

# Kindred Coaches Training Part 2

Learning Sessions Schedule: February 14, 2021-March 7, 2021



**Kindred Coaches™**

Part 2: Learning Session Schedule Weeks 4-6

Speaker Handouts Provided Day of Presentation

# KindredCoaches™ Part Two Session Schedule

## February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

February 14, 2021

Dear Kindred Coaches,

Welcome to Part Two, the core clinical content of the Kindred Coaches training.

KindredCoaches is a health equity social justice peer-coaching and ministry developed to reduce healthcare disparities (preventable differences in disease burden) in communities of color.<sup>1</sup> Health equity means that everyone has a fair and just opportunity to be healthy.<sup>2</sup>

The Kindred Coaches training comprises three elements: 1) traditional peer wellness coaching (centered in conversations<sup>3</sup>), 2) innovative self-advocacy skills 3) re-education on special mental and physical health conditions guided by healthcare disparities data. All elements embrace the role of spirituality in healing.

COVID19 amplified awareness of structural racism in healthcare and one factor attributed to causing health care disparities. You will hear scholarly presentations about the impact of historical structural racism in healthcare and unconscious provider bias. But Kindred Coaches is not an anti-racist program.

We aspire that Kindred Coaches will engage in ‘Courageous Conversations’ with clients, grounded in the principle of ‘Speaking Truth-to-Power’, a concept that originated in the Quaker faith. Its fundamental truth is “love endures and overcomes; that hatred destroys; that what is obtained by love is retained, but what is obtained by hatred proves a burden.”<sup>4</sup>

Truth-to-Power Courageous Conversations happen on three levels: 1) Love of Self, 2) Love of family and community, 3) Love (mutual respect & trust) in provider-patient relationships.

Part two of KC training utilizes an outcomes-based learning approach. We focus on selected knowledge, attitudes and skills needed ultimately to reduce health care disparities. Unlike traditional coaching, which is non-directed and client-driven, this portion of the program requires directed coaching, i.e., understanding the importance of having a primary care provider.

We expect content and learning activities will be dynamic. We are accountable to you. We need your ongoing feedback.

We are community! We are spreading love and improving the lives of individuals (coaches and clients), families, communities, one conversation at a time.

Carol J. Scott, MD, MEd, FACEP

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<sup>1</sup> “Social Determinants of Health.” *World Health Organization*, 2020, [www.who.int/healthtopics/social-determinants-of-health](http://www.who.int/healthtopics/social-determinants-of-health).

<sup>2</sup> Robert Wood Johnson Foundation. (2017). *What is Health Equity [Brochure]*. San Francisco, CA: Author.

<sup>3</sup> Moore, Margaret. *Coaching Psychology Manual* 2nd Edition, 2005.

<sup>4</sup> American Friends Service Committee. *Speak truth to power: A Quaker search for an alternative to violence*. Pickle Partners Publishing, 2020.



# KindredCoaches™ Part Two Session Schedule

## February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

| Date / Time                      | Lesson # | Content   | Speaker(s)   |
|----------------------------------|----------|---|--|
| February 14th, 2021, 7-7:45pm    | 1A       | <i>Spirituality and Healing</i>   | The Rev. Grey Maggiano                             |
| February 14th, 2021, 7-7:45pm    | 1B       | <b>Workshop</b><br><i>Taking a Spiritual Inventory and Reconnecting to the Divine</i> | The Rev. Grey Maggiano                             |
| February 14th, 2021 7:45-8:30pm  | 1C       | <i>Why Black Americans Live Sicker and Die Younger</i>                                | Thomas A. LaVeist, PhD                             |
| February 17th, 2021, 7-7:25pm    | 2A       | <i>Truth to Power (TTP) Courageous Conversations</i>                                  | Carol J. Scott, MD, MEd, FACEP                     |
| February 17th, 2021, 7:25-7:40pm | 2B       | <i>How to Deal With Racist Patients: A Doctor's Perspective</i>                       | Alyssa Kwok, MD                                    |
| February 17th, 2021, 7:40-8:30pm | 2C       | <b>Workshop</b><br><i>TTP Courageous Conversations: Provider and Patient Bias</i>     | Alyssa Kwok, MD<br>Carol J. Scott, MD, MEd,        |
| February 21st, 2021, 7-7:40pm    | 3A       | <i>Re-Thinking Hypertension</i>   | Athol Morgan, MD                                   |
| February 21st, 2021, 7:40-8:15pm | 3B       | <b>Workshop</b><br><i>TTP Courageous Conversations: HTN</i>                           | Carol J. Scott, MD, MEd,<br>Charles Innis Jr., DPT |
| February 21st, 2021, 8:15-8:30pm | 3C       | <b>COVID 19 Vaccine Update</b>  | Panagis Galiatsatos, MD, MHS                       |



