



Myra Strand Bio/ Introduction:

Myra Strand, MA, CA, is the chief servant leader and sole owner of Strand² Squared LLC where she provides training and education, both in person and through the online academy and consultation and agency support services. Last year, Strand Squared provided training and education to over 30,000 professionals.

Myra began working with people who have trauma in 1995. She has experience with youth with complex trauma and serious mental illness, people with developmental disabilities, youth in competing war zones, county inmates, in the area of death notification and with victims of all crime types.

In her previous position as CEO at Victim Witness Services (VWS) for Coconino County, Myra's focus was to drive the sustainable growth of VWS in three areas: Vicarious Trauma Mitigation, Evidence Informed Practices, and the Expansion of Geographic Reach. She had a central focus of applying trauma informed response and care.

Under her lead, she more than doubled- *nearly tripled*- the operating budget, she tripled the number of victims served during immediate crisis, she increased services to rural areas of the county and opened two satellite offices and establishing funds for "pop-up services". Myra dramatically increased staff salaries and benefits as part of the vicarious trauma mitigation. She added new services including counseling, trauma sensitive yoga, emergency financial assistance to address immediate crisis needs and a K-9 advocacy program. In 2013, when she started, there were nine staff members, when she left in 2018 there were nearly 30 people on VWS payroll. Myra dramatically increased staff salaries and benefits as part of the vicarious trauma mitigation.

Myra has had success in improving the systems response to victims of high stress and trauma in her eight years as a lead team member in the local Coordinated Response Team and the Sexual Assault Response Team. She co-founded the Coconino County Domestic Violence fatality review board, which later became the state model. She assisted in the process that led to DV risk assessments being used by local law enforcement and by the hospital, she assisted in establishing DV strangulation exams in her area. She also brought a lot of training to her community in the area of human sex trafficking and response.

Between the years of 2014-2016, Myra participated in bringing training to over 600 first responders in Arizona from over 50 different agencies in cutting edge techniques. Myra was recognized for this work by "Latinas Rising" and featured by the Arizona Community Foundation.



Prior to her work at Victim Witness Services, Myra was the Director of Community Based Services for Northland Family Help Center (NFHC). During her eight years at NFHC, she provided legal advocacy for people fleeing domestic violence as a legal document preparer. In that role, she assisted victims of domestic violence in civil court by preparing divorce and custody paperwork.

Myra created two sexual violence prevention programs, one targeting men as allies in 2006. The other, in 2007, empowering alcohol serving establishment owners and staff to be effective bystanders which is now evolved to be called the Arizona Safer Bars Alliance and has had a national level impact and is hosted by the Arizona Department of Health Services and the University of Arizona. She supervised the runaway/homeless youth outreach program and a primary prevention program focused on youth.

For over a decade, Myra was faculty member at Northern Arizona University, and more recently, Coconino Community College where she taught issues of violence, ethnic and gender studies, sex and dating and applied intersectionality. She has also taught social justice classes in the Coconino County Detention Center working with men on issues of violence and healing. She is very proud to be an Ethnic studies professor in Arizona.

Myra is nationally recognized for her contribution to field of the complicated and often traumatic human services. Myra was recognized for her efforts to transform the Arizona criminal justice system by the Latinas Rising in 2017, is the recipient of the 2015 Woman of Excellence Award, 2014 and 2012 Northern Arizona University Community Partner Awards, 2013 Ruby Award, and the 2007 Martin-Springer Moral Courage Award. Myra is certified as a Comprehensive Victim Intervention Specialist: Advanced.

Myra Lives in Flagstaff, Arizona with her husband, Russell Strand, two sons and dog, Yeti.