

# 2024 MENTAL HEALTH SUMMIT

A Path To A Resilient State Of Mind



**The 2024 Mental Health Summit will provide practical solutions designed to raise awareness, provide resources and promote open dialogue around mental health issues.**

**Please review the below to learn more about our speakers**

## DCH Leadership

Russel Carlson is the Commissioner for the Georgia Department of Community Health (DCH). In this role, he leads the state agency responsible for healthcare purchasing, planning and administration of Medicaid, PeachCare for Kids, and the State Health Benefit Plan, while regulating healthcare facilities across the state for compliance with existing state and federal laws.

Carlson previously served as Chief Health Policy Officer for the agency. Prior to joining DCH, he was Vice President of Government Relations with the Georgia Health Care Association and was the highest-ranking civilian in the Georgia Department of Defense as the Deputy Adjutant General. He has held numerous other roles where he led policy, budget and administrative functions within complex state government organizations.

Carlson earned a bachelor's degree from the University of Georgia and is a graduate of Leadership Georgia.



Dr. Dean Burke serves as the Chief Medical Officer at the Georgia Department of Community Health. In this role, he helps lead the state agency that oversees Medicaid and PeachCare for Kids, The State Health Benefit Plan, the State Office of Rural Health, and the Healthcare Facility Regulation Division.

Previously, Dr. Burke served as the Chief Medical Officer for Memorial Hospital and Manor in Bainbridge, Ga. In addition, he has served as a State Senator for Senate District 11, representing Colquitt, Decatur, Early, Grady, Miller, and Seminole counties along with portions of Mitchell and Thomas counties. During his service, he has served as Chairman of the Insurance and Labor Committee, Vice-Chairman of the Health and Human Services Committee, the Secretary of Appropriations, and the Chairman of the Community Health sub-committee.



Louis A. Amis is the Executive Director for the State Health Benefit Plan of Georgia (SHBP). In this role, he is responsible for managing the State Benefit Plan that has over 670,000 members with a \$3.8 billion dollar annual spend. Prior to joining SHBP, he served as the Employee Benefits Director for the City of Atlanta for over 15 years. Louis was responsible for providing strategic leadership and management of the City's Insurance Benefits and Employee Defined Benefits and Defined Contribution Pension Plans.

Louis was previously employed with SHBP as a Vendor Manager for Health Care Programs from 2000 to 2004. He also has over 15 years of experience in Provider Relations, Network Management, and Product Development with leading national managed care corporations (Prudential Healthcare, CIGNA, and United Healthcare). For 2 years he worked as a managed care operations consultant with Multi-Plan Inc. and Heart Alert.com.

He is a nationally recognized speaker on the development and implementation of Onsite Wellness Centers and has helped Public Sector entities on Benefit and Wellness Plan Designs. He is dedicated to public service and helping people live their best lives.



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Cathy Craven serves as the Deputy Executive Director of State Health Benefit Plan (SHBP). The State of Georgia's Health Benefit Plan provides health insurance for over 660,000 active and retired schoolteachers and state employees. She has oversight for all aspects of the three SHBP divisions which include: Health Plan Management, Member Eligibility and Employer Services and Healthcare Programs. She has served in various roles at SHBP over her many years of state service. Cathy is a Registered Nurse, has a Bachelor of Science in Nursing from Emory University's School of Nursing, and a master's degree in Population Health Management from Thomas Jefferson University. Cathy has two quality certifications-CHCQM and CPHQ.

### Day 1

#### Host

Dr. Adrienne Bradford is one of this country's premier psychologists working in the areas of public safety, risk management and crisis intervention. She has had a distinguished and diverse career working in both the public and private sectors for over thirty years. Her most professionally rewarding position was serving as the Chief Psychologist/Director of the Psychological Services and Employee Assistance Program (PS-EAP) for the City of Atlanta, Georgia for ten years. In this role, she worked tirelessly to provide psychological expertise and risk management in distinct scenarios including officer involved shootings, workplace violence, prison deaths, inclement weather disasters and residential fires involving fatalities. She supervised the counseling services provided to over 8000 employees within 25 city departments including the Atlanta Police and Fire Departments as well as those employees based at Hartsfield Jackson Airport, the country's busiest airport. During her tenure at the city, she advocated for and worked collaboratively with other HR senior executives, to establish a psychological wellness program that received national recognition.

