

FCPS 3rd Annual Mental Health and Wellness Conference Presenters

Imam Johari Abdul-Malik is the Director of Outreach at the Dar Al Hijrah Islamic Center and President of the Muslim Society of Washington, Inc. Imam Johari was the first Muslim officially installed as a chaplain in higher education at Muslim Chaplain at Howard University and is the Head of the National Association of Muslim Chaplains in Higher Education. The imam currently serves as the chair of government relations for the Muslim Alliance in North America.

Gloria Addo-Ayensu, M.D. M.P.H is the Director of Health for Fairfax County. In this capacity she provides overall leadership, management and direction for public health programs in the county and serves as the official health advisor to Fairfax County's Board of Supervisors, Health Care Advisory Board and the Human Services Council. She has led a number of local and regional public health initiatives in the areas of emergency preparedness, health promotion, and health equity. Throughout her public health career, she has promoted community health and resiliency through partnerships and has a long-term record of successfully leveraging community assets to create innovative, practical and sustainable community-based approaches to complex public health challenges. She received her Doctor of Medicine and Master's in Public Health from Tulane University and completed her residency training in preventive medicine from the Loma Linda University Medical Center.

Lauren Anderson is Executive Director of The Josh Anderson Foundation (JAF), whose mission is to provide adolescents with mental health education, resources and support so they never turn to suicide. Since its incorporation in 2012, JAF has supported mental health awareness programs in 46 schools, reaching approximately 81,000 students, primarily in Fairfax County, Virginia.

Dede Bailer, Ph.D., is the Coordinator of Psychology Services in Fairfax County Public Schools.

Beth Baldwin has been an educator at the elementary and middle school levels for over 20 years. She is a graduate of Virginia Tech, and has a master's degree in Curriculum and Instruction from George Mason University in the field of Transformative Teaching, a practice grounded in fostering equitable treatment, social justice, and culturally responsive instructional practices. Beth is currently an educational specialist in FCPS who supports advanced academic programs in middle schools, including professional development presentations and courses designed to help educators better serve "twice exceptional" students as well as finding and nurturing gifted potential in all.

Lori Bedsole is an Educational Specialist for Advanced Academic Programs in Fairfax County Public Schools. Lori has over 21 years of experience in education, including educator coaching and professional development, advocacy for English Language Learners, and is an advocate for historically underrepresented students in gifted education. She received her Bachelor of Arts in Child Development from San Jose State University and is currently pursuing her masters in Curriculum and Instruction from George Mason University in the field of Instructional Design and Technology. She has also received Virginia endorsements in Gifted Education and English as Second Language.

Reston Bell is a Nationally Certified School Psychologist and a Licensed Clinical Psychologist in the state of Virginia and the District of Columbia. Dr. Bell is passionate about serving diverse populations and has a heart to serve and assist in

meeting the needs of the community, at risk children and adults, as well as the families that support them. Currently, Dr. Bell serves as a Clinical Psychologist in Washington, DC's Office of Forensic Services and an adjunct faculty member in The George Washington University's clinical psychology program. Previously, Dr. Bell worked as a school psychologist for Fairfax County Public schools and as a clinician at both Golden Assessments, PLLC and George Mason University's Center for Psychological Services. Additionally, Dr. Bell also has previous experience working with community outreach programs, non-profit agencies, and various systems in both the Washington, DC and New Orleans metropolitan areas. She completed a post-doctoral fellowship in clinical psychology at George Mason University's Center for Psychological Studies. In addition to a major concentration in counseling and development, Reston's doctoral studies at George Mason University included secondary concentrations in clinical psychology and criminology. Her dissertation research evaluated how the recidivism of African American juvenile males varies as a function of the placement, programming, and the services received within the juvenile justice system. Dr. Bell has also earned a Master's in Psychology and a Certificate of Advanced Graduate Studies in School Psychology from George Mason University. Just as importantly, she is a proud graduate of Xavier University of Louisiana where she earned her BS in Psychology with a minor in biology.

Alex Case is the principal of West Potomac High School.

