Advancing Mental Health Care Delivery: Innovation, Integration, and Technology

Speaker Biographies
(in order of appearance)

September 30, 2026
3 pm – 4 pm ET

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 Master of Public Affairs from the Paul H. O'Neill School of Public and Environmental Affairs at Indiana University Bloomington, and a Bachelor of Arts in Politics from Willamette University.

Ruth Shim, MD, MPH, is the Luke & Grace Kim Professor in Cultural Psychiatry and Vice Chair of Faculty Development in the Department of Psychiatry and Behavioral Sciences at the University of California, Davis. Dr. Shim provides clinical psychiatric care in the Healing and Optimizing Psychotic Experiences (HOPE) Clinic at UC Davis Health. She received an MPH in health policy from Rollins School of Public Health at Emory University and an MD from Emory University School of Medicine. She also completed residency training and a fellowship in Community Psychiatry at Emory.

Dr. Shim is a member of the Board of Trustees of the Robert Wood Johnson Foundation and is chair of the board of the Steinberg Institute. She serves on the Editorial Boards of

JAMA Psychiatry and American Psychiatric Publishing, and edits two columns in Psychiatric Services: Social Determinants of Mental Health and Racism & Mental Health Equity. She is a regular contributor to JAMA Health Forum, where her articles focus on mental health policy issues. She is co-editor of the books The Social Determinants of Mental Health and Social (In)Justice and Mental Health.

Dr. Shim is the recipient of numerous awards and accolades, including the Charles Prudhomme Human Rights Award, the UC Davis Dean's Award for Excellence in Mentoring, and multiple award lectureships, including the John P. McGovern Award Lectureship in the Art and Science of Medicine at Baylor College of Medicine, the Dr. Harold Jordan Diversity and Inclusion Lecture at Vanderbilt University Medical Center, and the James H. Carter, Sr. Memorial Lecture at Duke University. In 2023, she was named a Black Changemaker by the Sacramento Bee.

Julia Isaacs, LMSW, MBA, is the Director, Behavioral Health Strategy and Planning, Blue Cross and Blue Shield Michigan and Blue Care Network. As the Director of Behavioral Health Strategy & Planning for Blue Cross Blue Shield Michigan, Mrs. Isaacs is responsible for designing and implementing the enterprise-wide behavioral health strategy, which aims to ensure all members have access to best-in-class, whole person care for mental health and substance use disorders. Mrs. Isaacs has more than 20 years' experience in behavioral health clinical, administrative, and policy work.

Ms. Isaacs completed her undergraduate degree at Fordham University, received her master's degree in social work from the University of Michigan, and has an MBA from The George Washington University.

John Torous, MD, MBI, is director of the digital psychiatry division in the Department of Psychiatry at Beth Israel Deaconess Medical Center (BIDMC), a Harvard Medical School-affiliated teaching hospital, where he also serves as a staff psychiatrist and associate professor. He has a background in electrical engineering and computer science and received an undergraduate degree in the field from UC Berkeley before attending medical school at UC San Diego. He completed his psychiatry residency, fellowship in clinical informatics, and master's degree in biomedical informatics at Harvard.

Dr. Torous is active in investigating the potential of mobile mental health and AI technologies for psychiatry, and his team supports mindapps.org as the largest database of mental health apps, mindApps.ai for benchmarking AI chatbots, mindLAMP technology

platform for scalable digital phenotyping and interventions, and the Digital Navigator program to promote digital equity and access. Dr. Torous has published over 300 peer-reviewed articles and 5 book chapters on the topic. He directs the Digital Psychiatry Clinic at BIDMC, which seeks to improve access to and quality of mental health care through augmenting treatment with digital innovations. Dr. Torous serves as editor-in-chief for the journal JMIR Mental Health, web editor for JAMA Psychiatry, and a member of various American Psychiatric Association committees.