

MAKING A DIFFERENCE: DR. SABRINA RANDO '07

Michelle Marrone
(From *Rivier Today*, Fall 2022)

Behavior analyst, educator, and entrepreneur, Dr. Sabrina Rando '07 focuses on changing lives.



Dr. Sabrina Rando is the Owner and Executive Director of Prime Lifetime Services in Merrimack, New Hampshire. She is a Board-Certified Behavior Analyst and also serves as a group facilitator and a Rivier adjunct professor. She earned her B.A. in Sociology as a member of the Class of 2007.

How did education become a core focus in your life?

Sabrina: Neither of my parents pursued higher education, but both were incredibly supportive of my desire for learning and encouraged me to remain curious and creative. They sent the strong message that education was the way to a better life.

How did Rivier contribute to your belief in the transformative power of education?

Sabrina: While I had started college to pursue a better life for myself, my coursework soon taught me that I was meant to make life better for others, too. It certainly made me keenly aware of the opportunities and

need for service in the name of social justice. It made me a deeper and more critical thinker and a better observer of the complex relationships between all of us and our environment.

What drew you to the field of human services?

Sabrina: My life has always included people with different abilities. My mother worked at a program for adults with developmental disabilities, and my father was a lifetime friend and legal guardian to a man with developmental disabilities. What really got me into the field of human services was my experience as a young teen babysitting a toddler with autism. I have focused my education and work on trying to make the world a better place for kids like him.

How do you and your team make an impact?

Sabrina: At Prime Lifetime Services, we change lives. Our work can change the trajectory of the life of a child with autism. We work with children with autism, and their families, so they can communicate, self-advocate, care for themselves independently, form friendships, and grow happily into the rest of their lives.

Does your service extend to other populations?

Sabrina: In addition to teaching at the University, I serve as a subject matter expert with Merrimack Valley SCORE. In this role, I share my experiences and expertise with other small business owners or those planning to become owners. My specialty areas are work culture, team building, and integrating personal and professional values to make daily work tasks more meaningful. I am also a Prosocial Facilitator; I have special training in moderating group conversations using behavior analytic principles to strengthen teams of all types and sizes.

With so many connections, does your focus on others motivate you?

Sabrina: Absolutely. The idea of serving the world can be overwhelming. But when you are involved in any kind of work with others, you start to see the patterns and challenges of the larger world reflected and reproduced in the small communities of which you're a part. From there, you can begin to see how serving the world really starts at home.

What do you view as the greatest aspects of service?

Sabrina: I think the greatest impact is the potential for one's influence to be exponential. When you give to others and serve as a model for being and doing better, you never know what ripple effects it will have on others. They may go out and do the same in their parts of the world, multiplying the impact of your lone efforts. We are more powerful than we know.

You've done and are doing big things. What's next?

Sabrina: Personally, I plan to write a book sharing my thoughts and experiences on teaching adults as a useful tool for others. As for my company, we are looking into ways to improve our clinical training model and to welcome more graduate students into our apprenticeship program so that we can train up the next generation of life-changing clinicians.

What is your advice to others who want to make a difference?

Sabrina: Making a difference happens in the smallest moments. I think it's important to recognize that Rivier's mission statement puts transforming hearts first. I believe I've made the biggest impact in the smallest moments when hearts have been touched. We should never underestimate our ability to build up others, to teach and model for others, to set others up for success with our support, and to watch as those we have taught take the reins. By doing so, we multiply our service to the world. ■