



The Courage to Understand: Nurturing a Trauma-Informed Community **April 9, 2024**

Speaker Biographies

Keynote Presenter: Dr. Nadine Burke Harris, Award-Winning Physician, Researcher and Public Health Leader

NADINE BURKE HARRIS, MD, MPH, FAAP is an award-winning physician, researcher and public health leader who has spent her career on the front lines of some of our world's most pressing public health challenges. Dr. Burke Harris' concern for her patients led her to an astounding discovery about the direct connection between Adverse Childhood Experiences (ACEs) and long-term health through the mechanism of toxic stress.

Since that discovery, she has made it her life's work to promote understanding of ACEs, toxic-stress, and trauma-informed care. She is driven by a vision of transforming the practice of medicine and the future of public health through education, training, and changing the standard of care.

Dr. Burke Harris' career has been dedicated to serving vulnerable communities and combating the root causes of health disparities. After completing her MPH at Harvard and residency at Stanford, she founded a clinic in one of San Francisco's most underserved communities, Bayview Hunters Point. It was there that Burke Harris identified Adverse Childhood Experiences as a major risk factor affecting the health of her patients and applied research from the CDC and Kaiser Permanente to develop a novel clinical screening protocol.

In 2011, she founded the Center for Youth Wellness to advance pediatric medicine, raise public awareness, and transform the way society responds to children exposed to ACEs



and toxic stress. In this role she founded the Bay Area Research Consortium on Toxic Stress and Health and led the first-ever randomized-controlled trial to validate ACE screening and assess treatment of toxic stress.

Dr. Burke Harris served as a committee member and co-author for the National Academies of Sciences, Engineering and Medicine for the consensus report *Vibrant and Health Kids: Aligning Science, Practice and Policy to Advance Health Equity*, published in 2019; and as a member of the American Academy of Pediatrics' National Advisory Board for Screening.

Her work has been profiled in best-selling books including *How Children Succeed* by Paul Tough and *Hillbilly Elegy* by J.D. Vance as well as in Jamie Redford's feature film, *Resilience*. She has also been featured on NPR, CNN, and Fox News as well as in *USA Today* and the *New York Times*. Dr. Burke Harris' TED Talk, "How Childhood Trauma Affects Health Across the Lifetime" has been viewed more than 10 million times. Her book *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* was called "indispensable" by *The New York Times*.

Dr. Burke Harris is the recipient of the Arnold P. Gold Foundation Humanism in Medicine Award presented by the American Academy of Pediatrics and the Heinz Award for the Human Condition. She was named one of 2018's Most Influential Women in Business by the *San Francisco Business Times* and as one of *Capitol Weekly's* Top 100 most influential people in 2020.



Panelist: Edith Boyle, LCSW, President & CEO, LifeBridge Community Services, Category III SAMHSA National Child Traumatic Stress Initiative Award Recipient

EDITH BOYLE is a Licensed Clinical Social Worker (LCSW) who has dedicated her career to serving and strengthening disadvantaged communities. Edith is a first-generation college graduate, earning her Master's degree in Social Work from Western New Mexico University and her Bachelor's degree in Psychology from Arizona State University.

In 2022, Edith married her clinical and leadership experience serving as President & CEO of LifeBridge Community Services, a leading nonprofit providing trauma-informed outpatient behavioral health services in greater Bridgeport supporting adults, children, and adolescents through mental health and substance use recovery. Edith has supported the agency in receiving designation as one of eight Urban Trauma Centers through the State of Connecticut Department of Children and Families (DCF), in addition to receiving a five-year federal grant through the Substance Abuse Mental Health Services Administration (SAMHSA) National Child Traumatic Stress Initiative (NCTSI) to improve treatment and services for children, adolescents and families who have experienced trauma. In FY22, Edith was appointed to serve on the State of Connecticut's Transforming Children's Behavioral Health Policy and Planning Committee.

Panelist: Magna Dias, MD, FAAP, Chair of Pediatrics, Bridgeport Hospital and Regional Medical Director for Inpatient Pediatric Services, Yale New Haven Children's Hospital

MAGNA DIAS, MD, FAAP is the Chair of Pediatrics at Bridgeport Hospital and the Regional Medical Director for Inpatient Pediatric Services at Yale New Haven Children's Hospital. In this role, she is working to strengthen the care signature of Yale Children's across the network. Prior to this role, she worked for Children's Hospital of Philadelphia (CHOP) for 20 years in various settings including as medical director at several community pediatric hospitalist programs.

She also founded CHOP's pediatric urgent care network. She is the immediate past president of the Society for Pediatric Urgent Care. She has been a pediatric hospitalist since 1999. (Cont'd)



Outside the hospital, Magna enjoys spending time with her 2 young adult children and her husband who is also a pediatrician. As a family, they train in Tang Soo Do and are all black belts. She also enjoys cooking, traveling, and reading.

