

## SPEAKER BIOGRAPHIES

### **DEBORAH ALLEN**

MSW, Temple University; BA, Rehabilitation Services, East Stroudsburg University. Ms. Allen is the Executive Director of PennCares Support Services, with over 20 years' experience in mental health and Intellectual and Developmental Disabilities (IDD), visual impairment/blindness, autism, substance abuse and aging. Her prior work was at PA Behavioral Health and Aging Coalition as Executive Director conducting various mental health, brain health and aging trainings. She is a certified master trainer for Dementia Live, a WISE Facilitator, and ageless grace educator. She has served on various state and county committees, advisory groups, task forces and work groups.

### **NAYA BROWN**

Candidate for MS, Health Education, December 2018, Arcadia University; BS, Business Management, Philadelphia University. As an individual diagnosed with anxiety and depression, Naya has learned techniques in order to effectively and successfully ask supervisors for a mental health personal day. Her goal is to not only end stigma against those with mental illness, but to also eliminate mental illness stigma in the workplace. Naya is a certified Mental Health First Aid instructor.

### **AARON CARMICHAEL**

MEd, Educational Leadership, Shippensburg University. Aaron has served as the building Principal at Letort Elementary School of the Carlisle School District for the past 7 years. His undergraduate degree is in elementary education from Messiah College. He also holds PA Certification in Elementary Education K-6 and Principal Certification K-12.

### **KATE DIORIO**

Candidate for PhD, Education in Organizational Leadership, Grand Canyon University; MEd, Educational Leadership, Neumann University; BS, Social Studies Education, West Chester University. Kate has worked as a social studies teacher, a dean of students, assistant principal, and is currently the Supervisor of Pupil Services in the Red Lion Area School District. She has had the benefit of working in urban and rural school districts which has provided her with the resolute understanding that ALL children require a purveyor of hope to achieve a limitless future.

### **LISA ECKERT**

MA, Counseling Psychology, Immaculata University, Licensed Professional Counselor, Pennsylvania. She has 12 years experience in the field and has worked in various levels of care such as WrapAround services, family based services, IOP, and most recently residential. Lisa is the clinical manager of one of the residential centers overseeing the clinical operation of approximately 60 clients at Kids Peace. Kids Peace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities. Founded in 1882, it provides a unique psychiatric hospital; a comprehensive range of residential treatment programs; accredited educational services; and a variety of foster care and community-based treatment programs to help people in need overcome challenges and transform their lives.

### **SHARON ENGDAHL**

BS, Behavioral Social Science/Social Studies Education, Penn State University; PA Dept. of Education Instructional Level 1 Teaching Certificate. Sharon has over 45 years of mental health research experience, and is the founder of the Pennsylvania Mental Wellness Awareness Association and the American Mental Wellness Association. She is also a Board Member for the Mental Health Association in Pennsylvania. In 1998 she received an award for "Leadership and Courage in the Battle for Insurance Parity" from the Alliance for the Mentally Ill of Pennsylvania. In 2008 she was one of the first 100 people in the country trained as a Mental Health First Aid instructor and was additionally certified as a Youth Mental Health First Aid instructor in 2013. Prior to her retirement, Sharon served for 25 years as a research analyst for the PA House of Representatives, writing one of the first Health Care Savings Account bills in the country; working on the enactment of Pennsylvania's first mental health insurance law and enactment of Mental Health Advance Directives; organizing a state-wide mental health forensic summit; and many other initiatives. During her career at the House of Representatives, she served on the Professional Licensure Committee, working on many health care professionals' licensure laws and regulations.

### **BRECKAN ERDMAN**

BA, Women, Gender and Sexuality Studies, Washington University, St. Louis. Breckan is the program specialist at the National Resource Center on Domestic Violence, and is a passionate advocate of wellness and self-care for long term sustainability.

### **JONATHAN EVANS**

MS, Clinical Psychology, BA, Psychology. Jonathan has been employed in the behavioral healthcare field for over 30 years. He serves on many boards, and is the past President of the Pennsylvania Community Providers Association. Before founding innovaTel Telepsychiatry, he was the founding President and CEO of Safe Harbor Behavioral Health.

