



Sarah Spunt, LCSW, Executive Director, LIFT-Chicago

Sarah Spunt is a licensed clinical social worker with over 15 years of public sector experience. As the Senior Executive Director of LIFT-Chicago, a national nonprofit focused on empowering families to break the cycle of poverty, she oversees LIFT-Chicago's strategy, operations and fundraising efforts.

Additionally, Sarah serves as the Family Economic Mobility Partner Project Director for the National Center for Parent, Family, and Community within the Office of Head Start. She is also on the leadership steering committee of the Economic Security for Illinois Cost of Living Coalition, advocating for cash policies such as guaranteed income and child tax credits.

Previously, Sarah led LIFT-Chicago's program initiatives, designing a two-generational program model for families with young children. She holds a master's degree in social work from Loyola University Chicago and a bachelor's in secondary social studies education from the University of Kentucky. In her free time, she enjoys family activities, training for triathlons, and planning travel adventures.