



Essential Healthcare Services Related to Anxiety and Mood Disorders in Women

A Workshop

APRIL 29-30, 2024

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The Forum on Mental Health and Substance Use Disorders

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**Workshop on Essential Health Care Services Related to Anxiety and Mood Disorders in
Women**

April 29, 2024 | 8:30 AM-4:15 PM ET
April 30, 2024 | 9:00 AM—1:00PM ET

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WEBINAR LOGISTICS

April 29, 2024
8:30-4:15 PM ET

April 30, 2024
9:00 AM-1:00 PM ET

- Join the webcast via this link:
https://www.nationalacademies.org/event/41684_04-2024_essential-health-care-services-related-to-anxiety-and-mood-disorders-in-women-a-workshop
- An archive of the video webcast and presentation slides will be available at:
https://www.nationalacademies.org/event/41684_04-2024_essential-health-care-services-related-to-anxiety-and-mood-disorders-in-women-a-workshop
- Proceedings-in-Brief of the workshop will be published following National Academies procedures. Rapporteurs will compose the proceedings from the workshop transcript and external reviewers will examine the proceedings to make sure it accurately reflects workshop discussions and conforms to institutional policies.
- Interested in receiving updates from the Forum on Mental Health and Substance Use Disorders or the National Academies of Sciences, Engineering, and Medicine's Health and Medicine Division?

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<https://nationalacademies.us8.list-manage.com/subscribe?u=ab74d126b7d2db12591de5c2c&id=211686812e>

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**Essential Health Care Services Related to
Anxiety and Mood Disorders in Women:
A Workshop**

DAY 1 April 29, 2024 8:30AM—4:15 PM ET	
8:30 AM	WELCOME
<p>Colleen Galambos, PhD, LCSW, LCSW-C, ACSW, FGSA Helen Bader Endowed Chair in Applied Gerontology and Professor Helen Bader School of Social Welfare University of Wisconsin Milwaukee <i>Planning committee Co-chair</i></p>	
8:40 AM	KEYNOTE
<p>Schroeder Stribling, MSW CEO, President Mental Health America</p>	
9:00 AM	SESSION 1: PERINATAL
<p>Moderator:</p> <p>Tamara Lewis Johnson, MPH, MBA Program Director, Women’s Mental Health Research Program Office of Disparities Research and Workforce Diversity National Institute of Mental Health (NIMH), NIH, DHHS <i>Planning committee member</i></p>	

Speakers:	
9:05 Crystal Clark, MD	Associate Professor, Department of Psychiatry University of Toronto Associate Head of Research, Women’s College Hospital
9:20 Catherine Monk, PhD	Inaugural Diana Vagelos Professor of Women’s Mental Health Department of Obstetrics & Gynecology Professor of Medical Psychology Department of Psychiatry Columbia University Vagelos College of Physicians and Surgeons Research Scientist VI, New York State Psychiatric Institute
9:35 Ebony Carter, MD, MPH	Division Director of Maternal Fetal Medicine University of North Carolina School of Medicine
9:50 AUDIENCE Q&A	

10:15 AM	SESSION 2: CHILDHOOD AND ADOLESCENCE
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Moderator:	
<p>Jill M. Emanuele, PhD Vice-President, Clinical Training Senior Psychologist Child Mind Institute Board Member and Secretary, Anxiety and Depression Association of America <i>Planning committee member</i></p>	
Speakers:	
<p>Jennifer Leonardo, PhD Director, Children’s Safety Network, Education Development Center <i>Planning committee member</i></p>	
<p>Mary Alvord, PhD Psychologist and Director Alvord, Baker & Associates, LLC</p>	
<p>Krystal M. Lewis, PhD Clinical Psychologist Section on Development and Affective Neuroscience National Institute of Mental Health</p>	

10:45 AM	BREAK
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10:55 AM	SESSION 3: POST ADOLESCENCE
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Moderator:

George M. Slavich, PhD
 Professor of Psychiatry and Biobehavioral Sciences Director, Laboratory for Stress Assessment and Research Director, California Stress, Trauma, & Resilience Network Director, Evaluation & Evidence, UCLA-UCSF ACEs Aware Family Resilience Network Semel Institute for Neuroscience and Human Behavior University of California, Los Angeles
Planning committee member

Speakers:

11:00 | Tory Eisenlohr-Moul, PhD
 Associate Professor of Psychiatry and Psychology
 Associate Director of Translational Research in Women’s Mental Health
 Department of Psychiatry
 University of Illinois at Chicago College of Medicine

11:15 | Summer Mengelkoch, PhD
 Postdoctoral Fellow
 Laboratory for Stress Assessment and Research
 Department of Psychiatry and Biobehavioral Sciences
 University of California, Los Angeles

11:30 | Inger Burnett-Ziegler, PhD
 Associate Professor, Psychiatry and Behavioral Sciences
 Feinberg School of Medicine
 Northwestern University

11:45 | AUDIENCE Q&A

12:10 PM	LUNCH
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1:15 PM	SESSION 4: MIDLIFE AND MENOPAUSE
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Moderator:

Laura M. Rowland, PhD
 Director, Neuroscience of Mental Disorders and Aging Program
 Geriatrics and Aging Processes Research Branch
 Division of Translational Research, NIMH, NIH, DHHS

Speakers:

1:20 | Stephanie Faubion, MD, MBA
 Center for Women’s Health
 Mayo Clinic

1:35 | Rebecca Thurston, PhD

Principal Investigator, SWAN Aging
Pittsburgh Foundation Chair in Women’s Health and Dementia
Professor of Psychiatry, Psychology, Epidemiology, and Clinical and Translational Science
Director, Women’s Biobehavioral Health Program
University of Pittsburgh

1:50 | Hadine Joffe, MD, MSc
Interim Chair, Department of Psychiatry, Department of Psychiatry
Executive Director, Mary Horrigan Connors Center for Women’s Health and Gender
Biology
Paula A. Johnson Professor of Psychiatry in the Field of Women’s Health
Harvard Medical School

2:05 | AUDIENCE Q&A

2:30 PM	SESSION 5: HEALTHY APPROACHES TO MENTAL HEALTH AND AGING
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Moderator:

Charles F. Reynolds III, MD
Distinguished Professor of Psychiatry and
UPMC Endowed Professor in Geriatric Psychiatry, emeritus University of Pittsburgh
School of Medicine

Speakers:

2:35 | Carla Perissinotto, MD, MHS,
Professor of Medicine
University of California, San Francisco

2:50 | Carmen Andreescu, MD
Professor of Psychiatry
University of Pittsburgh School of Medicine

3:05 | Mary-Frances O’Connor, PhD
Associate Professor
University of Arizona

3:20 | Helen Lavretsky, MD, MS
Professor In-Residence, Department of Psychiatry
University of California, Los Angeles

3:35 | AUDIENCE Q&A

4:00 PM	CLOSING REMARKS
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Vivian W. Pinn, MD, FCAP, FASCP
Former Director (Retired), Office of Research on Women’s Health, NIH
Former Senior Scientist Emerita, Fogarty International Center, NIH
Planning committee Co-chair

4:15 PM	ADJOURN
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DAY 2
April 30, 2024
9:00AM—1:00 PM ET

9:00 AM	WELCOME
<p>Colleen Galambos, PhD, LCSW, LCSW-C, ACSW, FGSA Helen Bader Endowed Chair in Applied Gerontology and Professor Helen Bader School of Social Welfare University of Wisconsin Milwaukee <i>Planning committee Co-chair</i></p>	
9:10	SESSION 6: POLICY SOLUTIONS
<p>Moderator:</p> <p>Jamille Fields Allsbrook, JD, MPH Assistant Professor School of Law Center for Health Law Studies, Saint Louis University <i>Planning committee member</i></p>	
<p>Speakers:</p> <p>Joy Burkhard, MBA Founder, Executive Director Policy Center for Maternal Mental Health <i>Planning committee member</i></p> <p>Jocelyn Frye, JD President, National Partnership for Women & Families</p> <p>Beth Carter, PhD, MPH Senior Policy Advisor AARP Public Policy Institute</p> <p>Katie Russo Senior Director of Strategic Business Development and Operations Anxiety and Depression Association of America</p>	
10:00 AUDIENCE Q&A	
10:15	LESSONS LEARNED FROM THE COMMUNITY
<p>10:15 Alex Sheldon, MA Executive Director GLMA: Health Professionals Advancing LGBTQ+ Equality</p>	

10:30 Kimberly Aguillard, PhD Health Equity Researcher Mathematica	
10:45 Nicolle L. Arthun, BSN, RN, MSN, CNM Founder, Changing Woman Initiative CEO of Transcending Strategies LLC	
11:00 AUDIENCE Q&A	
11:15	BREAK
11:30	SESSION 7: IMPROVING THE PROVISION OF CARE
Moderator: Nima Sheth, MD, MPH Associate Administrator for Women's Services Chair, Advisory Committee for Women's Services Senior Medical Advisor, SAMHSA	
Speakers:	
11:40 Heidi Nelson, MD, MPH, MACP, FRCP Professor, Health Systems Science Kaiser Permanente Bernard J. Tyson School of Medicine <i>Planning committee member</i>	
11:55 Kirsten Beronio, JD Senior Policy Advisor on Mental Health and Substance Use Disorder Issues Center for Medicaid and CHIP Services <i>Forum member</i>	
12:10 Ayo Gathing, MD Regional Vice President Chief Medical Officer Humana, Inc	
12:30 AUDIENCE Q&A	
12:45	CLOSING REMARKS
Vivian W. Pinn, MD, FCAP, FASCP Former Director (Retired), Office of Research on Women's Health, NIH Former Senior Scientist Emerita, Fogarty International Center, NIH <i>Planning committee Co-chair</i>	
1:00	ADJOURN

The Health Resources and Services Administration (HRSA) is dedicated to providing equitable health care to the nation's highest-need communities—we serve people who are geographically isolated and economically or medically vulnerable. HRSA programs support people with low incomes, people with HIV, pregnant people, children, parents, rural communities, transplant patients, and other communities in need, as well as the health workforce, health systems, and facilities that care for them.



We serve those most in need:

- **30 million people** in historically underserved communities
- More than **58 million pregnant women, infants, and children**
- **3.6 million infants**—nearly every infant in America
- More than **576,000 people** with HIV
- More than **1,800 rural counties and municipalities** across the country

In Fiscal Year 2022, HRSA delivered on the Secretary's priorities of equity, preparedness, behavioral health, and access to affordable care through our work to combat COVID-19, increase equitable access to health care services, and grow the health workforce including the behavioral health workforce. HRSA's lifesaving and life-sustaining work included:

Combatting COVID-19

HRSA played a unique role in supporting the COVID-19 response given our sizable footprint and long-standing relationships in high-risk, high-need communities. Outcomes include:

- **22 million doses of COVID-19 vaccine** were administered through HRSA-supported health centers.
- More than **40 million COVID tests** were distributed this year in the highest risk and hardest hit communities through HRSA-funded health centers and rural health clinics.
- Over **14,000 community outreach workers**—trusted community messengers who speak the language of the communities they serve—were rapidly hired and deployed to increase vaccine confidence and improve equity in vaccine uptake in underserved communities through a newly developed HRSA program.
- To further expand access to COVID tools, HRSA launched community distribution of high-quality masks and at-home tests, expanded access to supplies for individuals with disabilities and older Americans, and adopted new programs like COVID test-to-treat initiatives in high-need communities.

Increasing Equitable Access to Health Care Services

HRSA has designed, implemented, and managed critical programs that are delivering vital health care services and improving equitable access to quality care. Outcomes include:

- **Over 30 million people in underserved communities received primary health care services**—like blood pressure testing, diabetes, and asthma control; cancer screening; and wellness checks—regardless of their ability to pay, thanks to HRSA's administration of the community health center program.
 - HRSA's health center program includes oversight of 14,000 sites and results in health care delivery that outperforms the overall health care system on key metrics like diabetes control.
- **Over 89% of individuals with HIV** who received medical services in the Ryan White HIV/AIDS Program reached viral suppression, meaning undetectable and non-transmittable HIV, as a result of the services they received. **Overall viral suppression rates for Hispanic and Black patients at Ryan White clinics exceeded the national average in the U.S.**

- **Almost 3.7 million infants—nearly every newborn in the country—received newborn screening** for genetic and metabolic conditions like cystic fibrosis, thyroid diseases, sickle cell, and immunodeficiency conditions through HRSA-administered maternal and child health programs.
- **Over 70,800 people living in rural communities received medication for opioid use disorder** thanks to HRSA's programs to expand treatment in rural areas.
- **140,000 parents and children living in higher risk communities received more than 920,000 home visits** from nurses, social workers, and other trained counselors through HRSA's administration of evidence-based programs to improve health, school readiness, and other outcomes for newborns to pre-kindergartners.
- **Thousands of individuals received immediate emotional support** and resources in the first 5 months of operation of HRSA's newly launched 24/7 Maternal Mental Health Hotline.

