

NLRCC 11/20/2023 Member Spotlight

Allie Blum:



"Allie is the caregiver for her three minor children, all of whom have autism, mental health and physical disabilities. Caregiving is a way of life for her, as she has also been a caregiver-in-training for her father and grandfather since she was nine years old."

Dr. Deborah Howell:



Dr. Deborah Howell is the mother of 4 daughters ages 25-39 years old, a 6-year-old granddaughter and 2 grand-pups (Chocolate lab and Cabapoo). She has been married for 40 years to a retired submarine veteran and is a Navy veteran herself.

Dr. Howell is the founder and CEO of Victory in Action LLC. She is a physical therapist, chronic care health and life coach, medical health advisor and mentor, and trauma-sensitive practitioner approaching three decades in rehabilitative therapy, extensively with oncology, neurological, orthopedic, and trauma involved populations, helping patients to rehabilitate and navigate through complex and life-altering experiences. She is an international speaker and a best-selling author of the books, *Self-Care in Healthcare* and *Heart's Alchemy*, which are resources that guide readers to greater self-

awareness and insight and support taking personal responsibility to “Act on your health!”

Dr. Howell is a seasoned and passionate wellness practitioner and advocate supporting health professionals and first-responders to shift from surviving to thriving in life and in their career. Dr. Howell incorporates a wholistic and emotional well-being philosophy into her clinical practice and helps her clients to feel empowered and cultivate sustainable health and wellness practices to effectively manage stress, cope with change, and build emotional capacity and resilience into everyday life. Her services support health and crisis care professionals to expand their capacity to care and efficiently navigate internal pressures and stressors related to their work and life experiences to positively impact their ability to effectively care for others.