### **MARK EVEREST**

President and CEO of Occupational Athletics, Inc. (OAI), a Pennsylvania-based company specializing in injury, accident and illness prevention. Mark is the creator of the Human Maintenance System<sup>®</sup> (HMS), a sports medicine approach to employee health and safety using Certified Athletic Trainers to proactively deliver health and safety initiatives onsite. The HMS team also includes physicians with expertise in sports medicine, orthopedics, occupational and internal medicine. Mark is the author of *The Gameplan for Aging* as well as

co-author of the *Occupational, Road, Bus, and EMS Athlete Interactive Health and Safety Systems*. He can be heard weekly as a regular on the Dave Nemo Show, Sirius XM 146 – The Road Dog Channel.

#### **COURTNEY FAUNCE**

MA, Clinical Mental Health Counseling, Florida Gulf Coast University; BS, Psychology & Sociology, Florida State University. Courtney is a Registered Mental Health Counselor Intern. Her academic focus has included studies in Medical Epidemiology, Social Psychology, and Social Justice. Courtney works full time as a Senior Vocational Rehabilitation Counselor for the state of Florida while practicing as a part time mental health clinician at Lifescape Counseling Services, LLC.

#### **GUS FREROTTE**

NFL Quarterback, retired. After retirement Gus worked for GAIMPlan Consultants which helped high school students choose a college. In 2011 Frerotte was head coach of John Burroughs School in the St. Louis area, where his teams were runners-up in the state championships in 2011 and 2012. In 2017 he joined Coraopolis PA-based startup, RC21X, serving as the Vice President of Brain Health Initiatives. The company developed a cloud-based tool to monitor brain performance, the MyBrain365 powered by Roberto app.

#### **CHARITY GODFREY**

Candidate for PhD, Counselor Education & Supervision, Walden University; MS, Clinical Mental Health and BS, Health Studies, Hodges University. Charity is the owner and founder of Lifescape Counseling Services, LLC, a comprehensive counseling private practice in Fort Myers, Florida. She is certified in Moral Reconciliation Therapy (MRT) and is Gottman Level 1 trained. Her clinical experiences include counseling adolescents, adults, couples, and families in various therapeutic settings for Couples in Crisis, Addiction, Mental Health Diagnoses, Trauma and Grief.

#### **MICHAEL HAUSER**

MEd, School Administration, Duquesne University; MEd, Adult Education, Penn State University; BS, Secondary Education, Edinboro University. Mr. Hauser serves as Vice President for School and Youth Programs for RC21X. He was a classroom teacher for ten years in grades 3-12. He instructed adult education classes in the corporate setting for three years and was a public-school administrator for 19 years. Mike currently serves as Vice President of the Moon Area School District Board of Directors and as the Secretary of the Joint Operating Committee for the Parkway West Career and Technology Center. He created a youth training program called Project AWARE and has used materials he created called, *AWARENESS HANDBOOK FOR YOUNG ADULTS – A Conscious Approach to Abundant Living* and *AWARENESS WORKBOOK FOR YOUNG ADULTS – A Working Approach to Abundant Living*. He volunteers for the sports balance initiative, a summer youth development program in Pittsburgh through Adaptive Behavioral Services, an Agency that provides psychological and drug and alcohol services to under-served populations.

#### **ERIC HIPPLE**

BS, Business Administration, Utah State University. Eric Hipple is a former NFL quarterback whose 10-year career was spent with the Detroit Lions. Hipple's accomplishments include two playoff bids, a divisional championship and the Detroit Lions MVP award for the 1981 season. From 1995-2000, he was color analyst for the Fox NFL pre-game show in Detroit. Since his 15-year old son Jeff's suicide, Hipple has devoted his life to building awareness and breaking down the stigma surrounding depressive illnesses. He recently received the prestigious University of Michigan 2015 Nuebacher Award for work with stigma associated with disabilities, and the Detroit Lions 2010 Courage House Award. He also received the prestigious 2008 Lifesaver Achievement Award given by the American Foundation for Suicide Prevention. He co-authored a study examining depression among retired football players. The study appeared in the April 2007 issue of *Medicine and Science in Sports and Exercise*. He was awarded a presidential citation at the American Psychological Association 2006 annual convention for his six years of national community-based work combating adolescent depression and suicide prevention. His message of resilience has provided mental fitness awareness to professional groups, military, law enforcement, schools, communities, and through the Under the Helmet program, and high school and youth coaches around the country. In conjunction with NAVY'S U.S. Fleet Forces he has provided workshops on suicide and destructive behavior prevention by focusing on mental fitness. His book, *Real Men Do Cry* received a publisher presidential award. Since retiring from the University of Michigan Comprehensive Depression Center, Hipple serves as outreach specialist for Eisenhower Center's "After the Impact" program, a neuro-behavioral residential treatment facility serving military veterans and former NFL players.