HRSA also launched a new program to expand access to equitable care, including a Cancer Moonshot program to bring patients of HRSA-supported health centers access to cutting edge care from the National Cancer Institute's Cancer Centers and a state innovation program to improve maternal health equity and implement the White House Blueprint on Maternal Health. In addition, HRSA quickly distributed significant new funding to expand access to mental health care for children through the Bipartisan Safer Communities Act.

Growing the Health Care Workforce

To expand access to health care services, including behavioral health, we need a robust and diverse workforce—particularly as facilities work to support and retain staff in the wake of the pandemic. HRSA leads the Department of Health and Human Services' efforts to grow and diversify the workforce. Outcomes include:

- **More than 24,000 clinicians**—the largest number ever—received scholarships and loan repayment in return for practicing in underserved communities through HRSA's National Health Service Corps.
 - National Health Service Corps includes doctors, dentists, nurses, mental health professionals, and other types of primary care providers.
- **Over 34,000 individuals from racial, ethnic, and economic backgrounds underrepresented in the health care workforce** are receiving support and training this year through HRSA programs to become health professionals and improve equity in health care delivery.
- **More than 7,000 new mental health and substance use disorder providers**, including psychiatrists, child psychiatrists, addiction medicine physicians, psychologists, clinical social workers, marriage and family therapists, counselors, and health support workers were trained and supported through HRSA programs.
- **Approximately 13,000 community health workers**, who reflect the diversity of the communities they serve, will be trained and deployed to expand access to community-based care through a program newly designed and launched by HRSA this year.
- **Over 7,200 pediatricians, family medicine providers, OB/GYNs, nurse midwives, and other primary care providers** were trained to identify and treat mental health conditions through HRSA-administered maternal and child health programs.
- **HRSA developed and launched new programs and initiatives**, including efforts to train and support employment for community-based doulas to improve equity in maternal health and a program to grow the nursing workforce by helping meet the need for more nurse faculty and clinical preceptors.
- **Over 15,600 substance use disorder providers** are being supported and trained in rural communities thanks to HRSA's rural opioid treatment programs.
- **57,000 health care professionals treating people with HIV** received education and training through HRSA's Ryan White HIV/AIDS Program AIDS Education and Training Center Program.

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Speaker and Moderator Roster

Kimberly Aguillard, PhD

Health Equity Researcher
Mathematica

Mary Alvord, PhD, ABPP

Psychologist and Director
Alvord, Baker & Associates, LLC

Carmen Andreescu, MD

Professor of Psychiatry
University of Pittsburgh School of Medicine

Nicolle L. Arthun, BSN, RN, MSN, CNM

Founder, Changing Woman Initiative
CEO of Transcending Strategies LLC

Kristen Beronio, JD

Senior Policy Advisor and Behavioral Health
Care
Center for Medicaid and CHIP Services

Joy Burkhard, MBA

Founder, Executive Director
Policy Center for Maternal Mental Health

Inger Burnett-Ziegler, PhD

Associate Professor, Psychiatry and
Behavioral Sciences
Feinberg School of Medicine
Northwestern University

Beth Carter, PhD, MPH

Senior Policy Advisor
AARP Public Policy Institute

Ebony Carter, MD, MPH

Division Director of Maternal Fetal Medicine
University of North Carolina School of
Medicine

Crystal Clark, MD

Associate Professor, Department of
Psychiatry
University of Toronto
Associate Head of Research, Women's
College Hospital

Tory Eisenlohr-Moul, PhD

Associate Professor of Psychiatry and
Psychology
Associate Director of Translational Research
in Women's Mental Health
Department of Psychiatry
University of Illinois at Chicago College of
Medicine

Jill M. Emanuele, PhD

Vice-President, Clinical Training
Senior Psychologist
Child Mind Institute
Board Member and Secretary, Anxiety and
Depression Association of America

Stephanie Faubion, MD, MBA

Center for Women's Health
Mayo Clinic

Jamille Fields Allsbrook, JD, MPH

Assistant Professor
School of Law
Center for Health Law Studies, Saint Louis
University

Jocelyn Frye, JD

President, National Partnership for Women
& Families

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**Colleen Galambos, PhD, LCSW, LCSW-C,
ACSW, FGSA**

Helen Bader Endowed Chair in Applied
Gerontology and Professor
Helen Bader School of Social Welfare
University of Wisconsin Milwaukee

Ayo Gathing, MD

Regional Vice President
Chief Medical Officer
Humana, Inc

Hadine Joffe, MD, MSc

Interim Chair, Department of Psychiatry,
Department of Psychiatry
Executive Director, Mary Horrigan Connors
Center for Women's Health and Gender
Biology
Paula A. Johnson Professor of Psychiatry in
the Field of Women's Health
Harvard Medical School

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Psychiatry
University of California, Los Angeles

Jennifer Leonardo, PhD

Director, Children's Safety Network,
Education Development Center

Krystal M. Lewis, PhD

Clinical Psychologist
Section on Development and Affective
Neuroscience
National Institute of Mental Health

Tamara Lewis Johnson, MPH, MBA

Program Director, Women's Mental Health
Research Program
Office of Disparities Research and
Workforce Diversity
National Institute of Mental Health (NIMH),
NIH, DHHS

Summer Mengelkoch, PhD

Postdoctoral Fellow
Laboratory for Stress Assessment and
Research
Department of Psychiatry and Biobehavioral
Sciences
University of California, Los Angeles

Catherine Monk, PhD

Inaugural Diana Vagelos Professor of
Women's Mental Health
Department of Obstetrics & Gynecology
Professor of Medical Psychology
Department of Psychiatry
Columbia University Vagelos College of
Physicians and Surgeons
Research Scientist VI, New York State
Psychiatric Institute

Heidi Nelson, MD, MPH, MACP, FRCP

Professor, Health Systems Science
Kaiser Permanente Bernard J. Tyson School
of Medicine

Mary-Frances O'Connor, PhD

Associate Professor
University of Arizona

Carla Perissinotto, MD, MHS

Professor of Medicine
University of California, San Francisco

***Vivian W. Pinn, MD, FCAP, FASCP**

Former Director (Retired), Office of Research
on Women's Health, NIH
Former Senior Scientist Emerita, Fogarty
International Center, NIH

Charles F. Reynolds III, MD

Distinguished Professor of Psychiatry and
UPMC Endowed Professor in Geriatric
Psychiatry, emeritus University of Pittsburgh
School of Medicine

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Laura M. Rowland, PhD

Director, Neuroscience of Mental Disorders
and Aging Program
Geriatrics and Aging Processes Research
Branch
Division of Translational Research, NIMH,
NIH, DHHS

Katie Russo

Senior Director of Strategic Business
Development and Operations
Anxiety and Depression Association of
America

Alex Sheldon, MA

Executive Director
GLMA: Health Professionals Advancing
LGBTQ+ Equality

Nima Sheth, MD, MPH

Associate Administrator for Women's
Services
Chair, Advisory Committee for Women's
Services
Senior Medical Advisor, SAMHSA

George M. Slavich, PhD

Professor of Psychiatry and Biobehavioral
Sciences Director, Laboratory for Stress
Assessment and Research Director, California
Stress, Trauma, & Resilience Network
Director, Evaluation & Evidence, UCLA-UCSF
ACEs Aware
Family Resilience Network Semel Institute for
Neuroscience and Human Behavior University
of California, Los Angeles

Schroeder Stribling, MSW

CEO, President
Mental Health America

Rebecca Thurston, PhD

Principal Investigator, SWAN Aging
Pittsburgh Foundation Chair in Women's
Health and Dementia
Professor of Psychiatry, Psychology,
Epidemiology, and Clinical and Translational
Science
Director, Women's Biobehavioral Health
Program
University of Pittsburgh

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Speaker Bios

Kimberly Aguillard, PhD, is a health equity researcher at Mathematica. As a blind qualitative researcher, she is committed to engaging and empowering diverse, multiply marginalized groups as equal partners to identify pressing needs in their communities and in harnessing their collective expertise to formulate contextualized policy solutions. With expertise in equity, intersectionality, and social drivers of health, she has contributed to projects focusing on health equity, trauma-informed care, maternal health, and mental health. She has also authored issue briefs on integrating interpersonal violence into Medicaid population health programs and maternal health initiatives. She played a key role in leading the equity assessment component of the Equity Technical Assistance and Training Center at the U.S. Department of Health and Human Services (HHS). She has developed training resources to enhance HHS staff's capacity for conducting equity assessments. Additionally, Aguillard led focus groups for the Minority Youth and Centers for Independent Living (MY-CIL) Disability and Rehabilitation Research Project, and she provides support and leadership for community engagement in the Iowa Hope and Opportunity in Many Environments (HOME) Waiver Redesign project. Finally, Aguillard is a Co-Principal Investigator on the Disability Statistics and Demographics Rehabilitation Research and Training Center (Stats RRTC), funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR).

Mary K. Alvord, PhD is a psychologist and founder of Alvord, Baker & Associates, LLC with more than 40 years of clinical experience. She is also founder of a charity, Resilience Across Borders, Inc. and is an Adjunct Associate Professor at The George Washington School of Medicine and Health Sciences. Dr. Alvord is co-author of Conquer Negative Thinking for Teens, Resilience Builder Program, and The Action Mindset Workbook for Teens: Simple CBT Skills To Help You Conquer Fear & Self Doubt & Take Steps Toward What Really Matters.

Carmen Andreescu, MD is a Professor in the Department of Psychiatry at the University of Pittsburgh. A licensed psychiatrist with additional expertise in Geriatric and Interventional Psychiatry, Dr. Andreescu is a faculty member in the Center for Neuroscience at the University of Pittsburgh and the director of the ARGO Neuroscience of Aging Research lab [<https://argo.pitt.edu>]. Her research focus is on mapping the neural circuitry associated with mood/anxiety phenotypes in late-life, identifying neural markers of treatment response in late-life depression and anxiety, and describing the pathways through which anxiety accelerates brain aging. Her research has been funded by BBRF, NIMH and NIA.

Nicolle L. Arthun, BSN, RN, MSN, CNM is a Dine' Nurse-Midwife from the Navajo Nation who has over 13 years of Nurse-Midwifery experience practicing in rural hospitals and community birth settings in New Mexico. She founded the Changing Woman Initiative in 2015 with the mission to empower our diverse indigenous communities to protect cultural birth resiliency and the fundamental human right to reproductive health, dignity, and justice. Many know Nicolle through her leadership and innovative work with the Changing Woman Initiative. Nicolle completed her Bachelors in Nursing and Masters of Nursing from the University of New Mexico, she is internationally known as the leading Native American Maternal Health expert who uses her knowledge, skills, and wisdom as a nurse-midwife and healer to inform innovative changes to maternal health, policy, and community wellness.

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She presently serves as the Board Treasurer for the Groundswell Foundation and has over 10 years of experience serving on birth center boards as President and Vice President. Through years of experience in organizational development, fundraising, and leadership development, Nicolle became the CEO of Transcending Strategies LLC, which works towards systems change in maternal and reproductive health, personal leadership development, and Native American health policy reform.

Nicolle's thought leadership and innovative work in Native American Maternal health is foundational in the movement of reclaiming traditional birth practices, advocating for the rights of Indigenous midwifery, and improving global indigenous maternal health. Her writing is featured in the online magazine Indigenous Goddess Gang, American Indian Health and Nursing, and Varney's Midwifery 6th Edition on Indigenous Midwifery.

Through the years she has been invited to provide cultural education and training on Native American Maternal Health, innovation, leadership, Native American traditional medicine, policy reform and organizational design. She also uses her knowledge and advocacy to speak to philanthropists on the value of impact investing to support Native American/Indigenous Maternal Health Initiatives throughout the world.

