

**The 2022 Hero's Journey Symposium**

The Hero's Journey Symposium comprises facilitated panel discussions and a closing synthesis session. The panel discussions bring together a wide array of stakeholders, including brain health researchers, physicians, military leaders, public policy experts, and community advocates. Our outcomes include shaping a "call to action;" providing a collective sharing of best practices; identifying policy and research gaps; and summarizing the current state of affairs to create "better pathways to recovery, from wounds to wellness."

**Symposium Agenda At-A-Glance**  
**Expected start times**

Opening Remarks/Welcome	Mary Lowe Mayhugh, COL (USA Ret.) <ul style="list-style-type: none"> <li>• Louis Celli, Master of Ceremonies</li> </ul>	0900
Opening Keynote	The Honorable Cheryl L. Mason Senior Advisor & Executive Director, Veteran and Military Spouse Employment Programs and Partnerships US Department of Veterans Affairs	0905
Panel 1 – Improving Mental Well-being for Children and Families	Facilitator: Sybil Russell, M.D., MPH Panelists: <ul style="list-style-type: none"> <li>• Trish Glowacki, BA</li> <li>• Kelly Hurska, MPA</li> <li>• Thomas E. Trail, PhD</li> </ul>	0920
Break	—	1020
Panel 2 – New Technologies & Integrative Models of Care	Facilitator: Kimberly Albergo, DNP, RN, FNP Panelists: <ul style="list-style-type: none"> <li>• Professor Renata Gomes, PhD</li> <li>• David Kraus, PhD</li> <li>• Brian Marx, PhD</li> </ul>	1030
Presentation of the John P. Mayhugh Foundation Hero's Journey Lifetime Achievement Award	The Honorable Dr. David Shulkin, MD 9 <sup>th</sup> Secretary of the US Department of Veterans Affairs	1130
Panel 3 – Supporting Healing through The Healing Arts	Facilitator: Alicia Christy, MD Panelists: <ul style="list-style-type: none"> <li>• AnnMarie Halterman, BS</li> <li>• Leila Hertzberg, MIA</li> <li>• Marilyn Peppers-Citizen, PhD</li> </ul>	1330
Break	—	1430
Panel 4 – Supporting Wounds to Wellness – Connecting Community Resources	Facilitator: BG Maureen Weigl, MSS, MBA Panelists: <ul style="list-style-type: none"> <li>• Bob Carey, MS</li> <li>• Karl Hamner, PhD</li> <li>• Justin Phillips, MA</li> </ul>	1440
Closing Remarks	Mary Lowe Mayhugh, COL (USA Ret.)	1540
Reception	THE CITY CLUB OF WASHINGTON	1600

**Please join us live via [Facebook](#) or [YouTube](#). Join us live on Zoom at the following link:**

<https://us02web.zoom.us/j/89535289883?pwd=SUFmUFVxdFY1QzRPNU5aazhodGFJUT09>

## The John P. Mayhugh Foundation Hero's Journey



### **Mary Lowe Mayhugh, COL (USA Ret.), MA, MBA**

**Principal, Health Systems and Strategy, at MITRE**

**Founder and President of the John P. Mayhugh Foundation**

At MITRE, she is heavily involved in studies and initiatives across multiple Federal Agencies and the private sector focusing on organizational change and health care delivery. She organized key events to bring together health and systems engineering expertise from across MITRE, Federal agencies, and the private sector to develop collaborative solutions to improve access to care through virtual health technologies and shape programs to address mental health issues in the United States. In her role as President of the Foundation she leads national level symposiums to engage thought leaders on ways to improve mental health for our Military

and Veteran families.



### **Louis Celli**

**Executive Director, Bravo Victor**

Louis Celli is Executive Director of BRAVO VICTOR, a scientific research organization with offices in London and Washington, D.C. and serves as a director on several nonprofit Boards. Lou served as Executive Director for The American Legion managing strategic operations for the Legion's; National Security, Veterans Affairs, Legislative, Veteran Employment, Education, and Entrepreneurship programs, and was the principal spokesperson for the Legion's more than two million members before Congress, the White House serving through two presidential administrations. Master Sergeant Celli served 22 years in the United States Army, is a

graduate of Harvard University, a native of Boston Massachusetts, attended the Northeast Regional Police Institute and was a Sergeant in the Middlesex County Reserve Deputy Sheriff's office before moving to Washington D.C. Together with his wife Elise they have 6 children and one grandson who continue to prove that the future generation is our greatest achievement.