Cathi Cohen, a Licensed Clinical Social Worker and Certified Group Psychotherapist, has worked with children, adolescents, and adults in a clinical setting since 1984. Early in her career as a social worker, Cathi recognized the power of treating relationship problems through group therapy. It was this interest and expertise that led her to create the Stepping Stones Social Skills Group Therapy Program in 1990. The success of this program led to the formation in 1995 of In Step, a comprehensive mental health practice. Cathi is the author of *Raise Your Child's Social IQ: Stepping Stones to People Skills for Kids*, and has become a leading expert in the field of social skills training with children. She has since then completed two more books, *Stepping Stones to Building Friendships: A Guide for Camp Counselors*, and *Outnumbered, Not Outsmarted: An A to Z Guide for Working with Kids and Teens in Groups*. In addition to writing numerous articles and conducting regular presentations for parents, educators, and mental health professionals, Cathi has appeared on radio and television programs about the mental health needs of children and their families. Cathi graduated summa from Tufts University before receiving her M.S. degree from Columbia University School of Social Work. <http://www.insteppc.com/>

Marcie Cohen, a licensed clinical social worker in Virginia and Maryland has been a school social worker for the past eighteen years. She obtained a trauma certification from The Institute for Advanced Psychotherapy, Training, and Education in 2013. Prior to joining FCPS in 2005, Ms. Cohen worked at a public day middle school setting in one of the urban school districts located in Baltimore, Maryland. While Ms. Cohen works with students of all abilities, most of her experiences as a school social worker have been working with middle and high school special education students with emotional disabilities, impulse control difficulties, and autism spectrum disorders in specialized special education environments. For the past three years, she has worked with general and school-based special education students at the elementary school level.

Ann Dolin, M.Ed. has more than 20 years of teaching, tutoring, and consulting experience. In 1998 she founded Educational Connections, a tutoring company which has grown to employ 200 tutors and has worked with more than 8,500 students in the DC area. As a recognized expert on the field of education, Ann has spoken at many schools in the DC area on various topics and has helped hundreds of parents as an Independent Educational Consultants Association member. Her first book, *Homework Made Simple – Tips, Tools, and Solutions for Stress-Free Homework* won the Independent Book Publishers Association 2011 Parenting Book of the Year Award and was a finalist for the Foreword Book Review's Parenting Book of the Year Award. Her second book, *A Guide to Private Schools: The Washington DC, Northern*

Virginia and Maryland Edition was released in early November. Ann received her M.Ed. in Special Education from Boston College and now resides in Northern Virginia with her husband and two children. For more information, visit Ann's website www.anndolin.com or www.ectutoring.com.

Karen Durocher is the manager for Responsive Instruction in FCPS. In her current role she supports schools in implementing a multi-tiered system of support (MTSS) in order to ensure they are able to provide the necessary academic and behavioral supports for all students. Karen has 20 years of experience as an educator both in and out of the classroom. She holds a Bachelor's in Psychology and a Master's in Special Education from Virginia Tech, and a PhD in Special Education from George Mason University.

Leonardo Espiña works for Fairfax-Falls Church Community Services Board. As a member of the Wellness and Health Promotion and Prevention Team, Mr. Espiña, facilitates a number of community wellness programs within the county. Mr. Espiña facilitates Mental Health First Aid in: adult, youth, and Spanish modules. Mr. Espiña also facilitates Life Skills and several evidence-based programs in elementary, middle, and high schools throughout FCPS. As a member of Wellness and Health Promotion, Mr. Espiña is active in promoting wellness and prevention strategies within communities within Fairfax County.

Rosalia Fajardo, J.D., is Executive Director/Founder of the Multicultural Family and Education Center (MFEC) Annandale, Va., whose purpose is to ensure that all children will have access to a great education and successful life through family, school, community and business partnerships. Dr. Fajardo is a nationally recognized community leader and speaker on disability rights for children with special educational needs and has given approximately 200 presentations and workshops to parents, professionals and community members throughout Virginia, Maryland and Washington DC. Prior to founding the MFEC, she served as Outreach Director of the Parent Educational Advocacy Training Center and the Virginia Parent Information Center. She has also served as a special adviser to the Assistant Secretary of the Office of Special Education at the U.S. Department of Education. Her advocacy work over the last 15 years with Latino families on issues of education, immigration, prevention of domestic violence and child abuse, and equal access to healthcare and housing opportunities has earned her accolades from Stop Child Abuse Now (SCAN) of Northern Virginia and the Allies in Prevention Coalition and has been featured in various print and television media. In addition to her professional accomplishments, Dr. Fajardo is also the very proud mother of Margarita Maria Baquero.

