

Sarah Tallents

she/her/hers

stallent@bu.edu

857.337.4858

Education

Stony Brook University

August 2021 — May 2023 | Stony Brook, NY

- Graduated May 2023, Master of Social Work specializing in Community, Policy, and Political Social Action; cumulative GPA: 3.9

Ithaca College

January 2019 — May 2021 | Ithaca, NY

- Graduated Magna Cum Laude with a Bachelor of Arts in Politics; Dual Minors in Women and Gender Studies, and Deaf Studies; cumulative GPA: 3.8

Cayuga Community College

January 2018 — Dec 2018 | Ithaca, NY

- Graduated Summa Cum Laude with an Associate of Arts; cumulative GPA: 3.9

Licensure

Licensed Certified Social Worker (LCSW)

Commonwealth of Massachusetts, Department of Public Health

- License # LCSW2142122, Exp 04/2028

Licensed Master Social Worker (LMSW)

New York State, Department of Education

- License # 126187, Exp 11/2027

Professional Development

Training and Education in Sexual and Domestic Violence

September 2025 | Commonwealth of Massachusetts, Department of Public Health

Understanding and Ending Gender-Based Violence in Fieldwork

March 2023 | NSF-NHERI CONVERGE

Cultural Competence in Hazards and Disaster Research

April 2022 | NSF-NHERI CONVERGE

Mandated Reporter Training: Identifying and Reporting Child Abuse and Maltreatment

October 2021 | NYS Office of Children and Family Services

Safe TALK: Suicide Prevention Training

January 2020 | LivingWorks

Tutor Certification

January 2018 | College Reading and Learning Association

Professional Roles & Memberships

Volunteer—Our Bodies Ourselves

October 2025 - Present | Boston, MA

- Provide support for in-person and virtual events that promote equitable access to health information

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Professional Roles & Memberships

Member—Community Circle Committee

December 2024 - May 2025 | Los Angeles, CA

- Piloted, implemented, and facilitated employee-centered mental wellness spaces with Los Angeles County Department of Public Health

Member—Curriculum Development Team

May 2024 - May 2025 | Los Angeles, CA

- Developed curriculum for health programs within the Los Angeles County Department of Public Health

Cohort Member—EmpowHER: B.A. Women's Initiative

April 2021 - Present | Washington, D.C.

- Completed spring curriculum that focuses on educating collegiate women in public service on professionalism

Inductee—National Honor Society of Women & Gender Studies

May 2021

- Awarded to a student who encourages diversity and egalitarianism, exemplifying strong ties to feminist activism

Events Chair—Active Minds Chapter at Ithaca College

November 2019 - May 2021 | Ithaca, NY

- Developed, organized, and implemented events that encouraged mental health awareness throughout the student body
- Collaborated with other student-run organizations on various issues surrounding mental health, such as suicide prevention and eating disorders

Ambassador—Ithaca Ambassador Committee

January 2020 - May 2020 | Ithaca, NY

- Assisted incoming freshman and transfer students with the transition to life at Ithaca College
- Worked with Ithaca College Counseling and Psychological Services to ensure that holistic care is accessible for new students

Experience

Training Associate—Boston University's Sargent College Center for Psychiatric Rehabilitation

November 2025 - Present | Boston, MA

- Designing and teaching student-centered academic and wellness-based courses
- Supporting individuals in developing both student and resilience skills
- Delivering psychiatric rehabilitation coaching to young adults, supporting them to reach their goals

Youth Educator—Los Angeles County Department of Public Health

January 2024 - May 2025 | Los Angeles, CA

- Implemented and evaluated a multifaceted, school-based health program and clinic at Student Wellbeing Centers in Downtown Los Angeles, LAUSD campuses
- Offered individual and group support on mental health, substance use, and sexual health
- Developed and implemented educational curricula in various health topics

Counselor—Bridges to Success Summer School Program

July 2023 - August 2023 | Fulton, NY

- Conducted psychosocial evaluations for students requiring additional support in the classroom
- Provided individual counseling and skill-building sessions utilizing evidence-based approaches
- Offered crisis intervention and deescalation support as needed

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Experience

Campaign Organizer—Margot Garant for Brookhaven Town Supervisor

March 2023 - June 2023 | Stony Brook, NY

- Developed spreadsheets and calendars that highlighted organizations, and events across the Town
- Built relationships with community leaders to identify and communicate information with the candidate
- Provided in-depth analyses on the 35 villages within the Township focusing on their individual policy needs and efforts

Graduate Coordinator—Stony Brook University's LGBTQ* Center

August 2022 - May 2023 | Stony Brook, NY

- Managed logistics and communications for community events, new intern onboarding, and trainings
- Supported and celebrated campus diversity through identity-based programming and events
- Developed materials and tracked student participation across engagement activities
- Led a team of interns, offering support while fostering a collaborative, inclusive environment

Legislative Aide Intern—Office of Suffolk County Legislator Sarah Anker

August 2021 - May 2022 | Mount Sinai, NY

- Maintained and developed external relationships with local nonprofits, county organizations, and community leaders
- Created agendas, social media content, and follow-up materials for meetings with local organizations
- Produced written reports on community concerns and helped streamline constituent services

Substitute Teacher—Fulton City School District

January 2018 - December 2022 | Fulton, NY

- Supported students of all abilities in developing life-long learning skills and effective studying habits, in topics ranging from AP English to technology
- Participated in diversified classroom instruction across grade levels (seventh-twelfth)

Volunteer—Sarah Anker for Suffolk County District Six

September 2021 - November 2021 | Miller Place, NY

- Participated in direct voter contact through phone calls and door knocking, organized materials to be distributed to registered voters
- Drafted graphics and took photographs for candidates website and social media
- Staffed candidate at events, drafted talking points regarding local issues and policies

Student Tutor—Cayuga Community College

August 2018 - December 2018 | Fulton, NY

- Aided students with written assignments, helped structure and organize ideas into a paper format, and edited revisions

Conferences, Presentations, & Publications

Panelist—Social Work Block Party Panel

March 2025 | Los Angeles, CA

- Hosted by Los Angeles Department of Public Health Wellbeing Centers and Edward Roybal High School