

The John P. Mayhugh Foundation Hero's Journey

2023 Symposium – September 14

@American College of Surgeons Conference Center, 20 F Street, NW, Washington, DC

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."

Agenda At-A-Glance | Expected Start Times

Activity	Time
Doors Open and Networking	8:00 am
Opening Remarks, Award Presentation Mary Lowe Mayhugh, Deb Harmon Pugh, Mistress of Ceremonies	9:15 am
Opening Keynote Barbara Van Dahlen, PhD Co-Founder and CEO WeBe Life Hero's Journey Advocacy Leader Award	9:20 am
Hero Defender Award Rep. Mariannette Miller Meeks, Iowa 1st District	9:45 am
Panel 1: Improving Mental Well-being for Children and Families Thomas Trail: Facilitator. Panel Members: Cheryl Austein Casnoff, Grace Caulfield, Rachel Katherine Linsner	10:00 am
Health Defender Award Rep. Seth Moulton, Massachusetts 6th District	11:00 am
Panel 2: Improving the Clinical Experience and Connections to Care Dr. Kimberly Albero: Facilitator. Panel Members: Justin Dahse, Emily Bentley, Lisa Eggebeen	11:15 am
Lunch Break	12:15 pm
Welcome to the Afternoon Session	1:15 pm
Afternoon Keynote The Honorable James Carroll John P. Mayhugh Foundation Hero's Journey Lifetime Achievement Award	1:15 pm
Panel 3: Healing Arts Community - Building Wellness and Strengthening Resiliency Ben King: Facilitator. Panel Members: Edward Krzysik, Annette Polan, Dr. Sharon Jennings-Rohas	1:30 pm
Panel 4: Moral Injury Kathleen Koch: Facilitator. Panel Members: Dr. Barton D. Buechner, Timothy Torres, Dr. Melissa Smigelsky, Dr. Jason Nieuwsma	3:00 pm
Closing	4:15 pm
Reception	4:30 pm

Please join us live via Facebook or YouTube.

Building Better Pathways of Recovery from #Wounds2wellness • www.JohnPHayhugh.org

6th Annual - Hero's Journey Symposium • Thursday, September 14, 2023

BIOGRAPHIES

Founder and Master of Ceremonies



Mary Lowe Mayhugh

COL (USA Ret.), MA, MBA

Principal, Health Systems and Strategy, at MITRE

Founder and President of the John P. Mayhugh Foundation

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



Deb Harmon Pugh, M.S. SPHR, SHRM

Mistress of Ceremonies

In 2009, Harmon-Pugh was appointed to serve as the National Campaign Chair for The Women Veterans ROCK Advocacy Campaign, a coalition of Women Veterans Organizations and Women Advocacy Organizations supporting America's Women Veterans and Military Families in the areas of: Housing; Employment; Education; Financial Stability; Health and Wellness.

Under her leadership, Women Veterans ROCK grew a National Affiliate Network of over 35,000 supporters and partners. She launched five signature Workforce and Leadership Development Programs. These programs include: The Women Veterans Civic Leadership Institute; The Women Veterans Public Policy Delegation To Washington, DC; and The STEM Civic Leadership Institute For JROTC Cadet Girls. She serves as Editor-In-Chief of "The New Ranks Digital Media Network" and she is the Publisher of "New Ranks Nation" which represents America's Rising Rock Stars In STEM.

Harmon-Pugh is Past President of the Greater Philadelphia Chapter of the National Association of Women Business Owners (NAWBO). Presently, she serves on the Board of Advisors at the: Business School at Chestnut Hill College; The Zeta National Education Fund (ZNEF) of Zeta Phi Beta Sorority, Incorporated; and as a member of the Civilian Environmental Advisory Committee on Climate Change & Environmental Justice Initiatives for The City of Philadelphia. She is also the recipient on many business and service awards including Pennsylvania's 50 Best Women in Business; Business Philadelphia Magazine 100 People To Watch; SBA Minority Business Advocate of the Year; Small Business News Public Policy Advocate of the Year; Veterans Affairs Advocacy Award Recipient; The Washington, DC Veterans "Vetty" Award; and the Susan G. Komen Women's Champion of Change Award.

Morning Keynote Speaker and Advocacy Leader Awardee



Barbara Van Dahlen, PhD

Co-Founder and CEO, WeBe Life

Van Dahlen is the Co-Chair, Co-Founder and Chief Executive Officer of WeBe Life Inc and the Chair of the WeBe Life Foundation. A licensed clinical psychologist, she received her Ph.D. in clinical psychology from the University of Maryland in 1991.