Adrienne has extensive trauma and disaster response experience and was employed as a crisis responder during 9/11 and the 1996 Summer Olympics Centennial Park Bombing. She has also responded to several major aviation disasters serving as a member of the Critical Response Team for Delta Airlines. In the aftermath of 9/11, Adrienne felt the "call to duty" to serve her country and accepted an assignment as a military psychologist with the United States Air Force Office of Special Investigations (AFOSI). She maintained a top secret government clearance and completed multiple assignments including supervising a decompression program housed at Ramstein Air Force Base, Germany that provided psychological support to military members returning from deployments in Iraq and Afghanistan.

### Improving Well-being with Mindfulness with Sharecare



Dr. Beth LaGrange, Director of Behavioral Health and Engagement at Sharecare Advocacy, will discuss mental health integration in the workplace and wellness strategies for high-stress professions. With a background as a licensed clinical psychologist and expertise in mindfulness-based stress reduction, she has extensive experience leading mindfulness training in correctional facilities, schools, and online communities to support

### Department of Behavioral Health and Disabilities



Mahogany Ellis, LPC, CPCS, brings over two decades of expertise to the behavioral health field. Graduating from Fisk University with her undergraduate degree and obtaining her graduate degree from Argosy University Atlanta, Mahogany has cultivated a rich and diverse career path. Her professional journey has spanned across various sectors, including private practice, CMOs, commercial insurance, for-profit, and non-profit organizations.

Throughout her career, Mahogany has held pivotal roles such as Clinical Director, Regional Clinical Director, and Executive Director, showcasing her versatility and leadership capabilities. Currently serving as Crisis Coordinator with DBHDD, Mahogany collaborates with providers offering crisis services in the State of Georgia. Her dedication to fostering collaboration underscores her belief in addressing the unique needs, goals, and treatment of every individual she encounters.

With her LPC and CPCS credentials, Mahogany Ellis continues to make significant contributions to the behavioral health landscape, driven by her unwavering commitment to improving the lives of others.

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## Navigating Mental Health Panel



Dr. Marcus C. Griffith joined The Southeast Permanente Medical Group (TSPMG) in March 2012 where he is a practicing adult, child and adolescent, and psychiatrist.—He additionally is an obesity medicine specialist. During his tenure at Kaiser Permanente Georgia, he has served in various positions with a focus on community outreach. Currently, he serves as Director of Weight Management Services for Kaiser Permanente of Georgia and has written a children’s book and articles on childhood obesity . Dr Griffith also serves as a Clinical Assistant Professor at Morehouse School of Medicine and helped to create a unique health professional mentoring program through a collaborative effort of Kaiser Permanente Stonecrest, Dekalb Arabia Mountain High School and the City of Stonecrest.



Tammy Huf is the Director of Behavioral Health Client Management for the Central Region. In this role, she supports clients with strategy, education, and innovations that improve the health of their employee populations.

Tammy is a registered nurse but also holds a Health Care MBA as well as a Masters Degree in Christian History. She has a clinical background in medical/surgical acute care but has worked for UHC/Optum for the past 25 years in clinical operations, Client Management and as a Client Executive. Tammy has also been a Mental Health First Aid instructor since 2022.

Tammy resides with her husband in a suburb of Minneapolis/St. Paul, Minnesota and has 3 children and a daughter-in-law and new granddaughter. In her spare time, Tammy likes to travel, watch Minnesota sports, camp, and create glass art.



