



This is to certify that

Tammy C. Thomas

Has successfully completed all prescribed
requirements and is hereby designated by the
National Association of Insurance Commissioners

as a

Associate Professional in Insurance Regulation

In testimony whereof, we have subscribed our signatures.

A handwritten signature in black ink, appearing to read "John M. Hill". The signature is fluid and cursive, written over a horizontal line.

President, National Association of Insurance Commissioners

A handwritten signature in black ink, appearing to read "John Hill". The signature is fluid and cursive, written over a horizontal line.

Chair, NAIC Designation Advisory Board

August 31 2016

Date

A handwritten signature in black ink, appearing to read "AJR". The signature is very stylized and cursive, written over a horizontal line.

Chief Operating Officer and Chief Legal Officer

The Longwood Seminars

MINI-MED SCHOOL CLASSES FOR A LAY AUDIENCE

CERTIFICATE OF COMPLETION

AWARDED TO

TAMMY THOMAS

CONFERRED APRIL 28, 2015

THE OFFICE OF COMMUNICATIONS & EXTERNAL RELATIONS
HARVARD MEDICAL SCHOOL • BOSTON, MASSACHUSETTS • HMS.HARVARD.EDU



HARVARD
MEDICAL SCHOOL

Mental Health First Aid USA



**MENTAL
HEALTH
FIRST AID®**

Certificate

Tammy Thomas

has completed the 8 hour course and is now certified in

Mental Health First Aid USA

And has been trained to provide initial help to people experiencing mental health problems such as depression, anxiety disorders, psychosis, and substance use disorders.

This certification became effective on:

Date

04/05/2018

This certification expires on:

Date

04/04/2021

Instructor

Instructor



**NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH**
MENTAL HEALTH FIRST AID
Healthy Minds. Strong Communities.



Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



JOHNS HOPKINS
UNIVERSITY

05/15/2020

Tammy Chinnu Thomas

has successfully completed

COVID-19 Contact Tracing

an online non-credit course authorized by Johns Hopkins University and offered through Coursera

Dr. Emily S. Gurley
Associate Scientist
Department of Epidemiology
Johns Hopkins Bloomberg School of Public Health

COURSE
CERTIFICATE



Verify at coursera.org/verify/8XBL3BXL2SSA
Coursera has confirmed the identity of this individual and
their participation in the course.