

NUTRITION AND PUBLIC HEALTH EDUCATOR AND ADMINISTRATOR

- Conscientious and dedicated nutrition and public health professional.
- Expertise in developing and implementing graduate-level courses that align with both learner needs and academic objectives.
- Detail-oriented project and program manager with a proven ability to craft creative strategies for solving problems and navigating complex, highly regulated environments.
- In-depth training and specialized expertise in functional nutrition.
- Innovative, self-motivated, and dependable professional with excellent interpersonal skills and a demonstrated talent for fostering collaboration, enhancing team dynamics, and improving overall organizational performance.

SIGNIFICANT ACCOMPLISHMENTS

- Contributed to the successful accreditation of the Southern New Hampshire University Master of Public Health Program by the Council on Education for Public Health (CEPH).
- 2025 Excellence in Teaching award winner for full-time faculty at Southern New Hampshire University.

PROFESSIONAL EXPERIENCE

SOUTHERN NEW HAMPSHIRE UNIVERSITY, Manchester, NH 2015 – Present
Clinical Faculty, Health Professions (2021 – Present)

- Teach two to three graduate-level courses per term in the Master of Public Health (MPH) program, delivering high-quality, learner-centered instruction.
- Serve as a professional advisor, fostering student engagement, supporting academic success, and strengthening the student's sense of connection to the program and university.
- Collaborate with student advising teams to support student retention and academic persistence.
- Mentor and coach adjunct faculty and public health interns, offering support, feedback, and professional development guidance.
- Assist the Program Director with the SNHU Public Health Advisory Board and the Curriculum and Evaluation Committee meetings.
- Lead live chats and virtual discussions on course topics, current public health issues, and career opportunities in public health.
- Develop and deliver live presentations for Nursing and Health Professions Continuing Education.
- Actively participates as a committee member for the Global Summit and the Nursing, Health Professions Book Club, NCHEC work group, contributing to interprofessional dialogue and academic enrichment.

Adjunct Professor, Nursing/Health Professions (2015 – 2021)

- Taught two sections per term of Wellness Through the Lifespan.
- Designed and developed Practical Experience in Public Health I & II, a required graduate-level course that guides students through real-world application of public health concepts; consistently taught to cohorts of 20+ students per term.
- Fostered student success by maintaining daily engagement through online discussion forums, providing timely feedback, and offering personalized academic support.

Manager, Population Health & Wellness (2014 – 2021)

- Directed a six-person team and collaborated with internal cross-functional departments and external vendors to design and implement disease management, lifestyle coaching, and wellness programs for Commercial, Medicare, and Medicaid populations.
- Led vendor procurement efforts for prevention and disease management services, including strategic planning, vendor evaluations, and contract negotiations in partnership with the procurement team.
- Played a key role in developing responses to RFPs for new employer group business, ensuring content accuracy and highlighting program innovations that distinguished Tufts from competitors.
- Analyzed member engagement data and health assessment responses to identify strategies for improving participation. Introduced multi-channel health assessment options (phone, online, and mail), resulting in a significant increase in completion rates to 60–70%.
- Evaluated program performance data to identify improvement opportunities.
- Created and implemented a vendor management policy to standardize oversight of 20+ vendor contracts, ensuring compliance with NCQA accreditation standards and relevant regulatory requirements.
- Developed a predictive budgeting model, consistently managing an \$8M annual budget. Achieved cost savings without compromising quality of services.
- Streamlined budgeting procedures to enhance expense tracking, prevent overages, and improve financial reporting to senior leadership.
- Monitored and ensured compliance with evolving insurance and clinical regulatory policies, adapting programs and services accordingly.

Program Manager III, Population Health Programs (2013 – 2014)

- Led negotiations for a multimillion-dollar contract to deliver disease management and wellness programs.
- Designed and oversaw the implementation of complex, condition-specific programs addressing asthma, bariatric care, adult immunization, maternity support, and health risk assessments (HRA).
- Monitored vendor performance to ensure contractual compliance, operational efficiency, and measurable return on investment.
- Evaluated health education materials for clinical accuracy, financial feasibility, and scalability to ensure effective member engagement and program success.

BALANCED WITHIN NUTRITION, Centerville, TX

2021 – Present

Principal

- Collaborates with clients to develop comprehensive, individualized plans that support long-term nutrition and health goals.
- Applies a functional nutrition approach to deliver personalized, evidence-informed recommendations.
- Designs food plans tailored to address weight management, inflammation, food sensitivities, immune support, and chronic disease prevention.