Kirsten Beronio, JD has over 20 years of experience developing federal policies aimed at improving access to and quality of mental health and substance use disorder treatment. Her experience includes leadership positions at federal agencies, advocacy organizations, and the United States Senate. She recently returned to the Center for Medicaid and Children's Health Insurance Program (CHIP) Services (CMCS) at the Centers for Medicare and Medicaid Services as a Senior Policy Advisor in the Office of the Center Director. She was previously the Director of Policy and Regulatory Affairs for the National Association for Behavioral Healthcare (NABH). Before joining NABH, she had served as a Senior Advisor on Behavioral Health Care for CMCS. From 2012 to 2016, she was the Director of the Behavioral Healthcare Division within the Office of the Assistant Secretary for Planning and Evaluation at the U.S. Department of Health and Human Services (HHS). Prior to working for HHS, Kirsten was Vice President for Federal Policy Development and Advocacy at Mental Health America. She served as Medicaid and CHIP Counsel for the Senate Finance Committee and held other positions in the Senate in the late 1990s to 2001.

Joy Burkhard, MBA is the founder and Executive Director of the Policy Center for Maternal Mental Health - a 12 year old non-profit organization with a mission to close gaps in maternal mental health care. The Policy Center was identified as a 'field catalyst' by the Bridgespan Group for its work identifying solutions and convening change agents. Joy spent nearly 25 years working for a fortune 50 health insurance company, where she gained insights about the complexities and possibilities of the U.S. health system. She is a member of the American College of Obstetricians and Gynecologist's expert workgroup on Maternal Mental Health, the Federal Maternal Mental Health Task Force. She is a board member of the California Maternal Quality Care Collaborative and The Health Care Transformation Task Force and is the Board Chair of Mom Congress, an organization she founded and the Policy Center incubated. Joy has received numerous awards, including The American Public Health Association's Maternal Child Health Leadership and Advocacy Award and The Emerging Leader Award in Women's Health from the federal Health and Human Services Agency, Office of Women's Health. Joy holds an MBA from Regis University and lives with her husband and two high-schoolers in Los Angeles, California.

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Inger Burnett-Zeigler, PhD is a licensed clinical psychologist and Associate professor in the Department of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine at Northwestern University. Her scholarly work focuses on the role that social and structural determinants of health play in disparities in mental illness and treatment. The aim of her effectiveness-implementation research is to develop culturally tailored strategies to meet the mental health needs of the most under-resourced, marginalized populations. Her research has been funded by NIH/NIMHD, The Center for AIDS Research (CFAR), The Greer Family Foundation, and The Davee Foundation. Inger has written dozens of articles and lectures widely on mental health and trauma in the Black community. She is actively engaged in the community and serves on several non-profit boards including Thresholds, where she is Vice Chair, the African American Legacy of the Chicago Community Trust and Chicago High School of the Arts. She is also a co-chair for the Chicago Council for Mental Health Equity, established by Mayor Lightfoot in 2019. Inger is the author of the book *Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women* (Amistad, 2021). She is an active contributor to the public discourse on mental health and she has been featured in the *New York Times*, *Chicago Tribune*, and *CNN*. Inger received her undergraduate degree in psychology from Cornell University, her doctorate in clinical psychology from Northwestern University, and completed a post-doctoral fellowship at the VA Ann Arbor/University of Michigan.

Beth Carter, PhD, MPH is a senior policy advisor at the AARP Public Policy Institute, where her research focuses on health policy issues affecting older adults. Carter has extensive experience designing clinical and epidemiological studies and analyzing large-scale datasets, including public-use datasets like NHANES and insurance claims data. Before joining AARP, Carter was a principal investigator on a National Institutes of Health-funded grant at Children's National Health System and an assistant professor of biostatistics and epidemiology at the Milken Institute School of Public Health at the George Washington University. Carter holds master's and PhD degrees in epidemiology from the Milken Institute School of Public Health at the George Washington University and a bachelor's degree in human biology from Stanford University.

Ebony Carter, MD, MPH is an Associate Professor at Washington University School of Medicine. She serves as the Director of the Division of Maternal Fetal Medicine (MFM) in the Department of Obstetrics and Gynecology at the University of North Carolina (UNC) at Chapel Hill. Her research focuses on optimizing management of medical co-morbidities during pregnancy through a lifecourse approach, innovations in evidence-based prenatal care, and community based participatory research to promote reproductive health equity. She has extensive experience in the design and implementation of obstetric clinical trials. Her research is funded by the Robert Wood Johnson Foundation, National Institutes of Health (NIH)/National Institute for Child Health and Human Development (NICHD), and she is a recipient of the American Diabetes Association's Pathway to Stop Diabetes Award. Dr. Carter is the Principal Investigator of a R01 through the NIH/National Institute of Mental Health on behalf of the Elevating Voices, Addressing Depression, Toxic Stress and Equity in Group Prenatal Care (EleVATE GC) Women's Collaborative—a

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community coalition led by Black mothers, clinicians, federally qualified community health centers, hospitals, academic centers, community organizations, and coordinated by the St. Louis Integrated Health Network. She completed the Norman F. Gant/American Board of Obstetrics and Gynecology Health Policy Fellowship at the National Academy of Medicine and serves on the NICHD Pediatric Study Section. Dr. Carter earned her undergraduate degree in human biology with honors from Stanford University, Master of Public Health in health policy from the University of Michigan, and medical degree from Duke University. She completed residency in Obstetrics and Gynecology at the Harvard integrated program at Brigham and Women's/Massachusetts General Hospital and was the resident representative on the board of the National Resident Matching Program (NRMP) during that time. Dr. Carter served on the faculty at Harvard Medical School as an academic general obstetrician/gynecologist, prior to MFM fellowship, and Chief of the Division of Clinical Research in the Department of Obstetrics and Gynecology at Washington University School of Medicine in St. Louis before coming to UNC. She is the author of more than one hundred papers and a frequently sought out speaker on the topics of reproductive health equity, diabetes in pregnancy, and innovations in prenatal care, such as group care models. She is married to Dr. Dedric Carter, Vice Chancellor for Innovation and Chief Commercialization Officer at UNC Chapel Hill. Her most prized role is being the mother of their three little girls.

Crystal Clark, MD is a U.S. board certified psychiatrist and an Associate Professor in the Department of Psychiatry at the University of Toronto where she serves as the Associate Head of Research and a Scientist at Women's College Hospital. Dr. Clark specializes in mood and anxiety disorders specifically across the reproductive life span (from menstruation to peri and post menopause). Dr. Clark's research, which has been funded by the National Institutes of Health, aims to address gaps in psychiatric health care through development of identification and prevention strategies for marginalized populations in psychiatry including those with severe mental illness (e.g., bipolar disorder) and visible minorities (e.g., Black maternal mental health).

Tory Eisenlohr-Moul, PhD is an Associate Professor of Psychiatry with tenure, Associate Director of Translational Research in Women's Mental Health, and Associate Director of the Medical Scientist (MD/PhD) Training Program at the University of Illinois at Chicago. Tory has published over 100 peer-reviewed articles and has served as PI on a four R-level NIMH grants in Reproductive Psychiatry. Established in 2018, Tory's laboratory uses mechanistic hormone experiments to clarify why some patients experience hormone-related changes in emotional symptoms, risky alcohol use, and suicidality-- particularly across the menstrual cycle.

Jill M. Emanuele, PhD is a clinical psychologist and Vice-President, Clinical Training at the Child Mind Institute in New York City. She is a member of CMI's Executive and Leadership Teams and is also on the Board of Directors for the Anxiety and Depression Association of America (ADAA). She has a breadth of experience in the evaluation and treatment of children, adolescents, young adults, and adults with mood and anxiety disorders, as well as the spectrum of psychiatric disorders, with a special focus on complex presentations. Dr. Emanuele has significant expertise in evidence-based treatments including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), radically open DBT (RO DBT), family therapy, and mindfulness training. She has extensive experience in supervising and training clinicians and trainees in multiple disciplines and relishes developing training opportunities for clinicians and clinical programs. In addition, Dr. Emanuele has presented at academic medical centers, professional conferences, public and

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private schools, and community organizations on the topics of clinical leadership and supervision, mindfulness, adolescent depression and suicide, adolescent self-injury, DBT, and adolescent borderline personality disorder, and co-authored book chapters on some of these important topics. She is a member of several professional organizations and provides education through multiple forms of media including television, radio, internet, and podcasts. Dr. Emanuele received her doctoral degree in clinical psychology from George Mason University and completed her internship and postdoctoral fellow at Northwell Health (formerly known as Long Island Jewish Medical Center). She attended the University of Richmond as an undergraduate and earned bachelor's degrees in Psychology and Music.

Stephanie Faubion, MD, MBA is Professor and Chair of the Department of Medicine at Mayo Clinic in Jacksonville, Florida, Director of the Mayo Clinic Center for Women's Health and the Medical Director of The Menopause Society. She completed her undergraduate studies at the University of Texas at Austin and medical school and residency in internal medicine and pediatrics at the University of Texas Health Science Center at Houston. She received her masters of business administration at the Carlson School of Management at the University of Minnesota in 2019. Her clinical research interests include menopause and sexual health in women. She is co-Principal Investigator for the Data Registry on Experiences of Aging, Menopause and Sexuality (DREAMS). She has served on the board of directors for the International Society for the Study of Women's Sexual Health. She also serves as editor of the journal, *Menopause* and is on the editorial board of *Maturitas*. She is the author of *The New Rules of Menopause: A Mayo Clinic Guide to Perimenopause and Beyond*. She is an innovator in women's health and aims to better serve women in the menopause transition and beyond.

Jamille Fields Allsbrook, JD, MPH, is an Assistant Professor at Saint Louis University School of Law. Her research and scholarship centers on advancing health equity for women, people of color, people with low-incomes, and young people. Prior to joining SLU Law, Professor Fields served as the Senior Policy Advisor in the Office of Population Affairs (OPA) at the United States Department of Health and Human Services. OPA administers around \$400 million dollars in grants annually, including through the Title X family planning program. She was also the Director of Women's Health and Rights at the Center for American Progress, where she managed policy development, advised lawmakers, and conducted research and analysis. She has also held positions at Planned Parenthood Federation of America and the National Health Law Program, where she was an If/When/How Reproductive Justice Fellow. Professor Fields has been an adjunct professor at the University of Maryland School of Law, and she completed a clinical teaching fellowship at the Harvard Center for Health Law and Policy Innovation. Professor Fields has a law degree, with a Certificate in Health Law Studies, and a Masters of Public Health from St. Louis University. She also has a bachelor's degree in journalism from the University of Missouri – Columbia.

Jocelyn Frye, JD is President of the National Partnership for Women & Families—a policymaking and legal advocacy organization which works to advance health care, civil rights, economic justice, and racial equity in America. She is the first Black woman to head the National Partnership, which was founded 1971. Prior to her current role, Jocelyn helped spearhead the Women's Initiative at the Center for American Progress, one of the country's leading progressive think tanks. Her work there spanned a wide range of issues, including narrowing the gender pay

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gap, improving women's employment opportunities and economic stability, combating gender-based discrimination and gender-based violence, and addressing the Black maternal health crisis. Before CAP, Jocelyn served in the White House during the administration of Barack Obama. She oversaw the broad issue portfolio of Michelle Obama, including the First Lady's two signature initiatives—tackling childhood obesity and supporting military families. She also helped establish the first White House mentoring program for local high school students. A lawyer by training, Jocelyn received her J.D. from Harvard Law School and her undergrad degree from the University of Michigan. Jocelyn is a proud native of Washington, DC, and was raised by two loving parents who worked as federal civil servants. She still resides in the district with her husband, Brian Summers, and is a member of the Deacons Ministry of Shiloh Baptist Church of Washington, DC.

