

## JOAN E. MEDLEN, MED, RDN

3638 SW Vesta Street, Portland, OR 97219 | 503.319.3226 (mobile) 503.244.5128 (home) | joan.medlen@gmail.com  
LinkedIn: jmedlen Facebook Page: JoanGuthrieMedlenRD  
Training Portfolio: <http://tinyurl.com/portfolio-jem>

### Education

University of Massachusetts - Boston  
Master in Education 4 2010  
Adult Education and Instruction Design

Kansas State University  
Manhattan, Kansas  
B.S. Dietetics 1987  
Coordinated Undergraduate Program in Dietetics

### Registration And License

Commission of Dietetic Registration #709397 2013 – 2018  
State of Oregon License # 520 (currently inactive)

### Current

*Office of Training, Investigation and Support,* 9/2016 - present  
*formerly the Office of Adult Abuse Prevention and Investigation,*  
*Salem, OR*  
Training and Development Specialist

Responsible to develop and carry out training for adult abuse investigators in Adult Protective Services, Developmental Disabilities, and Mental Health. Design and maintain a strong training unit web presence to include use of online learning programs, photography and video platforms. Develop and implement training based on Oregon Revised Statutes and Oregon Administrative Rules for appropriate programs. Coordinate special training events for Abuse Investigators. Created pilot training curriculum for Centralized Abuse Management System. Developed onboarding training for new abuse investigators for school-based and child-care abuse investigations. Conduct research to support curriculum development activities based on best practices and national standards for abuse investigation and prevention.

*Medlen Consulting, LLC, Portland, Oregon* 2005 – present  
[www.JoanMedlenRD.com](http://www.JoanMedlenRD.com)

A person-centered nutrition consulting practice for people with developmental disabilities and their families. Provide nutrition and lifestyle coaching, adapted materials and systems to promote success, recipe redesign—both visual and for healthful living—program consultation and group education and presentations.

Consulting also includes freelance writing, editing, material and lesson design, health literacy editorial services, training programs for families and professionals, person-centered service advocacy support, and public speaking.

### Past Employment

- Oregon Home Care Commission, Salem Oregon* 11/2013 – 9/2016  
 Personal Support Worker Training Coordinator  
 Responsible for creating and managing training program for Personal Support Workers providing in-home support to individuals with intellectual and developmental disabilities across the lifespan receiving in-home and K-Plan services and adults receiving State Plan Personal Care services (Medicaid services).  
 Contracted or developed: *Everyone Communicates, Nutrition Basics, and Sensory Awareness for Children and Adults*.  
 Developed pilot training for Enhanced and Exceptional Personal Support Workers using a person-centered theme.
- University of Illinois – Chicago, RRTC-ADD* 4/2011 – 12/2013  
 Research Associate  
 Assist with projects related to the Health Matters Community-Academic Partnership. Co-Author of the HealthMessages Peer-to-Peer Curriculum. Co-Author of program materials for Special Olympics Health Coaches Program.
- Community Vision, Inc., Portland, Oregon* 7/2008-12/2010  
 Compass Project  
 Responsible for the management of activities for the project, Disability Compass including managing the dissolution of the project.
- Special Olympics, Inc. Healthy Athletes Health Promotion Program* 10/2005- 8/2010  
 Global Director, Health Literacy and Communications  
 Consultant to the Health Promotion Program of Special Olympics International. Develop educational materials, conduct training and educational workshops, assist with program development, and write articles for the organization, participants and the lay public. Created *I Choose to Change!* nutrition education program and Health Coaches concept.
- The Enoch-Gelbard Foundation* 10/1995- 11/2006  
 Projects and Grant Director and Editor/Publisher  
 Created the primary project of the foundation, *Disability Solutions: A Resource for Families and Other Interested in Down Syndrome and Related Disabilities*. *Disability Solutions* was a free publication that provided an in-depth look at topics of interest to families such as apraxia of speech, weight management, wandering (elopement). *Disability Solutions* was the first publication to provide tangible and understandable information to families on the topic of dual diagnoses in Down syndrome through a focus on Down syndrome and Autism Spectrum Disorders. The publication reached over

10,000 readers in print and thousands more through the website. Responsible for author solicitation, editing, design, and development, and growth of the publication.

Implemented multiple practices to model working *with* people who experience developmental disabilities in all projects. These include conducting and publishing, and submitting to an academic publication, participatory research on healthy lifestyles in collaboration with *Capabilities Unlimited, Inc.* and providing coaching to self-advocates creating a quarterly newsletter for self-advocates about self advocacy. This latter project was later a model for other self-advocate organizations, including the newsletter for *People First Oregon*, a project of the Oregon Council on Developmental Disabilities.

Responsible for screening grant applications to forward to the board of directors for consideration, and managing grant awards, coordinating over \$900,000 in grant awards in ten years.