NORTHEAST COLLEGE OF HEALTH SCIENCES, Seneca Falls, NY

2021–Present

Adjunct Professor

- Instruct courses including Nutrition Across the Lifespan and Nutrition Assessment, delivering evidence-based content aligned with program objectives and the Certified Nutrition Specialist certification criteria.
- Serve as a professional advisor, fostering student engagement, supporting academic success, and strengthening the student's sense of connection to the program and university.

- Evaluate and provide detailed feedback on weekly assignments and papers, facilitating both written forum discussions and live group sessions to enhance student engagement.
- Offer individualized academic support and guidance to promote student success and mastery of course material.
- Serves on the following committees
 - Academic Affairs Subcommittee Member (Jan. 2022- Jan. 2026)
 - Faculty Affairs Subcommittee Chair (Oct. 2021-Oct. 2025)
 - Bylaws Subcommittee Member (Aug. 2023-Aug. 2025)

SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE, Tempe, AZ

2019 – 2020

Adjunct Professor/Course Developer, Clinical Nutrition Graduate Program

- Designed and developed a required graduate-level course, Nutrition Across the Lifespan: Adolescent, Adult, Older Adult, taught each semester to 40+ students across two sections.
- Created original lectures, discussion prompts, and interactive assignments that integrate group collaboration and practical application, supporting student engagement and real-world skill development.
- Aligned course design with program competencies to ensure measurable learning outcomes and readiness for professional practice.

UNIVERSITY OF NEW ENGLAND, Portland, ME

2012 – Present

Adjunct Professor/Course Developer, Applied Nutrition Graduate Program (2017 – Present)

- Designed a required graduate-level course, Nutrition, Wellness, and Multimedia Communication, focused on enhancing students' communication skills across digital platforms in the context of nutrition and wellness.
- Instruct multiple graduate-level courses, delivering high-quality, student-centered education that aligns with program goals and industry standards.
- Assess and provide constructive feedback on students' weekly assignments and papers; facilitate written forums and live group discussions to deepen understanding and engagement.
- Offer individualized academic support to guide students toward successful course completion and professional growth.

Adjunct Professor, Public Health Graduate Program (2012 – 2021)

- Taught a range of fully online graduate-level courses to working professionals, including Health Care Informatics, Health Literacy, Environmental Health, Occupational Health, and Foundations of Public Health.
- Adapted instructional strategies to meet the needs of adult learners balancing full-time employment, ensuring flexibility, accessibility, and academic rigor.
- Supported student learning through timely feedback, dynamic discussion facilitation, and individualized academic guidance.

PREVIOUS ROLES

- Health Community Coalition of Greater Franklin County | Program Coordinator, Farmington, ME
- Western Maine Community Action's WIC Program | Site Nutrition Manager; Dietary Counselor, East Wilton, ME

EDUCATION & CERTIFICATIONS

DCN, Clinical Nutrition, *Maryland University of Integrative Health, Laurel, MA*
MS, Applied Clinical Nutrition, *New York Chiropractic College, Seneca Falls, NY*
MBA, Business Administration, *St. Joseph's College, Standish, ME*
MPH, Public Health, *University of New England, Portland, ME*
BS, Health Sciences, *University of Southern Maine, Portland ME*
AS, Dietetic Technology, *Southern Maine Community College, South Portland, ME*

Certified Health Education Specialist, *The National Commission for Health Education Credentialing*
Certified Dietetic Technician, *American Dietetic Association*
Certified Health Coach, *Dr. Sears Wellness Institute*
Certified Personal Trainer, *Fitness Mentors*

ASSOCIATIONS

- American Nutrition Association
- American Public Health Association
- Academy of Nutrition and Dietetics
- Texas Public Health Association
- Society of Public Health Education
- Society for Nutrition Education and Behavior

VOLUNTEER WORK

Community Collaborative, Rain, Hail, and Snow Network-Weather Observer

PUBLICATIONS AND PRESENTATIONS

LaGreca M, Hutchinson D, Barry L. **A Multi-Faceted Approach to Weight Loss: A Case Report.** *Integrative Medicine: A Clinician's Journal*. 2020; 19(1):38-45.

