



11th Annual Primary Care & Behavioral Health (Virtual) Integration Summit

Friday, November 13th

9:00 – 9:30a.m. Welcome/Introduction

Welcome: Marty Adelman, MA, CPRP, Health Center Partners

Opening Remarks: Nicole Esposito, MD, Assistant Clinical Director, Behavioral Health Services
County of San Diego Health & Human Services Agency

9:30 – 10:45 a.m. Opening Keynote Address

Rhea Boyd, MD "**Pandemics, Policing + Protest: On Racism and Mental Health**"



Rhea Boyd MD, MPH is a pediatrician, public health advocate, and scholar who writes and teaches on the relationship between structural racism, inequity and health. She has a particular focus on the child and public health impacts of harmful policing practices and policies. She serves as the Chief Medical Officer of San Diego 211, working with navigators to address social needs of San Diegans impacted by chronic illness and poverty. And she is the Director of Equity and Justice for The California Children's Trust, an initiative to advance mental health access to children and youth across California.

Dr. Boyd graduated cum laude with a B.A. in Africana Studies and Health from the University of Notre Dame. She earned a M.D. at Vanderbilt University School of Medicine and completed her pediatric residency at University of California, San Francisco. In 2017, Dr. Boyd graduated from the Commonwealth Fund Mongan Minority Health Policy Fellowship at Harvard University's School of Public Health, earning an M.P.H.

10:45 – 11:00a.m. Stretch Break

Juan Nunez, Senior Health Coach, Trainer, Health Adventures Foundation



Juan graduated from San Diego State University with a Bachelor's in Kinesiology with an emphasis in Fitness Specialist. His passion for sports and living a long and healthy life has driven him to help others to become all that they can be. He enjoys living an active lifestyle hence you will find him on weekends playing soccer, leading fitness group classes, hiking up Cowles Mt. or even bike riding on the Silver Strand. In his free time, Juan performs in a rock band and loves to draw/ animate.



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11:00 – 12:00p.m.

Morning Breakout

Beth Darnall, PhD - **“Patient-Centered Pain Care: Accessible Behavioral Health and Opioid Stewardship”**



Beth Darnall, PhD is Associate Professor of Anesthesiology, Perioperative and Pain Medicine and Director of the Stanford Pain Relief Innovations Lab. Her primary interests are developing and investigating novel pain treatments that are scalable, effective, and low burden.

She leads NIH and PCORI-funded clinical trials that broadly investigate behavioral medicine for acute and chronic pain, including a \$9M multi-state trial on voluntary patient-centered prescription opioid reduction that is funded by PCORI.

She serves as faculty mentor to junior investigators who are Stanford Pain NIDA T-32 post-doctoral research fellows, NIDA K23 awardees, and through the Stanford CTSA. She leads the PCORI-funded EMPOWER study, a 4-state pragmatic randomized controlled clinical trial that is investigating how to best help physicians and patients successfully and voluntarily reduce long term opioid use and chronic pain using patient-centered methods. She and her team also lead international workshops to train clinicians to deliver the single-session evidence-based pain relief skills classes.

Darnall twice briefed the U.S. Congress on the opioid and pain crises and provided invited testimony to the FDA on iatrogenic harms associated with opioid tapering. In 2020 she joined the NIH Interagency Pain Research Coordinating Committee as a scientific member. Also in 2020 she was appointed to the Centers for Disease Control (CDC) Opioid Workgroup. Her work has been featured in outlets such as Scientific American, NPR Radio, BBC Radio, and Nature. In 2018 she spoke on the psychology of pain relief at the World Economic Forum in Davos, Switzerland.

12:00 – 1:00p.m.

Lunch Break

1:00-2:00p.m.

Afternoon Breakout

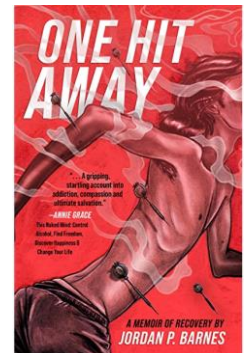
Jordan P. Barnes, **“A Story of Recovery and Hope”**



Jordan is a best-selling author and grateful recovering addict.

“The very nature of my addiction is a self-imposed imprisonment, one that requires me to return to my dealers like an animal to a watering hole. I have no control or independence regardless of how tough I act. No matter how I cut it there is no free will here. Dependence has taken away any illusion of choice.”