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## February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

| Date / Time                                   | Lesson # | Content   | Speaker(s)  |
|---|----------|---|---|
| February 24 <sup>th</sup> , 2021, 7-7:20pm    | 4A       | <i>What is Obesity?</i>   | Athol Morgan, MD                                      |
| February 24 <sup>th</sup> , 2021, 7:20-8:05pm | 4B       | <i>Racism in Nutrition Education and Practice</i>                           | Wesley McWhorter, DrPH, MS, RDN, LD, CSCS             |
| February 24 <sup>th</sup> , 2021, 7:20-8:05pm | 4C       | <b>Workshop</b><br><i>TTP Courageous Conversation Obesity and Nutrition</i> | Carol J. Scott, MD, MEd, Charles Innis Jr., DPT       |
| February 28 <sup>th</sup> , 2021, 7-7:40pm    | 5A       | <i>Anxiety, Depression and Mental Health Stigma</i>                         | Norma L. Day-Vines, PhD                               |
| February 28 <sup>th</sup> , 2021, 7:45-8:05pm | 5B       | <i>Mental Health-2</i>  | Denis G. Antoine II, MD                               |
| February 28 <sup>th</sup> , 2021, 8:05-8:30pm | 5C       | <b>Workshop:</b><br><i>TTP Courageous Conversations MENTAL HEALTH</i>       | Shannon McCullough, MLA, MS<br>Charles Innis Jr., DPT |
| March 3 <sup>rd</sup> , 2021, 7-7:30pm        | 6A       | <i>Diabetes and COVID19: Two Pandemics Resulting from Structural Racism</i> | Sherita Hill Golden, MD, MHS                          |
| March 3 <sup>rd</sup> , 2021, 7:30-7:45pm     | 6B       | <i>Rethinking Diabetes</i>  | Richard Bruno, MD, MPH, FAAFP, AAHIVS                 |
| March 3 <sup>rd</sup> , 2021, 7:45-8:30pm     | 6C       | <b>Workshop:</b><br><i>TTP Courageous Conversations Diabetes</i>            | Carol J. Scott, MD, MEd, Charles Innis Jr., DPT       |
| March 7 <sup>th</sup> , 2021, 7-4:45pm        |          | <i>Lifestyle Medicine</i>   | Eddie M. Phillips, MD                                 |
| March 7 <sup>th</sup> , 2021, 7-4:45pm        |          | <i>Pulling it All Together</i>  | Kindred Coaches Team                                  |



# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## VIDEO BONUS SESSIONS: *Online February 28<sup>th</sup>*

### *Practical Strategies for Coaching for Clients Dealing with Stress*

With Karen Mercer, MS Pastoral Counselor and Candidate for priesthood

### *Supporting the Mental Health of Single Black Moms*

With Shannon McCollough , MLA, MS – Co Director of Kindred Coaches

### *COVID-19 and YOU*

With Leana S. Wen, M.D. M.Sc. FAAEM



# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Spirituality and Healing*

February 14th 2021, 7-7:45pm

**Rev. Grey Maggiano**

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The Rev. Grey Maggiano is the Rector of Memorial Episcopal Church in Bolton Hill. He is on the board of MAC and the Unity Hall Advisory Council, and is Co-Chair of the Truth and Reconciliation Commission of the Episcopal Diocese of Maryland. He also is a Member of the Board of Directors of Samaritan Community in Baltimore. Prior to his service in Baltimore, The Rev. Maggiano was the Associate Rector of the Trinity Cathedral Miami, where he also served on the board of the Friends of the Biscayne Bay and the Housing First Alliance. Grey has a Master of Divinity from Virginia Theological Seminary and a Master's in Public Policy from Georgetown University.

