



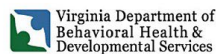
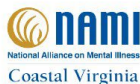
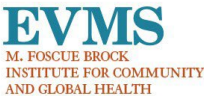
2023 Joint Mental Health Summit

The Future of Mental Health Wellness: Exploring Patient Engagement Through Technology, Clinical Care and the Workforce

May 23, 2023

8:30am – 3:00pm

Presented by:

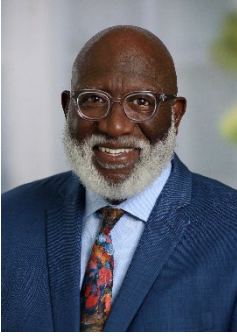


Schedule of Events

All events take place in Waitzer Hall Room 100 or the Lobby unless otherwise noted.

- 8:00am **Registration and Light Breakfast**
- 8:30am **Welcome and Summary of Summit**
- Cynthia Romero, MD, FAAFP
Director, M. Foscue Brock Institute
Eastern Virginia Medical School
 - Alfred Abuhamad, MD
President, Provost & Dean of the School of Medicine
Eastern Virginia Medical School
- 8:45am **Keynote Address**
- Kermit A. Crawford, Ph.D.
- 9:55am **Panel Discussion**
- Moderator: Paul Bennett, LCSW, Sentara
 - Cristina Bain, Ph.D., Hampton VAMC
 - Janette Mance-Khourey, Ph.D., LCP, Hampton VAMC
 - Andreas Bienert, Ph.D., LPC, LSATP, CSAC, NCC,
Master Center
- 11:10am **Keynote Address**
- LaConda G. Fanning, PsyD, RN, LPC, LSATP
- 12:10pm **Lunch Available**
- 12:30pm **State of Behavioral Health in the Commonwealth**
- Commissioner Nelson Smith, DBHDS
- 1:20pm **Community Partner Presentations**
- Korriisa Lambert, Steven A. Cohen Military Family Clinic
 - Colin Lowther, NAMI Coastal Virginia
- 2:00pm **Break Out Sessions**
- Timothy Goler, Ph.D.: Waitzer Hall, Room 100
 - Ajay Manhapra, MD: Waitzer Hall Room 131
 - Nicole Wells, Ph.D.: Waitzer Hall Room 133
- 3:00pm **Closing Remarks**
- Please remain in your Break Out room for pre-recorded remarks

Keynote Address



“Transforming the Future of Mental Health to Mental Wellness: Changin’ the Game”

*Kermit A. Crawford, Ph.D.
Emeritus Clinical Associate Professor
Department of Psychiatry
Boston University School of Medicine*

Objectives:

- Identify key factors contributing to the evolution of professional mental health services and training, and their limitations.
- Discuss essential components that can enhance the efficacy of mental health wellness beyond current limitations and the use of AI techniques.



“Fostering Inclusive Environments for Mental Wellness”

*LaConda G. Fanning, PsyD, RN, LPC, LSATP
Director, GME Early Assessment and Mentoring Program
Assistant Professor, Department of Internal Medicine
Associate Director Britt Pre-Faculty Development Program
GME, Diversity, Equity and Inclusion Officer*

Objectives:

- Cultivate an environment that fosters mental wellness within mental health services delivery.
- Analyze and evaluate real and perceived threats to mental wellbeing within the workforce using the lens of diversity.

Additional Sessions and Bios: Keynote Speakers

Kermit A. Crawford, Ph.D.
Emeritus Clinical Associate Professor
Department of Psychiatry
Boston University School of Medicine

Dr. Kermit A. Crawford, is Clinical Associate Professor Emeritus from the Boston University School of Medicine formerly Associate Professor and The Avalon Endowed Chair of Psychology at Hampton University. He is a licensed Psychologist, teacher, researcher, and consultant. He was Principal Investigator and Executive Director of a \$17,700,000 Reimagining Workforce Grant from the U.S. Department of Education (2020) until October 31, 2022. Dr. Crawford is formerly Director of the Center for Multicultural Mental Health (CMMH) at Boston University School of Medicine and Boston Medical Center and Executive Director of the Massachusetts Marathon Bombing Victims/Survivors Resiliency Center. He has done extensive work in multicultural behavioral health disaster response, trauma, addictions and culturally-informed practices across the nation. Dr. Crawford is the recipient of several national, state and local awards, citations and recognitions. He is a former member of the National Center for Injury Prevention and Control's Board of Scientific Counselors for the Centers for Disease Control and Prevention (CDC) and the Committee on Developing Evidence-Based Standards for Psychosocial Interventions for Mental Disorders Institute of Medicine (IOM). He is currently a member of the Disaster Behavioral Health Response Cadre of the Substance Abuse and Mental Health Services Administration (SAMHSA), and others. In addition to his earned doctorate from Boston College, he is recipient of an honorary doctorate from William James College. Dr. Crawford is a former Psychologist for the National Football League (NFL) assigned to the New England Patriots.

