

MISTY C. SUTTON

RESEARCH INTERESTS: Risk-perception; disaster response and PTSD; self-care on disaster operations; Disaster Mental Health and collective trauma; expectation of altruism in disaster response; Mindfulness Based Stress Reduction programs in disaster responders

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EDUCATION

ARKANSAS TECH UNIVERSITY,
Bachelor of Science in Emergency
Management, *Summa Cum Laude*
Bachelor of Arts in Psychology,
Summa Cum Laude, May 2023

NORTHWEST ARKANSAS
COMMUNITY COLLEGE,
Associate of Science in Liberal Arts
and Sciences, *Magna Cum Laude*,
December 2020

PRESENTATIONS and CONFERENCES

International Association of
Emergency Managers USA Virtual
Conference, April 2023
#IAEMstrongerstories Speaker

International Association of
Emergency Managers 70th Annual
Conference, November 2022
EMVision Speaker: *Self-care is Not
Selfish: The Importance of Self-care
in Disaster Response*

Arkansas Tech University 2023
Research Symposium: *Supporting
Responder Resiliency: The Effects
of Stress and Mental Health on
Retention and Burnout in the
Humanitarian Disaster Workforce*

Great Plains Honors Council
Conference, 2020 (cancelled)
Presenter: *Et tu, Frodo? Using Neo
Confucianism to Answer the
Question of Gyge's Ring*

NWACC Out of the Darkness
Campus Walk, 2020
Speaker: *Surviving Suicide*

EXPERIENCE

INSTITUTE FOR CORPORATE AND PUBLIC SAFETY, NORTHWEST
ARKANSAS COMMUNITY COLLEGE (November 2023–Current)

Curriculum Development Project Manager

- As a training partner under the National Training and Education Division of the Federal Emergency Management Agency, recertify 10 emergency preparedness training courses every 3 to 5 years to ensure consistent, quality all-hazards training for rural and tribal jurisdictions across the United States.
- Coordinate with SMEs, 508 compliance reviewers, copy editors, and certifiers under the direction of the Rural Domestic Preparedness Consortium to ensure all aspects of each project are completed within the contracted timeline.

AMERICAN RED CROSS (March 2019–June 2023)

Disaster Program Specialist, Territory 5

- Began as a volunteer in March 2019; transitioned to full-time staff in August of 2021; transitioned back into multiple volunteer lead roles June 2023
- Support Disaster Program Manager in strategizing to meet Disaster Cycle Services program goals, fostering partner relationships, ensuring diversity and inclusion among clients and volunteers, and growing and developing volunteer team and leadership base across 33 counties in NWAR, the River Valley, Central Arkansas, North Arkansas, and Southwest Missouri
- Developed new partnership with Canopy NWA to offer preparedness programs to approximately 200 refugees from vulnerable populations yearly, with the potential to expand nationally.
- Increased Disaster Duty Officer roster by 50% through direct encouragement, relationship building, volunteer engagement activities, and development and facilitation of training opportunities.
- Serve as dispatcher for Disaster Action Team across the region (199-county service area); dispatch local Intake Workers to home fires and disasters for 3000+ fires annually.
- Served on 7 Level 3+ disaster responses to date including Hurricane Laura, Hurricane Ian, the Springdale, Arkansas Tornado (March 2022), Washington County Arkansas (May 2022) and River Valley flooding (June 2019).
- Developed and facilitated the Spring 2023 Mentorship Series at Arkansas Tech University for approximately a dozen students.

STUDENT AMBASSADOR AND GOVERNMENT ASSOCIATION,
NORTHWEST ARKANSAS COMMUNITY COLLEGE (2019-2020)

Officer—Director of Communications

- Elected for one term as an officer on the Executive Committee of NorthWest Arkansas Community College's student council (SAGA). Served as Chair for the Student Relations Committee.
- Managed all social media outlets and marketing efforts—doubled following on all active social media outlets for SAGA during term and served as the “voice” of SAGA in communications between student body and representatives.
- Served with the SAGA President as Co-Chair for the first ever American Foundation for Suicide Prevention's *Out of the Darkness Campus Walk* at NWACC. Raised over \$3,000 in donations, despite the walk having to be converted to virtual and combined mid-project due to COVID-19. Invited as guest speaker for the combined online event.

