

My name is Kathy O’Gara. I am Tlingit and Irish. I currently work for Southeast Alaska Regional Health Consortium (SEARHC) as the Injury Prevention Specialist. My office and home is in Sitka, Alaska. I have worked at SEARHC for almost 7 years working 100% in Injury Prevention.

SEARHC provides health service to the Native people in 18 Southeast Alaska communities. The Injury Prevention program is part of the Office of Environmental Health. SEARHC serves 22,000 Native people in the region with one regional hospital, 4 community clinics and numerous prevention programs.

My family consists of my husband, who is a commercial fisherman, my 3-year-old daughter and my 4-month-old son. Before my career in Injury Prevention, I owned my own commercial boat and fished for Salmon and Halibut. I fished for 16 years before I got tired of watching my friends and family die and get injured in preventable incidents.

I chose to serve on the TSC because I believe in Injury Prevention and feel that a nation wide approach will help with local efforts. It is exciting to see communities becoming healthy and active through the many prevention programs. National success stories and efforts are very helpful to local communities struggling with similar issues.