Prior to his ordination, Grey was a program officer for the U.S. Dept of State focused on anti-corruption efforts in Afghanistan. Grey lives in Center-West Baltimore with his wife Monica, two children and a new puppy.

## *Coaching Workshop: Taking a Spiritual Inventory and Reconnecting to the Divine*

February 14th 2021, 7-7:45pm





# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Why Black Americans Live Sicker and Die Younger*

February 17<sup>th</sup>, 2021, 7:45-8:30pm

Thomas A. LaVeist, PhD

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Thomas A. LaVeist, PhD, is dean and Weatherhead Presidential Chair in Health Equity at Tulane University's School of Public Health and Tropical Medicine. He is a national expert on equity and health issues,

His scientific scholarship has focused on social and behavioral factors influencing racial differences in health outcomes and quality of life for African Americans.

Dr. LaVeist's research and writing has focused on three broad thematic research questions: 1) What are the social and behavioral factors that predict the timing of various related health outcomes (e.g. access and utilization of health services, mortality, entrance into nursing home?); 2) What are the social and behavioral factors that explain race differences in health outcomes? and 3) What has been the impact of social policy on the health and quality of life of African Americans?

Prior to becoming the Dean at Tulane, Dr. Laviest was on the faculty of the Johns Hopkins Bloomberg School of Public Health, for two decades, where he was the William C. and Nancy F. Richardson Professor of Health Policy and served as director of the Hopkins Center for Health Disparities Solutions.

A pioneer in the field of health equity, he authored *Race, Ethnicity and Health: A Public Health Reader* (Jossey-Bass Publishers) published fall 2012. His textbook, *Minority Populations and Health: An Introduction to Race, Ethnicity and Health in the United States*, (Jossey-Bass) was published in 2005.

Dr. LaVeist has published more than 100 articles in scientific journals. He is a highly sought-after lecturer at leading universities, corporations, professional conferences, and workshops. His research has been funded by the National Institutes of Health, Center for Disease Control, Department of Defense, Commonwealth Fund, Sage Foundation, and the Agency for Healthcare Research.

In addition to his scholarly writing, He is also the author of "The DayStar Guide to Colleges for African American Students" (Stanley Kaplan/Simon and Schuster), and co-author of "8 Steps to Help Black Families Pay for College (Princeton Review/Random House

Dr. Laviest is executive producer of the documentary *The Skin You're In*, which explores the disparities between the health of Black and white Americans.

On February 8, 2021 Dr. LaViest co-authored an opinion piece for the New York Times, debunking disinformation about the COVID-19 Vaccine: '60 Black Health Experts Urge Black Americans to get Vaccinated'.



# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Truth to Power (TTP): Courageous Conversations*

February 17<sup>th</sup>, 2021, 7:00-7:25pm

Carol J. Scott, MD, MEd, FACEP

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Carol is a community-based practicing Emergency Physician in Baltimore. She trained in Emergency Medicine at Johns Hopkins Hospital, completed training in Internal Medicine at Duke University and earned a master's degree in Education at Johns Hopkins University. She trained and received Wellcoaches Health and Wellness Certification from Wellcoaches School of Coaching in 2014 and is a professional Patient Advocate and Wellness Coach.

For families, Carol provides 'just in time' advocacy, navigation and support with a new diagnosis or health crises. She has a special interest in prevention and optimizing chronic disease care. She helps families outperform family health legacies with a goal of 'zero preventable adverse health events' through personal high reliability wellness.