Van Dahlen is the former Executive Director of The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS), a U.S. Cabinet Level Task Force created by Presidential Executive Order in 2019 to build the first all-of-government and whole-of-nation effort focused on suicide prevention with our Veterans leading the way. As a key element of the PREVENTS effort, Dr. Van Dahlen developed the first national public health campaign focused on suicide prevention. Named to TIME magazine's 2012 list of the 100 most influential people in the world, Van Dahlen is also the Founder of Give an Hour® www.giveanhour.org, a national nonprofit organization providing free mental health care to those in need including servicemembers, Veterans, and their families.

She also founded the Campaign to Change Direction® in 2015, a global initiative focused on changing the culture of mental health. Change Direction is a public health approach that encourages everyone to learn the Five Signs of Emotional Suffering indicating someone may be struggling emotionally and may need help. Change Direction attracted prominent global influencers to support its mission including former First Lady Michelle Obama, then Second Lady Dr. Jill Biden, and Prince Harry. Change Direction has gained tremendous momentum in the United States and internationally.

Van Dahlen is also the host of the WeBe Channel series *Ask Dr. B* on YouTube and the mental health consultant for the ABC television drama, *A Million Little Things*. She currently serves as the Chief Psychology Officer for MindX Sciences. In 2020, Dr. Van Dahlen was named by *Washingtonian Magazine* as a 2020 Washingtonian of the Year.

Afternoon Keynote Speaker and Lifetime Achievement Awardee



The Honorable James Carroll

Former Director of White House Office of National Drug Control Policy – “US Drug Czar”

Carroll was sworn in as the Director of the White House Office of National Drug Control Policy (ONDCP) on January 31, 2019, following a unanimous confirmation by the U.S. Senate. He previously served as Acting Director and Deputy Director of ONDCP from February 2018 to January 2019. His passion is to help those suffering from substance use disorder with tools to recovery as well as to stop the flow of illegal drugs in the United States.

In his role as “Drug Czar,” Carroll served as the principal advisor to the President of the U.S. on drug policy and oversaw a passionate staff of approximately 100 professionals. He oversaw a budget of more than \$35 billion and coordinated the activities and related funding of sixteen Federal government agencies and departments to reduce the supply of and demand for illicit substances.

Prior to joining the Office of National Drug Control Policy, Carroll served as Assistant to the President and Deputy Chief of Staff at the White House. Previously, he served as General Counsel of the Office of Management and Budget and as Deputy Assistant and Senior Counsel to the President. Before rejoining the Federal Government, Carroll served as Washington Counsel at the Ford Motor Company and as General Counsel of the Ford Motor Company Fund, the company's philanthropic arm supporting non-profit organizations and initiatives.

Hero Defender Awardee



Rep. Mariannette Miller-Meeks

Iowa 1st District

Miller-Meeks is a member the House Committee on Energy and Commerce, where she sits on the Subcommittee on Health and the Subcommittee on Environment, Manufacturing, and Critical Minerals, as well as the House Committee on Veterans' Affairs, where she serves as Chairwoman of the Subcommittee on Health.

Miller-Meeks originally dreamed of becoming a teacher because she loved school and wanted to share her passion for learning with others. However, in 10th grade, she was severely burned in a kitchen fire. While at the hospital, Miller-Meeks was treated by a physical therapist who went out of her way to make sure she got better. This woman's kindness and selflessness inspired her to become a doctor so she could help others.

At age 18, Miller-Meeks enlisted in the United States Army where she served for 24 years as a private, nurse, and doctor (ophthalmologist or eye diseases/surgery.) She went into private practice in Ottumwa in 1997 and has remained there with her husband, Curt.

In 2018, the voters of Senate District 41 elected Miller-Meeks to fight for them in the Iowa State Senate. She resigned from the State Senate in 2021, to take her seat in the United States House of Representatives.

Health Defender Awardee



Rep. Seth Moulton

Massachusetts 6th District

Former Marine Corps officer, Member of the Democratic Party

Moulton is a father, a husband, and a veteran who represents a new generation of Democratic leaders in Washington. Inspired to public service by his most important mentor in life, the great Black Minister Reverend Peter Gomes, he joined the Marines in 2001, days after his college graduation and a few months before the attacks on 9/11. Leading a frontline infantry platoon in the first Marine company to enter Baghdad, he later worked to establish a free and independent Iraqi media and served as a liaison to senior Iraqi military and political leaders for General Petraeus.