Colleen Galambos, PhD, ACSW, LCSW-C, FGSA, is professor and Helen Bader Endowed Chair in Applied Gerontology at UW-Milwaukee, and adjunct professor at the Medical College of Wisconsin. Dr. Galambos is a fellow of the Gerontological Society of America, a fellow of the American Academy of Social Work and Social Welfare, and a National Association of Social Workers Pioneer. Her practice experience includes clinical, administrative, policy, and research positions in a variety of health and long-term care organizations. Past appointments include the National Academies of Sciences, Engineering, and Medicine's Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, the 2020 National Academy of Medicine's (NAM) Vital Directions for Health and Healthcare project, and the National Academies of Sciences, Engineering, and Medicine's Committee on the Quality of Care in Nursing Homes. In 2022, Dr. Galambos was appointed to the National Academies of Sciences, Engineering, and Medicine's Board on Health Care Services. Dr. Galambos was selected as one of the Milwaukee Business Journal's 2020 Women of Influence for her mentorship of students preparing for careers in gerontology. In 2023 she was presented with the AGE-SW Leadership Award for her significant contributions in aging research, teaching, and scholarship.

Ayo Afejuku Gathing, MD is not only a board-certified psychiatrist and seasoned C-suite healthcare executive; she is a humanitarian, wife, mother, loving family member, and friend to many. Dr. Gathing specializes in building healthy relationships and families, innovative health solutions, and decreasing the stigma of mental illness. As a professor, best-selling author and dynamic speaker she inspires others while imparting her knowledge of medicine with strategies for maintaining wellness. Dr. Gathing brings her expertise in the field of psychiatry to the masses through practical discussions and relatable delivery of subject matter. She brings a psychological perspective to modern concepts such as relationships, parenting, career planning, and use of technology with features in national media including CBS Good Day, HLN Weekend Express, and The Tom Joyner Morning Show. Dr. Gathing is the co-author of bestselling self-help gem *The Modern Trophy Wife: How to Achieve Your Life Goals While Thriving at Home* as well as *Black Women's Mental Health Balancing Strength and Vulnerability*, and is a regular contributor to national media outlets. Dr. Gathing graduated with a medical doctorate from the Morehouse School of Medicine and remains adjunct faculty. She completed her psychiatric and fellowship training at the Emory University School of Medicine where she received numerous awards and accolades and was nominated as the chief resident. She also obtained a B.S. from

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the Georgia Institute of Technology in Applied Biology where she graduated with honors. Dr. Gathing is currently a Chief Medical Officer and Regional Vice President in healthcare administration where she oversees the appropriate delivery of quality care and services to indigent and special needs populations. Dr. Gathing has instituted numerous programs within organizational systems like juvenile justice and child and family services to bridge the disparities gap in behavioral health. She also continues to practice clinical medicine in the juvenile justice system. In partnership with her mother and sister she founded the Black Rose Foundation for Children whose mission is to provide resources to organizations seeking to empower children. Together they have written two children's books as writing is all of their passion with all proceeds benefiting the foundation, I am Love and J is For Justice.

Hadine Joffe, MD, MSc is the Interim Chair of the Department of Psychiatry at Brigham and Women's Hospital, where she is also the Executive Director of the Connors Center for Women's Health and Gender Biology and Founder and Director of the Women's Hormones and Aging Research Program. She is the Paula A. Johnson Professor of Psychiatry in the Field of Women's Health at Harvard Medical School.

Dr. Joffe received her undergraduate degree from Harvard University, her medical degree from Cornell University Medical College, and her Master's Degree in Epidemiology from the Harvard School of Public Health. She completed her psychiatry residency training at McLean Hospital and a fellowship in Reproductive Psychiatry at Massachusetts General Hospital.

Dr. Joffe is an experienced academic leader, clinician, and clinical reproductive neuroscientist whose research focuses on brain health in midlife women across the menopause transition. Her research examines the mechanisms (neural, hormonal, neurosteroid, stress, autonomic), course, downstream consequences (body fat gain), and treatment of neuropsychological symptoms (depression, insomnia, thermoregulatory disturbance, fatigue) in healthy midlife women and breast cancer survivors. Dr. Joffe has been continuously funded by the NIH to study women's midlife health for the past 24 years, including as Principal Investigator of 3 R01s and a U54 multi-project Specialized Centers of Research Excellence (SCORE) on Sex Differences grant. As Interim Chair of the BWH Department of Psychiatry, Dr. Joffe leads a robust team of departmental leaders to champion the clinical, educational, research, community, and philanthropic missions of the Department. She has mentored an extensive number and diverse range of physicians and investigators within and beyond the field of mental health and women's health to progress along their career paths.

As the Director of the BWH Connors Center, Dr. Joffe oversees a comprehensive cross-departmental NIH-and philanthropically funded research program for the hospital with two thematic priorities: 1) equity in the development of novel therapeutics for diseases that affect women exclusively, predominately and differentially and which involve academic, biopharma, and regulatory partnerships, and 2) impact of stress and adversity on the health of women, including across under-resourced and disenfranchised communities. Over the 8 years she has served in this role, Dr. Joffe has secured over \$8 million in philanthropic funds to support and promote the careers of 80 early-career investigators on pilot grants and research fellowships across 20 divisions and departments.

Dr. Joffe's contributions to clinical work, research, and mentoring have been recognized through the BWH Distinguished Clinician Award, a national Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Fellowship, the Vivian Pinn Award for Outstanding Research in Women's Health, the North American Menopause Society Thomas Clarkson Outstanding Clinical &

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Basic Science Research Award, and the HMS Department of Psychiatry Stuart T. Hauser MD PhD Mentorship Award.

Helen Lavretsky, MD, MS is a Professor In-Residence in the Department of Psychiatry at the UCLA and a geriatric integrative psychiatrist with federally funded research program in integrative mental health using breathing-based mind-body interventions (yoga, meditation, Tai Chi, Qi Gong) for mood, cognitive, and stress-related disorders. She is the Director of Integrative Psychiatry at UCLA, and she serves on the Advisory Research Council to the National Center for Complementary and Integrative Health.

Jennifer Leonardo, PhD, is the director of the Children's Safety Network at Education Development Center. She was a mental health clinical with Comprehensive Health Services, a group facilitator for domestic violence survivors with Voices Against Violence, and a professor of research methods and diversity and cross-cultural issues at Regis College and Boston College. Dr. Leonardo has over 20 years of experience in social work and public health. Her expertise includes mental health promotion, prevention and treatment, leadership and management, and diversity, equity, and inclusion. She currently convenes the Children's Safety Now Alliance of injury and violence prevention experts who support public health departments across the nation, setting guidance and developing resources in child safety, including suicide and self-harm prevention, bullying prevention, and teen dating violence prevention. She is a licensed social worker, has authored publications on depressive symptoms among adolescents and racial and ethnic differences in preceding circumstances of suicide and has developed a quality improvement model for injury and violence prevention that is used by 18 state health departments. She holds a doctoral and master's degree in social work from Boston College and a biology degree from Harvard University. She is bicultural and bilingual in Portuguese.

Krystal M. Lewis, PhD is a licensed Clinical Psychologist and Co-Director of Education with the Section on Development and Affective Neuroscience at the National Institute of Mental Health (NIMH) and the Director of the Clinical Psychology Externship Program at the National Institutes of Health. Dr. Lewis received her Ph.D. from Virginia Tech and completed her pre-doctoral internship and postdoctoral fellowship at the Ann & Robert H. Lurie Children's Hospital of Chicago and a two-year services fellowship at the Urban Youth Trauma Center at the University of Illinois Chicago.

Dr. Lewis is passionate about the provision of clinical care, training, and mentorship and uses culturally informed, developmentally appropriate, and evidence-based treatment approaches. She has an interest in increasing representation of ethnic, racial, and sexual/gender minorities in research trials and clinical treatment. Her clinical and research interests are focused on identifying mechanisms of change in psychological treatment for pediatric anxiety and mood disorders, specifically exploring the role of self-efficacy as an identified mechanism of therapeutic change and important target in cognitive behavioral therapy. In addition to her work at NIH, she has a small private practice where she provides assessment, treatment and supportive therapy to children, adolescents, and adults and consultation services to organizations.

Dr. Lewis is a Board member for the Anxiety and Depression Association of America of which she has been a member for 15 years. She has participated in the Career Development Leadership Program as an awardee, mentor, and now program Co-Chair. She received the Emerging Leader Award from ADAA in 2019 and initially joined the board as the early career professional representative. With her continued tenure on the board, Dr. Lewis is focused on developing the BIPOC Membership Scholarship program and will continue to disseminate scientific and clinical

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insights for professionals and the public. Dr. Lewis has conducted many media interviews and has given numerous community talks in an effort to highlight the importance of mental health and share evidence-based practices.

Tamara Lewis Johnson, MPH, MBA, is the Program Director of the Women's Mental Health Research Program for the Office for Disparities Research and Workforce Diversity. She is responsible for providing advice and guidance on matters relating to women's mental health research at the National Institute of Mental Health (NIMH). She serves on the National Institute of Health's (NIH) Office of Research on Women's Health's (ORWH) Coordinating Committee on Research on Women's Health, and the Department of Health and Human Services' Maternal Mental Health Task Force. She has been instrumental in the development of research funding announcements focused on the mental health of women across the life course. She coordinates the NIMH's career continuity program for early-stage investigators and convenes scientific symposia. She has published articles on women's mental health in peer reviewed journals. She has received awards from the NIH Office of the Director and the NIMH Director. She served as Chair of the American Public Health Association's (APHA) Committee on Women's Rights (2020-2021), and she is a member of the APHA Women's Caucus. Ms. Lewis Johnson has an MPH, MBA in Health Services Management from the University of California, Berkeley, and a Bachelor of Science degree in Industrial Engineering, from Stanford University.

Summer Mengelkoch, PhD is a postdoctoral research fellow at the University of California, Los Angeles. She completed her undergraduate studies at the University of Minnesota, and her doctoral studies at Texas Christian University, where she studied experimental psychology. Currently, Dr. Mengelkoch draws from psychoneuroimmunology, evolutionary theory, and clinical psychology to better understanding how sex steroid hormones and hormonal contraceptive use impact stress, inflammation, mood-related disorders, and physical health outcomes in women.

Catherine Monk, PhD is the inaugural Diana Vagelos Professor of Women's Mental Health and Chief, Division of Women's Mental Health, in the Department of Obstetrics & Gynecology (Ob/Gyn) and Professor of Medical Psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians and Surgeons. She is Research Scientist VI at the New York State Psychiatric Institute. Dr. Monk directs Women's Mental Health @Ob/Gyn (<https://www.obgyn.columbia.edu/about-us/divisions/womens-mental-health>), a 11-person embedded service within Ob/Gyn. Dr. Monk's research, at the PerinatalPathways lab (<https://www.perinatalpathways.org>), brings together the fields of developmental psychopathology, developmental psychobiology, developmental neuroscience, and perinatal mental health to focus on the earliest influences on children's developmental trajectories—those that happen in utero—and how to intervene early to help pregnant people and prevent mental health problems in the next generation. Her research has been continuously funded by the National Institute of Health (NIH) since her NIH Career Development award in 2000 as well as by numerous foundations including the Bezos Family Foundation, the Robin Hood Foundation, March of Dimes, and the Brain and Behavior Research Foundation.

Heidi D. Nelson, MD, MPH, MACP, FRCP is Professor of Health Systems Science at the Kaiser Permanente Bernard J. Tyson School of Medicine in Pasadena, California. Previous positions include Professor of Medical Informatics and Clinical Epidemiology and Medicine at the Oregon Health & Science University (OHSU), Investigator at the Pacific Northwest Evidence-based Practice Center, and Medical Director for Women and Children's Programs at Providence Health

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and Services in Portland, Oregon. Dr. Nelson's research focuses on clinical epidemiology, women's health, and health care guidelines and delivery. She has led nearly 100 evidence reviews for the U.S. Preventive Services Task Force, NIH, AHRQ, VA, and the HRSA-sponsored Women's Preventive Services Initiative. Her work has been used to determine national clinical practice guidelines and coverage, including screening for anxiety, affecting millions of Americans, particularly women. Dr. Nelson is Board-certified in internal medicine. She completed her degrees at the University of Minnesota, residency at OHSU, and fellowship at the University of California, San Francisco. Dr. Nelson was a member of the National Academy of Medicine Committee on Prevention Services for Women that identified services to be covered under the prevention care mandate of the Affordable Care Act in 2011.

