

The National Academies of
SCIENCES • ENGINEERING • MEDICINE

**Using Telemental Health Services to Meet the Needs of Children and Youth
A Virtual Workshop**

Forum for Children's Well-Being

SPEAKER BIOS

October 5, 6, and 7, 2021

Mary Alvord, Ph. D., is a psychologist with more than 40 years of clinical experience and is director of Alvord, Baker & Associates, LLC in Maryland. She specializes in treating children, adolescents, and adults using evidenced-based therapies. She has been active in promoting telehealth for more than a decade in her practice, state legislature, articles, and through professional trainings. Since March 2020, she has trained about 10,000 mental health professionals across the United States. She is adjunct associate professor of psychiatry and behavioral sciences at The George Washington University School of Medicine and Health Sciences. Fellow of both the American Psychological Association and of the Association for Behavioral and Cognitive Therapies, she is also a Clinical Fellow of the Anxiety and Depression Association of America. Recently, she founded a non-profit, Resilience Across Borders, Inc., with a mission to promote mental health for youth and reduce barriers. She is co-author of *Conquer Negative Thinking for Teens*, *Resilience-BUILDER Program*, and audio recordings, *Relaxation and Self-Regulation Techniques for Children and Teens* and *Relaxation and Wellness Techniques*.

Lauren Daly, LAC, currently serves at the telehealth clinical coordinator for the New Jersey Pediatric Psychiatry Collaborative (NJPPC), a statewide collaboration between primary care pediatrics and child and adolescent psychiatry to improve mental/behavioral health services for children. She is a licensed associate counselor and graduated from Monmouth University with a master degree in clinical mental health counseling. Prior to working with the NJPPC, Daly gained experience in the field working with a school based mental health counseling program, as well as providing outpatient therapy services with a private practice located in Freehold, NJ. Prior to becoming the telehealth clinical coordinator, she served as a clinical navigator for the NJPPC, assessing and helping youth in connecting with mental health resources and services across NJ. As the telehealth clinical coordinator, she continues to help families statewide navigate mental health resources and provide both families and primary care physicians access to services through the implementation of telehealth services.

Helen Hughes, M.D., serves as associate medical director for Johns Hopkins Medicine's Office of Telemedicine and medical director of pediatric telemedicine for the Johns Hopkins Children's Center. Dr. Hughes is an assistant professor of pediatrics at the Johns Hopkins University School of Medicine. After earning an undergraduate degree at Haverford College, Dr. Hughes attended medical school at Johns Hopkins School of Medicine and received a master of public health degree from the Johns Hopkins Bloomberg School of Public Health. She previously served as associate program director for pediatric residency training and the director of the pediatric residency program health equity track. As an administrative leader, researcher, and clinician, Dr. Hughes wants to use digital health tools to improve access to care and quality of care for typically underserved patient populations and learn how telehealth can be used to enhance the patient-centeredness and timeliness of care delivery without sacrificing safety and effectiveness.

Susan Griffin, LICSW, is a social worker with Children's of Alabama, and holds a certification in health care quality and management from the American Board of Quality Assurance and Utilization Review

Physicians. She serves as the Director of the Pediatric Access to Telemental Health Services (PATHS) program at Children's of Alabama and is responsible for all clinical operational development and implementation. She received her BSW from the University of North Alabama and her MSW from the University of Alabama. Ms. Griffin has a background in direct clinical services, providing behavioral health care to children, adolescents, and adults. She also has extensive administrative experience, having been Director of a physician-owned partial hospitalization and intensive outpatient programs serving both adolescents and adults, and serving as the chief quality officer for a managed behavioral health care company for 11 years prior to joining Children's of Alabama. This experience has given her many opportunities to develop collaboration between behavioral health and primary care providers to ensure delivery of efficient and high quality services. Ms. Griffin also oversees the development of Children's of Alabama's behavioral health project ECHO program, providing ongoing education for primary care participants with PATHS.

Nicole Klaus, Ph.D., is a board certified child and adolescent psychologist and associate professor in the Department of Psychiatry and Behavioral Sciences at the University of Kansas School of Medicine-Wichita. She has more than 15 years of clinical experience and is committed to training mental health professionals and increasing access to mental health care for youth in underserved communities. As part of the KSKidsMAP team, Dr. Klaus provides support for primary care clinicians across Kansas in addressing mental health care needs in rural and underserved communities and prioritizes clinician wellness initiatives.