The John P. Mayhugh Foundation welcomes special guests

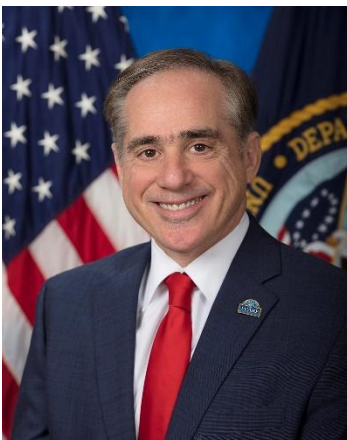


**The Honorable Cheryl Mason**

**Senior Advisor and Executive Director for Veteran and Military Spouse Employment Programs and Partnership**

Cheryl L. Mason is the Executive Director for Veterans and Military Spouse Talent Engagement for the Department of Veterans Affairs. She provides executive-level direction and expertise, leading a department-wide program dedicated to building partnerships and promoting recruitment, employment, and retention of Veterans, military spouses, caregivers, survivors, and family members. The efforts support military readiness and retention, financial stability, food security, and suicide prevention. Additionally, the efforts support transitioning Veterans. Cheryl champions and advocates supporting and changing the culture and increasing awareness surrounding mental health and suicide

awareness/prevention. Prior to assuming this role, Cheryl served as the first woman and military spouse Chairman of the Board of Veterans' Appeals (Board). She was appointed Chairman by the President, confirmed by the Senate in November 2017, and served until August 2022. As Chairman, Cheryl led a team of approximately 1,200 personnel including Veterans Law Judges, attorneys, and operations and administrative professionals, and executed a budget of \$228 million to meet the Board's mission of conducting hearings and deciding appeals on benefits and services for Veterans and their families. During her tenure, the Board implemented several technological innovations to include the interactive decision template (IDT), CASEFLOW – a modernized end-to-end process of tracking claims and appeals through the Department, and Virtual Tele-hearings, which enabled Veterans to have hearings on their cell phones at locations of their choice. Cheryl received her B.A. with Distinction in Political Science and Psychology from Ohio Northern University and her J.D. from Creighton University School of Law. She was recently awarded the *Hiring Our Heroes Bonnie Amos Lifetime Achievement Impact Award* by the US Chamber of Commerce.



**The Honorable Dr. David Shulkin**

**9<sup>th</sup> Secretary of the US Department of Veterans Affairs**

David J. Shulkin, appointed by President Trump, was the Ninth Secretary of the US Department of Veterans Affairs. David previously served as Under Secretary for Health, appointed by President Obama, and confirmed twice unanimously by the US Senate. As Secretary, David represented the 21 million American veterans and was responsible for the nation's largest integrated health care system with over 1,200 sites of care. Prior to his time at the VA, David was a widely respected healthcare executive, serving as chief executive of leading hospitals and health systems, including Beth Israel in New York City and Morristown Medical Center in Northern NJ. Since leaving government, David has been the University of Pennsylvania Leonard Davis Institute Distinguished Health Policy Fellow and Professor at the Jefferson University College of Population Health. He is a

board-certified internist and received advanced training in outcomes research and economics as a Robert Wood Johnson Foundation Clinical Scholar at the University of Pennsylvania. Over his career David has been named, "One Hundred Most Influential People in American Healthcare" by Modern Healthcare.

Panel 1 – Improving Mental Well-being for Children and Families



**Sybil Russell, M.D., MPH**

Sybil Russell is a Chief Scientist and Health Innovation Area Lead in the Health Innovation Lab at the **MITRE Corporation** where she leads a portfolio of MITRE Innovation Program (MIP) research projects in health, public health, and health policy. Sybil is a researcher, board certified practicing physician, public health expert, and teacher. Prior to joining MITRE, Sybil worked at the Johns Hopkins University School of Medicine as a Medical Director and Pediatric Hospitalist. She continues to practice at Johns Hopkins as a pediatric hospitalist and has taught at several medical schools over the past 15 years. Sybil earned a B.A. in political science and a B.S. in cell and molecular biology from Tulane University, an M.D. from Emory University School of Medicine, and an M.P.H. from Johns Hopkins Bloomberg School of Public Health.



