

Alex Sheehan

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BEHAVIORAL HEALTH ADMINISTRATOR | LIVED EXPERIENCE ADVOCATE | PUBLIC HEALTH PRACTITIONER
Driving Prevention, Early Intervention, Outreach, and Treatment Services in Mental Health and Community Corrections
Behavioral Health | Substance Use Disorders | Criminal Justice | Probation and Parole | Human Services | Social Work

Twelve years of expertise spanning mental health, public health leadership and project/program management, board roles in social service organizations, and extensive volunteering with numerous community non-profits. Track record of improving outcomes for people with mental health conditions and criminal justice system involvement by implementing programs, improving policies, and advocating for legislative change.

KEY SKILLS

Leadership | Strategic Planning | Research | Public Policy Analysis | Policy Development | Advocacy | Program Development
Program Management | Project Management | Relationship Building | Grant Oversight | Team Supervision | Training
Change Management | Problem-Solving | Analytical Skills | Writing | Communication | Microsoft Office

EXPERIENCE

Washington State Health Care Authority

Dec 2021 - Present

Behavioral Health Program Manager, Dec 2021 – Present

Serve as Behavioral Health Program Manager to supervise and monitor Behavioral Health Administrative Service Organization (BH-ASO) contracts and programs related to increasing access to mental and behavioral health care and recovery supports.

* Substance Use Recovery Services Advisory Committee work led to four separate subcommittees operating in distinct areas: data and analytics; recovery support services; outreach, engagement, and diversion; and treatment.

* Provide expert consultation, training, and technical assistance to regional Behavioral Health Administrative Service Organizations (BH-ASO) programs

* In 2022, work of the Substance Use Recovery Services Advisory Committee resulted in eighteen proposals for new legislation, amendments to current legislation, and development of two new statewide workgroups to inform services related to crisis system services, safe supply, and recovery support

* Completed Substance Use Recovery Services Plan was voted on and approved by the Washington State Legislature in January 2023, culminating in the passage of 2nd Engrossed 2nd Substitute Senate Bill 5536 - Implementing the recommendations of the substance use recovery services advisory committee concerning controlled substances, counterfeit substances, and legend drug possession and treatment – during the 2023 Legislative Session.

Kagen Leadership Fellow, Dec 2021 – Sep 2022

Participated in the inaugural cohort of the one-year SAMHSA/Washington State System of Care Leadership Program. Selected as one of twenty-three Fellows as leaders in government, private sector, and non-profit in the promotion of behavioral health efforts. The program is offered through the Health Care Authority's (HCA) Division of Behavioral Health and Recovery (DBHR). This program is part of a System of Care Grant awarded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Aplex Group, LLC

Co-Founder & Principal Consultant

May 2022 - Present

Co-founded a consultancy providing uniquely tailored personal and professional development consulting and support to individuals impacted by mental illness, substance use, and/or incarceration.

Guidepoint**Public Health & Criminal Legal Systems Advisor**

Nov 2021 - Present

Serve as an Advisor for agencies requesting services, consultation, training and technical assistance, and subject matter expertise regarding community corrections, case management systems, substance use disorder, mental health, behavioral health, law enforcement, and therapeutic courts.

Satcher Health Leadership Institute at Morehouse School of Medicine**Environmental Health and Climate Justice Fellow**

July 2022 – September 2022

Selected as a Fellow for the inaugural Environmental Health and Climate Justice summer fellowship. This program was developed to close the gap between academic medicine or academic health centers and the communities of greatest need by connecting to people who are most affected by climate associated health disparities. The goal was to train and equip policymakers and community leaders with the necessary tools to motivate, mobilize, educate and lead community groups in improving climate change, environmental justice, health equity and influence policies to support positive outcomes for marginalized populations.

National Council for Mental Wellbeing**Consultant**

Aug 2021 – Nov 2021

Served as a Consultant on a project to develop a continuum of care pipeline for individuals in prison, jail, detention facilities, and on probation seeking and/or requiring medication for opioid use disorder (MOUD).

