

The JPMF welcomes special guests

Mrs. Patricia (Patty) Barron, BSN, MSEd

Deputy Assistant Secretary of Defense for Military Community and Family Policy

Mrs. Barron is currently responsible for a broad portfolio that includes policy, advocacy, and oversight of all community support to service members and their families, including quality-of-life issues; key legislative and policy issues affecting military families; family, child, and youth programs. Prior to joining Military Community and Family Policy, she served as the Director of the Family Readiness Directorate at the Association of the United States Army and supported all AUSA family programs and events by providing management and oversight to all directorate activities. As an Army spouse for 30 years, she has been involved in myriad efforts to support military families. She served on the Department of Defense Military Family Readiness Council, Zero to Three's "Coming Together Around Military Families" Advisory Committee, the Sesame Workshop "Talk, Listen, Connect; Phase Two" Advisory Panel, the National Child Traumatic Stress Network Advisory Board, the Child Care Aware of America Advisory Board, and the Boys & Girls Clubs of America National Military Leadership Council.

Mrs. Barron earned a Bachelor of Science in Nursing from the University of San Francisco, a Master of Science in Education from Long Island University, an Executive Certificate in Nonprofit Management from Georgetown University, and an Executive Education Certificate from The Harvard Kennedy School of Government. Mrs. Barron is married to retired Army Col. Michael Barron. They have three adult children: Michael, Megan, and Joseph; a son-in-law, Vance; and two granddaughters, Sofia and Violet.



Eric B. Schoomaker, MD, PhD, FACP (Keynote)

Lieutenant General U.S. Army (Retired) 42nd U.S. Army Surgeon General and Former Commanding General of the U.S. Army Medical Command

Lieutenant General (Retired) Eric B. Schoomaker, MD, PhD, served as the 42nd U.S. Army Surgeon General and Commanding General of the U.S. Army Medical Command. He is currently an Emeritus Professor in the Department of Military & Emergency Medicine at the nation's only Federal health university, the Uniformed Services University of the Health Sciences (USU) in Bethesda, MD. He serves as a Senior Physician Consultant for the Department of Veterans Affairs in the implementation of Veterans Whole Health. His principal interests are two-fold: Complementary and Integrative Health & Medicine (CIH/M) in the shift from a disease management-focused healthcare system to one more centered on the improvement and sustainment of health and well-being; and leadership education. He advocates for CIH/M education and training—emphasizing mindfulness—into the education of health and healthcare professionals. Dr. Schoomaker also promotes the central importance of leadership education and training for health professionals. He committed his career to meeting the health needs of soldiers, their families and veterans through initiatives that Army Medicine implemented throughout its facilities in the US, Europe and the Pacific. Dr. Schoomaker is an internal medicine physician with a PhD in Human Genetics. He held many assignments including command of two Army regional medical commands, the Walter Reed Army Medical Center in Washington, DC, the Army's Medical Research & Materiel Command and Fort Detrick, MD, an Army academic medical center, a community hospital and a deployable medical brigade.

He is married to Audrey, a former Army Nurse Corps Officer and a therapeutic yoga and mindfulness instructor and a wellness coach. They are grateful parents of a son who is an aspiring jazz musician/producer and two married daughters—an elementary school counselor and a medical student.



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The JPMF welcomes Members of Congress

US Congressman Gregory F. Murphy, MD (R-NC)

Representative for North Carolina's 3rd Congressional District

Dr. Greg Murphy, graduated magna cum laude from Davidson College in 1985. He then attended UNC School of Medicine graduating with Honors. After completing his surgical residency in Urology and Renal Transplantation at the University of Kentucky in Lexington, he and his wife, Wendy, settled in Greenville, NC to begin his practice. He has been active in his community working with his church and other groups doing outreach and helping those in need. Prior to entering politics Dr. Murphy's, professional career had been primarily one of clinical practice and administrative leadership positions. His surgical practice site is Vidant Medical Center, a 1,000-bed level 1 Trauma Center, which serves 29 eastern NC counties. He served for three years as Chief of Staff of the Medical Center. He is a member in good standing of the North Carolina Institute of Medicine. He is the only actively practicing physician in Congress still seeing patients monthly.