Timothy Fratto, Ph.D. is a clinical neuropsychologist at Neuropsychology Associates of Fairfax (NAF) and research director for Washington Neuropsychology Research Group. He earned his bachelor's degree in psychology with honors from Wake Forest University. He earned his Ph.D. in clinical psychology from Catholic University in Washington, DC, and completed his pre-doctoral residency at the Washington DC Veterans Affairs Medical Center with a concentration in neuropsychology. He then completed a 2-year post-doctoral fellowship in clinical neuropsychology. Dr. Fratto works with patients with varying neurological and psychiatric conditions, including dementia, stroke, ADHD, learning disabilities, and degenerative neurologic illness. His clinical practice focuses on patients who have suffered traumatic brain injury (TBI), and he has worked with athletes of all ages, including active and retired professional athletes. Dr. Fratto has made numerous poster presentations and prepared manuscripts for scientific meeting and journals, and he is actively involved in clinical research on multiple neurological conditions. When not at work, he enjoys spending time with his wife, children, and 2 dogs.

Devra Gordon earned a BA in Cultural Anthropology and Sociology at The University of Arizona, Tucson, AZ. She went on to complete an MSW at Grambling State University, Grambling, LA. Devra's MSW is in the concentration of Health/Mental Health with an emphasis on Rural Community Development and Blackness. Devra is the author of the bestselling parenting book, *Mommy Guilt: Learn How to Worry Less, Focus on What Matters Most and Raise Happier Kids* (AMACOM 2005) Devra has over 24 years of experience working in schools, hospitals and Not-For-Profit organizations. In addition having served as a Senior Consultant at Zero To Three's Military Projects Program, she also co-Created "Standing Up For Our Peeps", a nationally recognized bullying intervention and prevention program at Franklin Middle School. Currently Devra serves as a clinical therapist at Dominion Hospital working with middle school and high school students who attend the Adolescent Partial Hospitalization Program.

Tanya Hardy is a native of Northern Virginia who has 37 years of experience supporting teachers, students and parents of children with challenging behaviors, and currently works as a Behavior Intervention Teacher for Fairfax County Public Schools. She is a certified Mandt Relational System trainer and also works as a private educational and behavioral consultant.

Becky Harris is currently a school psychologist for FCPS and is a member of FCPS' Military Connected Youth Process Action Team. As the mother of two Military Connected Youths Becky has personal experience with the unique challenges Military Connected Youth face both educationally and emotionally. Her goal is to combine her personal experiences with her professional expertise to bring awareness to educators and parents about how living the military lifestyle impacts a child's learning and social-emotional well-being.

Joy Holmer is a Licensed Clinical Social Worker who received her Master's in Social Work from Virginia Commonwealth University in 2008. She has worked in the elementary school setting within Fairfax County for the past three years. She has also provided clinical services as a mental health therapist within outpatient settings as well as residential treatment facilities.

Lindsay Howard is a Maryland native living in the Washington, D.C. metropolitan area. She received her Master's Degree from Drexel University in Creative Arts Therapy with a Dance/Movement Therapy concentration working with populations including the Children's Crisis Treatment Center treating children with ADHD, ODD and PTSD, Senior Care Centers of America treating individuals with dementia and Alzheimer's disease and psychiatric hospitals such as Camden County Health Services and St. Elizabeth's Hospital. Today, Ms. Howard continues to practice as a Registered Dance-Movement Therapist (R-DMT) with HCA Healthcare in Falls Church, VA working with an acute day program with a population of all ages as well as continuing dance performance and choreography and teaching as a Licensed Zumba Dance Fitness Instructor in the Mid-Atlantic Region of the United States.

Cheryl Johnson volunteers with NAMI Northern Virginia through various educational programs for youth living with mental health conditions and their families. As a NAMI-trained presenter, she uses her own experience as a parent of four children who have dealt with various mental health challenges. When she's not volunteering with NAMI Northern Virginia, Cheryl may be found building learning programs as a part of the business she owns."

Taylor Johnson, offers her experience in recovery from mental illness and addiction through NAMI's Ending the Silence program. She lives in Reston, VA, and attends college at NVCC, where she is studying to enter social work and counseling as a peer specialist.