Washington State Department of Corrections

May 2015 – Dec 2021

Community Corrections Specialist III, Nov 2018 – Dec 2021

Supervised 2 Family Re-entry based Programs: Community Parenting Alternative (CPA) and Family Offender Sentencing Alternatives (FOSA) pursuant to Revised Code of Washington (RCW) 9.94A.655. Engaged and collaborated with various stakeholders across law enforcement, mental health boards, court staff, treatment providers, and child protective services to maximize program impact and improve policies. Partnered with executive leadership in planning legislative proposals and legislative and policy updates. Presented updates to state legislators and community stakeholders. Participated in statewide selection committee in choosing Family Court program participants. Acted as departmental liaison to Superior Courts for developing individual sentencing alternative case plans.

* Ensured clear, accurate, transparent communication of probation program policies and procedures to participants. Proposed and partnered with Statewide Family Court Program Administrator to revise Family Offender Sentencing Alternative (FOSA) Participant Handbook and Family Sponsor Support Guides.

* Instrumental in passage of state law amendment of Parenting Sentencing Alternative to expand screening eligibility for the Community Parenting Alternative (CPA) and Family Offender Sentencing Alternative (FOSA) programs. Gathered, analyzed, and provided statistical program data on overall success.

* Earned Team Excellence Award at 2020 annual agency awards ceremony for reunifying families and children with incarcerated parents

* Earned Statewide Diversity, Equity, Inclusion, and Respect Award for 2021.

Community Corrections Officer II, May 2015 – Nov 2018

Provided clients with information on supervision programming, requirements, and community resources. Evaluated risks and needs and coordinated referrals for services. Worked collaboratively with clients, courts, and community-based organizations to enhance supervision and provide best opportunity for positive outcomes to clients

* Co-pioneered a probation/parole field office internship program, complete with policies and procedures, and built partnership with local college.

City of Federal Way
Probation Officer II
Mar 2013 – May 2015

Supervised clients on misdemeanor probation and supervised numerous alternative to incarceration programs such as Day Reporting, Electronic Home Monitoring (EHM), SCRAM Alcohol Monitoring, Color-Line, and EHM services for Veterans Court of Kitsap County Superior Court. Worked diligently with clients to ensure success on probation and reintegration to the community.

CURRENT BOARD ROLES, FELLOWSHIPS & PROFESSIONAL MEMBERSHIPS

Robert Wood Johnson Foundation
Health Policy Research Scholar, Cohort #7
2023 – Present

Mercatus Center, George Mason University
Frédéric Bastiat Fellow
2023 – Present

American Public Health Association
Governing Councilor, Mental Health Section
2023 – Present

Royal Society for Arts, Manufactures, and Commerce
Fellow
2023 – Present

Royal Society for Public Health
Fellow
2022 – Present

NAMI
Member, Grasstops Advocacy Pilot Program
2023 – Present

NAMI Washington
Vice President, Board of Directors
2021 – Present

NAMI Pierce County
Member, Board of Directors
2017 – Present

King County Behavioral Health Advisory Board
Member, Board of Advisors
2019 – 2024

Guided Pathways Support for Youth & Families
Member, Board of Directors
2019 - 2024

EDUCATION

Doctor of Public Health, Leadership, Advocacy, & Equity
Tulane University, New Orleans, LA
Graduating Dec 2026

Executive Master of Business Administration
Quantic School of Business & Technology, D.C.
May 2022

Master of Science, Political Science
Liberty University, Lynchburg, VA
May 2022

Master of Arts, Public Policy
Liberty University, Lynchburg, VA
Dec 2021

Master of Public Administration, Law & Policy
Liberty University, Lynchburg, VA
Aug 2021

Bachelor of Arts, Criminal Justice & Psychology
University of Washington, Tacoma, WA
Jun 2013

Associate of Arts, Direct Transfer Agreement
Green River Community College, Auburn, WA
Jun 2011