Dr. Scott is not a newcomer to understanding health equity and health care disparities. More than a decade ago, she authored articles, including "Racial and Ethnic Health Care Disparities; An Emergency Medicine Perspective" (published in Academic Emergency Medicine Journal) and was cited in the Wall Street Journal, for innovative training programs to improve physician cultural competency. With over two decades of experience, her insights and work in coaching have been featured in the Wall Street Journal, The Washington Post, SELF, Fast Company, O magazine and Huffington Post. She received the Educator of the Year Award from the National Association of Women Emergency Physicians. Carol is founding fellow and member of the Institute of Coaching Professionals.

Dr. Carol has given keynote presentations for clients including Morgan Stanley, UPS, Oracle, McDonald's, Discovery Channel, Barron's, Johnson & Johnson, Texas Instruments, Kimberly Clarke, Professional Businesswomen of California.

She is currently completing a certificate in Health Care Advocacy from UC Berkeley Extension School. Carol lives in Baltimore and practices Emergency Medicine in a community hospital. She enjoys learning, teaching and designing innovative instructional programs. She is married to Alex Scott, MD, a physician philosopher. She is a member of Memorial Episcopal Church since 1995. And is the proud mother of two sons.





# KindredCoaches™ Part Two Session Schedule

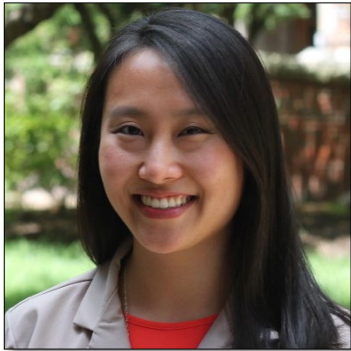
February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *How to Deal With Racist Patients: a Doctor's Perspective*

February 17<sup>th</sup>, 2021, 7:40-8:30pm

Alyssa Kwok, MD

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Alyssa Kwok, MD was liberal arts educated at Wellesley College and worked in corporate advertising on Madison Avenue prior to transitioning into a career in medicine. She has experience training in Emergency Medicine and completed an Internal Medicine residency in Chicago, and she will start Rheumatology fellowship in July 2021. Dr. Kwok is interested in how we navigate our own vulnerability and shame when they interact with our various identities, particularly in the context of medical training and practice.

## *Coaching Workshop: TTP Courageous Conversations: Provider and Patient Bias*

February 17<sup>th</sup> 2021, 7:40-8:30pm



# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Re-Thinking Hypertension*

February 21st, 2021, 7-7:40pm

**Athol Morgan, MD**

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Athol Morgan, M.D., M.H.S. is the CEO and Medical Director of One Heart, LLC and Director Cardiology at Grace Medical Center, and is a staff Cardiologist at Sinai Hospital, both Lifebridge Health facilities in Baltimore Maryland. at Sinai Hospital. He holds faculty appointments at The Johns Hopkins University School of Medicine and The University of Maryland School of Medicine.

A native of Jamaica he came to Baltimore in 1982. He received his academic training at the Johns Hopkins University School of Medicine and the Johns Hopkins Bloomberg School of Public Health. He has practiced in West Baltimore for more than 20 years. He is well respected among his peers for his many years of work to eliminate disparities in the health care field and his commitment and dedication to the community. He is a passionate educator and advocate for the art and science of medicine.

Dr. Athol Morgan is the 2020 Watkins-Saunders Awardee and received his award at the 35th Annual Baltimore Heart Ball on June 19, 2020.

This award is given to individuals and/or organizations in the state of Maryland who champion the fight against health disparities through clinical or medical work or through community improvements.

Established in 2012, the Watkins-Saunders Award honors the legacy of Dr. Levi Watkins and Dr. Elijah Saunders, both pioneers in the field of cardiology who were committed to equality in health care. For every patient lucky enough to have found themselves in the care of Dr. Levi Watkins or Dr. Elijah Saunders, they could be sure to truly receive the life-saving gift of care, compassion, and commitment to excellence.