Mary-Frances O'Connor, PhD is an Associate Professor at the University of Arizona Department of Psychology, where she directs the Grief, Loss, and Social Stress (GLASS) Lab. She earned a PhD in clinical psychology from the University of Arizona in 2004 and after a faculty appointment at UCLA Cousins Center for Psychoneuroimmunology, she returned to the University of Arizona in 2012. O'Connor has contributed to the scientific literature on interpersonal loss, how adaptation happens in typical grief, and what factors lead to poorer adaptation. She published the first fMRI study of grief in 2003 and the first fMRI study of prolonged grief in 2008, in addition to immune, endocrine, and cardiovascular correlates of grief. As one of the leaders in the field, she has contributed to the inclusion of prolonged grief disorder in the DSM-5-TR and the International Classification of Diseases (ICD-11). Recently, her work has investigated cultural considerations in grief research and bereavement as a health disparity.

Carla M. Perissinotto, MD, MHS is a Professor in the Division of Geriatrics, Department of Medicine at the University of California, San Francisco (UCSF) and is board certified in internal medicine, geriatrics, and palliative medicine. In 2023, She co-founded Sabio Health and Get Aging, which provide home-based primary care and palliative care in Northern California and Georgia. She served as the associate chief for geriatrics clinical programs at UCSF from 2017 to 2021. In this role she oversaw and developed new clinical programs serving older adults across care settings. She has worked as a hospice medical director where she worked to rethink how we care for patients with terminal dementia. For over a decade she has worked in home-based primary care focusing on serving underserved older adults. Dr. Perissinotto has gained national and international recognition for her research on the effects of loneliness on the health of older adults. Her research and advocacy focuses on integration of loneliness assessments in health care, and evaluation and implementation of community-based programs focused on ameliorating loneliness and isolation in adults.

Vivian W. Pinn, MD, FCAP, FASCP was the first full-time Director of the NIH Office of Research on Women's Health, an appointment she held since 1991 and as NIH Associate Director for Research on Women's Health since 1994 prior to her retirement in August 2011. Since her retirement, she has been named as a Senior Scientist Emerita at the NIH Fogarty International Center. Dr. Pinn came to NIH from Howard University College of Medicine in Washington, D.C., where she had been Professor and Chair of the Department of Pathology from 1982 until 1991. Dr. Pinn had previously held teaching appointments at Harvard Medical School and Tufts University where she was also Assistant Dean for Student Affairs. A special tribute by Senator Olympia Snowe on Dr. Pinn's retirement was published in the Congressional Record in November 2011 commending her contributions during her NIH tenure. The Association of American Medical Colleges awarded her a Special Recognition Award for exceptional leadership over a 40-year

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career. She has received numerous honors and recognitions, and is a fellow of the American Academy of Arts and Sciences and was elected to the National Academy of Medicine (formerly the Institute of Medicine) in 1995. A graduate and Alumna Achievement Award recipient as well as former Trustee of Wellesley College, she earned her M.D. from the University of Virginia School of Medicine, the only woman or minority in her class. She completed her postgraduate training in Pathology at the Massachusetts General Hospital. Dr. Pinn has received 17 Honorary Degrees of Science, Law, and Medicine, and the University of Virginia School of Medicine has named one of its four advisory medical student colleges as “The Pinn College” in her honor. Tufts University School of Medicine in 2011 announced the “The Vivian W. Pinn Office of Student Affairs,” named for her at the time her former medical students dedicated a scholarship in her name. She has held leadership positions in many professional organizations, including President of the National Medical Association (NMA) and is currently Chair of the NMA Past Presidents Council. Dr. Pinn currently serves on the Board of Trustees/Advisors of Thomas Jefferson University and Tufts University School of Medicine. She was recently elected to Modern Healthcare’s Hall of Fame, the first African American woman to be so honored, and received the Outstanding Woman Leader in Healthcare Award from the University of Michigan. Dr. Pinn also holds the position of Professor, Institute for Advanced Discovery and Innovation at the University of South Florida.

Charles F. Reynolds III, MD is Distinguished Professor of Psychiatry and UPMC Endowed Professor in Geriatric Psychiatry at the University of Pittsburgh School of Medicine. He is editor in chief of the American Journal of Geriatric Psychiatry and served as co-chair of the planning committee of the NASEM workshop in May, 2023, dealing with the rising mental health needs of an aging population. Dr. Reynolds is a graduate of the Yale Medical School.

Laura M. Rowland, PhD is the Program Director of the Neuroscience of Mental Disorders and Aging, within the Geriatrics and Aging Processes Research Branch at the National Institute of Mental Health (NIMH). Her program supports translational neuroscience studies of risk, presentation, course, and outcome of mental illness in later life or in relation to the aging process. Prior to coming to NIMH she was a tenured faculty member at the University of Maryland School of Medicine where she directed a research program dedicated to understanding the brain and behavior of those with severe mental illness and was director of a NIMH supported post-doctoral training program. She has over 145 scientific publications, serves as a Deputy Editor for *Schizophrenia Bulletin: The Journal of Psychoses and Related Disorders*, is a member of the Scientific Council for the Brain and Behavior Research Foundation, and a fellow of the American College of Neuropsychopharmacology.

Katie Russo is the Senior Director of Strategic Business Development and Operations at the Anxiety and Depression Association of America (ADAA), a non-profit organization dedicated to advancing the understanding and treatment of anxiety, depression, PTSD, OCD and mood disorders. With a career spanning over 16 years in non-profit and healthcare sectors, Katie brings a wealth of expertise in building meaningful partnerships and improving public health initiatives. At ADAA, Katie focuses on refining internal operations and expanding organizational growth to better serve individuals who treat and those who are affected by anxiety, depression, PTSD, OCD and mood disorders. She is dedicated to forging strategic partnerships to enhance the reach and impact of ADAA’s programs and resources. Additionally, Katie is an advocate for health literate resources, ensuring that the public has access to accurate and understandable information about these mental health conditions and their treatment. Before joining ADAA, Katie

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held senior-level positions at renowned communications and consulting firms, where she honed her skills in business development and operations. Notable achievements include increasing company revenue and expanding retail presence, demonstrating her ability to drive growth and create sustainable impact. Katie's commitment to public health extends beyond her professional roles. She has lectured on mental health awareness and advocacy, and her work has been recognized with prestigious awards such as the Silver Anvil for excellence in public relations. A former Division I scholarship athlete, Katie holds a bachelor's degree from Virginia Tech and a certification in Applied Business Analytics from the MIT Sloan School of Management and is an active member and Community Champion for the Association of American Medical Colleges.

Alex Sheldon, MA (they/them) is the Executive Director of GLMA, the oldest and largest association of LGBTQ+ and allied health professionals. They are a professional researcher, strategist, and advocate with over 15 years of experience in the field of human rights with a concentration in LGBTQ+ rights. Prior to joining GLMA, Alex served as the Deputy Director of the Clinton Global Initiative (CGI) at the Clinton Foundation, and they held roles at Everytown for Gun Safety, the Movement Advancement Project (MAP), and several international nonprofits. They received an MA in International Human Rights with a concentration in Global Health Affairs from the University of Denver, a BA in Psychology from Whittier College in California, and a certificate in Nonprofit Leadership and Management from the Institute for Nonprofit Practice. Alex currently serves on the Board of Directors at the Equality Federation.

Nima Sheth, MD, MPH is a psychiatrist by training and has a strong public health background. Prior to her arrival at SAMHSA, she worked at Georgetown University Hospital as Assistant Professor of Clinical Psychiatry. During her time there she served as clinician, researcher and educator, primarily focusing her efforts on improving care of the critically mentally ill and highly traumatized populations both nationally and internationally, including running a women's trauma clinic for five years. Currently she serves as Senior Medical Advisor at SAMHSA's Center for Mental Health Services, the Associate Administrator for Women's Services, and chair of the Advisory Committee for Women's Services. Dr. Sheth is also the SAMHSA point of contact on the new maternal mental health task force. In addition to leading women's mental health issues at the agency, Dr. Sheth also specializes in refugee and migrant mental health, implementation science, DEIA and the behavioral health workforce, and leads the center's technical assistance efforts. Dr. Sheth also specializes in the area of trauma both nationally and internationally, serving as psychiatric consultant for various community clinics as well as led various trauma initiatives across organizations. She has served as psychiatric consultant to the World Health Organization and worked in a number of international projects, advising on increasing mental health capacity, improving the quality of mental health services, strengthening referral networks, and coordinating collaborative and integrative care.

George Slavich, PhD is Professor of Psychiatry and Biobehavioral Sciences at UCLA, Director of the UCLA Laboratory for Stress Assessment and Research, an Investigator at the One Mind Center for Cognitive Neuroscience, and a Research Scientist at the Semel Institute for Neuroscience and Human Behavior. He also serves as Director of the California Stress, Trauma, and Resilience Network, Director of the Evaluation and Evidence Department for the UCLA-UCSF ACEs Aware Family Resilience Network, Director of the Branco Weiss Fellowship International Collaborative Grants Program, Director of the Global Belonging Collaborative, Co-chair of the APS National Task Force on Stress Measurement in Primary Care, and Associate Director of the National Institute on Aging Stress Measurement Network. Dr. Slavich is a leading authority in the

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conceptualization, assessment, and management of life stress; in psychological and biological mechanisms linking stress with mental and physical health; and in systems and policies for reducing population-level health disparities and achieving greater health equity by addressing stress-related factors. He completed undergraduate and graduate coursework in psychology and communication at Stanford University, and received his Ph.D. in clinical psychology from the University of Oregon. After graduate school, he was a clinical psychology intern at McLean Hospital in Boston and a clinical fellow in the Department of Psychiatry at Harvard Medical School. He subsequently completed three years of NIMH-supported postdoctoral training in health psychology and psychoneuroimmunology at UCSF and UCLA.

Schroeder Stribling, MSW is the President and CEO of Mental Health America, the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. She is a lifelong social justice advocate with over 20 years of experience managing organizations focused on mental health, homelessness, poverty, and racial justice. Prior to joining Mental Health America, Stribling was the CEO at N Street Village, a nonprofit providing housing support services for women and families in Washington, DC. Under her leadership, N Street Village expanded from one to eight locations. She helped diversify revenue streams, create partnerships with government entities, lead city-wide policy initiatives on homelessness, and acquire a smaller nonprofit organization. Prior to her time at N Street Village, Stribling was a Senior Social Worker at Johns Hopkins Bayview Hospital, where she was responsible for the implementation of new mental health programs in the inner-city Head Start school system. Earlier in her career, she worked as a Clinical Social Worker and served as a Coordinator for the Dual Diagnosis Program on the Inpatient Psychiatry Unit at Suburban Hospital, which is now a part of Johns Hopkins. Stribling received a bachelor's degree in political science from Wellesley College, a master's in social work from Smith College School for Social Work, and a certificate in nonprofit management from Georgetown University. She speaks and writes frequently on topics related to mental health and racial and economic equity and is an ever-passionate spokesperson for mental health and social justice in our times.

Rebecca C. Thurston, PhD, FAMBR, FAPS is Pittsburgh Foundation Chair of Women's Health and Dementia; Professor of Psychiatry, Psychology, Epidemiology, and Clinical and Translational Science; and Director of the Women's Biobehavioral Health Program at the University of Pittsburgh. Dr. Thurston is an expert in the menopause transition and its implications for women's cardiovascular, brain, and mental health. Dr. Thurston is a Principal Investigator of the Study of Women's Health Across the Nation, a 25+ year longitudinal study that has provided seminal information about the menopause transition among a racially/ethnically diverse cohort of women. Dr. Thurston is also a Principal Investigator of the MsHeart and MsBrain I & II studies. These studies leverage novel wearable technologies to investigate links between menopausal symptoms (e.g., hot flashes, sleep, mood changes), cardiovascular disease risk, and brain aging. In addition to her research, Dr. Thurston is Director of the NIH T32-supported Cardiovascular Behavioral Medicine Research Training Program, a program designed to train the next generation of leaders in cardiovascular behavioral medicine research. Finally, Dr. Thurston is a practicing clinical psychologist specializing in the behavioral health care of women transitioning through the menopause. In recognition of her work, Dr. Thurston is a recipient of the Henry Burger Award from the International Menopause Society for top contributions to menopause science internationally. Dr. Thurston is an elected fellow of the American Psychosomatic Society and of the Academy of Behavioral Medicine Research and is past president of The Menopause Society.