#### **LEAH HOLMES**

MBA Candidate, West Chester University, MA, Forensic Psychology, CUNY John Jay College of Criminal Justice; BA, Psychology w/ minors in Spanish/Criminology, University of Miami. Leah is the Admissions Manager at Pennsylvania Psychiatric Institute where she frequently conducts community training and workshops, in addition to overseeing incoming referrals for various psychiatric services.

#### **JANENE HOLTER**

PhD, Philosophy & Leadership, Alvernia University; MPA, Criminal Justice; BA, Criminal Justice. Dr. Holter has worked with the PA Office of Attorney General since 1999. Prior to working in the office of public engagement, she worked with the Bureau of Narcotics, Investigation and Drug Control as a Narcotics Agent. She has extensive background in drug and alcohol issues as well as mental health and elderly issues. Dr. Holter previously served as an Intensive Drug and Alcohol Probation and Parole Officer with Carbon County Adult Probation/Parole office and as a Case Worker with KidsPeace-a national hospital for kids in crisis, and as a Drug and Alcohol Case Manager for Carbon-Monroe-Pike Drug and Alcohol Commission.

**DAVID JORDAN**

BA, Communication/Electronic Media w/ Psychology concentration, University of Dayton. David is the Business Development Manager and Clinical Accounts Manager at BrainWare, where he works with clinicians, educators, therapists (SLP, OT, VT), behavioral optometrists, developmental optometrists, neuropsychologists, educational diagnosticians, athletic trainers, and vestibular therapists.

**DAVID M JOYNER**

MD, Senior Vice President of Baptist Health Care and Executive Director of Baptist's Andrews Institute for Orthopaedics and Sports Medicine. Dr. Joyner is responsible for the daily operations at the Andrews Institute, including physician alignment, strategic business partnerships and affiliations, and recruitment. He is a board-certified orthopaedic surgeon with a sports medicine emphasis, and a former chairman and senior member of the United States Olympic Committee's sports medicine team. He also was the Athletic Director for Penn State University and is a former member of the Penn State Board of Trustees. While a student at Penn State, he was team captain of the football and wrestling teams, an All-American in both sports, as well as an Academic All-American.

**DIERICH KAISER**

MD, Psychiatry. Dr. Kaiser began his career as a staff psychiatrist with Virginia Baptist Hospital (VBH) in Lynchburg, Virginia, where he performed outpatient and inpatient medication management and psychotherapy for adolescent, adult and geriatric patients. During that time, he also worked as a psychiatric consultant to Lynchburg's Westminster Canterbury adult nursing facility. As Assistant Professor of Psychiatry at Penn State, he provided inpatient care at the Pennsylvania Psychiatric Institute, acted as an editorial reviewer for the Journal of Clinical Psychiatry, and received the Penn State College of Medicine Affiliate Site Teacher of the Year Award. As a psychiatrist with the Department of Defense, Dr. Kaiser treated scores of service members including members of the Presidential Support Team. While teaching for the George Washington University School of Medicine, Dr. Kaiser received the Elaine W. Cotlove MD award for excellence. He is board certified and re-certified by the American Board of Psychiatry and Neurology, and is a member of the American Psychiatric Association and the Psychiatric Society of Virginia. He is currently a psychiatrist and forensic clinician for the State of Virginia Department of Behavioral Health and Developmental Services. His years of clinical, academic, and administrative experience provide him with an intense awareness of the successes and failures of America's mental health delivery systems. Additionally his experience as an African-American clinician has given him a unique perspective on the devastating effects of mental illness on ethnic populations.