The same can be said for this year's recipient of the Watkins-Saunders Award. Since coming to Baltimore to attend medical school at the Johns Hopkins University School of Medicine in 1982, Dr. Athol Morgan has dedicated his life to improving access to care for patients in our most vulnerable communities.

Dr. Morgan lives in Ellicott City, MD with his wife Lisa, an Assistant Dean at UMBC.



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### *Coaching Workshop: TTP Courageous Conversations: HTN*

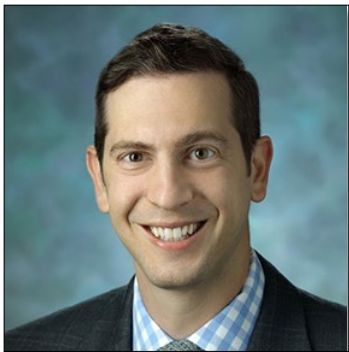
February 21st 2021, 7:40-8:15pm

### *COVID 19 Vaccine Update*

February 21st, 2021, 8:15-8:30pm

**Panagis Galiatsatos, MD, MHS**

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Panagis Galiatsatos, M.D., MHS completed his undergraduate studies at Temple University and his medical degree at the University of Maryland School of Medicine. He completed his residency at the Johns Hopkins Bayview Medical Center in internal medicine, where he also served as an assistant chief of service. Then, he went into pulmonary and critical care training at the National Institutes of Health in Bethesda and at the Johns Hopkins Hospital in Baltimore City. He also earned a master's in health sciences degree from Duke University School of Medicine and a masters as a tobacco treatment specialist from the University of Pennsylvania.

He is an Assistant Professor at the Johns Hopkins School of Medicine where he currently co-directs Medicine for the Greater Good (MGG) and is the community engagement co-director for the Baltimore Breathe Center. Through his work in Baltimore City, he has been able to tackle community health needs through collaborations and partnerships, implementing population health strategies, and creating educational programs for healthcare professionals to become physician citizens. His projects have impacted over 7,000 Baltimore City persons and over 150 healthcare professional learners.

Currently, his research interests are in chronic obstructive pulmonary disease, asthma, tobacco dependence, and health equity. He co-authored a book, *Building Healthy Community Partnerships Through Medical Religious Partnerships* that captures much of the projects he has implemented and overseen. He is the son of Greek immigrant parents and was born and raised in Baltimore..



### *What is Obesity?*

February 24<sup>th</sup>, 2021, 7-7:20pm

Athol Morgan, MD

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Athol Morgan, M.D., M.H.S. is the CEO and Medical Director of One Heart, LLC and Director Cardiology at Grace Medical Center, and is a staff Cardiologist at Sinai Hospital, both Lifebridge Health facilities in Baltimore Maryland. at Sinai Hospital. He holds faculty appointments at The Johns Hopkins University School of Medicine and The University of Maryland School of Medicine.

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Dr. Morgan lives in Ellicott City, MD with his wife Lisa, an Assistant Dean at UMBC.



### *Racism in Nutrition Education and Practice*

February 24<sup>th</sup>, 2021, 7:20-8:05pmD

**Wesley McWhorter, DrPH, MS, RDN, LD, CSCS**

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Wesley McWhorter, DrPH, MS, RDN, LD, CSCS is an Assistant Professor in Health Promotion and Behavioral Sciences and the Director of Culinary Nutrition for the Nourish Program at the Michael and Susan Dell Center for Healthy Living at The University of Texas Health Science Center at Houston (UTHealth) School of Public Health (SPH). Dr. McWhorter is appointed as a faculty member at McGovern Medical School, serves as a national spokesperson for the Academy of Nutrition and Dietetics, and is an advisory council member for the Teaching Kitchen Collaborative.