Panelist: Steven Marans, Ph.D., MSW, Co-Director, Yale Center for Traumatic Stress and Recovery

STEVEN MARANS, PH.D., MSW, is a child and adult psychoanalyst at the Harris Professor of Child Psychoanalysis and Professor of Psychiatry at the Child Study Center and Department of Psychiatry, Yale University School of Medicine. He is the director of the Yale Center for Traumatic Stress and Recovery (YCTSR) and founder of the Child Development-Community Policing Program, a pioneering collaboration between mental health and law enforcement professionals providing collaborative response to children and families exposed to violence and trauma that occurs in their homes, neighborhood and schools. This program has been replicated in numerous communities around the country and abroad.

Dr. Marans is also co-developer, with Carrie Epstein, co-director of the YCTSR, of the Child and Family Traumatic Stress Intervention, a brief, early, evidence-based treatment that has proven effectiveness in interrupting and reducing post-traumatic disorders in children exposed to traumatic events. Under the auspices of a SAMHSA grant, this intervention is being disseminated broadly both nationally and internationally. Additionally, Dr. Marans and Prof. Epstein developed the Acute Stress Intervention for Adults, a brief intervention intended to support hospital staff impacted by the psychological demands associated with responding to the COVID-19 pandemic. A training was also developed for mental health professionals implementing the model with impacted hospital staff at Yale-New Haven Hospital and elsewhere.

Dr. Marans also continues to see children, adolescents and adults for clinical consultations, psychotherapy, and psychoanalysis. He teaches and supervises child psychiatry, psychology and social work fellows in psychodynamic evaluation and treatment. (Cont'd)



Over the past 30 years, Dr. Marans has worked closely with local, state and federal agencies on issues related to responding to trauma associated with violence in homes and communities, on terrorism and natural disasters, and served on Attorney General Eric Holder's National Task Force on Children Exposed to Violence as well as the US Department of Health and Human Services National Advisory Committee on Children and Terrorism. Dr. Marans and his team regularly consult with communities impacted by mass casualty events nationally as well as with colleagues, internationally, who are addressing the impact of terrorism and warfare, including Ukraine and Israel.

Panelist: Albert Sackey, Ph.D., MSAS, M.Ed, Assistant Superintendent for SEL, Comprehensive Health and Student Affairs, Bridgeport Public Schools

Albert Sackey, Ph.D., MSAS, M.ED, is the Assistant Superintendent for SEL, Comprehensive Health, and Student Affairs for Bridgeport Public Schools. He received his doctorate in Educational Leadership, Management, and Policy from Seton Hall University, a master's degree in School Administration and Supervision from Mercy College, and a master's degree in special education from Manhattan College. Dr. Sackey was named the state of Connecticut's 2014 Middle School Assistant Principal of the Year.

Dr. Sackey previously served as principal of Hommocks Middle School, the largest middle school in Westchester County, NY, principal of Nathan Hale Middle School in Norwalk, Connecticut, and Assistant Principal at Western Middle School in Greenwich, Connecticut. He also spent eight years as an Assistant Principal, Instructional Support Specialist, and general and special education teacher in the New York City Public School System. His research interests include school climate/culture and the impact of community demographic variables on student achievement. He has been expanding this interest to include the field of personalization and how to support the individual student.

Panelist: Listy Thomas, MD, MBA, FACEP, Chair, Department of Medicine, St. Vincent's Medical Center/Hartford HealthCare

Listy Thomas, MD, MBA, FACEP, is the Chair of the Department of Medicine at Hartford Healthcare's Fairfield Region, St. Vincent's Medical Center in Bridgeport, CT. She is a professor of medical sciences at the Frank H. Netter School MD School of Medicine at Quinnipiac University, where she is the Assistant Dean for Simulation and (Cont'd)



Associate Designated Institutional Official. Dr. Thomas completed her medical training at SUNY Downstate College of Medicine in Brooklyn, NY and completed a dual training residency program in Emergency Medicine and Internal Medicine at North Shore/LIJ (currently Northwell health system) and is board certified in both specialties. She holds an MBA in Healthcare Management from Quinnipiac University. She has taught over a wide spectrum of medical content areas in internal medicine and emergency medicine, as well as ultrasound and procedural training, advanced diagnostic reasoning, teamwork, and relationship-centered clinical skills. She is passionate about promoting trauma-informed practices as well as racial and gender equity in healthcare and medical education.

Moderator: Adhlere Coffy, Senior Portfolio Director, Connecticut Opportunity Project, Dalio Education

ADHLERE COFFY is a Portfolio Director for the Connecticut Opportunity Project at Dalio Education, where he works collaboratively with grantee partner organizations to help improve their organizational capacity and performance management practices so that they can positively impact young people who are disengaged or disconnected. Adhlere holds a Master's degree from NYU in Applied Urban Science & Informatics and a Bachelor's degree in Aerospace Engineering from Embry-Riddle Aeronautical University. Adhlere serves on the Board of Directors for LifeBridge Community Services.