

# Curriculum Vitae

## Sara Atherton Choate, PhD(c), MEd

### GENERAL INFORMATION

#### OFFICE

485 E. Gray St., Room 203  
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#### PERSONAL

1063 E. Kentucky St.  
Louisville, KY 40204  
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### EDUCATION

University of Louisville, Doctor of Philosophy, School of Public Health & Information Sciences, Department of Health Management and Systems Sciences, Public Health Policy (2022)  
The City College of New York, Master of Science in Education, School of Education, TESOL-Childhood Education (2010)  
University of Wisconsin-Madison, Bachelor of Arts, College of Letters & Science, History (2001)

### FELLOWSHIP

New York City Teaching Fellow (2008-2010)

### ACADEMIC EMPLOYMENT

University of Louisville, School of Public Health and Information Sciences  
Assistant Professor (2022-present)  
Instructor (2020-2022)

### NON-ACADEMIC EMPLOYMENT

University of Louisville Health Promotion, Louisville KY  
Program Manager (2018-Present)  
Program Coordinator, Sr. (2015-2018)  
The Center for Women and Families, Louisville KY, Prevention Education Training Coordinator (2014-2015)  
Boys & Girls Club of the Austin Area, Austin TX, Health Education Director (2011-2013)  
Bronx Latin High School, Bronx NY, Teacher of English Language Arts & ESL (2010-2011)  
Samuel Gompers High School, Bronx NY, Teacher of ESL (2008-2010)  
A Woman's Touch Sexuality Resource Center, Madison WI, Sexuality Facilitator (2001-2005)

### NON-ACADEMIC GRANTS & IN-KIND DONATIONS AWARDED

**Choate, S.A.** & Mattingly, E.J. Mobile Kitchen Funding. Student Government Association, Engage Lead Serve Board. Amount \$11000. Approved 2019.  
**Choate, S.A.** You@College Online Platform Funding. Student Government Association, Engage Lead Serve Board, Department of Health & Sports Science, School of Music, College of Arts & Sciences. Amount \$15000. Secured 2019.

**Choate, S.A.** Sexual Lubricant In-Kind Donation. Good Clean Love. Amount: \$3000. Approved annually 2016-2018.  
**Choate, S.A.** Condom In-Kind Donation. AIDS Healthcare Foundation. Amount \$9000. Approved annually 2016-2018.  
**Choate, S.A.** ESL/Health/Tech Funding. Donors Choose. Amount \$4200. Approved 2009.  
**Choate, S.A.** Summer Health & Education Program. United State Agency for International Development. Amount \$10,000. Approved 2006.

## HONORS AND AWARDS

University of Louisville Student Champion (2021)  
The Mary K. Bonsteel Tachau Gender Equity Award (nominated 2017)

## CERTIFICATION

The Center for Koru Mindfulness, Certificate of Completion, Koru Mindfulness Teacher Training Program, Lexington KY, Certification (2020-Present)  
Question, Persuade, Respond Certification Training, Louisville KY, Certification (2019-Present)  
Unitarian Universalist Association, Our Whole Live Grades 7-12th Facilitator Training, Boone NC, Certification (2015-Present)  
Unitarian Universalist Association, Our Whole Live Grades Young Adult-Adult Facilitator Training, Louisville KY, Certification (2015-Present)  
Green Dot Bystander Intervention Training, Lexington KY, Certification (2014-Present)  
American Association for Sexuality Educators, Counselors, and Therapists, Sexuality Attitude Reassessment Certification Training, New York City NY (2014-Present)

## PROFESSIONAL MEMBERSHIPS

Commission on the Status of Women (2019-Present)  
American College Health Association (2015-Present)  
Mid-American College Health Association (2015-2017)