**Trish Glowacki, BA**

**Founder and Executive Director of the glowmedia project**

Trish is Executive Director of **the glowmedia project**, a non-profit organization based in Washington, D.C. that produces unique, free of charge, educational films addressing mental wellness and behavioral health issues facing teens today. The short films, and corresponding educational guides for Students, Parents/Guardians, and Educators provide a fresh approach to mental health education. Prior to founding glowmedia in 2016, Trish was a filmmaker, writer and songwriter. Her first film, the award-winning **Warning: Take Only as Directed**, was picked up by Discovery Education. The film, addressing prescription medication misuse, has been viewed by over one million students nationwide. Trish graduated from Georgetown University with a Bachelor of Arts.



**Kelly Hruska, MPA**

**Director, Government Relations, National Military Family Association**

Kelly has been the Government Relations Director of the **National Military Family Association** since 2015. She leads the Association's advocacy for families of the eight Uniformed Services and monitors the range of issues relevant to their quality of life. Kelly has represented military families on several committees and task forces for offices and agencies of the Department of Defense (DoD) and military services. She serves as Families/Survivors Vice President of The Military Coalition (TMC), an organization of 35 military-related associations. Prior to joining NMFA, Kelly worked to develop the next generation of entrepreneurs as chief of staff of CONNECT and chief of staff of the San Diego Regional Economic Development Corporation. A Navy spouse for 29 years, she has served in various volunteer leadership positions in civilian and military community organizations. Kelly is a recipient of the Navy's Meritorious Civilian Service Medal and holds Master of Public Administration from Shippensburg

University.



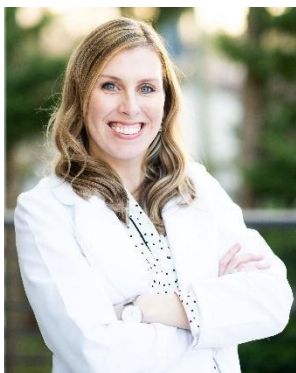
**Thomas E. Trail, PhD**

**Senior Behavioral Scientist, RAND Corporation**

Thomas E. Trail is a senior behavioral scientist at the **RAND Corporation**. Tom's research focuses on how stress affects relationship processes and health outcomes among military and civilian couples and the effectiveness of programs in mitigating family stress. His current research projects include the Today's Army Spouse Panel, assessing the needs of Army spouses and their families and whether those needs are being met by Army and civilian services; an assessment of the needs of military-affiliated children and the role of Department of Defense counseling services in meeting those needs; and an evaluation of the long-term outcomes of the MyCAA spouse employment program. Other recent research includes an evaluation of the effectiveness of online peer support communities for decreasing social isolation and loneliness among caregivers for ill or wounded veterans and designing and evaluating a web-based intervention to help spouses concerned about their service member's alcohol

use. He received his Ph.D. in social psychology from Princeton University and his M.S. in applied/experimental psychology from Virginia Tech.

## Panel 2 – Innovation in Mental Health Treatment



### **Kimberly Albero, DNP, RN, FNP**

#### **Lieutenant Commander, United States Navy Nurse Corps**

Kim Albero is Family Nurse Practitioner and Doctor of Nursing Practice, working as Lead Health Program Analyst in the Health Innovation Center in **MITRE Labs**. Kim came to MITRE from The University of Virginia School of Medicine where she was a Research Program Director in the Department of Psychiatry and Neurobehavioral Sciences running Project ECHO programs across the Health System. Kim's clinical, research, and academic interests include addiction medicine and office-based opioid treatment, maternal mental health, and technology-enabled community-based remote care delivery to vulnerable and underserved populations. Her published work features the role of tele-mentoring in a response effort to COVID-19 outbreaks in long term care facilities, technology-enabled virtual rounding with geriatric, pulmonary, and internal medicine providers, and cultural considerations in initiating office based opioid treatment in rural Appalachia. Lieutenant Commander Kim Albero is a Veteran Navy Nurse and a Marine Wife. Kim served on the Wounded Warrior and TBI Units at the National Naval Medical Center in Bethesda, as a critical care nurse on USS Boxer during a humanitarian mission, and as a Fleet Marine Forces Qualified Nurse in combat in Afghanistan.



