



Born and raised in Greensboro, North Carolina, Alexandra graduated from UNC-Greensboro in 2017, earning a Bachelor's Degree in Public Health with a concentration in Community Health Education. Alexandra joined Mental Health Greensboro as the Director of Recovery Initiatives in 2017 and oversaw all mental health education events and programming. In 2019, Alex became the Director of Community Education and the following year, began supervising the implementation of Teens Gotta Talk. Along with her degree, Alexandra is a Certified Health Education Specialist, is certified as a Mental Health First Aid Instructor, and a QPR instructor. Alexandra credits her love for positive health education to her professors and coworkers and is dedicated to dismantling the stigma that surrounds the topic of behavioral health. Off the clock, Alexandra likes to spend her time with a good book and her dogs.