Dr. Murphy was recruited to serve in the North Carolina House of Representatives and did so from 2015 to 2019. During his second term in the General Assembly, he was asked to serve as Senior Chair of Health Policy and Chair of Health and Human Services Appropriations. While he was successful in getting a variety of legislative items passed, his greatest focus was on helping reduce the tragic impacts of the Opioid Epidemic. Murphy built strong bipartisan support and was the Primary Sponsor of both the STOP Act and the HOPE Act, North Carolina's two main legislative initiatives to combat the Opioid Crisis. He now serves North Carolina's Third Congressional District on the House Veterans' Affairs Committee as well as the House Committee on Education and Labor, where he is the Ranking Member of the Higher Education and Workforce Investment Subcommittee.

US Congresswoman Julia A. Brownley (D-CA)

Representative for California's 26th Congressional District

After graduating with a B.A. in political science from George Washington University and earning an M.B.A. from American University, Julia Brownley held several marketing positions with private businesses before finding her true calling in public service. Brownley began her career in public service in 1994 after deciding to run for the local school board as a way to advocate for a better education for her daughter, who had dyslexia, and other special-needs students. Julia Brownley was first elected to Congress in 2012 to serve as the Representative for California's 26th District. As her first committee assignment, Congresswoman Brownley requested to serve on the House Committee on Veterans' Affairs, where she works to ensure the services and care of our service members, veterans, and their families. As Chairwoman of the Health Subcommittee, Brownley also focuses on improving veterans' access to mental and physical health care, improving services for female veterans, and helping service member's transition. One of Brownley's signature achievements was passing her Female Veterans Suicide Prevention Act in 2016, aimed to identify best practices, programs, and services to end female veteran suicide. She was named HillVets Legislator of the Year in 2018 and received the Blinded Veterans Association Legislative Champion Award, as well as the Health IT Now Pioneer Award for her work expanding telemedicine at the VA. In 2021, Brownley was the recipient of the American Legion's Distinguished Public Service Award for her "outstanding record in support of veterans." Brownley has also been recognized for her leadership on healthcare issues, including being named Outstanding Federal Legislator by the California Association of Marriage and Family Therapists, Distinguished Community Health Advocate by the National Association of Community Health Centers, and a Champion of Change by the National Down Syndrome Society (NDSS).



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4TH ANNUAL - HERO'S JOURNEY SYMPOSIUM • WEDNESDAY, SEPTEMBER 22, 2021

Panel One: Improving Mental Well-being for Children and Families

Special Guests:

Lee Kelley, LMSW (Facilitator)

Director, Military Community Support Programs, Office of Military Community & Family Policy, Department of Defense

Lee Kelley is responsible for the leadership, management, and oversight of three centrally funded Department of Defense multimillion dollar programs. Ms. Kelley has worked with service members, veterans, and military families for more than 19 years. She enlisted in the U.S. Army following 9/11 and served for more than five years as a broadcast journalist covering stories around the world. Following her enlistment, she worked with the U.S. Army Wounded Warrior Program and Warrior Transition Command. Ms. Kelley holds a Master of Social Work degree from Catholic University, a Master of Communications degree from the University of Oklahoma, and a Bachelor of Arts in Journalism from Pennsylvania State University.



Trish Glowacki

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 behavior health issues facing teens today. The short films, and corresponding educational guides for Students, Parents/Guardians, and Educators provide a new approach in educating students about mental illness, addiction, and other stigmatized issues. Prior to founding glowmedia in 2016, Trish was a filmmaker, writer, and songwriter. Her first film, the award-winning *Warning: Take Only as Directed*, addressing prescription medication misuse, has been viewed by over one million students nationwide. Trish graduated from Georgetown University with a Bachelor of Arts degree in English. She lives in Washington, D.C.



Rebecca (Becky) Porter, PhD

President and Chief Executive Officer/Military Child Education Coalition

Dr. Becky Porter joined MCEC® as the President and CEO following her 30 year military career from active duty service with the U.S. Army. Becky is a Distinguished Military Graduate from the University of Washington and holds a Doctorate of Philosophy (Ph.D.) in clinical psychology from Fielding Graduate University. She earned her Master of Arts in counseling psychology from Chapman University and a Master of Science in national security and strategic studies from the National War College. She is a board-certified clinical health psychologist, a fellow of the American Psychological Association, and a member of the Order of Military Medical Merit.



Dorinda Williams, PhD, LICSW, LCSW-C

Clinical Counseling Section Supervisor under the Navy's Counseling, Advocacy, and Prevention (CAP) program (US NAVY)

Dorinda Williams is a Licensed Clinical Social Worker with a comprehensive background in infant and early childhood mental health (IECMH), parent-child attachment, reflective practice, home visitation, family stress and trauma, and military social work. Dr. Williams is passionate about promoting secure parent-child attachments, building on family strengths, and fostering resilience in the context of trauma and loss. Dr. Williams has extensive experience providing child and family-oriented direct services, including family violence prevention/intervention and home visitation.