## TEACHING EXPERIENCE

University of Louisville 2017-present  
Public Health and Health Policy (Undergraduate)  
Health Equity (Undergraduate)  
Public Health Intervention Principles & Strategies (Undergraduate)  
Public Health Practice, Guest Lecturer (Undergraduate)  
Koru Mindfulness 4-class series (Undergraduate, Graduate, Faculty & Staff)  
Hebron Middle School 2015  
Our Whole Lives Healthy Relationship 4-class series  
Burnett Middle School 2012-2014  
Our Whole Lives 7-9<sup>th</sup> grade sexuality curriculum 12-class series  
Bronx Latin High School 2010-2011  
ESL  
Samuel Gompers High School 2008-2010  
English Language Arts & ESL

## TRAINING EXPERIENCE

*University of Louisville, Louisville KY*

- Orwick, J., Hamilton, R., **Choate, S.A.**, Brown, O., Bendapudi, N. & Buford, B. (2021). Koru mindfulness sampler. Growing Mindfulness Initiative kick-off event.
- Choate, S.A.** (2021). Mindful movement. Campus-wide service.
- Choate, S.A.** (2021). Mindful 20. Campus-wide service.
- Choate, S.A.** (2017-2020). Trauma resilience training. Engage Lead Serve Board, College Mentors, Invisible Wound Project, School of Nursing, Building Resilience in Campus & Community.
- Choate, S.A.** (2017-2019). Stress resilience basics. Housing & Residence Life, The Cultural Center, registered student organizations, academic department classes.
- Choate, S.A.** (2017-2018). Stress & Trauma Resilience Training for Advisors. College of Arts & Sciences, Speed School of Engineering.
- Choate, S.A.** (2017). Trauma-informed care for patients training for front desk & clinical staff. UofL Physicians.
- Choate, S.A.** (2016-2018). Flash nap workshop. Housing & Residence Life, registered student organizations, academic department classes.
- Choate, S.A.** (2016). Healthy sexuality: Clinical implications. Department of Clinical Psychology.
- Choate, S.A.** (2016). Meeting the sexual health & relationship needs of aging populations. Institute for Sustainable Health & Optimal Aging. Kent School of Social Work.
- Choate, S.A.** (2015-2020). Health advocate leader training. Health Promotion.
- Choate, S.A.** (2015-2019). Sexual responsibility program. Athletics – Football, Non-income generating men's sport, Women's sports.
- Choate, S.A.** (2015-2019). Intro to college health promotion overview, programs, and skill-building. College of Arts & Sciences, College of Business, School of Music, Health Sciences Center undergraduate majors, College of Education & Human Development.
- Choate, S.A.** (2015-2019). First-year orientation program. Office of Admissions.
- Choate, S.A.** (2015-2019). Transfer orientation program. Office of Admissions.
- Choate, S.A.** (2015-2019). Lunch and learn sexuality series. School of Medicine.
- Choate, S.A.** (2015-2018). Condoms & candy workshop. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). The consent conversation. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). Safer sex workshop. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). Sex talk workshop. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). Residential education training. Housing & Residence Life.
- Choate, S.A.** (2015-2016). Lunch and learn trauma-informed care series. Student Affairs professional development.
- Choate, S.A.** (2015). Sex-positivity: Taking a comprehensive approach to sexual health issues with students. Career Development Winter Institute.

*Louisville Collegiate School, Louisville KY*

Hanson, B. J. & **Choate, S.A.** (2017). The circles of sexuality, values voting, and the language of sexuality.

*Community Shield, Louisville KY*

**Choate, S.A.** & Engels, L.A. (2017). Trainer of trainers: Recognizing & building resilience in youth. Family & Children's Place.

**Choate, S.A.**, Engels, L.A., King, K. (2016). Recognizing & building resilience in children exposed to trauma childcare training. 4Cs.

**Choate, S.A.** & Engels, L.A. (2016). Recognizing & building resilience in children exposed to trauma: K-5 staff, teacher, & administrative training. Greenwood Elementary, Zachary Taylor Elementary.

*Center for Women & Families, Louisville KY*

Bloomer, R.M. & **Choate, S.A.** (2016). Youth worker training: Modules 1 & 2. Bounce Coalition.