LaGreca, M., Skehan, L., & Hutchinson, D. (2022). **The Microbiome and Neurotransmitter Activity.** *The Journal Of Science And Medicine*, 3(2). doi: 10.37714/josam.v3i2.90

Brown, J., Schimp, J., Mydra, S., Sweeton, J., & Skehan, L. (2025, May 7). **Psychogastroenterology: A beginner's Guide for Mental Health Clinicians** - Family Therapy Magazine. Family Therapy Magazine - American Association for Marriage and Family Therapy.
<https://ftm.aamft.org/psychogastroenterology-a-beginners-guide-for-mental-health-clinicians/>

Brown, J., Schimp, J., Jozan, A., Mydra, S., Sweeton J., Valentino-Bottaro, J., Skehan, L., Flaten, T., & Harrington, R. (2025, July). **Irritable Bowel Syndrome and the Bidirectional Connection to Mental Health Disorders: A Beginner's Guide for Mental Health Professionals and Allied Fields.** Family Therapy Magazine. Family Therapy Magazine - American Association for Marriage and Family Therapy. <https://ftm.aamft.org/irritable-bowel-syndrome-ibs-and-the-bidirectional-connection-to-mental-health-disorders-a-beginners-guide-for-mental-health-professionals-and-allied-fields/>

Brown, J., Schimp, J., Mydra, S., Skehan, L., Hennington, B., Mascia, S., & Kneringer, E. (2025, October). **Migraine and the Bidirectional Connection to Mental Health Disorders.** Family Therapy Magazine. Family Therapy Magazine - American Association for Marriage and Family Therapy. <https://ftm.aamft.org/migraine-and-the-bidirectional-connection-to-mental-health-disorders/>

Are We AI-ready? A National Scan of Public Health Organizations and the Future of Equitable Innovation (2025) Poster Presentation at the American Public Health Association Annual Meeting
Ashley S. Love, DrPH, DHSc, MPH, MS, CPH, CHC, COI ; Helen Smith, PhD, MS; Laurie Lewis; Rebecca Arsenault, DHA, MS, RN, FACHE; Toni Clayton, PhD, MBA; Urmala Roopnarinesingh, PhD, MS; **Leanne Skehan, DCN, MPH**, MBA; Tanyi Obenson, PhD, MSEH; Kristine Thomas-Jones, MS, PhD, DC

Associate Editor for [Nutritional Neurocriminology Today](#) which is a web-based publication focused on the intersection of nutrition, brain science, and criminal behavior. This interdisciplinary resource brings together experts from a diverse array of fields, including nutrition, neuroscience, medicine, criminology, psychology, sociology, and law, among others. The publication emphasizes practical implications for common professional responsibilities such as interviewing, screening and assessment, treatment and intervention, and case management of clients involved in or at risk of becoming entangled in the criminal justice, forensic mental health, and legal systems.

Co-Editor for Global Smart Food Systems (GSFS)-A Gold Open [Emerald Publishing Journal](#) is launching a Special Issue about "AI-powered Food Systems: Innovations in the Nexus of Food Chain & Sustainability"; exploring how AI is transforming agriculture, food supply chains, food marketing, nutrition equity, consumer behavior, sustainability, and much more.

Reimagining Applied Practice: Leveraging Technology to Expand Access and Excellence in Graduate Public Health Applied Practice Experiences. (upcoming in 2026) Oral Presentation at the Association of Schools and Programs of Public Health. *Ashley S. Love, DrPH, DHSc, MPH, MS, CPH, CHC, COI; Laurie Lewis; Rebecca Arsenault, DHA, MS, RN, FACHE; Toni Clayton, PhD, MBA; Urmala Roopnarinesingh, PhD, MS; **Leanne Skehan, DCN, MPH, MBA***

Brown, J., Schimp, J., Mydra, S., Sweeton J., Valentino-Bottaro, J., **Skehan, L.**, Donaldson, K., & Harrington, R. (2026, February). **Autoimmune Neuropsychiatric Disorders in Children.** Family Therapy Magazine. Family Therapy Magazine - American Association for Marriage and Family Therapy. <https://ftm.aamft.org/autoimmune-neuropsychiatric-disorders-in-children/>

Northeast College of Health Sciences Nutrition Symposium Presentations

Microbiome Function, Dysfunction, and Restoration June 23, 2022

The Interrelationship Between Nutrition, Culture, and Food Security 05/26/2024