

ABOUT THE PRESENTERS

Practical Skill Building for Chronic Health Conditions in the Behavioral Health Client

June 29, 2016
9:00 AM – 4:00 PM
Waterville, Maine

Elsie Freeman, MD, MPH, completed her undergraduate studies at Smith College, received her medical degree from Duke University and her public health degree from Harvard. She is Board Certified in Pediatrics, having trained at Children’s Hospital in Boston and also completed training in both adult and child psychiatry within the Harvard system, at Mass Mental Health Center and McLean Hospital. She has been a medical director, administrator and researcher within the Massachusetts Department of Mental Health and for the last ten years for the Maine Department of Health and Human Services. Dr. Freeman’s work, during her tenure as Medical Director in Maine, has focused on the integration of mental and physical health in surveillance, policy and planning for publicly funded systems of care. Dr. Freeman has done numerous presentations, within Maine and at SAMHSA and CDC sponsored national meetings, on the relationship of mental illness to increased health risk and chronic disease. Her most recent publication is Factors Affecting Costs in Medicaid Populations with Behavioral Health Disorders, *Med Care* 2014; 52:S60-S66. Currently, Dr. Freeman is at the Muskie School at the University of Southern Maine, where she is PI on an NIMH funded project to develop systems, using publicly accessible data sources, for analysis of quality and outcomes of care for persons with co-morbid medical and psychiatric illnesses.



Phyllis Havens is a Nutrition therapist, Licensed Registered Dietitian, with a Bachelor’s degree in Biological Sciences from Wellesley College, a Master’s degree in Foods and Nutrition from Framingham State College and a Master’s degree in Clinical Social Work from the University of New England School of Social Work. She has twelve years of experience working as a child and family therapist in Bangor and brings this clinical training in issues of mental health and behavior change to her current counseling work with patients and clients with chronic disease and eating disorders. She is also a Certified Diabetes Educator with the American Association of Diabetes Educators and a member of the Maine chapter of the AADE. For the past eight years now, she has been working as the outpatient dietitian with the Diabetes Services Clinic of Waldo County General Hospital in Belfast, Maine. She is a member of the Maine Nutrition Council and former member of the Academy of Nutrition and Dietetics and the Maine AND. Her passions also include Certification as a Wellcoach, many years as a nutrition columnist, including thirteen years writing for the bi-monthly statewide newspaper of the Maine Organic Farmers and Gardeners, and her ongoing Mindfulness Meditation practice and advocacy for vegetarian, “plant-based” nutrition. Recently she opened a small part-time private practice in her home in the Bangor area called, “Kitchen Therapy.”



Angela Fileccia, LCSW earned her BA in psychology at DePauw University and started her career working in residential treatment programs and in case management. She then went on to earn her MSW from the University of Maine and subsequently worked as a clinician on inpatient psychiatric units and as a behaviorist in public schools. She supervised community mental health programs before joining Penobscot Community Health Care (PCHC) as an out-patient therapist providing mental health and substance abuse counseling to individuals experiencing homelessness. Angela is a Registered Yoga Teacher and utilizes mindfulness-based therapy in her practice. In 2013, she earned the Behavioral Health Excellence award from the Maine Primary Care Association. She has extensive experience working on fully integrated health care teams and is passionate about the link between physical health, mental health and social determinants of health. Currently, as the Chief Care Management & Social Service Officer at PCHC, Angela is committed to utilizing the integrated care model to improve outcomes for all patients.



Sandra Ellen Morissette RN, BSN holds a degree in nursing from Husson College. After graduating, Sandy worked with pregnant teens, providing education as well as connecting them to community resources. She also worked per diem as a psych tech prior to accepting a nursing position in a 100-bed, nonprofit mental health hospital working with children, teens, and adults with mental health diagnoses as well as substance and alcohol abuse. She was a Nurse Manager for the young adult unit from 2007-2010. Passionate about working with the underserved, in 2010 Sandy took a Care Management position with a nonprofit organization, Penobscot Community Health Care (PCHC), to work with children and their families while assisting them with resources and community services. In 2012, she accepted a Lead RN position within PCHC for the Community Care Team, supervising a small team to serve high risk, high need, high cost patients by coordinating services, providing resources, and assisting patients with establishing and reaching their health care goals. In 2014, Sandy accepted a position with PCHC as the Associate Director of Care Management, assisting with expansion of the program and the supervision of the RNs, LSWs, and MAs who provide services to patients at all PCHC's practice sites, and in 2016 she was promoted to Director of Care Management.



Karen Gardner, LSW attended the University of Maine to earn her Bachelor's degree in Human Development and Family Studies and is currently working on her Master's Degree in Social Work. Karen worked in residential settings with teens, treatment foster care, and child welfare before joining Penobscot Community Health Care in 2013. She is passionate about children and families who are at risk. Karen currently coordinates the Key Clinic at Penobscot Pediatrics which is a comprehensive assessment for children in foster care. She also coordinates the CHAMP clinic, an outpatient treatment clinic for infants in need of pharmacological interventions from in-utero exposure, and the BHH program for pediatrics.