Dr. Johanna Kaplan is the director of the Washington Anxiety Center of Capitol Hill. She is a licensed clinical psychologist in Washington, DC, Maryland, and Virginia. She earned her Ph.D. in Clinical Psychology from The Catholic University of America and her undergraduate degree in Psychology and Communications from American University in Washington, D.C. Prior to opening the Washington Anxiety Center, she worked for four years at the Center for Anxiety and Behavior Change in Rockville MD. She also completed 18 months of post-doctoral training at the Institute of Living/Hartford Hospital at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy under the direct supervision of David Tolin, Ph.D. Additionally, she completed a 2-year post-baccalaureate fellowship and a 6-year pre-doctoral fellowship in the Mood and Anxiety Disorders Program at the National Institute of Mental Health. Dr. Kaplan has received extensive clinical and clinical-research training in anxiety, mood, and obsessive-compulsive spectrum disorders and has completed clinical and research work in private practice, community, counseling center, and hospital-based settings. Together, she has over 40 presentations/publications in the domain of clinical anxiety in adult, adolescent, and child populations. She continues to actively pursue her education in evidence-based treatments for anxiety in these populations.

Dr. Sajjad Khan, an experienced clinician and researcher, has worked with families, children, adolescents, and adults since 1995. Dr. Khan works with clients with a wide range of behavioral, mood, and developmental conditions, including anxiety, panic disorder, obsessive-compulsive disorder, trichotillomania, and specific phobias); Attention Deficit/Hyperactivity Disorder (ADHD); depression; body dysmorphic disorder and other somatoform disorders; Autism (including Pervasive Developmental Disorder NOS); Asperger's Syndrome; and Tourette's Syndrome/tics. Dr. Khan specializes in Cognitive Behavior Therapy (CBT) and uses a multitude of techniques, including relaxation training, to help with stress reduction and issues pertaining to health-related quality of life. Dr. Khan's services for families include treatment plans, parent training, coordination of behavioral interventions with parents and teachers, social skills training, and adaptive function coaching. He conducts group therapy for mood and anxiety disorders for adults, as well as ADHD and spectrum disorders social skills groups for children and adolescents. <http://www.neuroscience-inc.com/staff/sajjad-khan/>

Heather Kirby is a Licensed Clinical Social Worker (LCSW), a Certified Substance Abuse Counselor (CSAC) and holds a Master's degree in Special Education Leadership. Heather has worked with adolescents and their families for over 20 years using a direct, compassionate and creative approach to connect with teens that others have found difficult to reach. She draws upon alternative interventions (equine therapy, recreation, sand tray, music, and art) to effect life changes in adolescents resistant to more traditional forms of counseling. Heather has a private therapy practice in Fairfax, VA and offers equine therapy at Project Horse Empowerment Center in Loudon County. In her award-winning book, *Wild at Heart: Adolescents, Horses & Other Kindred Spirits*, Heather shares her unique perspective that adolescents and horses are very much alike. She outlines strategies proven effective in working with horses that can be successfully applied to working collaboratively with teens. www.heather-kirby.com

Ronne Lancaster has been a school psychologist in Fairfax County Public Schools for 17 years working mainly with elementary school age children and special education preschool. She has been a leader of the Homework, Organization, Planning Skills (HOPS) psychology work group, and a participant in the Executive Functioning workgroup, and Bully

Prevention and Intervention workgroup. She also has received training to be a facilitator for Mind in the Making, and collaborated with colleagues to provide an Academy course on the program. She received her Masters of Science in Educational Psychology in 1998 and Certificate of Advanced Graduate Studies specialization in School Psychology in 1999 from Northeastern University in Boston, MA. She received her Bachelors of Arts degree from Providence College in 1994, where she majored in psychology and minored in mathematics. Prior to being a school psychologist in Fairfax County, Ronne Lancaster was a home-based therapist for the May Institute Center for Early Childhood Education working with parents and children with pervasive developmental disorders. She also worked at the May Institute Center for Traumatic Brain Injury and Rehabilitation, serving as a case manager for students in a group home. Ronne has been a nominee for the FCPS Susan D. Kaye award in June 2010 and The May Institute Board of Trustees Award for Outstanding Employees Nominee in 1995.

Stefan Mascoll began his career in education with Fairfax County Public Schools as a special education teacher serving students with emotional disabilities at Burke School. He then served as a FCPS Prevention & Intervention Specialist, in the Student Safety and Wellness Office, collaborating with school communities to provide education and interventions in the areas of alcohol, drugs, and violence. He then moved on to serve the Glasgow Middle School community as an Assistant Principal where he supervised the Science and World Language departments. While at Glasgow, Stefan championed the implementation of restorative justice. During the summer of 2016, Stefan accepted the position of Coordinator of the FCPS Student Safety and Wellness Office where he leads the offices efforts to support the FCPS community by providing education in the areas of violence, and alcohol and drug prevention and intervention.

