

**Stephanie Troutman**  
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### **PROFESSIONAL SUMMARY**

Dedicated and community-minded professional with a strong commitment to improving the well-being, safety, and development of children and families. Skilled in fostering collaborative partnerships with local agencies and schools to address the needs of children and ensure access to resources. Known for a proactive approach, sound decision-making, and a passion for advocating policies and programs that support healthy child development. Eager to contribute expertise, compassion, and strategic insight to advance the mission of the Children well-being.

### **PROFESSIONAL EXPERIENCE**

#### ***Health and Nutrition Specialist***

*Economic Opportunities Council | Jun,2023–Current*

- Coordinate and track health requirements, vision, hearing, dental, growth, and developmental screenings for enrolled children.
- Ensure children get needed medical, dental, or mental health care and that documentation is kept up to date.
- Teach families and staff about illness prevention, hygiene, injury prevention, and healthy habits.
- Develop Individual Health Plans (IHPs) for children with chronic conditions (e.g., asthma, allergies, diabetes).
- Work with food service staff to plan healthy meals that meet USDA Child Care Food Program (CCFP) and Head Start guidelines.
- Coordinate with parents and doctors to accommodate allergies, medical diets, and cultural preferences.
- Provide activities, lessons, and resources to promote healthy eating for children and families.
- Help parents access doctors, dentists, nutritionists, and health insurance.
- Maintain records for federal performance standards and state licensing.

## **Wellness Nurse**

*Indian River Estate | August, 2020 – Current*

- Conducting health assessments, monitoring falls, injuries, behavioral changes
- Documenting medical progress, including treatments, changes in status, and communication with families.
- Coordinating care, assisting with move-in assessments and periodic reviews, and liaising with onsite or external care providers.
- Managing medication and treatment records, ensuring accuracy and safety.
- Educating and promoting wellness, offering advice on lifestyle, fall prevention, and chronic condition management.

## **EDUCATION**

- Fortis Institute–Nursing, Port St.Lucie, FL- 2017
- Bethune-Cookman University,- Education (concentration of Elementary Education) Daytona Beach, FL – 2013
- Indian River State College- Early Childhood 2008

## **COMMUNITY INVOLVEMENT**

- Health Leader, Mt. Olive Primitive Baptist Church
- Health Speaker, Health/Mental Health Advisory Committee
- Health Speaker, Okeechobee Implantation Committee