



Youth Mental Health: Trends, State-Level Strategies & the Role of Digital Technology

April 23, 2026
2 pm – 3 pm ET

SPEAKER BIOGRAPHIES

(In order of appearance on the program)

Caitlin (Cait) Ellis, MPA, serves as NIHCM’s Vice President, providing strategic leadership across the organization to support NIHCM’s work to improve health care through policy research, education, and innovation.

In her role, Ms. Ellis oversees the Foundation’s programming portfolio — policy research and journalism grants, awards, and policy communications — with a focus on enhancing the affordability and quality of health care in the United States. Her areas of interest include the drivers and impacts of rising health care costs, market dynamics, maternal and child health, behavioral health, and social determinants of health.

Ms. Ellis joined NIHCM in 2014 and has held several key leadership roles. She holds a Masters of Public Affairs from the Paul H. O’Neill School of Public and Environmental Affairs at Indiana University Bloomington, and a Bachelors of Arts in Politics from Willamette University.

Tami D Benton, MD, is the Frederick H. Allen Chair in Child Psychiatry at the Children’s Hospital of Philadelphia (CHOP). She is the Psychiatrist-in-Chief and Chair of the Department of Child and Adolescent Psychiatry at CHOP and Professor of Psychiatry and Pediatrics at the Perelman School of Medicine at the University of Pennsylvania. She is the Immediate Past President of the American Academy of Child and Adolescent Psychiatry (AACAP) and the Past President of the American Association of Directors of Child and Adolescent Psychiatry (AADCAP). She served on the National Institute of Mental Health Advisory Council and the APA’s Council for Research. Dr. Benton mentors clinical and research physicians, fellows, and postdoctoral trainees. She was awarded the Society of Biological Psychiatry Humanitarian Award and the Community Outreach Award by the American Foundation for Suicide Prevention. Dr. Benton’s career has been dedicated to developing leadership for a diverse child psychiatry workforce. Her mission — preparing the next generation of diverse physician leaders in pediatric healthcare and mental health and creating partnerships between communities and academic centers — will be critical for eliminating disparities among minority populations.

Brian Brooks, is Vice President of Behavioral Health at Blue Cross Blue Shield of North Carolina, where he leads efforts to strengthen behavioral health services and improve member outcomes. He brings more than 20 years of experience across behavioral health and managed care, including leadership roles at UnitedHealthcare, Elevance Health, and Carent Behavioral Health. Brian began his career as a licensed professional counselor and holds a master's degree in community mental health counseling.

Megan Moreno, MD, MPH, MEd, FAAP, is a Professor of Pediatrics and Affiliate Professor of Educational Psychology at the University of Wisconsin-Madison. She is the academic chief for the division of General Pediatrics and Adolescent Medicine and serves as Vice Chair of Academic Affairs for the Department of Pediatrics. Dr. Moreno is the Principal Investigator of the Social Media and Adolescent Health Research Team (SMAHRT); her research focuses on the intersection of technology and adolescent health. Dr. Moreno has authored over 200 research articles as well as written and edited several textbooks. She is particularly interested in incorporation of youth voice in research, dissemination of research to reach teens and families, and the impact of research on clinical practice and policy. Dr. Moreno currently serves as the Co-Medical Director for the AAP's Center of Excellence on Social Media and Youth Mental Health.