

MEGAN THOMAS

HEALTHY TEEN NETWORK

www.HealthyTeenNetwork.org • 443.216.1362 • Megan@HealthyTeenNetwork.org

SKILLS & SUBJECT AREA EXPERTISE

Megan is a communications professional who is passionate about creating social change. With a decade of experience in nonprofit communications, Megan is skilled in sharing messages with multiple audiences across various platforms, including long- and short-form written content, design, social media, and email marketing.

EDUCATION

YORK COLLEGE OF PENNSYLVANIA, YORK, PA

BACHELOR OF ARTS, PROFESSIONAL WRITING, 2015

- Graduated summa cum laude
- Sigma Tau Delta English Honor Society
- Alpha Chi National Honor Society

PROFESSIONAL EXPERIENCE

COMMUNICATIONS MANAGER

HEALTHY TEEN NETWORK, BALTIMORE, MD

2025–PRESENT

Manage projects by planning deadlines and workloads, supporting reporting needs, and communicating with internal and external partners.

- Continue developing visually engaging and effective resources that support Healthy Teen Network's mission and objectives.
- Continue to serve as a representative of the organization at conferences and other events.
- Continue to review, revise, publish, and coordinate Healthy Teen Network's weekly blog.

COMMUNICATIONS DESIGNER

HEALTHY TEEN NETWORK, BALTIMORE, MD

2024–2025

Created and disseminated resources in a variety of formats to articulate public health information, making it relevant and impactful for diverse audiences while ensuring consistency and adherence to the organization's brand guidelines.

- Conceptualized, developed, and refined graphic design for webpages, resources, and assets.
- Represented Healthy Teen Network at conferences and other events to support dissemination of resources and visibility of the organization.
- Coordinated the schedule and content development of the organization's weekly blog.

CONTENT CREATION MANAGER

WILDLIFE HABITAT COUNCIL (NOW TANDEM GLOBAL), BETHESDA, MD

2022–2024

Created and curated written and digital content to attract and convert target audiences, including white papers, press releases, blogs, web content, social media, and email marketing.

- Established a social media calendar and developed a posting strategy across the organization's social media platforms.
- Organized a vendor fair as part of the organization's national conference, coordinating with local small businesses to promote their products and services.
- Led the content development, writing, design, and dissemination of the quarterly white paper program.



COMMUNICATIONS SPECIALIST

NATIONAL SEXUAL VIOLENCE RESOURCE CENTER, HARRISBURG, PA
2016–2022

Coordinated the planning, editing, and production of print and online publications on the topic of sexual violence prevention.

- Developed social media content for an audience of 39,000+ followers.
- Managed a print newsletter with a national circulation of 4,500+ readers.
- Wrote, reviewed, and disseminated email communications to a list of 12,000+ subscribers.

FREELANCE WRITER & EDITOR

FREELANCE, HARRISBURG, PA
2015–2018

Created and reviewed written and digital content, ensuring that it met client standards.

- Edited long- and short-form web content, including blog posts.
- Wrote monthly social media calendars specific to various clients' audiences.

PUBLICATIONS

Natalie, P., Thomas, M., Sufrinko, N., Dean, R., Rodriguez-Anello, J.B., & Piper, M. (2026). *Grounding exercises: How to create grounding recipes with young people* [Guide]. Healthy Teen Network.

<https://www.healthyteennetwork.org/thrivology/resources/grounding-exercises/#recipes>

Natalie, P., Piper, M., Thomas, M., Garrido, M., & Sufrinko, N. (2025). *In my own words: A curiosity deck for young parents* [Digital flash cards]. Healthy Teen Network. www.healthyteennetwork.org/thrivology/resources/curiosity-deck

Piper, M., Natalie, P., Thomas, M., Sufrinko, N., Garrido, M. & Dean, R. (2025). *Supporting young parents through trauma & healing: An overview*. Healthy Teen Network. www.healthyteennetwork.org/thrivology/resources/young-parents

Piper, M., Natalie, P., Thomas, M., Sufrinko, N., Garrido, M. & Dean, R. (2025). *Trauma and healing for youth-supporting professionals: An overview*. Healthy Teen Network. www.healthyteennetwork.org/thrivology/resources/youth-supporting-professionals

TRAININGS & PRESENTATIONS

Sufrinko, N., Thomas, M., & Desiderio, G. (2025, October 8). *How you can build a brand and change the world* [Workshop]. The Healthy Teen Network Conference, Healthy Teen Network, Atlanta, GA.

SERVICE

PUBLIC RELATIONS OFFICER

OYSTER MILL PLAYHOUSE, CAMP HILL, PA
2023–2025

Served on the board of a nonprofit community theater, focusing on public relations needs.

- Designed print and online materials, including programs, posters, and social media graphics, by coordinating with production staff to effectively meet deadlines.
- Collaborated with printers to reduce printing and mailing costs.
- Updated and maintained website content and responded promptly to patron requests.