### **Renata Gomes, PhD**

#### **Professor of Veterans' Health and Biomedical Research**

Renata is a medical and forensic specialist with a sub-specialty in regenerative biomedicine. Renata established Blind Veterans UK's research and innovation department in 2017 and was central to the establishment of **BRAVO VICTOR** in 2021. Renata is also the Visiting Professor of Veterans' Health and Biomedical Research at Northumbria University. Renata has over 15 years' experience of international multidisciplinary research, clinical trials and innovation programs. Her non-executive experience includes conducting peer reviews, providing expert witness testimony and as a government advisor on science, technology, and veteran affairs. Renata has a degree (Hons) in Forensic Medicine, a MSc in Cardiovascular Medicine and Biology from University College London and an international PhD in Regenerative Medicine and Biochemistry with the University of Oxford (UK), University of Coimbra (Portugal) and the University of Eastern Finland (Finland). Renata's PhD was followed by a series of research posts in the UK and Internationally. Her non-biomedical qualifications include an executive MSc in Health Economics, Outcomes and Management from the London School of Economics and Political Science, in addition to Business and Disruptive Strategy from Harvard Business School.



### **David Kraus, PhD**

#### **President and Chief Scientific Officer, Outcome Referrals, Inc**

David Kraus is President and Chief Scientific Officer of **Outcome Referrals, Inc**. David is one of the preeminent scholars on behavioral health assessments and the identification of the unique strengths and skills of behavioral health providers. He has been awarded two U.S. Patents and his publications have appeared in peer-reviewed medical journals, including the Journal of the American Medical Association. Funding for his work has come from leading private and public institutions including the National Institutes of Health, The Duke Endowment, the Annie E. Casey Foundation, and the Patient Centered Outcome Research Institute. David is the developer of the Treatment Outcome Package (TOP) which is the only published assessment tool powerful enough to identify the unique skills of behavioral health

providers. David developed the algorithms and predictive analytic tools and technologies that are the foundation for Outcome Referrals, Inc., which matches consumers to therapists, or to other behavioral health treatments predicted to deliver the best possible outcomes. David has a PhD.



### **Brian Marx, PhD**

**Professor of Psychiatry at Boston University School of Medicine and the Deputy Director of the Behavioral Science Division of the National Center for PTSD at VA Boston Healthcare System**

Brian Marx is a Professor of Psychiatry at Boston University School of Medicine and Deputy Director of the Behavioral Science Division of the National Center for PTSD at **VA Boston Healthcare System**. Brian is a licensed clinical psychologist with expertise in the assessment and treatment of posttraumatic stress disorder (PTSD) and related conditions, including suicidal thoughts and behaviors, among military personnel and veterans. He is the co-developer of Written Exposure Therapy (WET), an evidence-based treatment for PTSD that is included as a recommended treatment in the VA/DoD Clinical Practice Guidelines for the management of PTSD and acute stress reactions. Additionally, Brian has led efforts to adapt the WET treatment for service members at elevated risk for suicide with co-occurring PTSD. Brian has co-authored several of the most commonly used measures to assess PTSD and associated problems and has authored almost 300 publications. He has received grant funding from multiple federal agencies and private foundations, including the US Department of Defense, US Department of Veterans Affairs, and National Institute of Mental Health.

