Helping Children Thrive:
Strategies to Support Children's Mental Health

SPEAKER BIOGRAPHIES
(In order of appearance on the program)

Sheree Crute, MA, joined NIHCM in 2020 to develop and lead the organization's communications strategy. She is also co-director of NIHCM's Journalism Grant program. Previously, Ms. Crute was director of communications and marketing for the Dornsife School of Public Health at Drexel University, a research and policy communications specialist for the New York Academy of Medicine, and a strategic communications consultant for Robert Wood Johnson Foundation, focusing on research and policy. In addition, Ms. Crute is a veteran journalist with decades of experience writing about public health, health inequity and disparities, medicine, and consumer health. She has written for *Washington Monthly*, The Root.com, *Health* magazine, *Consumer Reports on Health*, and is co-founder of FierceforBlackWomen.com, a website focusing on black women's health. She also serves on the Board of Directors of the Council on Black Health.

Sheree has a BA in Journalism, an MA in International Affairs from New York University and a certificate in public health practice from the Johns Hopkins Bloomberg School of Public Health. She was also a 2011 University of Southern California/Annenberg School of Communications National Reporting Fellow.

Ken Duckworth, MD, serves as the Chief Medical Officer with the National Alliance on Mental Illness.

Dr. Duckworth's journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. His father was loving, kind and periodically quite ill, hospitalized for months at a time. Dr. Duckworth became a psychiatrist in part to help his father. He is very fortunate to serve as the Chief Medical Officer for NAMI and to be part of this remarkable community.

Dr. Duckworth recently authored NAMI's first book, "You Are Not Alone: The NAMI Guide to Navigating Mental Health–With Advice from Experts and Wisdom from Real People and Families." Written with authority and compassion, this is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment and recovery, featuring inspiring, true stories from real people in their own words.

Dr. Duckworth is double-board certified in adult and child/adolescent psychiatry and has completed a forensic psychiatry fellowship.

Courtney Benjamin Wolk, PhD is an Associate Professor of Psychiatry at the Hospital of the University of Pennsylvania, University of Pennsylvania School of Medicine; the Associate Director of the Penn Center for Mental Health in the Department of Psychiatry; and the Director of Mental Health Implementation Research at the Penn Implementation Science Center (PISCE). She is a licensed clinical psychologist and an implementation scientist.

The long-term goal of her research is to develop and evaluate strategies to promote the uptake of evidence-based care into routine practice, with the ultimate goal of improving the effectiveness of mental health services for children and adults in non-specialty mental health settings. She currently leads a variety of NIMH and AHRQ-funded research projects focused on improving access to and implementation of evidence-based mental health services in primary care and school settings. Dr. Wolk also regularly collaborates with other investigators who are interested in applying implementation science methods in their research, and works directly with systems of care to support their integration of mental health services and team processes.

Clinically, Dr. Wolk's expertise is in the cognitive-behavioral treatment of anxiety disorders in youth and she is licensed as a clinical psychologist in Pennsylvania. She has experience training community and school-based therapists in CBT interventions for a variety of presenting problems and populations.

Dr. Wolk received her BA in Psychology from The Ohio State University. She completed both her MA and PhD in Clinical Psychology at Temple University where she focused on the development and evaluation of cognitive-behavioral therapies (CBT) for child and adolescent anxiety. She completed an APA-accredited pre-doctoral internship in Clinical Psychology at Children's National Medical Center in Washington, DC.

Ellyn Saren, LCSW, is Blue Cross and Blue Shield of North Carolina's (Blue Cross NC) Vice President of Behavioral Health. In this role, she oversees behavioral health case management, behavioral health utilization management, and behavioral health operations and strategy. Under her leadership, the Behavioral Health Department has launched a number of innovation programs, including Care Navigation and Behavioral Health Total Care, a program that supports members with substance use disorder and serious mental illness.

Before joining Blue Cross NC, Ms.Saren served as the Senior Vice President of Clinical Programs for Amerigroup and, prior to that, as Vice President of Behavioral Health. She also spent 10 years at the behavioral health managed care company ValueOptions as the vice president of Implementations.

Ms.Saren is a licensed clinical social worker and earned her Master of Social Work at Yeshiva University.