

CHJ's TTH on mental health in the age of coronavirus
Thursday, April 16 4-5:15 PM
Special Guests Bios & Resources

Glenda Wrenn, MD, MSHP, DFAPA



Dr. Wrenn is a psychiatrist, associate professor, and mental health policy expert who is dedicated to the advancement of mental health equity and wellbeing. She currently serves as Chief Medical Officer of 180 Health Partners.

She is a West Point graduate, and recipient of the Distinguished Cadet Award. She worked at the University of Pennsylvania a Chief Resident.

Dr. Wrenn's passion and overall aim is to help create environments where individuals adversely impacted by adversity and trauma will face a path forward that makes it easier for them to recover and build a good life. Dr. Wrenn's work has examined diverse health conditions and approaches to fostering individual and community resource development and recovery.

Dr. Wrenn has held several academic leadership roles including Associate Director of Residency Training at Morehouse School of Medicine and founding director of the Kennedy Satcher Center for Mental Health Equity in the Satcher Health Leadership Institute (SHLI) at Morehouse School of Medicine.

She has developed innovative health systems solutions including an integrated model of upstream crisis intervention at Grady Health System, the Women's Center of Excellence for Specialty Care Education at the Atlanta VAMC, and the Integrated Care Leadership Program at SHLI.

She also holds a patent for a software as service solution developed for Grady Health System's Neighborhood Clinics which is a self-administered, multi-diagnostic psychiatric screening/assessment tool called Psych SitRep.

Dr. Wrenn's Resources:

Thank you, Congressman. I appreciate the opportunity to be with you today along with my distinguished colleagues. I had an opportunity to work on mental health policy alongside Dr. David Satcher and former Congressman Patrick Kennedy as the founding Director of the Kennedy Satcher Center for Mental Health Equity at Morehouse School of Medicine up until 2018. I am especially proud of the work we have done and continue to sustain at Grady Health System where I continue to practice telepsychiatry in several neighborhood clinics. More recently I have been leading the clinical design of a healthcare company called 180

HealthPartners that is addressing the opiate epidemic and substance use with a focus on pregnant women. Coronavirus has directly impacted my personal life, my clinical practice, and the company we are building. My husband is a surgeon up at Wellstar Kennestone so while I can work from home, our family is managing his exposure risk while I try to manage schooling for my three children. I share all that because it demonstrates the nature of what is happening. This is a shared community adversity that provides an opportunity for community resilience.

Many of my patients were battling economic stress, previous traumas, depression, and social disadvantage before the pandemic. For the most part, they suffered alone, disconnected, and with little validation from others about their distress. One thing I'm hopeful about is the possibility that our community responses to coronavirus will be robust enough to help those who have the highest needs. For those listening, I want to share a few trusted mental health resources for people who recognize that need help. The Georgia Crisis and Access Line can be reached at 1-800-715-4225. You can also text the word "HOME" to 741741 and instantly access to a crisis counselor. If you are struggling, know that help is not far--please reach out.

Dr. Stephen J. Ritz PhD



Dr. Ritz is a psychologist in professional practice in Dekalb County since 1985. He obtained his B.S. in Psychology from Florida State University and a Doctorate in Psychology from Auburn University. While Dr. Ritz has a broad base of clinical experience, he is considered a national expert with regard to behavioral healthcare issues associated with traumatic life stressors, how they negatively impact food relationships and trigger problematic eating leading to obesity and related medical conditions.

Dr. Ritz is one of the original coauthors of the American Society for Metabolic and Bariatric Surgery's 2004 Suggestions for the Pre-Surgical Psychological Assessment of Bariatric Surgery Candidates. He was a member of the ASMBS Integrated Health Executive Council and is the former Chair of the ASMBS National Support Group Committee, which was tasked with optimizing resources and support for patients undergoing weight loss surgery.

