



**Anne Baumgarten
Professional Bio**

Anne has been a consumer of mental health services since 1978. She had a severe injury in 1971 and as a result had a psychological crisis. She is also the parent of a son who was diagnosed with Bipolar Disorder 1 in 2004 at the age of 19.

Anne has been an educator for 30 years. She taught K-8 for many years and also assumed the following leadership roles at the school and district levels: elementary science coordinator, curriculum developer, Full Option Science System Trainer, mindfulness trainer, New Teacher Mentor; and science/literacy resource teacher. As a writer, she wrote and published press releases, feature/news articles, professional articles, and book chapters covering anxiety disorders and instructional planning for English Learners in science classrooms. She also wrote children's television programs that featured critical thinking skills in collaboration with Disney Animation, Jumbo Productions, and The Harvard Group Project Zero.

Anne earned her BA in science writing at the University of California at Santa Cruz and MAs in Education Leadership and Instructional Technology at San Jose State University. She holds a Certificate in Advanced Professional Development: A Neurodevelopmental Strengths Based Approach to Teaching and Learning, California State University Northridge 2014 – 2015

Anne is married to a software engineering manager, has two sons, and two cats. She enjoys drawing, painting, writing, hiking, and swimming.