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Panel Two: New Technologies and Integrative Models of Care in managing mental health and well-being

Special Guests:

Sybil Russell, MD, MPH (*Facilitator*)

Chief Scientist & Health Innovation Area Lead in the Health Innovation Lab at the MITRE Corporation

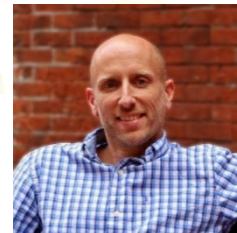
Dr. Sybil Russell is a Chief Scientist and Health Innovation Area Lead in the Health Innovation Lab at the MITRE Corporation. Dr. Russell leads a portfolio of MITRE Innovation Program (MIP) research projects in health, public health, and health policy. Sybil is a researcher, board certified practicing physician, public health expert, and teacher. Prior to joining MITRE, Dr. Russell 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. Dr. Russell has 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.



Joseph Burdo, MBA, PhD

Neuroscientist at RallyPoint Networks, Inc.

Joe has a Ph.D. in Neuroscience from Penn State College of Medicine and an MBA from Penn State Harrisburg. After many years of neurodegenerative disease research and teaching in the college classroom, he co-founded a science education company with support from the government's SBIR (Small Business Innovation Research) program. Experiencing the transformative power of that program firsthand drove him to combine his experience in neuroscience and grant writing and join RallyPoint to assist in growing the research and development efforts of the company.



Joshua C. Morganstein, M.D.

CAPT, U.S. Public Health Service/Assistant Director, Center for the Study of Traumatic Stress/Vice Chair, Department of Psychiatry/Associate Professor of Psychiatry & Military and Emergency Medicine/Uniformed Services University of the Health Sciences

Dr. Joshua C. Morganstein is Associate Professor and Assistant Chair in the Department of Psychiatry and Assistant Director at the Center for the Study of Traumatic Stress (CSTS) in the Uniformed Services University of the Health Sciences. He is a Captain in the Commissioned Corps of the U.S. Public Health Service and Chair of the Committee on the Psychiatric Dimensions of Disaster and Distinguished Fellow at the American Psychiatric Association. Dr. Morganstein received his medical degree from the Uniformed Services University of the Health Sciences. He completed a combined residency in Psychiatry and Family Medicine in the National Capital Consortium in Washington, DC. He has studied the effects of stress and trauma in organizational settings, including the military drone intelligence community as well as personnel impacted by the 2013 mass shootings at the Washington Navy Yard. Dr. Morganstein is currently working with the United States National Guard to better understand risk and protective factors associated with COVID-19 deployments on the psychological health and operational readiness of service members.



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Panel Three: Well-Being Practicum: An Experiential Introduction to Yoga Coaching and Tao Calligraphy

Special Guests:

Suzie Carmack, PhD, MFA, MEd, ERYT, NBC-HWC (Facilitator)
Assistant Professor, Department of Global and Community Health
George Mason University

Dr. Suzie Carmack is an award-winning executive yoga coach and well-being promotion scholar dedicated to stopping the rising prevalence of burnout, compassion fatigue, stress contagion, diseases of despair and suicide by supporting individuals, teams, organizations and government agencies with well-being solutions, science and strategy. As the author of two #1 best sellers that bring the science of work/life well-being to the public: *Well-Being Ultimatum* and *Genius Breaks*, she is world-renowned for her well-being advocacy efforts that have destigmatized the practices of mindfulness, compassion, and yoga in the workplace, while raising global awareness of sitting disease and stress contagion as population health issues. Dr. Carmack currently serves as a Senior Scholar for the Center for the Advancement of Well-Being and as the CEO of YogaMedCo. With 30 years of experience as a trusted well-being coach, mentor and consultant for senior leaders in the private and public sectors, Dr. Carmack has been personally commissioned to create well-being promotion programs and build well-being strategy frameworks for global and national public health agencies.



Dr. Carmack earned her PhD in health communication from George Mason University in 2014, as well as advanced degrees in theatre (MFA, 1991), Kinesiology (2009), and Communication Arts (BA, 1989). As an ERYT 500 (Trainer of Yoga Teachers) with the Yoga Alliance since 2006, she has personally trained and certified 3000+ Yoga Teachers and 500+ health coaches internationally, and empowered 1000's of one-one clients to optimize their lifestyle and performance.