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Planning Committee Member Roster

Colleen Galambos, PhD, LCSW, LCSW-C, ACSW, FGSA (Co-Chair)

Helen Bader Endowed Chair in Applied Gerontology and Professor
Helen Bader School of Social Welfare
University of Wisconsin Milwaukee

***Vivian W. Pinn, MD, FCAP, FASCP (Co-Chair)**

Former Director (Retired), Office of Research on Women's Health, NIH
Former Senior Scientist Emerita, Fogarty International Center, NIH

Jamille Fields Allsbrook, JD, MPH

Assistant Professor
School of Law
Center for Health Law Studies, Saint Louis University

Joy Burkhard, MBA

Founder, Executive Director
Policy Center for Maternal Mental Health

Jill M. Emanuele, PhD

Vice-President, Clinical Training
Senior Psychologist
Child Mind Institute
Board Member and Secretary,
Anxiety and Depression Association of America

Tamara Lewis Johnson, MPH, MBA

Program Director, Women's Mental Health Research Program
Office of Disparities Research and Workforce Diversity
National Institute of Mental Health (NIMH), NIH, DHHS

Jennifer Leonardo, PhD

Director, Children's Safety Network, Education Development Center

Heidi Nelson, MD, MPH, MACP, FRCP

Professor, Health Systems Science
Kaiser Permanente Bernard J. Tyson School of Medicine

***J. Nwando Olayiwola, MD, MPH, FAAFP**

Chief Health Equity Officer & Senior Vice President
Humana, Inc.

FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

NATIONAL ACADEMIES

Sciences Engineering Medicine

George M. Slavich, PhD

Professor of Psychiatry and Biobehavioral Sciences Director, Laboratory for Stress Assessment and Research Director, California Stress, Trauma, & Resilience Network Director, Evaluation & Evidence, UCLA-UCSF ACEs Aware

Family Resilience Network Semel Institute for Neuroscience and Human Behavior University of California, Los Angeles

FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

* National Academy of Medicine (NAM) Member

FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

Workshop on Essential Health Care Services Related to Anxiety and Mood Disorders in Women

Planning Committee Bios

Colleen Galambos, PhD, ACSW, LCSW-C, FGSA, is professor and Helen Bader Endowed Chair in Applied Gerontology at UW-Milwaukee, and adjunct professor at the Medical College of Wisconsin. Dr. Galambos is a fellow of the Gerontological Society of America, a fellow of the American Academy of Social Work and Social Welfare, and a National Association of Social Workers Pioneer. Her practice experience includes clinical, administrative, policy, and research positions in a variety of health and long-term care organizations. Past appointments include the National Academies of Sciences, Engineering, and Medicine's Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, the 2020 National Academy of Medicine's (NAM) Vital Directions for Health and Healthcare project, and the National Academies of Sciences, Engineering, and Medicine's Committee on the Quality of Care in Nursing Homes. In 2022, Dr. Galambos was appointed to the National Academies of Sciences, Engineering, and Medicine's Board on Health Care Services. Dr. Galambos was selected as one of the Milwaukee Business Journal's 2020 Women of Influence for her mentorship of students preparing for careers in gerontology. In 2023 she was presented with the AGE-SW Leadership Award for her significant contributions in aging research, teaching, and scholarship.

Vivian W. Pinn, MD, was the first full-time Director of the NIH Office of Research on Women's Health, an appointment she held since 1991 and as NIH Associate Director for Research on Women's Health since 1994 prior to her retirement in August 2011. Since her retirement, she has been named as a Senior Scientist Emerita at the NIH Fogarty International Center. Dr. Pinn came to NIH from Howard University College of Medicine in Washington, D.C., where she had been Professor and Chair of the Department of Pathology from 1982 until 1991. Dr. Pinn had previously held teaching appointments at Harvard Medical School and Tufts University where she was also Assistant Dean for Student Affairs. A special tribute by Senator Olympia Snowe on Dr. Pinn's retirement was published in the Congressional Record in November 2011 commending her contributions during her NIH tenure. The Association of American Medical Colleges awarded her a Special Recognition Award for exceptional leadership over a 40-year career. She has received numerous honors and recognitions, and is a fellow of the American Academy of Arts and Sciences and was elected to the National Academy of Medicine (formerly the Institute of Medicine) in 1995. A graduate and Alumna Achievement Award recipient as well as former Trustee of Wellesley College, she earned her M.D. from the University of Virginia School of Medicine, the only woman or minority in her class. She completed her postgraduate training in Pathology at the Massachusetts General Hospital. Dr. Pinn has received 17 Honorary Degrees of Science, Law, and Medicine, and the University of Virginia School of Medicine has named one of its four advisory medical student colleges as "The Pinn College" in her honor. Tufts University School of Medicine in 2011 announced the "The Vivian W. Pinn Office of Student Affairs," named for her at the time her former medical students dedicated a scholarship in her name. She has held leadership positions in many professional organizations, including President of the National Medical Association (NMA) and is currently Chair of the NMA Past Presidents Council. Dr. Pinn currently serves on the Board of Trustees/Advisors of Thomas Jefferson University and Tufts University

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School of Medicine. She was recently elected to Modern Healthcare's Hall of Fame, the first African American woman to be so honored, and received the Outstanding Woman Leader in Healthcare Award from the University of Michigan. Dr. Pinn also holds the position of Professor, Institute for Advanced Discovery and Innovation at the University of South Florida.

Jamille Fields Allsbrook, JD, MPH, is an Assistant Professor at Saint Louis University School of Law. Her research and scholarship centers on advancing health equity for women, people of color, people with low-incomes, and young people. Prior to joining SLU Law, Professor Fields served as the Senior Policy Advisor in the Office of Population Affairs (OPA) at the United States Department of Health and Human Services. OPA administers around \$400 million dollars in grants annually, including through the Title X family planning program. She was also the Director of Women's Health and Rights at the Center for American Progress, where she managed policy development, advised lawmakers, and conducted research and analysis. She has also held positions at Planned Parenthood Federation of America and the National Health Law Program, where she was an If/When/How Reproductive Justice Fellow. Professor Fields has been an adjunct professor at the University of Maryland School of Law, and she completed a clinical teaching fellowship at the Harvard Center for Health Law and Policy Innovation. Professor Fields has a law degree, with a Certificate in Health Law Studies, and a Masters of Public Health from St. Louis University. She also has a bachelor's degree in journalism from the University of Missouri – Columbia.

Joy Burkhard, MBA is the founder and Executive Director of the Policy Center for Maternal Mental Health - a 12 year old non-profit organization with a mission to close gaps in maternal mental health care. The Policy Center was identified as a 'field catalyst' by the Bridgespan Group for its work identifying solutions and convening change agents. Joy spent nearly 25 years working for a fortune 50 health insurance company, where she gained insights about the complexities and possibilities of the U.S. health system. She is a member of the American College of Obstetricians and Gynecologist's expert workgroup on Maternal Mental Health, the Federal Maternal Mental Health Task Force. She is a board member of the California Maternal Quality Care Collaborative and The Health Care Transformation Task Force and is the Board Chair of Mom Congress, an organization she founded and the Policy Center incubated. Joy has received numerous awards, including The American Public Health Association's Maternal Child Health Leadership and Advocacy Award and The Emerging Leader Award in Women's Health from the federal Health and Human Services Agency, Office of Women's Health. Joy holds an MBA from Regis University and lives with her husband and two high-schoolers in Los Angeles, California.

Jill M. Emanuele, PhD is a clinical psychologist and Vice-President, Clinical Training at the Child Mind Institute in New York City. She is a member of CMI's Executive and Leadership Teams and is also on the Board of Directors for the Anxiety and Depression Association of America (ADAA). She has a breadth of experience in the evaluation and treatment of children, adolescents, young adults, and adults with mood and anxiety disorders, as well as the spectrum of psychiatric disorders, with a special focus on complex presentations. Dr. Emanuele has significant expertise in evidence-based treatments including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), radically open DBT (RO DBT), family therapy, and mindfulness training. She has extensive experience in supervising and training clinicians and trainees in multiple disciplines and

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relishes developing training opportunities for clinicians and clinical programs. In addition, Dr. Emanuele has presented at academic medical centers, professional conferences, public and private schools, and community organizations on the topics of clinical leadership and supervision, mindfulness, adolescent depression and suicide, adolescent self-injury, DBT, and adolescent borderline personality disorder, and co-authored book chapters on some of these important topics. She is a member of several professional organizations and provides education through multiple forms of media including television, radio, internet, and podcasts. Dr. Emanuele received her doctoral degree in clinical psychology from George Mason University and completed her internship and postdoctoral fellow at Northwell Health (formerly known as Long Island Jewish Medical Center). She attended the University of Richmond as an undergraduate and earned bachelor's degrees in Psychology and Music.

Tamara Lewis Johnson, MPH, MBA, is the Program Director of the Women's Mental Health Research Program for the Office for Disparities Research and Workforce Diversity. She is responsible for providing advice and guidance on matters relating to women's mental health research at the National Institute of Mental Health (NIMH). She serves on the National Institute of Health's (NIH) Office of Research on Women's Health's (ORWH) Coordinating Committee on Research on Women's Health, and the Department of Health and Human Services' Maternal Mental Health Task Force. She has been instrumental in the development of research funding announcements focused on the mental health of women across the life course. She coordinates the NIMH's career continuity program for early-stage investigators and convenes scientific symposia. She has published articles on women's mental health in peer reviewed journals. She has received awards from the NIH Office of the Director and the NIMH Director. She served as Chair of the American Public Health Association's (APHA) Committee on Women's Rights (2020-2021), and she is a member of the APHA Women's Caucus. Ms. Lewis Johnson has an MPH, MBA in Health Services Management from the University of California, Berkeley, and a Bachelor of Science degree in Industrial Engineering, from Stanford University.

Jennifer Leonardo, PhD, is the director of the Children's Safety Network at Education Development Center. She was a mental health clinical with Comprehensive Health Services, a group facilitator for domestic violence survivors with Voices Against Violence, and a professor of research methods and diversity and cross-cultural issues at Regis College and Boston College. Dr. Leonardo has over 20 years of experience in social work and public health. Her expertise includes mental health promotion, prevention and treatment, leadership and management, and diversity, equity, and inclusion. She currently convenes the Children's Safety Now Alliance of injury and violence prevention experts who support public health departments across the nation, setting guidance and developing resources in child safety, including suicide and self-harm prevention, bullying prevention, and teen dating violence prevention. She is a licensed social worker, has authored publications on depressive symptoms among adolescents and racial and ethnic differences in preceding circumstances of suicide and has developed a quality improvement model for injury and violence prevention that is used by 18 state health departments. She holds a doctoral and master's degree in social work from Boston College and a biology degree from Harvard University. She is bicultural and bilingual in Portuguese.

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Heidi D. Nelson, MD, MPH, MACP, FRCP, is Professor of Health Systems Science at the Kaiser Permanente Bernard J. Tyson School of Medicine in Pasadena, California. Previous positions include Professor of Medical Informatics and Clinical Epidemiology and Medicine at the Oregon Health & Science University (OHSU), Investigator at the Pacific Northwest Evidence-based Practice Center, and Medical Director for Women and Children's Programs at Providence Health and Services in Portland, Oregon. Dr. Nelson's research focuses on clinical epidemiology, women's health, and health care guidelines and delivery. She has led nearly 100 evidence reviews for the U.S. Preventive Services Task Force, NIH, AHRQ, VA, and the HRSA-sponsored Women's Preventive Services Initiative. Her work has been used to determine national clinical practice guidelines and coverage, including screening for anxiety, affecting millions of Americans, particularly women. Dr. Nelson is Board-certified in internal medicine. She completed her degrees at the University of Minnesota, residency at OHSU, and fellowship at the University of California, San Francisco. Dr. Nelson was a member of the National Academy of Medicine Committee on Prevention Services for Women that identified services to be covered under the prevention care mandate of the Affordable Care Act in 2011.