## **Panel 3 – Supporting Healing through the Healing Arts**



### **Alicia Christy, MD, MHSCR, Colonel (retired) USA**

**Deputy Director of Reproductive Health in the Veterans Health Administration**

Alicia Christy is a board-certified Reproductive Endocrinologist, and U.S. Army Veteran. She serves as Deputy Director of Reproductive Health in the **Veterans Health Administration**. Alicia is the author of over 70 peer-reviewed publications, and 16 book chapters. She holds the rank of professor at the Uniformed Services University, and adjunct professor at Howard University School of Medicine. Alicia was the 2020 winner of the American Society of Reproductive Medicine Humanism in Medicine Award. In 2021 she received a Mentor of the Year Award from the American College of Obstetricians and Gynecologists. Her writing and artwork have been published in multiple medical journals. Her artwork is also her voice for social justice. Her painting, *When Will Black Lives Matter*, was selected from 1,000 entries for the online Art Against Racism exhibit. On June 30<sup>th</sup> her artwork was part of an exhibit at the Library of Congress. Alicia recently illustrated an African American children's book which was featured at a book signing at the annual National Medical Association meeting. Her story was published by the American College of Obstetricians and Gynecologists in February 2022.

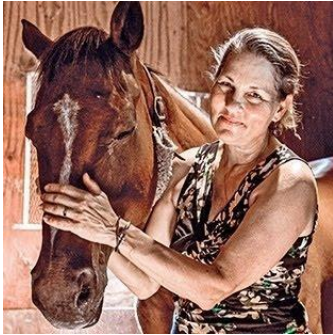


### **AnnMarie Halterman, PhD, DM**

**Executive Director, Uniting US**

AnnMarie Halterman, Artist and USAF Veteran, began her military career at the Air Force Academy. Commissioned into the Civil Engineer career field, AnnMarie was the lead engineer on the largest NATO beddown design and construction program, at 550 million dollars, and spent a significant amount of time leading engineering groups in deployed locations. Following her time in the military, AnnMarie served as a Senior Advisor to the Department of Defense and to other entities as a Subject Matter Expert. After experiencing the healing and uniting benefits of therapeutic arts, AnnMarie transitioned into an organizational leadership advisor role providing strategic program design, forecasting, and program implementation for the National Endowment for the Arts (NEA). AnnMarie later turned to building a community arts program to promote healing, wellness, and community building through therapeutic arts activities, exhibitions, and arts festivals to include artist talks, demonstrations, and community arts engagement. Ann Marie, together with her wife Tiffany, founded and run **Uniting US**

(UnitingUS.org). As a 100% volunteer-led organization, Uniting US artists and teams create opportunities for meaningful conversations between artists and the viewing community. Painted portrait of AnnMarie is by fellow panelist Alicia Christy.



### **Leila Hertzberg, MIA, EAGALA-certified Equine-Specialist**

#### **with Military Designation**

#### **Executive Director of Lifeline Horse Rescue and Rehabilitation, Lifeline Equine Therapy Services (LETS Program)**

Leila Hertzberg is an EAGALA-certified Equine Specialist and professional horsewoman with over 45 years of experience working with horses. She is the founder and Executive Director of **Lifeline Horse Rescue and the LETS Program**. Leila has a deep understanding of military culture and community. She is Lead Volunteer for Alpha Company 175th Infantry

Regiment, Maryland Army National Guard Family Readiness Group. Leila also serves as Military Liaison for the PMI Silver Spring Chapter, as well as Outreach Assistant for Military OneSource, where she regularly briefs servicemembers, transitioning veterans, and their families. Leila has a Bachelor's Degree in Sociology from George Washington University and a Master's Degree in International Affairs from George Washington University.



### **Marilyn Peppers-Citizen, PhD, NBC-HWC, C-IAYT, Col (Retired), USAF Maryland University of Integrative Health**

Marilyn is a retired Air Force Colonel with 35 years military and business experience in strategic planning, international and interagency collaboration, logistics planning and integration, and program management. During that time, she also studied holistic health and wellness and embraced the practice of yoga 26 years ago, studying multiple traditions. She is an instructor in the Master of Yoga Therapy department at **Maryland University of Integrative Health** in Laurel, Maryland. Marilyn uses a balanced and integrative approach to physical, emotional, and spiritual connection and support to mentor clients on their journeys of aging well. Cultivating collaboration, community, and partnerships are the center of Marilyn's experience. She approaches achieving health and wellness through yoga and lifestyle. She is an aromatherapist,

also certified in functional aging, and a Brain Longevity® specialist. Marilyn has taught accessible fitness, yoga, and meditation to various communities and to veterans and their families and caregivers through the Art of Movement and the Military in the Arts initiative at the Workhouse Arts Center in Lorton, VA. She currently serves on the boards of directors for the Black Yoga Teachers Alliance (BYTA) and the Integrative Rest Institute (iRest®).