Amy D. Yamashiro, Ed.D.

Founder Soul Mind Body Alignment, Reiki Master & Tao Practitioner

Amy trained to become a Reiki Level I and II Practitioner and Reiki Master to provide daily distance Reiki to her then 80-year-old mother and 82-year-old uncle both of whom lived in California and had serious, chronic health conditions. In January 2016, Amy applied to become a Reiki Volunteer at Capital Caring's Halquist Inpatient Center in Arlington, where she offers in-person and distance Reiki. She has also trained in energy healing and meditation based on Traditional Chinese Medicine developed by the Tao Academy. During this period of the coronavirus safety precautions, she offers a free weekly online well-being meditation with Reiki that combines deep breathing exercises and guided meditation focused on loving-kindness and compassion to enable the recipient to be fully relaxed mentally, physically and emotionally while receiving the Reiki blessings. The intention of the session is to promote wellness, restore balance, and increase the positive qualities in life.



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Panel Four: Supporting Wounds to Wellness - A Community Blueprint for Resiliency

Special Guests:

Kathleen Koch (*Facilitator*)

Founder & Executive Director, LeadersLink

Kathleen 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 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.



Brittany D. Chatman, MHA

Program Manager, Military and Veterans Programs

Brittany Chatman, MHA, joined Give an Hour in 2021 as the Military & Veterans Program Manager. Brittany is the proud wife of an Air Force Veteran. Through her professional and lived experiences, Brittany has learned much about the needs of service members and their families. With more than a decade of nonprofit and governmental public health experience, Brittany is poised to protect, promote, and improve the health of the communities she serves. Her areas of expertise include targeted strategies in public health promotion, education, and evaluation — through which, she has aided in the creation and implementation of sustainable interventions on local, statewide, regional, and national levels. Brittany possesses a Bachelor of Science in Public Health, and a Master of Health Administration. She also possesses a Graduate Certificate in Public Management.



Rebecca (Becky) Fortgang, PhD

Post-doctoral Fellow at Harvard University

Rebecca Fortgang is a post-doctoral fellow in the Department of Psychology at Harvard. Her research focuses primarily on self-control, impulsivity, and effort. In different lines of work, she studies how these phenomena relate and contribute to psychopathology, risk-taking, and self-harming behaviors, with a particular focus on psychosis and suicide. She received her PhD in Clinical Psychology from Yale University and her BA in Linguistics from Cornell, and she also completed an Intramural Research Training Award fellowship at the U.S. National Institute of Mental Health.



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Panel Four: Supporting Wounds to Wellness - A Community Blueprint for Resiliency

Special Guests (continued):

Rev. Carol Ramsey-Lucas

BCC/Chief, Chaplain Service/Integrated Ethics Program

Officer/Washington DC VA Medical Center

Appointed Washington DC VA Medical Center's Chief of Chaplain Service in February 2014, she is responsible for coordinating and supervising the work of an interfaith chaplaincy staff to assure that the spiritual needs of Veterans are well met in an interdisciplinary setting. The Chaplain Service supports veterans through our dynamic Spirituality and the Arts Program and the Warrior to Soul Mate relationship skills program. Rev. Ramsey-Lucas is a Board-Certified Chaplain with more than 21 years of experience in Chaplain Service at the Washington DC VA Medical Center.



Anneke Vandenbroek, PhD, ABPP

Senior Vice President and Clinic Director, Steven A. Cohen Military

Family Clinic at Easterseals DC/MD

Dr. Vandenbroek joined the Cohen Clinic at Easterseals in 2017 and has been the clinic director since 2020. She is a board certified licensed clinical psychologist, with over 20 years of experience working with military service members in the treatment of PTSD, depression, anxiety disorders, and other behavioral health disorders. She is a veteran of the U.S. Army Medical Service Corps. She specializes in providing cognitive-behavioral therapy and other evidence-based therapies for the treatment of post-traumatic stress disorder, military sexual trauma, and insomnia.



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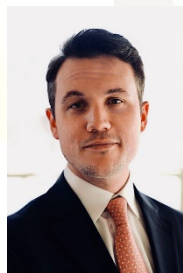
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Our vision is to expand the national conversation by bringing together thought leaders in government, industry, academia, and healthcare to shape holistic strategies that address the root causes of brain health issues and to improve recovery outcomes for our military veterans and families impacted by PTS, TBI, and addiction.

- JPMF President, Colonel (Ret) Mary Lowe Mayhugh

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