Excerpt from his book “One Hit Away”





11th Annual Primary Care & Behavioral Health (Virtual) Integration Summit

Tuesday, November 17th

9:00 – 11:00a.m. Trauma Focused Learning Session

Dawn Griffin, PhD - **“Trauma Informed Culture Within Primary Care and Behavioral Health Settings”**

The first hour of the learning session will be a lecture/presentation by Dr. Griffin.

The second hour will be a discussion which will include a question and answer session.

Dr. Dawn Griffin is a Professor at Alliant International University, a Forensic Psychologist, and the Program Director of the Department of Psychology and the Criminal Justice Systems Department at Alliant. Still she considers her most important and rewarding job to be as mum to six-year-old.

Dr. Griffin's work focuses on social determinates of health and integrating trauma-informed systems. She also provides consultation to local, national and international communities who seek to integrate their systems toward becoming trauma informed. Dr. Griffin has expansive experience in law enforcement, child welfare, and educational systems and how these systems respond to children and families who have been exposed to trauma, chronic stress and violence.

Dr. Griffin is one of the Safe Start Consultants for the Office of Juvenile Justice Delinquency and Dependency Prevention (OJJDP). Appointed to the Attorney General's Children Exposed to Violence Demonstration Program - Office of Justice Program (OJP), Dr. Griffin has also worked for the Department of Justice developing curriculum and evaluation protocols to address early adversity experienced in childhood. Recently appointed to the Commission on Social Determinates of Health, she works to understand and respond to factors that impact one's health status.

Friday, November 20th

9:30 – 10:30a.m. Morning Breakout

Wendy Hileman, PhD - **“COVID – What Do We Really Know?”**



Wendy has more than 25 years of experience in different aspects of public health, wellness, nutrition, and fitness. Wendy has a Ph.D. in Industrial and Organizational Psychology, dedicating her research and dissertation to employee wellness programs. She received three Master's Degrees: Public Health, with an emphasis in Health Services Administration, Social Work, with an emphasis in Administration, and Industrial and Organizational Psychology. She received a Bachelor's of Science Degree in Physical Education, specializing in Athletic Training. She is a seasoned professional speaker. She also works as an Adjunct Instructor at the University of Southern California and Southwestern College, teaching a wide variety of topics in foundational research, program-based research methods, program development and evaluation, integrated care, advanced policy, health, nutrition, kinesiology, and activity classes.



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10:45 – 11:00a.m.

Stretch Break

Juan Nunez, Senior Health Coach, Trainer, Health Adventures Foundation



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10:45 – 11:45a.m.

Morning Breakout

Ellen Lee, MD, UCSD, **“Loneliness and Social Isolation in the Time of COVID-19”**



Ellen E. Lee, MD is Assistant Professor in Residence of Psychiatry at the University of California San Diego and Staff Psychiatrist at the VA San Diego Healthcare System. She is Board-certified in both Psychiatry and Geriatric Psychiatry. Dr. Lee’s research focuses on the intersection between biological and psychosocial aging – looking at how resilience, wisdom, optimism and social functioning like loneliness, social isolation impact mental, physical, and cognitive health. Her lab uses objective assessments of inflammation, sleep disturbances, and cognitive functioning as well as novel AI technologies including natural language processing and machine learning. Her research is funded by the National Institutes of Health, the Brain & Behavior Research Foundation, and the Altman Clinical and Translational Research Institute.

12:00 – 1:00p.m.

Lunch Break

1:00-2:00p.m.

Closing Keynote Address

Jean Steel, MS, **“Finding Happiness and Resilience in the Midst of THIS”**



Born the eldest of five children, Jean Steel spent her formative years in Africa and Asia. That decade on unfamiliar, foreign soil helped her to cultivate the confidence, strength, and resilience many of us work a lifetime to achieve. A born communicator, Jean’s many interests developed into her career path. She earned her Master’s Degree in Wellness Mind/Body Health and has been speaking and teaching across the nation for more than 20 years. The founder of Happy People Win, a wellness training and speaking firm, Jean has also authored two books— “I’d Like to Run Wild!: A Wellness Action Guide” and “Need Change? Customer Service Tips to Grow from Good to Great.”