After returning home from Iraq, Moulton earned joint degrees in business and public administration, and then became the managing director of Texas Central, where he worked to build America's first high-speed rail line. But it wasn't long before he was called to serve once again, this time in his home district in Massachusetts.

Named the Most Effective Freshman Democrat in his first term, Moulton has consistently delivered results in a divided Washington. His legislation created the [988 National Suicide Lifeline](#), which is now live in all fifty states. He has delivered [Faster Care for Veterans](#), modernized [Government Travel](#), and delivered on [ALS Disability Insurance](#). His American [High-Speed Rail Act](#) is the most ambitious and forward-thinking infrastructure package before Congress today, and his [G.I. Bill Restoration Act](#) would finally restore long-denied benefits to Black veterans of World War II. Back home in Massachusetts, he works tirelessly to support local small businesses and veterans, advance civil rights, and grow the economy.

PANELS

Panel 1 Children and Families



Facilitator: Thomas Trail

Rand

Trail is a senior behavioral scientist at the RAND Corporation. His 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 conducting a survey panel assessing needs of Army spouses and their families; an update to the Hidden Heroes survey of Americans providing caregiving assistance to wounded, ill, or injured service members and veterans; and an evaluation of military spouse employment programs.



Cheryl Austein Casnoff

Managing Director MITRE, Healthcare Payment Innovation & Quality Division

Casnoff is a senior health policy executive with a distinguished consulting and public service career in public health and health financing policy. She brings decades of experience in government and not-for-profits in such areas as system reform, Medicaid, health IT, health equity, social determinants of health, population health, children's health, oral health, and systems transformation. She was instrumental in creating and implementing the original State Children's Health Insurance Program, served as a legislative fellow in the U.S. Senate, and established a new Office of Health Information Technology to promote adoption and meaningful use of electronic records for safety net providers. She also served in numerous senior positions at the U.S. Department of Health and Human Services (HHS) for more than three decades, including as director of public health policy for the Assistant Secretary for Planning and Evaluation.

After leaving HHS, she was selected as a senior fellow at NORC at the University of Chicago, where she directed numerous studies related to Medicaid, children, and vulnerable populations. She is an adjunct professor of clinical research and leadership at George Washington University's School of Medicine and Health Sciences.



Grace Caulfield

Easter Seals Cohen Military Family Clinic

Grace has worked in the addiction field for over 24 years. She brings to the Steven A. Cohen Military Family Clinic a wealth of knowledge and experience with both adolescents and adults, as well as a strong background in family therapy and substance use disorders. She has worked in a variety of clinical settings to include both in-patient, out-patient, psychiatric hospitals, and residential settings. She holds a Master's degree in Counseling Psychology, is a licensed professional counselor in Maryland, Washington, DC, and Virginia, and holds her Certified Associate Counselor, Alcohol and Drug credential (CAC-AD) through the Board of Professional Counselors of Maryland. She received Level 1 Trauma Certification from the Institute of Advanced Psychotherapy and Training, which she incorporates in her clinical approach and practice, and is credentialed in Prolonged Exposure Therapy to treat PTSD through the University of Texas Strong Star Training Initiative. In February, she transitioned to role of Clinic Director and Vice President with the organization. She maintains a small caseload and provides evidence-based treatment to Veterans, particularly who served in Iraq and Afghanistan, their families, including adolescents and children, and other active-duty military personnel referred by their branch.

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Rachel Katherine Linsner

D'Aniello Institute for Veterans and Military Families (IVMF) at Syracuse University

Linsner is a research associate at the D'Aniello Institute for Veterans and Military Families at Syracuse University, where she works in Applied Research and Analytics on survey development, data analysis, and writing for research related to military and veteran families, military children, military spouse employment, veteran transition, and civil-military relations issues. Previously, she worked at the Center for the Study of Traumatic Stress (CSTS), a part of the Department of Psychiatry at the Uniformed Services University of the Health Sciences. Linsner is a doctoral candidate in the Department of Human Development and Family Science at Syracuse University. She holds a master's degree in Child and Family Studies from Syracuse University and a bachelor's degree in Human Development from Cornell University.