Felicea C. Meyer-DeLoatch is a Licensed Clinical Social Worker (LCSW) and has been working with children and families for more than thirty years in a variety of settings. She earned her Bachelor's Degree in Special Education and General Education from Central Washington University, where she began her special education career in corrections education while residing in her home town of Seattle Washington. She earned her Master's Degree in Social Work from Virginia Commonwealth University, where she began her social work career providing intensive in-home court mandated therapy in the District of Columbia. Felicea specializes in working with children, adolescents, and families, and utilizes a wide modality of techniques to address emotional concerns. She has particular interest in working with children, adolescents and adults around issues such as trauma and anxiety, self-esteem, changing families, and social difficulties, as well as people living with cognitive delays. She has a private practice in the city of Fairfax, Virginia.

Suzanne Petersen, MA is the Supervisor of Student Support Services, managing 29 School Social Workers, the Homebound Program and Restorative Practices Program for Loudoun County Public Schools. She is a graduate of Rhode Island College with a Master's Degree in Counseling. In addition Ms. Petersen is a Licensed Restorative Practices facilitator and trainer. During her 15 year career with LCPS, in addition to her current role, Ms. Petersen has been the Coordinator of Substance Abuse Services and a Special Education Counselor. Prior to working for the schools Ms. Petersen worked as an EAP Clinician, Crisis Therapist and a Residential Facility Director. In her current role Ms. Petersen oversees services and programs designed to support the social emotional growth of all students. Over the past 3 years Ms. Petersen has been implementing the full continuum of restorative practices throughout Loudoun County Public Schools as a way to reduce suspension and expulsions and to develop empathy, emotional literacy and conflict resolution skills with students.

Marci Prenger works for the Fairfax-Falls Church Community Services Board as a Prevention Specialist in Wellness, Health Promotion, and Prevention Services. She received her master's in clinical social work from George Mason University. She facilitates groups in schools and the community including Youth and Adult Mental Health First Aid, Girls Circle, Nurturing Parenting Program, Chronic Disease Self-Management Program, Life Skills, and Smoking Cessation. Ms.

Prenger has served populations including families experiencing homelessness, adult men and women in substance abuse treatment, adults with co-occurring disorders, families with substance abuse issues, and elementary, middle, and high school girls. As a volunteer she has worked in the community for CrisisLink and the National Alliance on Mental Illness.

Mary Beth Quick (RYT-200, RYT-95, Reiki Master, EC Educator) has been practicing yoga and mindfulness for over 20 years. She is a Registered Yoga Teacher, Registered Children's Yoga Teacher, Reiki Master, Certified Mindfulness and Meditation Teacher and Early Childhood Educator. Mary Beth teaches yoga & mindfulness to pre-K through teens (after and in school programs) and adults (local studios). <http://www.heartandsoulyogava.com/about.htm>

Andrew Raab has been an elementary school counselor for the past 16 years, all within the Diocese of Arlington. He is a member of the Virginia School Counselor Association and the American School Counselor Association.

Matt Ragone has been a Social Studies teacher and administrator for 23 years, all in Fairfax County Public Schools. Most recently, Mr. Ragone was the principal of Langley High School from 2008-2014. Currently he serves as Principal of South County High School in Lorton, Virginia. Mr. Ragone has Master's Degrees in Curriculum & Instruction, and Administration & Supervision. He is pursuing his Doctoral in Education Policy from George Mason University.

Jennifer Spears, M.S., is an Educational Specialist in Fairfax County Public Schools

Karin Spencer, EdD has over 20 years of experience in the field of early childhood and special education as a practitioner, program administrator, and teacher educator. She has a masters degree in early childhood special education with a focus on inclusive practice and her doctoral degree in Special Education included a focus on early childhood mental health. Dr. Spencer has several years of experience teaching early intervention and early childhood courses in development, curriculum, family support, and mental health at the masters and advanced graduate level and she has made numerous national presentations including topics such as inclusive practice, behavior/mental health, physical activity, and resilience. Recent publications include journal articles and chapters on culturally responsive practice, outdoor play spaces, and inclusive environments. Dr. Spencer currently serves as the educator for Loudoun County Public Schools Parent Resource Services.