Dr. Robin Reed is a health leader with 15+ years of health experience and 7+ years leadership experience in large care delivery systems and national managed care. Clinical psychiatrist with 15 years of experience of direct care, teaching and quality improvement. She retains academic affiliations, is published in peer reviewed journals, and has served as principal investigator for large clinical integration demonstration projects.

Dr. Reed joined Optum in 2019, serving on the national care engagement team and with a focus on strengthening the medical behavioral care continuum and promoting care advocacy for our most vulnerable members. Prior to joining Optum, she spent most of her career in North Carolina and Arkansas, serving in executive leadership roles focused on population health, medical behavioral integration, and clinical care transformation.



Dr. Sultan Simms completed his undergraduate education at Yale University in 1996. He earned his medical degree from the Morehouse School of Medicine in Atlanta, Georgia; then went on to complete his Psychiatry Residency training at the Zucker Hillside Hospital where he served as Chief Resident in his final year. In 2005 he returned to Atlanta and joined the Fulton County Department of Behavioral Health and Developmental Disabilities as a staff Psychiatrist and Medical Director, while also operating a part time private practice. Since 2014 Dr. Simms has held various roles with multiple health insurance companies. He currently serves as Medical Director, focused on behavioral health, for the Georgia Anthem Blue Cross Blue Shield health plan.

Dr. Simms is also serves as volunteer faculty member of the Morehouse School of Medicine’s Department of Psychiatry and is an active member of the American Psychiatric Association and Georgia Psychiatric Physicians Association.

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### Keynote Speaker



Dr. Sherry Blake, is one of the most highly sought-after media experts in the area of mental health in the country. Dr. Sherry has been featured on numerous primetime networks, radio, and print media including CNN, ABC, CBS, NBC, MSNBC, and HLN. Dr. Sherry has authored two books "The Single Married Woman" and her latest "Care for The Caregiver... Surviving the Emotional Rollercoaster." She currently curates content for AARP, one of the largest circulation publications in the United States. As a result of her work in the media, she reaches millions of viewers that allow them to see the value of mental health services.

Over the years, Dr. Sherry has developed and maintained strong and well-established partnerships with key stakeholders within clinical and non-clinical settings and among traditional and nontraditional medias. These partnerships have afforded Dr. Sherry with numerous opportunities to share her expertise; provide therapeutic coaching services and address the mental health/emotional wellness needs within the public and private sector.

Dr. Sherry is "Mental Wellness!" Contributing to countless online and print medias such as People, Women's Today, Essence, and the Associated Press (AP). She has also utilized the following as well as other platforms and media appearances to promote mental health and emotional wellness.

### Employee Assistance Program Discussion



Brad Brown, Ed. D., is a lifelong educator with over 39 years of experience in the field of education. He began his career as a high school math teacher and coach, dedicating 15 years to helping students excel in their academic pursuits and extracurricular activities.

Brad's passion for education and his commitment to excellence led him to pursue a career in school administration. He served as a principal for 12 years, at both the middle and high school level. After his tenure as a principal, Brad moved on to become an Assistant Superintendent of Human Resources in a large district with over 3,500 employees. Brad has played a key role in developing and implementing the district's HR policies, ensuring that they were fair, equitable, and aligned with best practices.

As part of his human resources responsibilities, Brad worked closely with district leadership to attract and retain top talent, develop employee training programs, and ensure compliance with state and federal regulations. He was also responsible for developing and implementing strategies to promote diversity, equity, and inclusion throughout the district.



Sharon Carter serves as Director of Human Resources for the Georgia Department of Administrative Services. Ms. Carter has served the Human Resources community for over 20 years and the State of Georgia for 36 years. She is a Senior Certified Professional (SCP) with the Society of Human Resources Management (SHRM) and is also certified as a Professional in Human Resources (PHR) with HR Certification Institute. Ms. Carter currently serves as an Officer on the Executive Leadership Team for the SHRM Georgia State Council, the Board of Directors for the South Metro Human Resources Association in Peachtree City, Georgia and is an active member of the Greater Henry County Chapter of SHRM.