Panel 2 Improving the Clinical Experience and Connections to Care



Facilitator: Kimberly Albero, DNP, RN, FNP

Lieutenant Commander, United States Navy Nurse Corps

Albero is the lead health program analyst in the Health Innovation Center in MITRE Labs, with a background as a family nurse practitioner and doctor of nursing practice. 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, including cultural considerations in initiating office-based opioid treatment in rural Appalachia. Albero has also 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.



Justin Dahse, MPH

National Suicide Prevention Coordinator

Justin Dahse is an Air Force combat veteran and Active-Duty Air Force Spouse. He served as an F-15 fighter jet mechanic from 2008 to 2014 at various international stations, including England, Korea, Germany, Italy, Israel, and Afghanistan. His civilian professional background encompasses diverse roles in emergency medicine, mental health, and behavioral health. He has overseen programs in crisis management, suicide prevention, information and resource management, training and development, and confidential guidance and referrals. He has held the position of Community Liaison Officer at the U.S. Embassy in Spain from 2020 to 2022, where he worked alongside the U.S. Ambassador to uphold morale and prioritize mental health standards within the U.S. diplomatic community. Currently, he serves as the National Suicide Prevention Coordinator for the nonprofit [U.S. VETS](#). He is passionate about reducing stigma around addressing mental health, breaking down male guilt and shame, and meeting veterans' needs through targeted initiatives that he actively pursues in his current position.

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Emily Bentley

Director of Opioid Response, City of Alexandria, Virginia

Bentley works as an Opioid Response Coordinator at the Alexandria City Council leading the city's response to the local effects of the national opioid epidemic, which poses a significant threat to public health in Alexandria. Bentley provides strategic direction to the city's multidimensional approach to the crisis, focusing on five key areas: prevention and education, addiction treatment, overdose response and recovery, diversion into treatment, and supply reduction and law enforcement strategies. Prior to her current position, she managed the city's substance use residential treatment programs and oversaw a residential facility for the treatment of severe mental illness in Fairfax County.



Lisa Eggebeen, MSSW, LCSW

Regional Director, The Steven A. Cohen Military Family Clinics at Centerstone

Eggebeen is a licensed clinical social worker with 15 years of behavioral health experience, twelve of which have been with Centerstone of Tennessee. She holds a bachelor's degree in psychology, a master's in the science of social work, and currently oversees the day-to-day clinical and administrative operations for the three Steven A. Cohen Military Family Clinics at Centerstone in Clarksville, TN, Jacksonville, FL, and Fayetteville, NC. She frequently conducts speaking engagements locally and nationally on an array of mental and behavioral health topics. Her clinical concentration includes assessment and diagnosis, trauma and traumatic grief and loss, individual and family therapy with children and adults, crisis response, suicide prevention, critical incident stress management, and mental health disaster response.

Panel 3 Healing Arts Community



Facilitator: Ben King

Armor Down/Mindful Memorial Day

Ben King is a decorated combat Veteran, public speaker, author, and community leader devoted to inspiring future leaders, supporting Veterans, and honoring fallen servicemembers. As an Army PSYOP Sergeant, Ben served in Iraq and was awarded the Purple Heart for wounds sustained during combat. Upon returning home, Ben struggled with PTSD before finding relief through practices like mindfulness and yoga. This personal journey inspired him to found two organizations: Armor Down, a post-military lifestyle brand, and the Mindful Memorial Foundation, which supports mindfulness-based memorial events honoring the fallen.

Ben's work has been featured by National Geographic, NBC, The Washington Post, and WTOP. He has contributed to numerous books, including "BulletProofing the Psyche" and "The Resilient Warrior." Currently, Ben serves as Operations Director of the Virginia War Memorial, overseeing staff and \$500k+ in programming. He also holds the position of State Commander for the Virginia Military Order of the Purple Heart.

A native of Richmond, VA, Ben has deep ties to the state of Virginia. He earned his undergraduate degree in political science and holds a master's degree in public anthropology from American University. When he isn't working or volunteering, Ben enjoys spending time with his wife Alena, two daughters, and puppy Ollie at their home in Midlothian, VA. With his broad experience supporting veterans, authoring works on resilience, and leading memorial events, Ben brings compassionate insights to promoting mental health and honoring those who have served.