Rick Stegman has been working on Digital Citizenship in Fairfax County Public Schools for almost ten years. He started his FCPS career in 1993 as a physics teacher at West Springfield High School. He has also been a School-Based Technology Specialist at Marshall High School. Rick now works as a Specialist in the Instructional Services Department where his main responsibilities include the FCPS On Digital Ecosystem, Digital Citizenship, eCART, and other Instructional Technology projects.

Dr. Heather Tedesco is an applied psychologist with a specialized practice working directly with parents to improve their family's day-to-day life and to support the long-term development of happy, authentically successful children. 571-766-8480 / Heather@DrTedesco.com

Megan Urbassik, Ph.D. is a school psychologist for Loudoun County Public Schools. She earned a B.S. in psychology from George Mason University and a Ph.D. in school psychology from the Pennsylvania State University. Dr. Urbassik provides a full range of psychological services to LCPS's children and adolescents, including preventative work, intervention services, diagnostic assessments, and consultation to teachers and parents regarding issues specific to students. She also serves on the faculty of LCPS's APA-accredited doctoral internship in professional psychology. She has special interest in the impact of medical conditions on children's educational, emotional, and social functioning, and the reintegration of medically ill children into the school setting.

Mary Valad is a FCPS social worker who has been working in the school system for twelve years. She is a Licensed Clinical Social Worker (LCSW) and Licensed Substance Abuse Treatment Practitioner (LSATP) with over twenty-five years of experience working with children, teens and families in both educational and clinical settings. Ms. Valad is passionate about providing effective prevention and intervention strategies for youth and their families in order to help each student maximize their potential to meet life challenges successfully.

Jeanne Veraska has been with Fairfax County Public Schools for ten years. She provided social work services in three FCPS high schools prior to serving in her current Project Manager position. She manages the funds for implementation of the Now Is the Time - Project AWARE (Advancing Wellness and Resiliency in Education) and the Virginia Tiered Systems of Supports (VTSS) grants, at five FCPS high schools.

Michele Webb is the a current project manager and the former Educational Specialist, Career Connections in the office of School Counseling and College and Career Readiness within the department of Instructional Services at Fairfax County Public Schools (FCPS). A native of Wilkes Barre, Pennsylvania, Michele Webb earned an AAS in Business Management from Commonwealth College and went on to Old Dominion University where she graduated Summa Cum Laude in Education, Occupational & Technical Studies with an endorsement in Marketing Education. She obtained her Master's degree in Education, Curriculum, & Instruction from George Mason University. Michele earned her K-12 Administration & Supervision endorsement after completing an Accelerated Certification Cohort through FCPS and the University of Virginia. Her career in education has spanned over 20 years. She was an athletic director at a private school; a teacher and department chair in Virginia Beach City Public Schools; started a College Readiness Program (AVID) in North East Independent Schools in San Antonio, Texas; served as a teacher and department chair in FCPS before being promoted to the Manager, Communication and Employee Programs position and then into the role of Coordinator, Administrative Hiring within the Department of Human Resources. Michele is married and has twin boys who are 3 years old. She enjoys family, sports and fitness. Some of the mottos that she lives by are: always: seek learning opportunities; remain positive; and strive for excellence!

Mrs. Adrian Williams is a veteran educator with more than 17 years of work with students aged 3 to 21 years. After earning a RAMP designation for her high school in 2015 she was named outstanding high school counselor of the year. Mrs. Williams earned the Bachelor of Arts Degree in Commercial Art from Alabama Agricultural and Mechanical University in Huntsville, AL; the Master of Urban Studies Degree in School Counseling from Norfolk State University in Norfolk, VA; and her Administration and Supervision Pre K-12 endorsement from George Mason University in Fairfax, VA she currently serves the county as an Assistant Principal at Quander Road School.

Pouneh Zeraat works for Fairfax-Falls Church Community Services Board. As a member of the Wellness and Health Promotion and Prevention Team, Ms. Zeraat, facilitates a number of evidence based community wellness programs within the county. Ms. Zeraat also works on the integration effort of Primary and Behavioral Health Care services within the

Community Services Board. Ms. Zeraat facilitates Mental Health First Aid in: adult and youth. Ms. Zeraat has her master's degree in Education, concentration in Community Agency Counseling and is a Certified Substance Abuse Counselor.