



FY20 – FY21 Board of Directors

MARY BETH LONG

Joined CACI Board - 2019

After working in a variety of clinical nursing positions, Mary Beth Long determined that this was not her calling. As a champion of the underdog even as a child, she wanted to help people who were cognitively, emotionally, physically, and financially challenged, which too frequently leads to a looping of familial dysfunction. For the past 18 years, she has been in the trenches with one of our most vulnerable populations: pregnant women, infants, and children up to age 5 through her work at Early Head Start and WIC. Based on this work — most of which was done through in-home visits — Mary Beth knows that far too many families have a history of significant childhood trauma that, in turn, adversely impacts parenting skills, child welfare, and, ultimately, the community. Understanding that relationships are the key to building resilience, in 2016, Mary Beth conceived and helped establish Creating Compassionate Communities, which aims to educate people about the lifelong impact of early childhood trauma on our communities and, most importantly, on our children and families.