J. Nwando Olayiwola, MD, MPH, FAAFP, is the inaugural Chief Health Equity Officer and Senior Vice President of Humana, Inc., and leads the Health Equity and Social Impact team. Prior to this, she served as the Professor and Chair of the Department of Family Medicine and Chief of Family Health Services at The Ohio State University, where she also founded the Center for Primary Care Innovation and Transformation. She is a respected innovator and expert in harnessing technology and creative solutions to increase access to care for underserved and disenfranchised populations, health equity, global health system strengthening and primary care redesign, developing strategic partnerships, creating novel national programs, implementing diversity, equity, and inclusion focused programs, physician leadership, clinical medicine, and scholarly and creative writing. Her research and practice work involves understanding and testing solutions to mitigate health disparities, improve access to care for underserved and disenfranchised populations, create measurement standards for equity, primary care redesign, translation of policy into clinical practice, and technology/digital enabled care. Dr. Olayiwola continues to provide clinical care for refugee and immigrant populations at the Heart of Ohio Family Health Center in Columbus, OH and serves as an Adjunct Professor at the Ohio State University College of Medicine and College of Public Health. Dr. Olayiwola was a Commonwealth Fund/Harvard University Fellow in Minority Health Policy at Harvard Medical School and received her master's degree in public health with a concentration in health policy from the Harvard School of Public Health. She obtained her undergraduate degree in Human Nutrition/Pre-Medicine at the Ohio State University and her medical degree from the Ohio State University/ Cleveland Clinic Foundation. She completed her residency training in family medicine at Columbia University/New York Presbyterian Hospital, where she was a Chief Resident.

George Slavich, PhD, is Professor of Psychiatry and Biobehavioral Sciences at UCLA, Director of the UCLA Laboratory for Stress Assessment and Research, an Investigator at the One Mind Center for Cognitive Neuroscience, and a Research Scientist at the Semel Institute for Neuroscience and Human Behavior. He also serves as Director of the California Stress, Trauma, and Resilience Network, Director of the Evaluation and Evidence Department for the UCLA-UCSF ACEs Aware Family Resilience Network, Director of the Branco Weiss Fellowship International Collaborative

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Grants Program, Director of the Global Belonging Collaborative, Co-chair of the APS National Task Force on Stress Measurement in Primary Care, and Associate Director of the National Institute on Aging Stress Measurement Network. Dr. Slavich is a leading authority in the conceptualization, assessment, and management of life stress; in psychological and biological mechanisms linking stress with mental and physical health; and in systems and policies for reducing population-level health disparities and achieving greater health equity by addressing stress-related factors. He completed undergraduate and graduate coursework in psychology and communication at Stanford University, and received his Ph.D. in clinical psychology from the University of Oregon. After graduate school, he was a clinical psychology intern at McLean Hospital in Boston and a clinical fellow in the Department of Psychiatry at Harvard Medical School. He subsequently completed three years of NIMH-supported postdoctoral training in health psychology and psychoneuroimmunology at UCSF and UCLA.

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Behavioral health and substance-related disorders affect approximately 20 percent of Americans. Of those with a substance use disorder, approximately 60 percent also have a mental health disorder. These disorders account for a substantial burden of disability, have been associated with an increased risk of morbidity and mortality from other chronic illnesses, and can be risk factors for death by suicide, incarceration, and homelessness. They can compromise a person's ability to seek out and afford health care, and to adhere to care recommendations.

Those with mental health conditions, particularly serious disorders, and their advocates face numerous barriers to receiving quality care. Studies suggest that one-third to one-half or more of people with serious mental health disorders do not receive treatment. The most common reason for not seeking care is inability to pay. Also, fear of discrimination in housing, employment, military service, and other arenas can deter people from seeking or continuing care.

The goal of reducing reliance on long-term inpatient care in separate institutions has been more fully realized than the goal of providing adequate treatment and services in the community. Nearly 90 million Americans live in areas with a shortage of mental health professionals.

Another barrier to care is adequate training and other support for primary care providers in recognizing mental health and substance use disorders and appropriately managing patient care through direct services, referral, and collaboration. Often evidence-based psychosocial interventions are not even available as part of routine clinical care, due to issues of access to quality care, training, insurance coverage, and fragmentation of care.

The Health and Medicine Division of the National Academies of Sciences, Engineering, and Medicine's **Forum on Mental Health and Substance Use Disorders** provides a structured environment and neutral venue to discuss data, policies, practices, and systems that affect the diagnosis and provision of care for mental and substance use disorders, including for substance-related and addictive conditions. Its activities, which will focus on adults, will facilitate sustained attention to these conditions throughout the Academies.

PUBLIC WORKSHOPS

Addressing Workforce Challenges Across the Behavioral Health Continuum of Care: A Workshop

July 10-11, 2024

A National Academies of Sciences, Engineering, and Medicine planning committee will organize and host a hybrid public workshop to explore the workforce needs and challenges in different settings across the continuum of behavioral health care.

https://www.nationalacademies.org/event/41684_04-2024_essential-health-care-services-related-to-anxiety-and-mood-disorders-in-women-a-workshop

Workshop on Essential Health Care Services Related to Anxiety and Mood Disorders in Women

April 29-30, 2024

The National Academies of Sciences, Engineering, and Medicine will host a two-day public workshop which will feature invited presentations and panel discussions on topics such as:

Essential health care services related to anxiety and mood disorders in women based on currently available evidence; preparing for and prioritizing the provision of essential health care services related to anxiety and mood disorders in women; and health disparities related to anxiety and mood disorders in women.

https://www.nationalacademies.org/event/41726_07-2024_addressing-workforce-challenges-across-the-behavioral-health-continuum-of-care-a-workshop

Workshop on Identifying and Managing Veteran Suicide Risk in Non-VA Healthcare Settings May 23, 2023

The National Academies held a one-day hybrid public workshop on May 23 to explore issues related to identifying and managing suicide risk for veterans who receive care outside of Veterans Health Administration facilities. Sessions focused on examining the experiences of veterans in seeking care; understanding the policy context; exploring the landscape of veteran health care and suicide risk; and discussing best practices, knowledge gaps, and challenges for the assessment and mitigation of suicide risk.

<https://www.nationalacademies.org/event/05-23-2023/workshop-on-identifying-and-managing-veteran-suicide-risk-in-non-v-a-healthcare-settings>

Addressing the Rising Mental Health Needs of an Aging Population: A Workshop May 15-16, 2023

A National Academies of Sciences, Engineering, and Medicine planning committee organized and hosted a public workshop to explore the current state of mental health care for older adults in the United States and potential strategies to address the mental health needs and challenges of our aging population.

<https://www.nationalacademies.org/event/05-15-2023/addressing-the-rising-mental-health-needs-of-an-aging-population-a-workshop>

Improving Access to High-Quality Mental Health Care for Veterans: A Workshop April 20-21, 2023

A planning committee of the National Academies of Sciences, Engineering, and Medicine will organize and conduct a public workshop to explore the current landscape for veterans' access to mental health care services in the United States, including the use of telehealth services. The workshop will consider ways to improve veterans' timely access to high-quality care for mental health conditions.

<https://www.nationalacademies.org/our-work/improving-access-to-high-quality-mental-health-care-for-veterans-a-workshop>

Early Interventions for Psychosis: First Episodes and High-Risk Populations: A Workshop July 11, 2022

The term 'psychosis' is used to describe conditions that affect the mind, in which there has been some loss of contact with reality (also called a psychotic episode). Symptoms may include delusions, hallucinations, memory problems, and behavior that is inappropriate for the situation. There is no one specific cause of psychosis and onset can be experienced at any age. Studies have shown that it is common for a person to have psychotic symptoms for more than a year before receiving treatment. Reducing this duration of untreated psychosis is critical because early treatment is associated with a better recovery.

This workshop explored the deficiencies in the behavioral health system with a focus on early intervention for psychosis and featured experts examining the data on the epidemiology and

outcomes for people at high risk for psychosis and those who have experienced a first episode of psychosis, and considered ways to improve the care and outcomes for these individuals.

<https://www.nationalacademies.org/event/07-11-2022/early-interventions-for-psychosis-first-episodes-and-high-risk-populations>

Innovative Data Science Approaches to Assess Suicide Risk in Individuals, Populations & Communities: Current Practices, Opportunities, and Risks: A Workshop

April 28, May 12, June 30, 2022

Select social media platforms have proactively deployed sophisticated artificial intelligence (AI)/machine learning (ML) algorithms to identify individual platform users at high risk for suicide, and in some cases may inform local law enforcement, if needed, to prevent imminent death by suicide. Emerging real-time data sources, together with innovative data science techniques and methods including AI/ML algorithms, can help inform upstream suicide prevention efforts at the individual, community, and population level. Innovative, real-time data sources, including social media data, and suicide and nonfatal suicide prediction algorithms, can potentially enhance state and local capacity to track, monitor, and intervene “upstream,” but these innovations may also be associated with unintended consequences and risks.

This virtual workshop featured national experts examining data science techniques and real-time data sources to identify, predict, support, and refer individuals to appropriate care and services. Presentations explored risks and unintended consequences of leveraging AI/ML algorithms, privacy, and confidentiality; and evidence, research, and program evaluation gaps to measure effectiveness of data science techniques in upstream suicide interventions.

<https://www.nationalacademies.org/our-work/using-innovative-data-science-approaches-to-identify-individuals-populations-and-communities-at-high-risk-for-suicide-a-workshop>

Suicide Prevention in Indigenous Communities: A Workshop

April 22, May 13, June 10, 2022

This virtual workshop featured subject matter experts examining risk and protective factors in Indigenous populations; effective suicide prevention policies and programs; culturally appropriate and sensitive approaches to prevention strategies; existing data systems and how these data can be used for tracking suicide rates; and gaps and challenges in providing continuum of substance use and mental health services in multiple health care settings.

<https://www.nationalacademies.org/our-work/suicide-prevention-in-indigenous-communities-a-workshop>

An interactive overview can be found here:

<https://nap.nationalacademies.org/resource/26745/interactive/>

Strategies and Interventions to Reduce Suicide: A Workshop

June 22, July 28, 2021

Reducing suicide-related mortality is a global imperative declared by The World Health Organization. The suicide prevention movement has been gaining momentum as organizations, advocates, and others have increasingly collaborated on effective strategies. Health care settings provide an important opportunity for suicide intervention and prevention but cannot yet fully manage suicide risk due to a lack of training, knowledge gaps, and reimbursement challenges. School, workplace, and community-based interventions can help reduce the incidence of suicidal behavior, as can better access to care and reduced access to lethal means of suicide.

The persistent trends in suicide necessitate action among mental health care providers and payers, researchers, and community leaders. This virtual workshop featured national subject matter experts discussing strategies to improve access to effective interventions to prevent suicide.

<https://www.nationalacademies.org/our-work/strategies-and-interventions-to-reduce-suicide-a-workshop>

Mental Health and Substance Use Disorders in the Era of COVID-19: With a Special Focus on the Impact of the Pandemic on Communities of Color: A Workshop

November 23, December 3, and December 14, 2020

The COVID-19 pandemic has created both short-term and long-term negative consequences for behavioral health outcomes. The National Academies of Sciences, Engineering, and Medicine's Forum on Mental Health and Substance Use Disorders hosted a virtual public workshop with a special focus on the impact of the pandemic on communities of color that examined how COVID-19 has revealed and exacerbated mental health and substance use disorders, the impact of COVID-19 on access to mental health care and service delivery, and the behavioral health impact of COVID-19 on the health care workforce.

<https://www.nationalacademies.org/our-work/mental-health-and-substance-use-disorders-in-the-era-of-covid-19-exploring-the-impact-of-the-pandemic-on-communities-of-color-a-workshop>

Caring for People with Mental Health and Substance Use Disorders in Primary Care Settings: A Virtual Workshop

June 3, July 29, August 26, 2020

The Forum hosted a virtual public workshop that examined approaches to facilitate the delivery of essential components of care for people with mental health and substance use disorders in primary care settings using three illustrative conditions (depression, alcohol use disorders, and substance use disorders). Workshop sessions explored the landscape of evolving models of care, barriers and potential solutions to the implementation of the essential components of care, improving the workforce, and addressing financing and policy incentives to support the provision of the essential components of care.

<https://www.nationalacademies.org/our-work/care-models-and-payment-strategies-to-facilitate-the-delivery-of-essential-components-of-care-for-people-with-mental-health-and-substance-use-disorders-a-workshop>

Key Policy Challenges and Opportunities to Improve Care for People with Mental Health and Substance Use Disorders: A Workshop

October 15-16, 2019

Individuals with mental health and substance use disorders, particularly those with the most serious conditions, face substantial obstacles to receiving effective, evidence-based care. The Forum's initial workshop took a broad approach to examine several related overarching topics, including the importance of shared decision-making, the essential components of care for people with mental health and substance use disorders, translating knowledge into practice, using data to improve care delivery, and developing the workforce to provide high-quality care.