Ujjwal Ramtekkar, M.D., is an associate professor of psychiatry and behavioral health at the Ohio State University. He serves as associate medical director for Partners for Kids, one of the largest pediatric accountable organization in the country and medical director of tele/virtual health for the department of psychiatry at Nationwide Children's Hospital. He is the co-founding director of a statewide behavioral health access program and served as consultant for a HRSA funded expansion grant to implement statewide tele-psychiatry in Missouri. He also participates nationally on workgroups developing policies and guidelines for practice of child and adolescent psychiatry. He is trained in epidemiological research methods specifically in psychiatric epidemiology as well as administrative aspects of healthcare. His research focuses on novel methods of healthcare delivery including telehealth for rural and underserved areas and the epidemiological, workforce related, and population based factors in child behavioral health. He has several publications including book chapters, research articles, practice guidelines, and systematic review articles. He participates actively as a reviewer for scientific journals and has provided reviews for over 10 journals in the area of behavioral health and public health.

Madhavi Reddy, MSPH, is a senior public health analyst with the Maternal and Child Health Bureau in the Division of Maternal and Child Health Workforce Development where she has worked for over 19 years. She is the program director for the Healthy Tomorrows Partnership for Children grant program and the primary contact for the Healthy Tomorrows cooperative agreement with the American Academy of Pediatrics. She also serves as the team lead for the Pediatric Mental Health Care Access program and the subject matter expert for the HRSA MCHB 21st Century Cures Act Program's National Evaluation Contract.

Eunetra Rutledge, pronouns she/her/hers, is the director of distribution for Peer Health Exchange. As the director of distribution she develops and maintains relationships with non-partner schools and the communities served by exploring opportunities focused on health equity to distribute the selfsea app. She also runs the Youth Brand Ambassador program, that focuses on young folx as health influencers to share selfsea with their peers. Twelve years of experience has afforded Rutledge's demonstrated

excellence in providing leadership of education programs, community outreach initiatives, career pathways, and workforce development programs that invariably impact the academic and social trajectories of opportunity youth. She understands, first hand, the need to persist in the push for equity in education and access to resources.

Rebecca Schaffer, Psy.D., is an associate professor of pediatrics at Cincinnati Children's Hospital who specializes in both clinical and research with autism spectrum disorder and Fragile X Syndrome. She is also the director of psychological services for the Cincinnati Fragile X Center. Her research is primarily focused on emotion dysregulation in developmental disabilities. Dr. Schaffer became closely involved in both implementation and satisfaction of telemental health services for youth with developmental disabilities during the COVID-19 pandemic and is currently an invited editor on a special issue around telehealth for the Journal of Autism and Developmental Disorders.

Mya Sendak, M.D., is a pediatrician in Durham, NC and is engaged in research and policy development related to peer coaching and integrated primary care behavioral health approaches at Duke University School of Medicine within the Department of Psychiatry and Behavioral Sciences. She teaches mental health in primary care utilizing the REACH Institute curriculum to primary care providers across North Carolina with a team of psychiatrists at Duke. Dr. Sendak works with a team of providers and researchers at Duke and UNC expanding telehealth access to behavioral health services across the state through the North Carolina - Psychiatry Access Line.

Lori Stark, Ph.D., is a professor of pediatrics at the University of Cincinnati College Of Medicine, the director of the Division of Behavioral Medicine and Clinical Psychology, and co-director of the Mind Brain Behavior Collaborative at Cincinnati Children's Hospital Medical Center where she holds the Arnold Strauss Endowed Chair in Mentorship. She oversees a division of more than 140 psychologists who provide behavioral care services across service lines of integrated multidisciplinary clinics for children with chronic and acute illness, integrated behavioral care in primary care, outpatient mental health service, crisis mental health services, and assessment and treatment for children with neurodevelopmental disorders. Dr. Stark is an authority on parenting of young children. She has applied this expertise to the area of health psychology by working with parents and children to improve their adherence to medical regimes, improving coping with chronic conditions or acute stressors. Dr. Stark's primary research interests are improving nutritional outcomes in children focused in the areas of cystic fibrosis and preschool obesity. She has been funded by the CF Foundation and NIH.

Arpan Waghray, M.D., is a geriatric psychiatrist, who serves as chief medical officer of Well Being Trust, a national foundation dedicated to advancing a vision of a nation where everyone is well in mental, social, and spiritual health. He also serves in the capacity of executive medical director for behavioral medicine at Swedish Health Services, where he oversees an integrated behavioral health program across 30 primary care clinics, a perinatal mood disorders program, consultation liaison services, treatment resistant depression program, inpatient psychiatry units and partial hospitalization programs. Dr. Waghray chairs Providence's behavioral health leadership council. In this role, he facilitates clinical collaboration across the organization to design, develop, and deploy solutions that reduce variation and spread innovation across 52 Hospitals and 1,085 clinics covering 7 states. He oversees the systems tele-behavioral health network which covers 36 hospitals and provides a behavioral health concierge service to 120,000 Caregivers. Dr. Waghray completed his medical school training in India, psychiatry residency at Brookdale University Medical Center in Brooklyn, New York and a geriatric psychiatry fellowship at the University of Washington. He later completed a leadership development program through the Washington State Medical Association designed for physician leaders, as well as an executive development program at the University of Washington's Michael G. Foster School of Business.