Sharickah Rogers is a Licensed Professional Counselor in the State of Georgia. She has been practicing for over 10 years in a variety of clinical settings, including private practice, community mental health, residential, school settings and corporate EAP organizations. Sharickah received her graduate degree in Counseling Psychology from Western Michigan University in Kalamazoo, Michigan. From there she obtained both her counseling and psychology licenses and began conducting psychological tests and assessments and providing counseling within community mental health. Once relocating back to Georgia in 2014, Sharickah shifted her focus to the corporate EAP world and joined the Espyr clinical team. During her tenure there, she managed the 4k+ provider network, led the transition to tele-mental health at the height of the COVID-19 pandemic, and created a new tele-mental health program. She currently serves as the Acentra Health Account Manager for the State of Georgia EAP.

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Kelly Johnson currently serves as the Senior Director of Human Resources for the Georgia Department of Community Health (DCH), the State's \$19 billion agency responsible primarily for the administration of Medicaid and the State Health Benefit Plan, and the oversight of health care facilities. DCH is the State's designated agency charged with health care purchasing, planning and regulation, and works to improve the health outcomes of the citizens of Georgia.

Kelly's areas of expertise include employee relations, strategic planning, policy development & analysis, leadership development and mediation. Kelly is a passionate HR leader dedicated to keeping the "human" in Human Resources.

Kelly is currently a member of the Society for Human Resources Management (SHRM), SHRM Executive Network, serves as a Mentor with SHRM-Atlanta and holds the designations of SHRM-SCP, SPHR and CEP (Coaching for Engagement & Performance Certification).

## Mind, Body and Movement, a stretch series led by Sharecare



Katie Kecman, MSHP, is a Senior Health Education Specialist and started her career with Sharecare in January 2015. Throughout her years at Sharecare, Katie plans, coordinates, and executes various health education programs such as on-site challenges and competitions, lunch-and-learns, seminars, webinars, chair yoga and meditation sessions, contests, and onsite communications.

She graduated from Maryland University of Integrated Health with a Master of Science in Health Promotion with a Workplace Wellness Concentration and from University of Maryland, College Park with a Bachelors in Public and Community Health. She is a certified Health Coach through Institute of Integrative Nutrition (IIN) and certified in Reiki 1 & 2, Thai Massage, and a 500 Hour Yoga Instructor. She is also a competitive powerlifter and teaches yoga at her local yoga studio and gym.

## Day 2

### Host



Alicia Cardwell-Alston is certified in project management, adept in health communication, partnership engagement, and program development. Provide program consultation and guidance related to public health program activities in local, state, and federal government. Ability to meet public health program objectives and successfully collaborate with multi-cultural organizations and diverse populations. She is a recipient of CDC Public Health Impact Award. Ms. Cardwell-Alston led a DeKalb Board of Health team in obtaining national public health accreditation promoting a culture of quality and performance improvement, improved stakeholder relations, and greater service delivery.

Additional accolades that she has earned include leading the DeKalb County Board of Health's Community Health Improvement Plan (CHIP), a long term, systematic, quality approach to address complex program needs in the county, directing marketing and program implementation for five CDC grants totaling \$1M including Steps to a Healthier DeKalb, Racial and Ethnic Approaches to Community Health, Communities Putting Prevention to Work (tobacco/obesity-focused), and Strategic Alliance for Health.

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### Stress, Anxiety, and Depression Discussion



Dr. Marcus C. Griffith joined The Southeast Permanente Medical Group (TSPMG) in March 2012 where he is a practicing adult, child and adolescent, and psychiatrist.—He additionally is an obesity medicine specialist. During his tenure at Kaiser Permanente Georgia, he has served in various positions with a focus on community outreach. Currently, he serves as Director of Weight Management Services for Kaiser Permanente of Georgia and has written a children's book and articles on childhood obesity . Dr Griffith also serves as a Clinical Assistant Professor at Morehouse School of Medicine and helped to create a unique health professional mentoring program through a collaborative effort of Kaiser Permanente Stonecrest, Dekalb Arabia Mountain High School and the City of Stonecrest.



