

# Sexual assault- Let's talk about it.

Please join us for a panel discussion about sexual assault advocacy and prevention in Southern Maryland.


*Tuesday,  
April 29<sup>th</sup>, 2025  
5:00 PM*



*Leonardtown  
Library  
23630 Hayden Farm Ln*


## Meet Our Panelists

### Dara Arnold




Dara Arnold is a bachelor's prepared registered nurse who has worked for MedStar St. Mary's Hospital's Emergency Department for nearly twelve years. She currently serves as the Assistant Director of Nursing in the Emergency Department and Coordinator of the Forensic Nurse Examiner Program. She is a licensed forensic nurse examiner for both adult and pediatric patients, with over 5 years of experience. She has completed extensive training in performing forensic assessments, collecting forensic evidence, and providing care to victims of abuse, trauma, and violence. Dara has been awarded a nursing Daisy Award (2023), Employee of the Year from The Healthcare Council (2024), and the David M. Sargent Lethality Assessment Program (LAP) Award from the Maryland Network Against Domestic Violence (2024), all for her work in developing and strengthening our community's forensic nurse examiner program.

### Chamaine Jones




Chamaine Jones grew up in Southern Maryland, attended Calvert County Public Schools, and graduated from Calvert High School. Cheerleading, running track, and reading were her hobbies outside of school. She also attended Bowie State University in Bowie, Maryland, where she earned a Bachelor of Science degree in Child and Adolescent Studies and a minor in psychology. After college, Ms. Jones continued to work in the childcare field before moving on to the behavioral health field for about a year. In March of 2016, Chamaine began working for the Southern Maryland Center for Family Advocacy (SMCFA) as a Court Advocate. In 2017, she created SMCFA's case management program, and in 2019, when SMCFA became the Rape Crisis Center for St. Mary's County, Ms. Jones became the Sexual Assault Program Manager. She is currently working to earn an LCSW, with one concentration in trauma and the other in child and family.

### Lisa Sheehan




Lisa Sheehan is the Coordinator at the St. Mary's County Child Advocacy Center (CAC). Ms. Sheehan has managed the CAC since its inception in 2009. With over 30 years of experience developing and implementing programs for elderly clients and children, Ms. Sheehan has utilized the mission of the CAC movement to ensure the child victims of St. Mary's County have support and services. The CAC provides ongoing services including trauma mental health and medical services to assist child victims in building resilience and overcoming adverse events.

### Cerise Woodard



With over 30 years of nursing experience and more than six years as a dedicated speaker and advocate, Cerise Woodard brings a unique perspective to the issues of domestic violence and domestic minor sex trafficking. Whether she's speaking as a healthcare professional or a survivor advocate, her goal is to raise awareness and drive change. Through impactful storytelling, clinical insight, and actionable strategies, she empowers individuals, organizations, and communities to recognize the signs, support survivors, and take meaningful action. She has spoken to diverse audiences—from law enforcement and social service agencies to schools and faith-based institutions—equipping them with the tools to make a lasting difference.



Presented by the Southern Maryland Center for Family Advocacy