## **Panel 4 – Innovation in Mental Health Treatments**



### **BG Maureen Weigl, MSS, MBA**

Maureen Weigl was appointed **Pennsylvania Deputy Adjutant General for Veterans Affairs** on April 12, 2021. In this position she supervises the administration of state veterans' programs, reintegration and outreach, veteran initiatives for nearly 800,000 veterans and their dependents, and oversees the operation of the commonwealth's six veterans' homes. Marilyn retired from the U.S. Army, in 2016, after 25 years of service, with the rank of Brigadier General (PA). After her retirement, Maureen launched Pro Rec Resource Solutions, LLC, and has been partnering with clothing manufacturers to make adjustable clothing for Veterans and others with prosthetic limbs. Maureen serves on numerous boards, to include Vets2Set for which she serves as executive director and cofounder. Maureen holds a bachelor's degree in Political Science and Communications from the University of Pittsburgh, a Master's in Business Ethics from

Duquesne University, and a Master of Strategic Studies from the US Army War College. She also holds a Post Graduate certificate in Human Resources from Pennsylvania State University and completed both the United States Northern Command Joint Domestic Operations Course and the Harvard Kennedy School Senior Executive Seminar in National and International Security. Additionally, she is a Lean Six Sigma Green Belt, Project Manager, and Executive Leadership Coach.



### **Bob Carey, MS**

A passionate veterans advocate, government relations and policy consultant, Bob shares his over 30 years of interdisciplinary experience in strategic planning and communications, change management, continuous improvement and operational metrics, budget development and execution, and project and process management to clients at the most senior levels of government and corporations. “Shoebob” has held numerous leadership positions across in the U.S. military, Congress, federal government executive branch, veteran service organizations, large multinational corporations, non-governmental organizations and nonprofits, political campaigns, and international governmental bodies. Bob received a MS in Strategic Studies from the US Naval War College.



### **Karl Hamner, PhD**

Karl Hamner is a Clinical Professor in Education Studies and the Director of the Office of Evaluation Research, for The University of Alabama College of Education. Karl has been conducting research with military-connected populations throughout his 30-year career and has, since 2014, focused on using research to improve military-to-civilian transitions. Dr. Hamner has been a social science and health researcher, program development and evaluation consultant, and training specialist for federal, state, county, and community-based agencies. He has extensive experience conducting research and evaluation on multi-cultural health and social issues, as well as conducting professional development workshops and trainings on a wide range of topics. Throughout his career, he has written or directed the development of numerous successful grant proposals funded by a wide variety of federal, state, regional and local agencies – including the Department of Defense, the Department of Veteran Affairs, the National Institutes of Health, the Health Resources and Services Administration, Housing and Urban Development, and the Substance Abuse and Mental Health Administration – private and corporate foundations – including The California Endowment, The David & Lucille Packard Foundation, The Mott Foundation, and The Alcoa Foundation. He received his Ph.D. in Sociology from the University of California, Los Angeles.



### **Justin Phillips, MA**

Justin Phillips, a 2016 White House Champion of Change for Advocacy, Prevention and Treatment, is the Founder and Executive Director of Overdose Lifeline, Inc. (ODL). Founded in Indianapolis, IN, in 2014, ODL is a non-profit dedicated to reducing the stigma of substance use disorder and preventing deaths resulting from opioid overdose. They provide prevention tools/training and education, facilitate Naloxone distribution to first responders and the lay public, and provide treatment/recovery support. Overdose Lifeline has distributed over 12,000 naloxone overdose reversal kits to families and individuals. ODL has also developed a one-of-a-kind prevention education program recently endorsed by the Indiana Department of Education, presented at the National Prescription Drug Symposium and utilized in numerous states across the US. Justin is certified in the Grief Recovery Method®. and is a featured speaker on the national, regional, and local circuit. Justin holds a Master's in Clinical Addiction Counseling and a Master's degree in philanthropic studies and nonprofit management.