**KAREN KAISER**

PhD, Counselor Education, University of Virginia, NCC, LPC, LSATP, R-LMFT. MA, Counselor Education, Radford University. Dr. Kaiser is an Associate Professor at the George Mason University Counseling and Development Program in Maryland. She has worked in human services in both the public and private sector for over 30 years. Dr. Kaiser holds additional Master's degrees in Public Administration and Educational Psychology. She specializes in working with individuals diagnosed with serious mental illnesses and co-occurring substance use disorders, is licensed in the Commonwealth of Virginia, and has worked in her Virginia-based private practice since 1998.

**TIMOTHY KNOSTER**

PhD, Special Education, Lehigh University; MEd, Special Education, and BS, Special Education, Bloomsburg University. Dr. Knoster is the Executive Director of the McDowell Institute at Bloomsburg University and has extensive background in school-based mental health and multi-tiered systems of support.

**deJOLY LABRIER**

BA, English Education w/ minor in Psychology, Ball State University. deJoly LaBrier is a survivor of ritual abuse, mind control and human trafficking, who has advocated for herself and found innovative ways in which to heal. She is the author of three books, *Diary of a Survivor in Art and Poetry*, *All Together Now*, *a Multiple's Story of Hope and Healing*, and *What Happened to You? A Guidebook for People Who are Seeking Hope, Healing and Lasting Transformation*. She is also a successful life coach and consultant to therapists who are treating clients with PTSD and DID. Her joy-filled life is her ultimate credential for being able to present on these topics.

**KAREN LANKFORD**

PhD Neurobiology and Physiology. Dr. Lankford is an Associate Research Scientist in the Department of Neurology at Yale University who has authored or coauthored over 40 peer reviewed publications related to basic neuroscience research. She is also the cofounder SimplyGrayMatters.org, a nonprofit organization which seeks to explain basic information about neurological and neuropsychiatric disorders to patients and family members grappling with a serious diagnosis.

**HILLARY MAROTTA**

MEd, Curriculum & Instruction in Adult Education, George Mason University; BS, Business Administration, Bucknell University. Hillary is a wife, mother, mental health advocate, and musician. She writes grants for Someone To Tell It To in Harrisburg, PA, and serves as a Mental Health First Aid Trainer. She guest lectures, trains and speaks about her experience in nonprofits and with depression and anxiety. Hillary produced and participated in *This Is My Brave - The Show* in Harrisburg in 2015 and co-produced Brave's first Women's Mental Health Summit at The National Press Club in Washington, DC., while she served as Program Manager. She continues to work on behalf of This Is My Brave as a volunteer speaker and consultant.

**DAVID MCBAIN**

BS, Sports Management, Robert Morris University. Doug is the Director of Athletics for the West Allegheny School District, where he began his tenure in 2000. A veteran of the athletic arena, he received his Certified Athletic Administrator designation in 2003, and has spent his entire career working in educational settings. He recently retired as a Certified & Licensed Athletic Trainer after 28 years. His medical background has also aided families over the years through his volunteer commitment as an Emergency Medical Technician. David chairs the WPIAL Sports Medicine Advisory Committee and the WPIAL Softball Committee, is president of the WPIAL Athletic Directors Association and a member of the Board of Directors. He has also served as a member of the PIAA Sports Medicine Advisory Committee for more than 15 years.

**MALINDA MIKESELL**

MEd, Educational Leadership, Temple University. BS, Elementary Education, Susquehanna University. and she is currently a Doctoral candidate-Educational Organization. Malinda is a Reading Supervisor for Carlisle School District and holds PA certification in elementary education K-6, middle school language arts 7-9 grade, reading specialist K-12 and principal certification K-12.

**ALEXA MOODY**

AA, Human Services, Harrisburg Area Community College. Alexa is the Executive Director and founder of PleaseLive, and is a certified QPR Instructor, and a certified Youth Mental Health First Aid Instructor. As a child, Alexa began experiencing symptoms of depression in elementary school. Having grown up without any formal education about mental health problems, she was unaware of her worsening symptoms which eventually led to suicidal thoughts in high school. After receiving help in recovering, Alexa realized that education about mental health and suicide prevention would have offered her the chance to receive help sooner. She decided to dedicate her life to mental health and suicide prevention education and she began PleaseLive at age 19 to provide free education to schools. PleaseLive's STOMP program offers a three-step process of training adults and youth in mental health.