Bloomer, R.M. & **Choate, S.A.** (2016). Trauma-informed approach to out of school time settings. Metro Summer Learning Summit.

Pickett, D. & **Choate, S.A.** (2016). Workshop your content: Part I.

Pickett, D. & **Choate, S.A.** (2016). Workshop your content: Part II.

**Choate, S.A.**, Collins, K.V., & Englander, F. (2016). Health sexuality.

**Choate, S.A.** & Bishop, C. (2015). Sex in the city. Metro Community Services.

Miller, M. & **Choate, S.A.** (2015). Working with high risk adults and youth: Skills training. St. Vincent de Paul.

Miller, M. & **Choate, S.A.** (2015). Healthy relationships. Atherton High School.

*Children Exposed to Violence Collective Impact Initiative, Louisville KY*

**Choate, S.A.** & Engels, L.A. (2015). Trauma-informed care training. St. Mary's of Elizabeth.

*The Peace Corps, Theis Senegal*

Lockhart, B.J., Bartlein, B.J., & **Choate, S.A.** (2007). New volunteer training.

**Choate, S.A.** (2006). Taking care of your sexual self during your service.

*A Woman's Touch Sexuality Resource Center, Madison WI*

**Choate, S.A.** (2002-2004). Female sexuality workshop.

Barnard, E., Wilhite, M., & **Choate, S.A.** (2001). Female sexuality workshop.

## ADVISING ACTIVITY

University of Louisville 2015-Present

MPH Faculty Advisor, 2021-Present

Professional and Student Staff Supervisor, 2018-Present

Sexperts Advisor, 2018-2019

Masters Practicum Advisor. Kent School of Social Work, School of Public Health & Information Sciences, 2016-2019

Well-being Coach, 2016-Present  
Sexual Health Advisor, 2015-2016

## UNIVERSITY SERVICE

### University of Louisville

Green Dot Team, Faculty & Staff Trainer (2021-Present)  
Growing Mindfulness Initiative, Co-Creator (2020-2021)  
MASKot Program, Coordinator (2020-2021)  
Building Resilience in Campus & Community, Coordinator (2020-2021)  
Commission on the Status of Women  
    Faculty & Senate Budget & Planning Committee (2021-Present)  
    Mentor (2021-Present)  
    Commissioner (2019-Present)  
    Integration of Work & Family Committee Member (2019-Present)  
Student Well-being Committee  
    Student Wellbeing & Resilience Subcommittee Chair (2020-2021)  
    Member (2019-2021)  
Sustainability Council Member (2018-2020)  
UofL Sleep Forum, Event Coordinator & Director (2018-2019)  
Wellbeing & Resilience Survey Workgroup  
    Co-Principal Investigator & Chair (2018-2020)  
    Coordinator (2016-2018)  
Health & Sports Science School Sexual Health Curricula Workgroup, Co-Developer (2016)  
School of Medicine and the American Medical Student Association, Sexual Health  
    Leadership Course Facilitator (2015)

## PROFESSIONAL SERVICE

Community Shield  
    Member (2017-2020)  
    Training & Capacity Committee Co-Chair (2017-2020)  
    Annual Conference Co-Coordinator & Designer (2017-2020)  
Louisville Health Advisory Board  
    Community Coordination of Care Committee Member (2018)  
Children Exposed to Violence Collective Impact Initiative  
    Training & Capacity Committee Co-Chair (2017)  
    Member (2014-2017)  
The Center for Women and Families, Trauma Informed Care Committee Co-Chair (2014-2015)

## PUBLIC SERVICE

White Women Demand Justice for Breonna Facebook Group  
    Community Liaison (2020-Present)  
Louisville Sex Ed Now  
    Member, Spokesperson (2016)  
Jefferson County Public School District  
    Curriculum Developer, Healthy Relationships Project, 3-Day Teacher Training (2016)

Peace Corps  
Primary Health Agent, Senegal (2005-2007)

## RESEARCH AND OTHER EXTERNAL SUPPORT GRANTS GRANTS AWARDED

Kolander, C., Philips, M., Rogers, C., Southerland, K., & **Choate, S.A.** (2015). Integrating the National Teacher Preparation Standards for Sexuality Education into Existing School Health Curricula. University of Louisville Department of Health & Sports Sciences. Amount: \$1500. Approved 2016.