LaConda G. Fanning, PsyD, RN, LPC, LSATP
Director, GME Early Assessment and Mentoring Program
Assistant Professor, Department of Internal Medicine
Associate Director Britt Pre-Faculty Development Program
GME, Diversity, Equity and Inclusion Officer

LaConda G. Ambrose Fanning, Psy.D, is a Licensed Professional Counselor, Licensed Substance Abuse Treatment Practitioner, and Registered Nurse. She holds a Doctorate in Clinical Psychology from Regent University with a concentration in Organizational Consultation and Supervision. Dr. Fanning is a part of the Eastern Virginia Medical School with the office of Graduate Medical Education. Dr. Fanning serves as the Director of Assessment and Mentorship Program, the Diversity, Equity and Inclusion Officer, the Associate Director of the BNGAP Academic Fellowship Program and has a Faculty Appointment with Internal Medicine. Dr. Fanning has a special interest in health equity, diversity and inclusion, religious coping, and generational effects of trauma with URM's. In the community, Dr. Fanning serves as the President on the Executive Board of the Virginia Counseling.

Additional Sessions and Bios: Panel Discussion

“Beyond the Office: Exploring the Role of Technology in Mental Health Care Service Delivery”

Objectives:

- Utilize innovative strategies for delivery of services addressing challenging mental health needs.
- Examine the current role and future potential of technology-based care such as telehealth, phone apps and web-based treatment in increasing patient engagement.

Paul Bennett, MSW, LCSW **Team Lead PHP/IOP, Sentara**

Paul is a licensed clinical social worker with a master's degree in social work from the University of Connecticut. He has worked in the field of mental health services for 15 years and currently serves as the team lead for partial hospitalization and intensive outpatient programming at Sentara's Center for Behavioral Health in Virginia Beach, VA.

Cristina Bain, Ph.D. **Psychology Program Manager & Assistant Director, PCMH, Hampton VAMC**

Dr. Bain received her master's degree in substance abuse treatment psychology from the University of North Carolina Wilmington. She received her doctorate from the Virginia Consortium Program in Clinical Psychology and completed her internship at the Hampton VAMC before joining the Primary Care Mental Health Integration team.

Janette Mance-Khourey, Ph.D., LCP **Psychology Program Manager & Director, PCMH, Hampton VAMC**

Dr. Mance-Khourey received her doctorate from the University of Akron, completed her internship at the Hampton VAMC and a post-doctoral fellowship in Integrated Behavioral Healthcare at Eastern Virginia Medical School before returning to the VA to work in PCMH. She is a VA mobile Health (mHealth) specialist, a trainer for VA's national PCMH Competencies Training program, and a VA Master Trainer in Problem-Solving Training (PST).

Andreas Bienert, Ph.D., LPC, LSATP, CSAC, NCC **Chief Clinical Officer, Master Center**

In addition to Dr. Bienert's role as Chief Clinical Officer, he also serves as a program director and faculty member at Colorado Christian University's online Clinical Mental Health Counseling Program, where he oversees the Substance Use Disorder Counseling Emphasis. He is recognized for his work within inpatient and outpatient levels of care helping individuals overcome addiction and trauma, and has worked with children, adolescents, adults, in addition to couples and families.

Additional Sessions and Bios: Community Focus

State of Behavioral Health in the Commonwealth

Nelson Smith

Commissioner, Department of Behavioral Health and Developmental Services

Objectives:

- Identify challenges facing Virginia's mental health services and systems and examine how state policies and initiatives are driving change.

Nelson Smith was appointed by Governor Glenn Youngkin in 2022 to be the commissioner of the Virginia Department of Behavioral Health and Developmental Services (DBHDS), a state agency that operates 12 state hospitals and facilities with over 6,000 employees, and oversees a \$2.5 billion system that annually serves 217,000 Virginians and families struggling with behavioral health disorders and developmental disabilities. He continues to prioritize the most vulnerable and overlooked populations in society, ensuring they receive the highest quality of care. With a strong foundation in faith, family, and love of country, Nelson remains dedicated to improving the lives of those he serves.