**TIMOTHY MURPHY**

PhD, Psychology, University of Pittsburgh; MA, Clinical Psychology, Cleveland State University; BA, Wheeling Jesuit University. Dr. Murphy was a psychologist for the U.S. Navy from 2009-2017, and is an associate professor at the University of Pittsburgh School of Medicine and School of Public Health. Dr. Murphy has practiced psychology for over 40 years including eight years in the U.S. Navy Medical Service Corp, working at the Walter Reed National Military Medical Center at Bethesda in a TBI/PTSD inpatient unit, and with Navy special warfare. He has authored two books, *The Angry Child*; and *Overcoming Passive Aggression*, and authored numerous research and lay publications. He has served on the staff of several Pittsburgh hospitals and in his own private practice. During his time as a member of Congress, he authored the landmark Helping Families in Mental Health Crisis Act signed into law December 2016.

**PAUL NUSSBAUM**

PhD Clinical Psychology/Clinical Neuropsychologist. Dr. Nussbaum is board certified and licensed in clinical and geropsychology, maintains an adjunct professorship in neurological surgery at the University of Pittsburgh and is the President of the Brain Health Center. He is well published and has taken his message on BH and BHLifestyle<sup>®</sup> around the world to all audiences and to over 100,000 people. He has spoken at the UN, the National Press Club, Mensa, 15,000 children at an international conference, and to audiences within businesses, professional organizations, religion, media, education and health care. He is considered a leader in brain health and has served as the "face and personality" of brain health for many small and large organizations.

**EDWARD T. SCHLESSER**

MSW, Marywood University, LCSW. Mr. Schlessler is a social worker and training specialist for the Lebanon VA Medical Center. While at the VA he has provided training in medical social work, psychiatry and substance abuse treatment. He has also served as a business manager and rehabilitation services coordinator, and as a behavioral health officer for the PA Army National Guard providing case management, counseling and instruction for soldiers and families. He is a member of the Adjunct Faculty at Harrisburg Area Community College, teaching classes in sociology and human development

**ELLEN SMITH**

MD, Penn State University; Pre-Med, Chemistry, Hollins College. FFAFT Family physician, retired, with expertise in adverse childhood experiences, resilience-building and trauma-informed approaches. Dr. Smith has recently worked with the West Shore School District, the Capital Area Intermediate Unit, Communities Practicing Resiliency of Greater Harrisburg and the Pennsylvania Academy of Family Physicians, as well as others, to educate and move our community forward on these topics. She spent 20 years in family medicine education at the Harrisburg Family Practice Residency Program. This involved the academic and nuances of training doctors to become board certified and competent family physicians. Subsequently she opened Heritage Family Medicine, growing it to four providers with a focus on patient centered whole family care.

**RENEA SNYDER**

MS, Curriculum and Instructional Design, Cappella University. Renea is the founder and CEO of Migliore Treatment Services and is an expert in the treatment of addiction through evidence-based programs and practices. She is a National Trainer for SMART Recovery, Director of Clinical Operations for Associates in Medical Toxicology, and a consultant for the PA Commission on Crime and Delinquency. Renea was the prior Drug and Alcohol Program Manager for the PA Department of Corrections and has over 13 years of experience in the treatment field.

In 2015 Renea received international recognition for the development of the First Recovery Model for Correctional Settings. She has been involved in multiple state and local committees as an expert and advocate for quality addictions treatment for criminal justice populations and systematic policy changes. She also holds International Certification and PA Certification for Advanced Alcohol and Drug Counselor.

#### **ELAINE STROKOFF**

BS, Secondary Education w/ minor in Sociology, Penn State University. Elaine is the Family Services Coordinator for Jewish Family Services of Greater Harrisburg. She is the past Executive Director of a Harrisburg non-profit which dealt with hunger, poverty and mental illness. She was in a leadership position for 21 years, a recipient of numerous awards for creativity, collaboration and leadership, and was responsible for building a comprehensive plan to serve those in need. Her unique understanding of the underserved population of the city has provided her with many accolades and speaking engagements.

