platform
- Conducted individual employee development on an on-going basis; conducted leadership and communication development and skill building with managers and leaders within company

**Health Educator**

November 2009 - October 2010

*CIGNA* – Eden Prairie, MN

- Provided 1:1 telephonic coaching to members around their behavior change to improve health status, reduce health risks and improve quality of life
- Coached customers on all areas of health, including physical activity, stress management, weight management, tobacco cessation, diabetes, hypertension, cholesterol, healthy eating, etc.
- Collaborated with nurses, behavioral clinicians, pharmacists, medical doctors, etc.

**Health Promotion Specialist**

December 2007 - November 2009

*AdvantageHealth Corporation* - Bloomington, MN

- Designed and managed product delivery for health promotion services
- Created and delivered health-related presentations for clients □  
Managed marketing and advertising for company and clients
- Coordinated and managed client health screening events; managed contract staff
- Administered biometric and fitness screenings; cholesterol, glucose, blood pressure, body fat, cardiovascular endurance, strength, flexibility
- Counseled/coached individuals on health-related topics and screening results
- Tracked financial and statistical data; managed budgets for clients
- Managed fitness centers and staff for corporate clients; facilitated group fitness and personal training sessions

**Health Educator – Intern**

August 2007 - January 2008

**Minneapolis Heart Institute Foundation** – Minneapolis, MN

- Traveled to elementary schools throughout the State of Minnesota and delivered award-winning Hi-Tech Heart program to elementary students
- Created and delivered presentations related to heart health to corporate and community groups
- Created brochures and authored papers on heart health topics
- Partnered with corporate and community groups to deliver heart health services
- Conducted blood pressure screenings and counseling to corporate and community groups

**PROFESSIONAL SERVICE**

American Public Health Association 2017 Abstract Reviewer	March 2017
Carlton County Community Health Assessment Planning Committee	February 2017 – present
Noontime Kiwanis Club	December 2016 - present
Carlton County Emergency Food and Shelter Board	November 2016 - present
University of Minnesota Duluth Medical Reserve Corps Development Committee	October 2016 - present
Omaha System Community of Practice: Social and Behavioral Determinants of Health	October 2016 - present
Fond du Lac Tribal and Community College Scrubs Camp Planning Committee	January 2016 - present
NE MN Regional Full-Scale Exercise Planning Committee	January 2016 - present
St. Louis County Opioid Abuse Response Strategies Workgroup	October 2015 - present
Operation Community Connect Planning Committee	September 2015 - present
Northeast Minnesota Healthcare Preparedness Coalition	September 2015 - present
Minnesota Responds Medical Reserve Corps, Northeast Region	September 2015 - present
Carlton County Wellness Committee	September 2015 - present
Carlton County Suicide Prevention Task Force	September 2015 - present
Carlton County Drug Abuse Task Force	September 2015 - present
Carlton County Evaluation and Quality Improvement Committee	September 2015 - present
Carlton County Community Forum Planning Committee	September 2015 - present

**TEACHING EXPERIENCE**

**Instructor** Fall 2015 - present  
World Instructor Training Schools  
□ Instruct in-person courses in personal training (9 week program)

**Guest Lecturer** Spring 2015 - 2017  
University of Minnesota – College of Pharmacy  
Foundations of Pharmaceutical Care  
□ Taught motivational interviewing to first-year professional PharmD students (160 students across 2 campuses)

**Guest Lecturer** Spring 2015 - 2017  
University of Minnesota – College of Pharmacy  
Pharmaceutical Care Skills Lab  
□ Taught motivational interviewing to second-year professional PharmD students (160 students across two campuses)

**Guest Lecturer** Fall 2015 - 2016  
University of Minnesota – College of Pharmacy  
Community-Based Immunization Delivery (Elective)  
□ Taught motivational interviewing to third-year professional PharmD students (160 students across two campuses)

**Guest Lecturer** Summer 2016  
University of Minnesota – College of Pharmacy and School of Medicine  
Native Americans in Medicine Program  
□ Taught motivational interviewing to undergraduate Native American students interested in medicine and pharmacy professions

**Guest Lecturer** Fall 2015  
University of Minnesota – College of Pharmacy  
Applied Pharmaceutical Care  
□ Taught arthritis symptoms, medications and management to secondyear PharmD students (160 students across two campuses)

**Guest Lecturer** Fall 2014 - 2015  
University of Minnesota – College of Pharmacy  
Professional Development and Assessment I  
□ Taught leadership and crucial conversations to first-year PharmD students (160 students across two campuses)

## PRESENTATIONS

Presented: “Community Forums for Engagement and Prevention in Response to the Opioid Epidemic” at the *International Conference on the Health Risks of Youth* Cancun, Mexico January 2017

Presented: “Community Forums to Address Illicit Drug Use: Mechanism for Community Engagement and Problem Solving” at the *American Public Health Association Annual Meeting*  
Denver, CO November 2016

Presented: “Effects of Drugs and Alcohol on Fetal Health” to CARE Liberalis – MN  
DHS Inpatient Treatment Facility  
Carlton, MN November 2016

Presented: “Motivational Interviewing in Pharmacy Practice” to NE MN Regional  
Hospital Pharmacy Association  
Duluth, MN November 2016

Presented: “Combatting the Drug Abuse Epidemic in a Rural Community through  
Collaboration: A Unified and Categorical Approach” at *Minnesota Prevention Program  
Sharing Conference*  
St. Cloud, MN October 2016