## EXECUTIVE SUMMARIES

**Choate, S.A.**, Vickers-Smith, R., Hall, L. (2019). UofL Wellbeing & Resilience Survey Executive Summary. University of Louisville Health Promotion.

Newton, K., Staten, R., Ridner, L., Crawford, T., & **Choate, S.A.** (2018). UofL Wellbeing & Resilience Survey Executive Summary. University of Louisville Health Promotion.

## PEER-REVIEWED JOURNAL ARTICLES

**Choate, S.A.** (2022). The influence of sociodemographic, mental health status, and help-seeking factors on low and high help-seeking in college-aged students [Manuscript submitted for publication].

**Choate, S.A.** (2022). Meeting the mental health needs of college-aged young adults: Evaluating the value and impact of digital mental health interventions [Unpublished manuscript]. School of Public Health and Information Sciences, University of Louisville.  
<https://ir.library.louisville.edu/etd/3980>

Johnson, D., Cahill, M., **Choate, S.**, Roelfs, D. & Walsh, S.E. (2022). The Influence of Public Health Faculty on College and University Plans During the COVID-19 Pandemic. *Front. Public Health* 9:745232. doi: 10.3389/fpubh.2021.745232

Hartson, K. R., Hall, L. A., & **Choate, S. A.** (2021). Stressors and resilience are associated with well-being in young adult college students. *Journal of American college health : J of ACH* 1–9. Advance online publication. <https://doi.org/10.1080/07448481.2021.1908309>

## POSTER PRESENTATIONS

Schaeffer, B., Creel, L., Choate, S., Karimi, S., Yewell, K., & Eagen, M. Utilization of an alternative responder model to address behavioral health care related calls to 911 in Louisville, KY [poster presentation]. Research Louisville! 2022, Louisville KY, September 14, 2022.

Hartson, K. R., Hall, L., & **Choate, S.A.** Stressors and resilience are associated with well-being in young adult college students [poster presentation]. Midwest Nursing Research Society Annual Conference 2021, Des Moines IA, March 24-27, 2021.

## PRESENTATIONS

*Kentucky Prevention Network Annual Conference*

**Choate, S.A.** (2019). Effective use of trauma-sensitive mindfulness practices in high risk/need communities. Lexington KY

*College Personnel Association of Kentucky Annual Conference*

**Choate, S.A.** (2018). Recognizing & building resilience in our colleague and student interactions. Lexington KY

*Jefferson County Public Schools Homeless Senior Conference*

**Choate, S.A.** (2017). Using trauma-informed approach and mindfulness in interactions with high-need youth. Louisville KY

*American College Health Association Annual Conference*

**Choate, S.A.** & Kimble, A. (2017). The consent conversation. Washington D.C.

*Mid-America College Health Association Annual Meeting*

**Choate, S.A.** (2015). Sex-positivity: A comprehensive approach to sexual health & relationships for emerging adults. Louisville, KY

**Choate, S.A.** (2015). Trauma-informed approaches to student engagement. Louisville KY

*University of Louisville School of Medicine Cultural Competency Conference*

**Choate, S.A.** (2015). Rethinking difference: Meeting the healthcare needs of your BDSM patients. Louisville KY

**PUBLIC SPEAKING ENGAGEMENTS**

**Choate, S.A.** (2016). Sexuality Guest Speaker. Diversity at the Table. Louisville KY

Henson, B. J. & **Choate, S.A.** (2017). Why comprehensive sex ed should be in our public school health education curriculum. Women in Health Speaker Series. Louisville KY

Updated October 20, 2022