

ALYSSA CYPHER

PROFESSIONAL SPEAKER AND CONSULTANT ON MENTAL ILLNESS AND MENTAL HEALTH

"As someone who works in the mental health field and lives with mental illness, I speak openly about mental health and mental illness through both a professional and personal lens."

TOPICS OF FOCUS

- Self-Advocacy through Storytelling for Adults and Youth
- Mental Health Best Practices for Nonprofits and Businesses
- Working Against Discrimination, Stigma, and Ableism
- Living with Mental Illness

CONTACT DETAILS

Alyssa Cypher
3827 Cabinet Way
Pittsburgh, PA 15201

alyssaecypher@gmail.com

www.insideourminds.org
www.alyssaecypher.com

412-298-7916

@lyss_cypher

RECENT PRESENTATIONS

- Workshop Presenter - 20th Children's Interagency Conference
- Guest Lecturer - Duquesne University
- Speaker - TEDxPittsburghWomen 2017
- Speaker - Will Allen Foundation
- Panelist - Alpha Lab Innovation Works, Caffeinated Innovation Series on Founder Mental Health
- Keynote Speaker - NAMIWalks Southwestern PA Kick-off 2017
- Rally Speaker - ADA 26th Anniversary Celebration
- Panelist - "Breaking Down Walls" Refugee Mental Health Panel
- Workshop Presenter - Beaver County Youth Ambassadors for Stigma Prevention
- Personal Story Presentations - Arsenal School District, CCAC South, Carnegie Library of Brookline, Robert Morris University, Chatham University, West Mifflin School District, North Allegheny High School, Whitehall Public Library, and more

RECENT PROFESSIONAL EXPERIENCE

Consultant, University of Pittsburgh Medical Center (UPMC)
Supporting Our Valued Adolescents (SOVA)
Pittsburgh, PA, December 2017-Present

Data and Communications Specialist
NAMI Keystone Pennsylvania
Pittsburgh, PA, August 2017-Present

Executive Director, Inside Our Minds
Pittsburgh, PA, March 2016-Present

Project Assistant, Stand Together Against Stigma
Allegheny County Department of Human Services
Pittsburgh, PA, August 2016-November 2016

EDUCATION

University of Pittsburgh, Graduate School of Public and International Affairs — Pittsburgh, PA, Class of 2015
Master of Public Administration in Policy Research and Analysis, Minor in Security and Intelligence Studies
US Department of Education FLAS Fellow, 2013-2015

Univerzitet Crne Gore, Institut za Strane Jezika - Podgorica, Montenegro, Summer 2014
Montenegrin, Serbian, Croatian, and Bosnian Languages

University of Pittsburgh — Pittsburgh, PA, Class of 2013
Bachelor of Science in Psychology, Certificate in Russian and East European Studies, Concentration in Serbo-Croatian