Community Partner Presentations

Our community partners will be sharing information about their respective organizations and services so that attendees can increase their knowledge of local resources and make appropriate referrals.

Korrissa Lambert

Outreach Manager, Steven A. Cohen Military Family Clinic

Korrissa attended Purdue University where she received her Bachelor of Science in Brain and Behavioral Sciences and a minor in Naval Science. After graduating, she served as a Naval Officer as both a Surface Warfare Officer and Public Affairs Officer. Her time in the Navy fueled her passion in addressing mental health among the Armed Forces. As the Outreach Manager, Korrissa is responsible for building and maintaining community relations to support Cohen Clinic's mission and clients. She is currently working toward her Master of Social Work at University of Kentucky to expand her understanding of mental health and further give back to the community around her.

Colin Lowther

Secretary, Board of Directors, National Alliance on Mental Illness Coastal Virginia

Colin is a 23-year-old who recently graduated from ODU with his Bachelor's Degree in Human Services. He is the Secretary on NAMI Coastal Virginia's board of representatives. His mental health journey began in 2017 when he went to college and quickly fell into a deep depression. On January 1st of 2020, Colin attempted suicide, and since then he has been dedicated to ending the stigma around mental illness.

Additional Sessions and Bios: Break Out Sessions

Timothy Goler, Ph.D., MUPDD

Director of Research, Center for African American Public Policy (CAAmPP)

Assistant Professor, Sociology and Urban Affairs, NSU, Department of Sociology

"The Invisible Pain: Exploring the Mental Health Crisis in the Black Community"

Objective(s):

- Develop an understanding of the unique challenges faced by Black individuals with mental health concerns, and apply this knowledge to provide culturally sensitive and appropriate care to Black patients.
- Identify the social and systemic factors contributing to the mental health crisis in Black communities, and develop strategies to promote mental health equity and reduce disparities in mental health care for Black individuals.

Dr. Goler is a thought leader dedicated to bridging the gap between research and practice to promote equity and opportunity for marginalized communities. With over 25 years of experience in public, private, and nonprofit sectors, he brings a multidisciplinary approach to his work, addressing complex issues such as the environment, lifestyle, identity, and the impact of racism and discrimination on health outcomes.

Ajay Manhapra, MD

Section Chief, Pain Medicine, Hampton VA Medical Center

Dr. Manhapra is a clinical expert in recovering people with disabling chronic pain and comorbidities who have failed years of pain management, surgeries and other treatments. His research is focused on the intersection of pain, physical disorders, mental illness, and recovery from disability. He has published over 50 peer reviewed manuscripts and book chapters.

"The Tangled Web of Chronic Pain, Addiction and Psychiatric Disorders in Recovery"

Objective(s):

- Identify complex relationship between pain, psychiatric disorders and addiction.
- Manage chronic pain with minimal resources.

Nicole Wells, Ph.D.

Licensed Clinical Psychologist, Asst. Professor of Pediatrics & Psychiatry, CHKD

Dr. Wells specializes in providing clinical care to children with neurodevelopmental disorders and co-occurring mental health diagnoses and their families. Dr. Wells completed her fellowship in clinical child psychology and neurodevelopmental disabilities at Kennedy Krieger Institute/Johns Hopkins School of Medicine and most recently taught, conducted research, and provided outpatient services at EVMS Department of Psychiatry.

"Comparing Outcomes from a CBT Skills Group and Therapy App in Adolescents seeking Outpatient Care for Anxiety and/or Depression"

Objective(s):

- Identify potential first line interventions for adolescents with unmet mental health care needs.

Continuing Medical Education

Upon completion of the event, attendee information will be submitted to EVMS Continuing Medical Education office. You will receive information from their office to claim your credit hours.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Eastern Virginia Medical School and M. Foscue Brock Institute for Community and Global Health at Eastern Virginia Medical School, Master of Public Health Program at EVMS, Bon Secours Hampton Roads, Children's Hospital of the King's Daughters, Hampton VA Medical Center, Sentara Healthcare, Virginia Department of Health, Department of Behavioral Health and Developmental Services, and Virginia Department of Veteran Services. Eastern Virginia Medical School is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

Eastern Virginia Medical School designates this live activity for a maximum of 4.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychology Credit

3 hour(s) of continuing education credit will be awarded for psychologists. The Eastern Virginia Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The Eastern Virginia Medical School maintains responsibility for this program and its content. For questions about CE for psychologists, please contact Jennifer Flaherty at Jennifer.Flaherty@CHKD.org.

CEU – Other Health Professionals

Please consult with your accreditation agency on applying above CME or CE to your professional continuing education.