Dr. Stephanie Miles is board-certified Internal Medicine physician and currently the Managing Medical Director for State Health Benefit Plan and Anthem National Accounts. She is a graduate of Spelman College in Atlanta, GA and received her medical degree from The Ohio State University College of Medicine & Public Health in Columbus, OH. Dr. Miles then completed her Internal Medicine Residency at Rush University Medical Center in Chicago, IL. She served the Tucker, GA community and Dekalb County area as a provider in a hospital-based multispecialty group and later as a private solo internist. Dr. Miles has spent the last 13 years working in managed care and supporting all lines of business in the areas of utilization review, case management, account management, quality, and health equity. Dr. Miles is a member of the American College of Physicians and the National Medical Association.



Dr. Robin Reed is a health leader with 15+ years of health experience and 7+ years leadership experience in large care delivery systems and national managed care. Clinical psychiatrist with 15 years of experience of direct care, teaching and quality improvement. She retains academic affiliations, is published in peer reviewed journals, and has served as principal investigator for large clinical integration demonstration projects.

Dr. Reed joined Optum in 2019, serving on the national care engagement team and with a focus on strengthening the medical behavioral care continuum and promoting care advocacy for our most vulnerable members. Prior to joining Optum, she spent most of her career in North Carolina and Arkansas, serving in executive leadership roles focused on population health, medical behavioral integration, and clinical care transformation.



Dr. Sultan Simms completed his undergraduate education at Yale University in 1996. He earned his medical degree from the Morehouse School of Medicine in Atlanta, Georgia; then went on to complete his Psychiatry Residency training at the Zucker Hillside Hospital where he served as Chief Resident in his final year. In 2005 he returned to Atlanta and joined the Fulton County Department of Behavioral Health and Developmental Disabilities as a staff Psychiatrist and Medical Director, while also operating a part time private practice. Since 2014 Dr. Simms has held various roles with multiple health insurance companies. He currently serves as Medical Director, focused on behavioral health, for the Georgia Anthem Blue Cross Blue Shield health plan.

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Dr. Stephen Palte is the Chief Medical Officer for UnitedHealthcare Employer and Individual plans of Georgia and Alabama. He works closely with market leaders within United Clinical Services, Accountable Care Organization, Network and Affordability, as well as Optum Enterprise Clinical Services. Dr. Palte leads our clinical partnerships within UnitedHealthcare's delivery system to drive affordability, network, growth, and quality for our clients.

Dr. Palte is a board-certified internist and Fellow of the American College of Physicians. He has been with UnitedHealth Group (UHG) for the past 12 years, initially as a physician advisor and team lead at Executive Health Resources (EHR), and subsequently as a medical director for the United Clinical Services National Inpatient Care Management Team. He most recently served as the Senior Medical Director for the Optum Post-Acute Care Team, where he oversaw the transition of members to Long Term Acute Care Hospitals, Inpatient Rehabilitation Facilities and Skilled Nursing Facilities for the Commercial, Medicare, and Medicaid lines of business.

Dr. Palte grew up in Zimbabwe and received his medical degree from the University of Cape Town in South Africa before emigrating to the United States to complete an Internal Medicine Residency and General Internal Medicine Fellowship at the University of Tennessee, Memphis. Prior to joining UHG, Stephen held various clinical roles, including emergency room physician in southwestern Virginia, hospitalist and primary care physician in suburban Atlanta, and Clinical Medical Director at a correctional facility. He is also a veteran, having served 20 years in the United States Army Reserve, during which time he qualified as a Flight Surgeon and was deployed 8 times.