

# The Behavioral Health Initiative Fall Institute

## Speaker Bios

### **Andrew Kenneth Gay, PhD**

*Dean of the School of Arts & Communication and the Oregon Center for the Arts and Professor of Digital Cinema*

Andrew Kenneth Gay (he/him) leads the School of Arts & Communication and the Oregon Center for the Arts as director and is a tenured professor of Digital Cinema, where he teaches storytelling, career development, and film production management. He received SOU's Distinguished Teaching Award in 2021 and the University Film & Video Association's National Award for Teaching Excellence in 2022. Before becoming a full-time educator, Andrew worked as a freelance production coordinator, production manager, and assistant director in commercials, reality television, and independent film, and for such companies as Red Bull, Discovery, and Disney. He has written, directed, and produced for both fiction and documentary media and has served as board president of Film Southern Oregon, on the board of the Oregon Media Production Association, as a programmer for the Ashland Independent Film Festival, and serves on the Teaching Committee for EDIT Media (Equity, Diversity, and Inclusion in Teaching Media) and on the board of the University Film & Video Association.

### **Casey Shillam, PhD, RN, FAAN**

*Executive Vice President and Provost with Southern Oregon University*

As the Executive Vice President and Provost at Southern Oregon University, Dr. Shillam holds a Ph.D. and advanced degrees in nursing from Oregon Health & Science University and is a decorated U.S. military veteran. Her extensive career includes serving as the Dean of Nursing and Health Innovations at the University of Portland, where she significantly advanced curriculum to meet population health demands and established a nurse-managed clinic to serve marginalized communities, including those experiencing homelessness. Additionally, her work on the federal Department of Health & Human Services RAISE Family Caregiving Advisory Council and her experience shaping healthcare policy at the state level demonstrate her deep understanding of systemic issues impacting behavioral health. This unique blend of practical experience in community-based care, policy leadership, and academic insight makes her an ideal keynote speaker to address the multifaceted challenges facing the behavioral health field.

### **Clarissa Carson, PMHNP-BC**

Board Certified Psychiatric Mental Health Nurse Practitioner, Ms. Carson has a strong educational background with a Master of Science in Nursing and degrees in both nursing and psychology. She applies a patient-centered approach to her practice, emphasizing patient choices and insight to guide the healing process. Carson specializes in treating a range of conditions, including mood disorders, trauma and PTSD, substance use disorders, and provides specialized care for peri-partum, adolescent, and LGBTQIA+ populations. A former ICU nurse, she draws on her resilience and

empathy to support patients through challenging times, and her personal experience as a college student at an Ashland Community Health Center inspires her dedication to giving back to the Rogue Valley.

### **Dee Carreon-Fretwell, MBA**

Senior Instructor and the Director of Professional Development at Southern Oregon University, Ms. Carreon-Fretwell has taught courses on nonprofit curriculum and management, and she formerly served as the Coordinator of the Certificate in Nonprofit Management, demonstrating her expertise in the organizational aspects of fundraising. Holding an MBA from SOU, Carreon-Fretwell's industry experience includes nonprofit development and grant writing, having worked with numerous nonprofits to secure funding. This combination of formal education, teaching experience, and hands-on work with nonprofit organizations gives her a comprehensive understanding of the entire grant lifecycle, from strategic visioning to successful funding.

### **Terry Longshore, DMA**

Professor of Music and Director of Percussion Studies at Southern Oregon University, he holds a doctoral degree in Contemporary Music Performance from the University of California, San Diego. Beyond his formal education, Dr. Longshore is a trained HealthRHYTHMS facilitator, a certification specifically designed for leading drumming workshops focused on wellness and empowerment. He has extensive hands-on experience, having facilitated numerous Recreational and Empowerment Drumming workshops for a wide range of participants, including those at the Interlochen Arts Academy and Portland Summer Percussion Academy.

### **Lindsey Warwick, PhD**

Assistant Professor in the Clinical Mental Health Counseling Program at Southern Oregon University, she holds a Ph.D. in Counseling from the University of North Texas and has been a practicing clinician since 2017. In her private practice, she specializes in working with adults on trauma-related issues and has received advanced training in complex PTSD (C-PTSD). Her expertise is further supported by additional training in modalities including EMDR and Internal Family Systems, both of which are highly relevant for treating complex trauma. Dr. Warwick's experience as a Licensed Professional Counselor (LPC) and Licensed Marriage and Family Therapist (LMFT) provides a broad foundation for her insights into treating trauma across individuals, couples, and families.