#### **SHAWN TALBOTT**

PhD, Nutritional Biochemistry, Rutgers University; MS, Exercise Science, University of Massachusetts; BS, Sports Medicine, and BA, Fitness Management, Marietta College. Dr. Talbott is a psycho-nutritionist who studies natural approaches to help people feel their best. His research is focused on integrative physiology/biochemistry/psychology to improve human performance and optimize vigor, (physical energy, mental acuity and emotional well-being). Dr. Talbott's recent projects include two academic textbooks, an awarded-winning documentary film and several best-selling books, translated into multiple languages. His work has been featured on the Dr. Oz Show, the TED Stage, and the White House.

#### **ABIGAIL TURNER**

MA, Marriage and Family Therapy. Lancaster Bible College. Before joining the Someone to Tell It To staff as the chief listening officer, Abby counseled couples facing marital challenges and women facing anxiety, depression and grief. In addition to authoring the *At The Table Listening Training Manual*, Abby has written a memoir entitled *Hidden Miracles*. Someone To Tell It To was co-founded by Michael Gingerich, Master's of Divinity, Lancaster Theological Seminary and Tom Kaden, Master's of Divinity Asbury, Theological Seminary. As pastors, they saw the need for everyone to have someone to truly listen to them without someone trying to fix them. For more than six years, they have provided that in over 7,000 interactions for those in need, regardless of their ability to pay.

#### **CELESTE VICIERE**

MA, Counseling Mental Health w/ concentration in Forensics, University of Massachusetts; MA, Psychology, Quincy College; BA, Psychology, University of Massachusetts. Celeste is a cognitive behavioral therapist with a private practice based in the Boston area, The Uniting Center. She has been in the mental health field for more than 15 years and believes in the power of living a conscious life. She works with adults and couples and specializes in depression, anxiety, substance abuse, bi-polar and psychotic disorder. Celeste's recently published *Guided Journal, 365 Days of Intentional Living* is focused on helping people learn how emotions guide their actions in everyday situations.

#### **SHANNON WILLIAMS**

BA, Social Work, University of Pittsburgh. Shannon has experience as a behavioral health counselor, has taught life skills at juvenile detention and placement facilities, and has trained in PTSD group facilitation. She has continued to write and facilitate programming dealing with trauma and trauma specific to gun violence. She has developed Self Care Housekeeping, a household support program, designed specifically to the needs of those experiencing struggles with mental health.

#### **KAREN ZEGEL**

MEd, Elementary Education; BS, Business Administration. Karen is President of the Patrick Risha CTE Awareness Foundation. She and her husband Doug administer the Foundation, along with the informational website, StopCTE.org, and media pages. The Foundation works to provide parents of school-age children (who have very susceptible brains) with information about the dangers of sports which involve head trauma. The Foundation also works to open the avenues of brain donation for research and awareness, and is also striving to increase awareness of the prevalence of CTE in our society in ex-athletes, veterans and victims of domestic abuse.

#### **DOUG ZEGEL**

BS, Business Administration. Doug is Board Chair of the Patrick Risha CTE Awareness Foundation. He and his wife Karen administer the Foundation, along with the informational website, StopCTE.org, and media pages. The Foundation works to provide parents of school-age children (who have very susceptible brains) with information about the dangers of sports which involve head trauma. The Foundation also works to open the avenues of brain donation for research and awareness, and is also striving to increase awareness of the prevalence of CTE in our society in ex-athletes, veterans and victims of domestic abuse.

#### **MATT ZIEMNIAK**

MS, Information Science, University of Pittsburgh; BS, Psychology and BS, Administration of Justice, University of Pittsburgh. Matt works in the field of information security. He is a parent of a child who was diagnosed with anxiety disorder and ADHD at an early age. Eventually his son was also diagnosed with high functioning autism spectrum disorder. For over six years he worked with a variety of mental health professionals such as a psychologist, psychiatrist, mobile therapist and wraparound therapeutic support staff. Matt also attempted to work with school psychologists and school administration to obtain mental health support for his son.