Presented: “Personal Preparedness: “Your Life Could Depend on It” to Refire!  
Retirement Group  
Carlton, MN October 2016

Presented: “The Role of Drug Abuse Task Force in a Rural Minnesota Community” at  
*MN Rural Health Conference*  
Duluth, MN June 2016

Presented: “Community as Leader and Expert: Learn how a community forum in Carlton  
County, a largely rural area, helped address the opioid and heroin abuse crisis by  
engaging the community to find solutions to this public health epidemic” at *Meeting  
Grand Challenges Conference*  
Minneapolis, MN April 2016

Presented countless health and wellness related presentation to corporate and  
community groups August 2007 - present

## PUBLICATIONS

Palombi, L. C., Vargo, J., Bennett, L., Hendler, J., Coughlin, P., Winter, G., & **LaRue, A.** (2016). A  
Community Partnership to Respond to the Heroin and Opioid Abuse Epidemic. *Journal of Rural Health*.  
DOI: 10.1111/jrh.12180

## GRANTS

Served as community partner on a \$7500 Engaged Department grant from the University of Minnesota,  
Office of Public Engagement to provide ongoing support to Carlton County by hosting a follow-up  
Community Forum and provider education sessions related to opioids and heroin.

Partnered on a grant from the University of Minnesota, CTSI Populations and Community Engagement  
Core, Dissemination & Implementation Award, in the amount of \$4000 to fund a Community Forum on  
Heroin and Opioid Abuse in Carlton County in October of 2015.

### **PROFESSIONAL CONFERENCES**

International Conference on the Health Risks of Youth	January 2016 & 2017
Engaging and Empowering Youth in Prevention Conference	October 2017
American Public Health Association Annual Meeting	November 2016
Midwest Health Promotion Conference	September 2016
Minnesota Rural Health Conference	June 2016
Disaster Behavioral Health Conference	April 2016
Bridge to Health Conference	April 2016
Rainy River Cross Border Conference	March 2016
Community Health Conference	September 2015
Bullying Summit – University of Wisconsin Superior	October 2015
Under One Roof Emergency Preparedness Conference	May 2015 & 2016
Health Benefits Conference and Expo	January 2014

### **PROFESSIONAL ORGANIZATIONS**

The National Commission on Health Education Credentialing	April 2009 - present
The American Public Health Association	July 2015 - present

### **CURRENT CERTIFICATIONS**

Master Certified Health Education Specialist (MCHES) – National Commission on Health Education Credentialing

CPR and First Aid Instructor – American Red Cross

Personal Trainer – American Council on Exercise

Behavior Change Specialist – American Council on Exercise

Weight Management Specialist – American Council on Exercise

Yoga Instructor (Level I) – Yoga Fit

Certified Intrinsic Coach (Motivational Interviewing) – Intrinsic Solutions

NIH Human Subject Trained

HIPAA trained by the University of Minnesota and Carlton County Public Health and Human Services  
FERPA trained by the University of Minnesota

### **PAST CERTIFICATIONS**

Group Fitness Instructor – American Council on Exercise

Health Coach – American Council on Exercise

Physical Activity in Public Health Specialist – American College of Sports Medicine

Change Management Instructor

CARE (Collaborative, Affirming, Respectful, Empowering) coach and trainer - CIGNA

Train-the-trainer Instructor

### **TRAININGS**

Designing and Conducting Focus Groups Training University of Minnesota	March 2017
Family Assistance Center Training Red Cross and 148 <sup>th</sup> Fighter Wing, Duluth	February 2017
Mass Fatalities Planning and Response for Rural Communities Federal Emergency Management Agency (FEMA)	January 2017
Statewide Health Improvement Program (SHIP) training – Active Living and Communications Minnesota Department of Health	January 2017
NE MN TXT4Life Leadership Training Carlton County Public Health and Canvas Health	December 2016
Radon Partnership Workshop Minnesota Department of Health	November 2016
Pediatric Disaster Response and Emergency Preparedness Training Texas A&M Engineering Extension Service (TEEX)	October 2016
Creating, Conducting and Evaluating Exercises for Local and Tribal Public Health Minnesota Department of Health	October 2016
Hepatitis C and Opioids in Northeastern Minnesota Minnesota Department of Health	October 2016

IMATS Training for Local/Tribal Health Departments Minnesota Department of Health	September 2016
Isolation and Quarantine Training for Local Public Health Minnesota Department of Health	May 2016
Sheltering in an Emergency training Red Cross	March 2016
Statewide Health Improvement Program training – Worksite Wellness Implementation Training Minnesota Department of Health	January 2016
Family Assistance Operations Workshop National Transportation Safety Board (NTSB)	December 2015
Generational Differences Minnesota Department of Health	December 2015
Public Health Incident Leadership Training Minnesota Department of Health	September 2015
Rabies Overview and Education Training Minnesota Department of Health	October 2015
Public Information Officer Training Carlton County Emergency Management	November 2015
Mass Dispensing Full-Scale Exercise – Pine City, MN Pine County Public Health	October 2015
Mass Casualty Exercise Participation - Moose Lake, MN Carlton County Emergency Management	October 2015
Applied Suicide Intervention Skills Training (ASIST) Carlton County Public Health & Human Services	September 2015
Question, Persuade, Refer (QPR) Gatekeeper Training for Suicide Prevention Carlton County Public Health & Human Services	September 2015