Dr. Ritz's Resources:

CDC COVID-19 Coping Resources

CDC: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

COPING STRATEGIES: <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Dealing with Worry & Anxiety: <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/> (Translated into over thirty languages)

Resources for Children: <https://sesamestreetincommunities.org/topics/health-emergencies/>

Anxiety Resources for Children and Adolescents:

https://www.amightygirl.com/blog?p=22612&fbclid=IwAR1eed6l-80kZsQcgEo0Oe0AdbHmc_2qjaCo1-xVFBHgyIUaIBLNlzpZiWs

COVID19 Elder Care Articles/Issues & Resources:

<https://www.bfmed.org/> (COVID-19 Information for Breastfeeding Moms)

<https://eldercarematters.com/elder-care-senior-care-articles/>

MHA National: <https://mhanational.org/covid19>

MHA National and Georgia/Wide Range of Resources for All Ages, Including Contact Resources:

MHA GA: <https://www.mhageorgia.org/>

Managing Grief

Veterans Resources: <https://blog.mint.com/hacks-2/covid-19-and-finances-ultimate-money-tip-and-resource-guide/>

NVF: <https://nvf.org/>

Wounded Warrior: <https://www.woundedwarriorproject.org/>

Food Bank Resources: https://www.ajc.com/lifestyles/foodfinder-helps-thousands-find-food-banks-during-pandemic/xCYu9AKse1fdEfDSZIMPPI/?utm_source=Iterable&utm_medium=email&utm_campaign=campaign_1120150&fbclid=IwAR1iRWil38n4DMhX0z-sbkl2aEo83Ef5mibKrc2DdabvucNGb9VERiNZCik

Dr. Pierluigi Mancini, PhD, President of the Multicultural Development Institute, Inc.



Dr. Mancini previously served as the Project Director of National Hispanic and Latino Addiction Technology Transfer Center and the National Hispanic and Latino Prevention Technology Transfer Centers. Both are part of the Substance Abuse Mental Health Services Administration Technology Transfer Centers Program.

These groups provide support to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides substance use disorder (SUD) treatment and recovery support services to Hispanic/Latino populations across the United States.

With over 30 years of experience in culturally and linguistically appropriate behavioral health treatment and prevention, Dr. Mancini is one of the most sought after national and international consultants and speakers on the subject.

Directory of Latino Mental Health Professionals

<https://sanandomentalhealthprofessionals.wordpress.com/sanando-mental-health-professionals-directory/>

**Dr. Sherry Blake, Clinical Psychologist, Media Personality,
Speaker, Author and Mental Health Expert**



Dr. Sherry Blake is one of the most highly sought-after media experts in the area of mental health in the country. *Most* known as the therapist for WeTV's longest standing Africa American family reality series "Braxton Family Values," she has appeared as a guest expert on countless other shows including The Real Housewives of Atlanta.

Dr. Sherry is a licensed clinical psychologist with more 30 years and more than 100,000 hours of direct and indirect service. Dr. Sherry has served on numerous Boards of Directors and as the President of the Metropolitan Atlanta Mental Health Association.

Dr. Sherry is very passionate about helping others understand mental health and achieve emotional wellness. Much of her work focuses on empowering women to eliminate emotional barriers in order to achieve their goals.

Latise Egeston: Licensed Professional Counselor



Latisse Egeston is a member of the National Association of Professional Women; the Licensed Professional Counselors of Georgia; the American Counseling Association; and the American Association of Christian Counselors.

Latisse believes that life's challenges bring opportunity for growth and change. Her philosophy is that counseling provides insight, tools and awareness to allow you to choose differently to get different results. This process is effective only when clients are willing to be consistent, honest and open to consider different methods of change. Therapists do not have all the answers; however, they provide you with a safe and nonjudgmental setting, regardless of your background, spiritual or cultural beliefs to offer skill and support as you work toward your desired goals.

She lives and works in Georgia's Fourth Congressional District. She is now taking clients at a reduced rate so people who suddenly find themselves unemployed or underemployed can still receive the mental health care they need during uncertain times.

Ulester V. Douglas, Associate Director of *Men Stopping Violence* and Psychotherapist



In addition to his work as Associate Director of Men Stopping Violence, Ulester is a psychotherapist with extensive training and experience working with individuals, families and communities impacted by violence. In 2014 he completed his appointment as an adjunct professor at Emory University.

Ulester has provided consultation, training and keynote presentations in 40 states, Europe and the Caribbean to community-based organizations, universities, corporations and government agencies including the U.S. State Department and Department of Justice, the CDC, and the British Home office.

Ulester was honored by Lifetime Television for Women and the National Network to End Domestic Violence in 2003, The Ford Motor Company in 2012, and the City of Atlanta in 2017, for his work to prevent violence against women.

In 2015, Ulester was appointed as a commissioner, by Governor Deal, to the Georgia Commission on Family Violence. <https://www.menstoppingviolence.org/>