PROFESSIONAL ASSOCIATIONS, TRAININGS, and AWARDS

International Association of
Emergency Managers Member
Arkansas Emergency Managers
Association Member
FEMA Professional Development
Series certified
National Emergency Management
Basics Academy Graduate
*One Red Cross Volunteer Impact
Award* winner, Missouri and
Arkansas Region, 2021
ATU EAM Positive Impact Award
winner, 2022-2023

EXTRACURRICULARS

ATU Emergency Management
Student Association Board Member
NWACC Speech and Debate Club
President
NWACC Non-Traditional Students
Association President
Sigma Kappa Delta National
English Honors Society
Phi Theta Kappa International
Honors Society
NWACC Honors Student
Association
EagleView Staff Writer

TEACHING AND WRITING

Community Preparedness Education
Instructor, American Red Cross
Pillowcase Project Presenter,
American Red Cross
Prepare with Pedro Presenter,
American Red Cross
Shelter Fundamentals Instructor,
American Red Cross
Basic Instructor Certified, American
Red Cross
Virtual Instructor Certified,
American Red Cross
Emergency Preparedness Instructor,
The Phoenix Foundation
Mindfulness Meditation Certified
Instructor, *in-process*

THE RELIEF SOCIETY, Northwest Arkansas (2010-2015) **Secretary and Activities Coordinator**

- Responsible for coordinating events, working with the organization's presidency on assessing needs of members, organizing activities ranging from dinners to classes, teaching courses, and regularly communicating with members.
- Taught courses in Emergency Preparedness, Food Storage, and Time Management as requested by the presidency.
- Assisted and consulted for the Springdale regional area Emergency Preparedness Committee which included 13 cities at that time. Ran booths at the annual Northwest Arkansas Emergency Preparedness Fair for 4 consecutive years.
- Served one year on the Partner Relations Committee for the NWAR Emergency Preparedness Fair; acted as liaison to 10 partner organizations attending the event by fostering relationships, coordinating activities, and fulfilling requests.

STAGECRAFT, INC. (2010-2011)

Board of Directors

- Served one term on Board of Directors for Stagecraft, Inc.—a non-profit dedicated to offering drama and theater opportunities to 35 homeschoolers across 2 age groups in the Northwest Arkansas area.
- Responsible for coordinating and facilitating all fundraisers, including the first annual dinner theater. Raised \$500.
- Assisted in coordinating class schedules, communications, and events.

TREEHOUSE HOMESCHOOL COOPERATIVE (2009-2010)

Board of Directors

- Served one term on Board of Directors for Treehouse Homeschool Cooperative of Northwest Arkansas.
- Assisted in developing curriculum, coordinating volunteers, scheduling classes, and securing classroom space for 150+ students. Worked with the Board to develop and polish by-laws.
- Developed lesson plans and taught 2 extra-curricular classes for homeschooled children ages 4-6 and 8-10.

NORTHWEST HEALTH SYSTEMS (2004-2006)

Department Secretary—Environmental Services

- Monitored attendance for over 100 housekeeping employees across all 3 Northwest Health facilities.
- Responsible for department's Quality Assurance program, including entering and tracking 60 quality assurance surveys into the department database daily, conducting daily quality assurance inspections, and working with 4 Supervisors across 3 facilities to conduct appropriate follow-up employee coaching and training based on data analysis to ensure continual service improvement.
- Wrote all 12 training modules for the department and conducted training for all new incoming department employees.
- Acted as department liaison, accepting, processing, and dispatching all housekeeping requests from other departments across all 3 hospital facilities.