<https://www.nationalacademies.org/event/10-15-2019/exploring-key-policy-challenges-and-opportunities-to-improve-care-for-people-with-mental-health-and-substance-use-disorders-a-workshop>

WEBINARS

988: It is NOT just a number Series

Webinar 1: Providing a Consistent, Systemic Framework for Crisis Response Services

January 20, 23, 2023, October 3, 2023

The first webinar presented an overview of the 9-8-8 implementation landscape, how mental health and crisis services need to be viewed as a utility and public good for counties to adopt and implement.

<https://www.nationalacademies.org/event/01-20-2023/988-it-is-not-just-a-number-webinar-1>

Webinar 2: State and Local Exemplars

The second webinar featured 9-8-8 implementation examples at the state and local level sharing challenges, best practices, and gaps. Other topics included state insurance coverage, learning from 911 and working with law enforcement, rural and urban challenges, how children and youth can use 988, and developing a workforce to create a robust continuum of care.

<https://www.nationalacademies.org/event/01-23-2023/988-it-is-not-just-a-number-webinar-2>

Webinar 3: Data Collection and Developing Metrics

The third webinar focused on collecting data and developing metrics to help inform 988 implementation and improvement efforts. This webinar featured state and local examples to provide an overview on available data and impact.

https://www.nationalacademies.org/event/40493_10-2023_988-it-is-not-just-a-number-webinar-3

COLLABORATIVE WORKSHOPS

Harm Reduction Services for People Who Use Drugs: Exploring Data Collection, Evidence Gaps, and Research Needs: A Workshop

January 30-31, 2024

A planning committee of the National Academies of Sciences, Engineering, and Medicine organized and conducted a two-day virtual public workshop that brought together data experts, program implementers and evaluators, and other key interested parties to explore data collection efforts, evidence gaps, and research needs on harm reduction for people who use drugs (PWUD). The workshop examined harm reduction strategies and services that aimed to: prevent overdose and infectious disease transmission; enhance the health, safety, and wellbeing of PWUD; and offer low-threshold options for accessing substance use disorder treatment. Such strategies and services include syringe services programs; providing fentanyl and xylazine test strips; distributing naloxone and other reversal medications; and facilitating connections to social services for PWUD in need of medical services, stable housing, food-assistance, or employment.

https://www.nationalacademies.org/event/41627_01-2024_harm-reduction-services-for-people-who-use-drugs-exploring-data-collection-evidence-gaps-and-research-needs-a-workshop

Community Safety as a Social Determinant of Health: A Workshop

December 6-7, 2023

This workshop brought together researchers, practitioners, leaders, and others with expertise in violence prevention and promoting community safety to (1) define community safety, (2) examine the landscape of threats to safety affecting specific populations, (3) explore attributes of physical spaces and social structures that create and reinforce safer communities, and (4) discuss frameworks for reimagining public safety, and related policy and programmatic interventions.

https://www.nationalacademies.org/event/41148_12-2023_community-safety-as-a-social-determinant-of-health-a-workshop

Supporting the Health and Well-Being of Gender Diverse Youth: A Workshop

April 25, 2023

The Forum for Children's Well-Being hosted a one-day public workshop to explore the health and well-being of gender diverse youth. It examined how this growing population is currently faring and featured expert presentations and lived experience perspectives. Workshop objectives: To highlight existing research on the health, well-being, and developmental trajectories of gender diverse youth, including research gaps and data needs; To explore existing evidence-based guidance to support and promote the mental and physical health of gender diverse youth, including best practices in healthcare settings; To explore state and federal policymaking shaping healthcare and the overall well-being of gender diverse youth; and To hear from gender diverse youth, parents of gender diverse youth, and community leaders on: how this population is faring, the biggest challenges to their health and well-being, and what they need most to improve their health and well-being.

<https://www.nationalacademies.org/event/04-25-2023/supporting-the-health-and-well-being-of-gender-diverse-youth-a-workshop>

Methadone Treatment for Opioid Use Disorder: Examining Federal Regulations and Laws: A Workshop

March 3-4, 2022

Opioid use disorder (OUD)—a chronic brain disease caused by prolonged use of prescription opioids, heroin, or other illicit opioids—imposes heavy costs on individuals, their families, and society. Methadone is one of three safe and highly effective medications that are already approved by the U.S. Food and Drug Administration to treat OUD; however, stringent laws and regulatory policies pose substantial barriers to provision of and access to treatment. This two-day public workshop will bring together experts and key stakeholders to examine the current federal regulatory and legal landscape regarding provision of and access to methadone for the treatment of OUD.

<https://www.nationalacademies.org/our-work/methadone-treatment-for-opioid-use-disorder-examining-federal-regulations-and-laws---a-workshop>

Community Interventions to Prevent Veteran Suicide: The Role of Social Determinants: A Workshop

March 28-29, 2022

The National Academies of Sciences, Engineering, and Medicine will appoint a planning committee to organize an open, three-day virtual workshop to gain a better understanding of social determinants influencing the recent increase in suicide risk and how currently available practice guidelines can inform community-level preventive interventions, particularly those targeting veteran populations. The workshop will address: (1) the relevant social, cultural, and economic factors driving changes in suicide risk among veterans and (2) ways that current best practices for suicide prevention and treatment can be applied at the community level.

<https://www.nationalacademies.org/our-work/community-interventions-to-prevent-veteran-suicide-the-role-of-social-determinants-a-workshop>

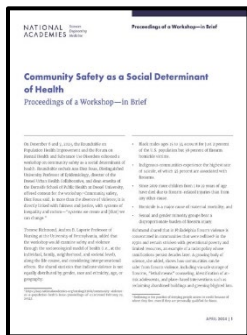
The Interplay Between Environmental Exposures and Mental Health Outcomes: A Workshop

February 2-3, 2021

There is growing evidence that the environment can play an important role in mental health—yet research into the effects of environmental stressors rarely focuses on behavioral and mental health outcomes. This virtual workshop brought together experts in mental health and environmental health research to explore emerging research on the relationship, harmful or beneficial, between environmental factors and mental health. This workshop is a collaboration between the National Academies’ Standing Committee on the Use of Emerging Science on Environmental Health Decisions in collaboration with the Forum on Mental Health and Substance Use Disorders, the Forum on Neuroscience and Nervous System Disorders, and the Board on Behavioral, Cognitive, and Sensory Sciences.

<https://www.nationalacademies.org/our-work/the-interplay-between-environmental-exposures-and-mental-health-outcomes-a-workshop>

FORUM PUBLICATIONS



Community Safety as a Social Determinant of Health: Proceedings of a Workshop—In Brief

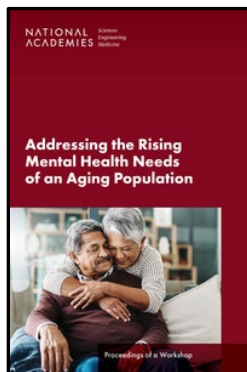
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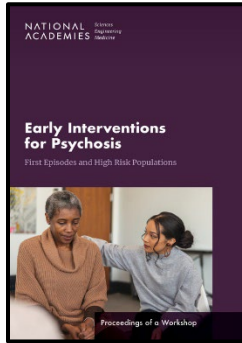
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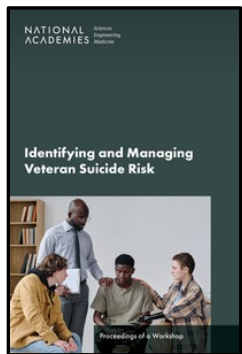
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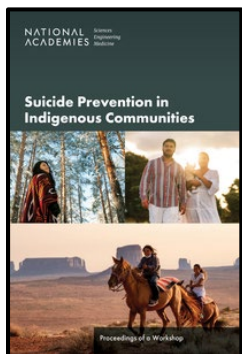
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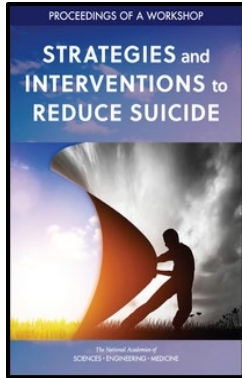
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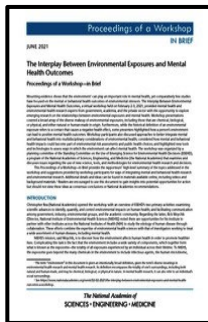
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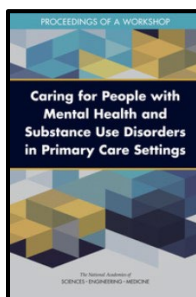
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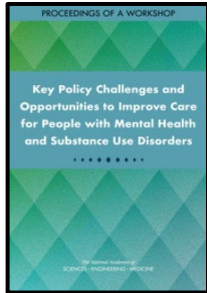
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Components of the Next Generation of Integrated Care

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Integrated care, or when behavioral health and primary care providers work as a team to address patient concerns, allows for easier access to care, the potential for more effective care coordination, the use of an integrated medical record, and the inclusion of a range of other care providers. This approach to comprehensive care has existed since the 1990s, and the authors envision what needs to be improved or added to carry integrated care into its “next generation.”

Improving Behavioral Health Services in the Time of COVID-19 and Racial Inequities

<https://nam.edu/improving-behavioral-health-services-in-the-time-of-covid-19-and-racial-inequities/>

The emergence of coronavirus disease 2019 (COVID-19), coupled with the increasing awareness of racial inequity in the United States, as sparked by the killing of George Floyd at the hands of police officers, has led to a moment of reckoning regarding health inequities in the United States.

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Forum website: <https://www.nationalacademies.org/our-work/forum-on-mental-health-and-substance-use-disorders>

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PREVENTING DISCRIMINATION, HARASSMENT, AND BULLYING EXPECTATIONS FOR PARTICIPANTS IN NASEM ACTIVITIES

The National Academies of Sciences, Engineering, and Medicine (NASEM) are committed to the principles of diversity, integrity, civility, and respect in all of our activities. We look to you to be a partner in this commitment by helping us to maintain a professional and cordial environment. All forms of discrimination, harassment, and bullying are prohibited in any NASEM activity. This commitment applies to all participants in all settings and locations in which NASEM work and activities are conducted, including committee meetings, workshops, conferences, and other work and social functions where employees, volunteers, sponsors, vendors, or guests are present.

Discrimination is prejudicial treatment of individuals or groups of people based on their race, ethnicity, color, national origin, sex, sexual orientation, gender identity, age, religion, disability, veteran status, or any other characteristic protected by applicable laws.

Sexual harassment is unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that creates an intimidating, hostile, or offensive environment.

Other types of harassment include any verbal or physical conduct directed at individuals or groups of people because of their race, ethnicity, color, national origin, sex, sexual orientation, gender identity, age, religion, disability, veteran status, or any other characteristic protected by applicable laws, that creates an intimidating, hostile, or offensive environment.

Bullying is unwelcome, aggressive behavior involving the use of influence, threat, intimidation, or coercion to dominate others in the professional environment.

REPORTING AND RESOLUTION

Any violation of this policy should be reported. If you experience or witness discrimination, harassment, or bullying, you are encouraged to make your unease or disapproval known to the individual, if you are comfortable doing so. You are also urged to report any incident by:

- Filing a complaint with the Office of Human Resources at 202-334-3400, or
- Reporting the incident to an employee involved in the activity in which the member or volunteer is participating, who will then file a complaint with the Office of Human Resources.

Complaints should be filed as soon as possible after an incident. To ensure the prompt and thorough investigation of the complaint, the complainant should provide as much information as is possible, such as names, dates, locations, and steps taken. The Office of Human Resources will investigate the alleged violation in consultation with the Office of the General Counsel.

If an investigation results in a finding that an individual has committed a violation, NASEM will take the actions necessary to protect those involved in its activities from any future discrimination, harassment, or bullying, including in appropriate circumstances the removal of an individual from current NASEM activities and a ban on participation in future activities.

CONFIDENTIALITY

Information contained in a complaint is kept confidential, and information is revealed only on a need-to-know basis. NASEM will not retaliate or tolerate retaliation against anyone who makes a good faith report of discrimination, harassment, or bullying.

Updated June 7, 2018