



Author. Educator.  
Speaker. Hope Dealer.

# Ms. Jen

## Addiction & Wellness Counselor/Educator:

- **Certified** Addictions Treatment Counselor (CATC)
- Forensic Addiction Counselor (FAC) **Credential**
- Personal **long-term recovery** from alcoholism
- **Credentialed Teacher**, has taught **K - Adults**
- **16 years working with addicts** toward recovery
- 10 years teaching in **CA jails and state prisons**
- County Jail: Recovery and **Life Skills Instructor**
- Jail & Prison: Restorative Justice **Circle facilitator**

## Stand-Up Comedian/Performer

- Nearly 20 years as a **stand-up comedian**
- Worked in the **entertainment industry**: vocal radio production; stand-up comedy; theater and television.

## Some places Jen has appeared:



*"You are a dedicated, conscientious, and highly capable employee. I am honored to have you as a partner of the Alameda County Sheriff's Office. Thank you for the exemplary work you do."*

**Gregory J. Ahern, Sheriff-Coroner**

*"Gracias, Maestra. Por el buen trabajo."*

**Jaime A., Student Inmate**

*"You made all the difference for me, thank you."*

**Adam G., Student Inmate**

*"[Ms] Jen is a great teacher because you'll laugh while you learn."*

**Ian Williams, College Student and Illustrator**

*"You mean, you don't drink at ALL? Like, EVER?"*

**Lots of people**

*"Ms. [Jen]'s passion and desire to better the lives of the inmates she instructs positively impacts our community as a whole, as well as the students she teaches."*

**Clinton E. Medeiros, ACSO Sergeant**



## Customizable Education Seminars/Talks

Jen has taught many classes and facilitated conversations about challenging subject matter in jails, prisons, and on the radio. Her patient sincerity and depth of understanding about addiction and its many connected issues makes her a pleasure to learn with.

### Pick Topics for a Customized Seminar:

- The Process of Addiction
- The Process of Recovery
- The Disease Concept of Addiction
- Addiction and its Impact on Families
- The Family as a Dysfunctional System
- Grief, Loss and Life Choices
- Anger, Violence, Power and Manhood
- Adverse Childhood Experiences (ACES)
- Relational Trauma and its Lifelong Impact
- Post Traumatic Growth (PTG)
- Restorative Justice, New Questions
- Serial Killers: Addiction, Stigma and Silence
- Cognitive Behavioral with at-risk populations
- All Relationships and Our Boundaries
- Moving Through Stages of Change

### Inspirational or Personal Growth Talks:

- Rewrite Your Story
- Doing Less and Getting More!
- The Challenging Change Process
- Becoming Powerful in Your Life
- Do What You Can, Leave the Rest
- ***Need a topic you don't see here? Ask Ms. Jen!***

**book today!**

[missjen203@gmail.com](mailto:missjen203@gmail.com)

[www.soulnotskin.com/contact](http://www.soulnotskin.com/contact)

925-364-4973



## Presentations

Ms. Jen explains complex human behavior in ways that are readily understandable. After I attended the presentation, I had practical things to practice that improved my life. We are dealing with addiction or other habits that are causing problems, the first step is always to recognize a need for change. She does.

### Here are a few of the places she's presented:

#### Criminal Justice System:

- American Jail Association (AJA) Conference
- San Quentin Restorative Justice Symposium
- Alameda County Sheriffs Office
  - Youth & Family Services Bureau (YFSB)
  - Deputy Sheriff Activities League (DSAL)
  - Criminal Justice Oversight Committee

#### Addiction & Recovery Treatment Services:

- Recovery Innovations International
- Cronin House Residential Primary Care Facility
- Treatment Facilities (***too many to list***)

#### Education Faculty Trainings / Student Assemblies

- TVROP Faculty Professional Development
- Trinity College of the Bible
- Lake Forest College