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Edward Krzysik

Chief Strategy Officer, The Washington Tattoo

Edward Krzysik is the Chief Strategy Officer for The Washington Tattoo. The Washington Tattoo is a non-profit organization that produces world-class experiences supported by global performers, military precision, and cultural excellence. Additionally, The Washington Tattoo is dedicated to Veteran support through our unique Rudiments to Recovery program. As the Chief Strategy Officer, Edward is responsible for developing programs that support both the performance and the outreach aspects of The Washington Tattoo. Edward holds a bachelor's degree in History and an MBA from the American Military University. Edward is also a proud U.S. Army Veteran having serviced with the U.S. Army Old Guard Fife & Drum Corps.



Annette Polan

Faces of the Fallen, Professor Emeritas at Corcoran College of Art & Design, George Washington University

Annette Polan is known internationally as a portrait artist living in Washington DC. She photographed and painted official portraits of leaders of industry and government including Justice Sandra Day O'Connor, (former) West Virginia Governor Gaston Caperton, Frank Bennack, CEO of the Hearst Corporation, Peter Tarnoff for the Council on Foreign Relations, Judge Rya Zobel for the Federal Judicial Center, Edward Villella for the Miami City Ballet, and Lord Baltimore for Kiplin Hall in Great Britain. Her work is in the collection of the National Portrait Gallery, Washington, DC, and other museums and private collections around the world. Annette Polan organized Faces of the Fallen, an exhibition of 1,323 portraits by 230 American artists to honor the servicemembers who died in Afghanistan and Iraq between October 10, 2001, and November 11, 2004. The exhibition opened on March 23, 2005, at the Women in Military Service of America Memorial in Arlington Cemetery. In recognition of her support of the servicemembers of the Armed forces and their families, Ms. Polan was awarded the Chairman of the Joint Chiefs of Staff Outstanding Public Service Award, which is the highest award that the Chairman can grant to a civilian for exceptional public service.



Dr. Sharon Jennings-Rohas

DOM; M.Ac.; L.Ac.; RT (NADA), MUIH, Department Chair

Dr. Sharon Jennings-Rohas is the Department Chair for the Acupuncture and Herbal Medicine Department at Maryland University of Integrative Health. Her 33-year career includes a strong emphasis in administration, education, community outreach and healthcare advocacy. Since 2001, she has maintained a private practice providing compassionate care for individuals, families, and communities.

As an extension of her practice, she served as an acupuncturist for the Howard County Health Department from 2005–2012. Over the last 15 years, she has served as the resident doctor of acupuncture and herbal medicine for the Howard County Detention Center. There, she delivers acupuncture and wellness care for residents, staff, and the administration, and is a co-instructor for their Crisis Intervention Training Program. She has been intricately involved in various research initiatives within the profession and continues forging deeper collaborations and partnerships to expand inclusive research within the acupuncture and herbal medicine landscape.

Sharon trained as an Acu-Detox and Wellness Specialist at the Lincoln Recovery Center in 1991. She has been a NADA member for over 30 years and a registered trainer for 28 years. While she has served as a NADA Executive Board member, she now currently serves on the Board for the Council of Colleges of Acupuncture and Herbal Medicine and recently appointed by Governor Wes Moore to serve on the State Maryland Board of Acupuncture.

Panel 4 Moral Injury



Facilitator: Kathleen Koch

Koch is an international speaker on disaster and resilience and founder of LeadersLink, the first nonprofit to harness and share elected officials' disaster lessons learned to help other communities better prevent, prepare for, and recover from similar crises. Koch is also an award-winning former journalist and author who for 18 years was a CNN Washington correspondent covering the White House, Pentagon and Capitol Hill as well as numerous disasters including 9/11 and Hurricane Katrina. She currently writes op-eds for CNN.com, *USA Today*, *U.S. News & World Report* and other publications.

Koch anchored two prize-winning documentaries on the recovery of her hometown, Bay St. Louis, Mississippi, and recorded its journey in a best-selling book, *Rising from Katrina*, which was named Best Nonfiction in the Southeast Region in the 2011 Independent Publisher Book Awards. She also shared in the 2006 Peabody Award CNN received for its coverage of the hurricane.

Koch is the founding chair of Howard County, Maryland's Community Organizations Active in Disaster, a network of more than 70 organizations working to speed and coordinate crisis preparation, response, and recovery activity in the region. She is also a member of the Greater Washington Area Advisory Board of Childhelp, a nonprofit working to stop child abuse and neglect.