#### Consultation Services

Ross, Feller, Casey, LLP. Philadelphia, PA Expert Witness Services	2013 (ongoing)
Maney and Gordon, PA, Tampa, FL Expert Witness Services	2013
Barrett Law Office, Pittsburgh PA Expert Witness Services	2006
STRIVE U, PSL Services, Portland, ME Nutrition and Wellness Consultant <i>STRIVE U is a Post-Secondary Program for people with Developmental Disabilities.</i>	2003-2005

#### Awards and Honors

Award of Excellence, Behavioral Health Nutrition Global Down Syndrome Foundation	2015
Excellence in Practice, Behavioral Health Nutrition Academy of Nutrition and Dietetics	2011
Medical Professional of the Year Oregon Disability Megaconference	2011
Exceptional Meritorious Service Award National Down Syndrome Congress	2009
Legacy of Excellence Public Advocacy Award Kansas State University	2006
Theodore D. Tjossem Research Award National Down Syndrome Congress	2002
Lynda Pollack, MD Advocacy Award	2001

Gold Coast Down Syndrome Association

### Selected Publications

The National Academies of Sciences, Engineering, and Medicine. *Communicating Clearly About Medicines: Proceedings of a Workshop*. (Planning Committee Member), November 2016.

Marks, B., Sisirack, J., Medlen, J., Magallanes, E. *Health Messages Program Healthy Lifestyle Coaches: Coaching Manual*. Chicago, IL: Health Matters Community Academic Partnership, 2011

Phelps, R., Pinter, J., Medlen, J., Bethell, C. "Health Care Needs of Children with Down Syndrome and Impact of Health System Performance on Children and their Families." *J Dev Behav Pediatr* 33:3, April 2012

Medlen, J.E.G. Felton, J (Illustrations). *Cooking by Color: Recipes for Independence*. Portland, OR: Phronesis Publishing, 2011.

Medlen, JEG. *My Tasting Journal. Keeping Track of Foods I Try*. E-book. Portland, OR: Phronesis Publishing, 2009.

Medlen, J.E.G. *Health Literacy for People with Special Needs*. Exceptional Parent Magazine, Feb 2009.

Medlen, J.E.G. *Creating support for families of children with Down syndrome with a co-diagnosis: A survey. Down Syndrome Research and Practice, In Press (2008)*.

Medlen, J.E.G. *The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles, 2<sup>nd</sup> Edition*. Portland, OR: Phronesis Publishing, 2006.

Medlen, J.E.G. Learning At Home. *Down Syndrome News and Update*, 2005: 4:5, 6-9.

Medlen, J.E.G. Food, Feeding and Family: On the Road to Healthy Lifestyles. In: w. Cohen, L. Nadel, M. Madnick, eds, *Down Syndrome: Visions for the 21<sup>st</sup> Century*. New York: Wiley-Liss, Inc.; 2002:317-325.

### Selected Presentations

Denison, J and Medlen, J, *Providing and Assuring Protective Services*. Presentation for OTIS. Service Coordinator and Personal Agent Conference, Office of Developmental Disability Services, 2018.

Medlen, J, *Transition = Shifting Dynamics*. Presentation for OAAPI. Service Coordinator and Personal Agent Conference, Office of Developmental Disabilities Services, 2017.

Medlen, J.E.G., *My Behavior Effects the Outcome? When Data is Not Enough*  
Food and Nutrition Convention and Expo 2016, Academy of Nutrition and Dietetics, October 2016.

Medlen, J.E.G., *Eating Well and Living Well for People who Experience Down Syndrome at Every Age. It's a Journey, Not a Destination.* Global Down Syndrome Foundation 2015 Education Series, November 2015.

Medlen, J.E.G., "What's for Dinner?" *Planning for Success and Healthy Eating.* The Arc HealthMeets Webinar. November 20, 2013.

Medlen, J.E.G., "Weight! Wait! Don't Tell Me!" *Weight Management for Adults with Down Syndrome.* The National Down Syndrome Congress Convention. July 2013

Medlen, J.E.G., *Opening the Doors of Health Literacy to People with Intellectual and Developmental Disabilities.* Institute of Healthcare Advancement Health Literacy Conference, Irvine, CA. May 2012.

Medlen, J.E.G., *Nutrition-Related Concerns for People with Down Syndrome.* National Down Syndrome Society Webinar Series, January 2012.

Medlen, J.E. G., *Promoting Healthful Living for People with Intellectual Disabilities.* DDNA Convention, Orlando, FL, May 2009.

Medlen, J.E. G., *What's on Your Plate? Promoting Healthful Living for People with Down Syndrome.* World Down Syndrome Congress, Dublin, Ireland. August 2009

Medlen, J.E.G, Rimmer, J. *Eat, Walk, Sit, Run! Healthful Eating and Exercise Opportunities for Persons with Disabilities.* The American Dietetic Association Food and Nutrition Convention and Exhibition, St. Louis, MO, October, 2005.

#### Committees and Task Force Participation

Global Down Syndrome Association Adult Health Care Guidelines Workgroup	2018- present
Standards of Practice and Professional Performance, Academy of Nutrition and Dietetics	2011
National Down Syndrome Congress Professional Advisory Committee	1997 – present
National Down Syndrome Society Clinical Practice Committee	1997 - 2016

#### Memberships

Academy of Nutrition and Dietetics  
 Behavioral Health Nutrition Dietetic Practice Group  
 Global Down Syndrome Association  
 Healthy Aging Dietetic Practice Group  
 Down Syndrome Medical Interest Group – USA  
 National Association of Dual Diagnosis  
 TASH (formerly the Association for People with Severe Handicaps)