### **Michelle Marikos**

Founder and owner of Moving Through Chronic Pain, Ms. Marikos has been a Certified Chronic Pain Peer Support Specialist in Oregon since 2013. Her professional expertise was developed through the Mayo Pain Rehabilitation Clinic's program, where she learned to manage her own chronic pain through behavior-based pain science rather than medication. This experience inspired her to create the Emmy Award-winning educational PEER™ Method, which has been

completed by over 50,000 medical providers in the Pacific Northwest. In her various professional roles, Marikos has served as a consultant and educator for prominent institutions like Oregon Health & Science University, Providence Health & Services, and Asante. She has also acted as a faculty member for Project ECHO and has contributed her expertise as a public member of the Oregon Pain Management Commission. Her work focuses on bridging the communication gap between patients and providers, fostering empathy, and building self-efficacy in those living with chronic pain.

### **Paul Condon, PhD**

As an associate professor of psychology and an affiliate faculty member in health care administration at Southern Oregon University, doctor Condon brings a unique academic perspective that blends psychological science with contemplative traditions. His credentials include a PhD in psychology from northeastern university, and his extensive research focuses on the impact of meditation and compassion training on well-being and pro social behavior. Dr. Condon is the co-developer of the evidence-based Sustainable Compassion Training (SCT) model, which draws on elements of Tibetan Buddhism, attachment theory, and cognitive science. As a co-author of the book *How Compassion Works*, he provides a guide for cultivating sustainable compassion to prevent burnout, particularly for professionals in caregiving roles. His work is not only theoretical but also practical, as he teaches meditation practices adapted for multi-faith and secular application.

### **Prakash Chenjeri, PhD**

Distinguished Professor and Chair of Philosophy at Southern Oregon University, with a Ph.D. and M.A. from Bangalore University and an additional M.A. from the University of Southern Mississippi. His research focuses on political philosophy and the vital role of public reason in a democratic society, providing a robust academic foundation for his insights into dialogue and reconciliation. As a co-leader of SOU's Campus Theme Initiative and the developer of a high school conflict resolution curriculum modeled after South Africa's Truth and Reconciliation Commission, Dr. Chenjeri has a proven track record of applying complex philosophical principles to real-world issues. His extensive work both in the classroom and in community activities demonstrates his commitment to facilitating public discourse and ethical reflection, making him an exceptionally certified presenter on "Listening Across Lines: Dialogue and Reconciliation in Practice".

### **Riah Safady, MSW**

With a Master of Social Work from the University of Washington, her expertise is rooted in addressing systemic barriers within behavioral health. Currently serving as the Health Equity, Diversity and Inclusion Manager at Jackson Care Connect, and previously holding the role of Director of Health Equity at AllCare Health, she has a proven track record of developing and implementing programs that aim to reduce health disparities. Furthermore, her five years as the Coordinator for the Women's Resource Center at Southern Oregon University demonstrate her expertise in supporting and advocating for diverse populations, including those with trauma-related mental health issues. This multifaceted background provides her with a deep

understanding of the intersectional issues affecting behavioral health, making her a valuable voice for addressing systemic inequities at the institute.

**Rob Kramer, MFA**

Rob Kramer is Co-Founder and Partner at Spiro Coaching Institute. Since 1998, he has provided executive coaching and consulting for a variety of sectors, specializing in academic leadership and team development. Rob is the author of *Stealth Coaching* (2nd edition, 2020), *Taking the Lead: A Guide for Emerging Leaders in Academic Medical Centers* (2022), and *Management and Leadership Skills for Medical Faculty and Healthcare Executives* (2nd edition, 2020). The latter has been recognized by the United Nations for helping achieve their Sustainable Development Goals for Health and Wellbeing. He has provided a leadership column for *Advance* magazine and is a regular contributor of leadership articles for *The Chronicle of Higher Education*. Rob is the co-creator of the Integral Higher Education Leadership Profile (IHELP), a 360-assessment instrument specifically for higher education senior leaders.