Koch is a Paul Harris Fellow and was a Rotary Foundation Ambassadorial Scholar at the University of Dijon. She is a member of the University of Southern Mississippi's Alumni Hall of Fame and serves on the Mass Communications and Journalism Advisory Board.

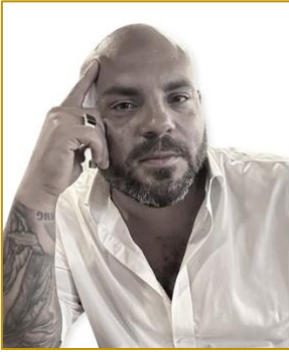


Barton David Buechner, PhD

**Captain, US Navy (Ret), Senior Adjunct Faculty, Military Psychology MA Program
Adler Global Campus**

Dr. Buechner retired from the US Navy at the rank of Captain, and presently serves as a senior adjunct faculty member of the MA in Military Psychology program at Adler University. He is the co-editor of a 2021 special edition of the *Journal of Community Engaged Scholarship (JCES)* featuring original research by military-connected students, and an earlier monograph publication of veteran-related scholarship from Fielding Graduate University titled "*Veteran and family reintegration: Identity, healing, and reconciliation (2016)*". Buechner serves as the Co-Chair of the Moral Injury Special Interest Group of the International Society of Traumatic Stress Studies (ISTSS), and as a Board member of the Coordinated Management of Meaning (CMM) Institute for Personal and Social Evolution. His research focus is on moral injury, as viewed from an integrative social constructionist perspective, engaging the disciplines of phenomenology, communication, and somatics within the framework of Adlerian psychology. He has presented this work at numerous national and international academic forums, including the International Qualitative Research Summit in Krakow, Poland; the Schutz Circle Seminar on Truth in New Media in Konstanz, Germany; the Language, Regional Expertise and Culture (LREC) Symposium of the US Air Force, and the Inter-University Seminar for Military-Civilian Relations in Washington, DC. He has also served as a co-chair of the American Psychological Association (APA) Division 19 (Military Psychology) Regional Symposia for the past four years.

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Timothy Torres

Executive Director of Moral Compass Federation

Timothy "Tito" Torres is a Tillman Scholar and master's degree graduate of International Business and Policy at Georgetown University. He enlisted in the Army in 2005 and served the last 18 years in the 75th Ranger Regiment, United Kingdom Special Forces, and other Special Mission Units, deploying to combat 11 times in support of the GWOT with nine deployments to Afghanistan. During his time in combat Tito earned two bronze stars, a Purple Heart, and numerous awards with valor devices. Tito uses his combat experience, diplomatic expertise, and education to develop policies aimed at understanding armed conflict and improving economic outlook in turbulent regions. Tim is co-founder of Arena Advantage Group and currently serves as the Executive Director and Vice President of Moral Compass Federation, a collaboration of 25+ non-profits honoring promises to our allies and addressing moral injury among Veterans, Gold Star, and Blue Star.



Dr. Melissa Smigelsky

VA Integrative Mental Health, Doctor of Philosophy

Smigelsky is a licensed psychologist with Integrative Mental Health (IMH), a program within the Office of Mental Health and Suicide Prevention for the Department of Veterans Affairs. Smigelsky completed her graduate training in Clinical Psychology at Wheaton College Graduate School and the University of Memphis. Her professional interests focus on the intersection of existential concerns with mental health in the context of trauma and loss, including moral injury, suicide bereavement, and complicated grief. Smigelsky's work with IMH focuses on equipping VA chaplains and mental health clinicians to provide moral injury care that integrates evidence-based psychosocial principles with spiritual care. She has collaborated with VA chaplains and mental health clinicians to develop a group therapy approach to address moral injury ("REAL") and provides moral injury care to Veterans within the Durham VA Health Care System.



Jason Nieuwsma

Associate Professor, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center; Associate Director for VA Integrative Mental Health

Nieuwsma is a clinical psychologist who is an Associate Professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. He serves as the Associate Director for VA Integrative Mental Health. He has helped lead multiple large-scale projects aimed at better integrating chaplaincy and mental health care services across nationwide healthcare systems. Nieuwsma has authored numerous journal articles and book chapters, serves as Associate Editor for the Journal of Health Care Chaplaincy, and is an editor and author of the books: *ACT for Clergy and Pastoral Counselors*; and *Addressing Moral Injury in Clinical Practice*.