A professional chef, Dr. McWhorter focuses on interprofessional nutrition education through hands-on culinary medicine courses. He also is a certified strength and conditioning specialist with experience in fitness and corporate wellness. His research interests include closing the divide between culinary literacy and nutrition education and policy. Dr. McWhorter graduated from Kansas State University, earned a master's degree from the University of Texas Medical Branch, and a doctorate in Health Promotion and Behavioral Science from UTHealth SPH.

### *Coaching Workshop: TTP Courageous Conversations Obesity and Nutrition*

February 24<sup>th</sup>, 2021, 8:05-8:30pm



### *Anxiety, Depression and Mental Health Stigma*

February 28<sup>th</sup>, 2021, 7-7:40pm

Norma L. Day-Vines, PhD

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Dr. Norma L. Day-Vines serves as Associate Dean for Faculty Development in the School of Education at Johns Hopkins University and maintains a faculty appointment as Professor of Counseling and Human Development.

Prior to joining the faculty at Johns Hopkins University, she held tenured faculty positions at The College of William and Mary and Virginia Tech. Norma earned her bachelor's degree from the University of North Carolina at Chapel Hill and her master's and doctorate from North Carolina State University.

Day-Vines' research agenda examines the importance of multiculturalism as an indispensable tool in the delivery of culturally competent counseling and educational services for clients and students from marginalized groups. More specifically, she specializes in the measurement of attitudes towards discussing the contextual dimensions of race, ethnicity and culture with ethnic minority clients/students and the identification of strategies that reduce barriers to well-being. She has consulted with school districts across the country to address issues related to diversity, equity and inclusion. Her scholarship has appeared in leading counseling journals such as the *Journal of Counseling and Development*, the *Journal of Multicultural Counseling and Development*, the *Journal of Measurement and Evaluation in Counseling and Development*, and *Professional School Counseling*.





# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Anxiety, Depression, and Mental Health Stigma*

February 28<sup>th</sup>, 2021, 7:40-8:30pm

**Denis G. Antoine II, MD**

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Dr. Denis Antoine graduated from Howard University School of Medicine and went to Johns Hopkins for an internship in Internal Medicine and residency in Psychiatry. After residency, he completed an NIH-sponsored postdoctoral fellowship in addiction research at the Behavioral Pharmacology Research Unit at the Johns Hopkins Bayview campus. He is dually board certified in Psychiatry and Addiction Medicine.

He is the director of the Cornerstone Clinic at Helping up Mission, the Addiction Treatment Services and Center for Addiction and Pregnancy programs at the Johns Hopkins Bayview Medical Center. These programs serve patients with substance use disorders and co-occurring psychiatric conditions and serve as sites for systematic research of issues pertaining to mental well-being. He is a native Washington DC where he was baptized at Saint James Episcopal church and spent several years in the Washington National Cathedral choir for men and boys.

## *Coaching Workshop: TTP Courageous Conversations MENTAL HEALTH*

February 28<sup>th</sup>, 2021, 8:05-8:30pm



### *Diabetes and COVID19:*

### *Two Pandemics Resulting from Structural Racism*

March 3<sup>rd</sup>, 2021, 7-7:30pm

**Sherita Hill Golden, MD, MHS**

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Sherita Hill Golden is the vice president and chief diversity officer for Johns Hopkins Medicine. In this position, Dr. Golden collaborates with leaders across Johns Hopkins Medicine to further advance our diversity and inclusion efforts. She is the Hugh P. McCormick Family Professor of Endocrinology and Metabolism and holds a joint appointment in the Welch Center for Prevention, Epidemiology and Clinical Research.

Dr. Golden formerly served as the executive vice chair for the Department of Medicine, which included oversight of more than 600 faculty, 900 nurses, 800 trainees, 1,200 staff members and 14 vice chairs. In that position, she built a solid reputation among hospital leaders across the Johns Hopkins Health System by facilitating integrated, evidence-based clinical best practices for diabetes care, and as the lead for the Armstrong Institute for Patient Safety and Quality's Diabetes Clinical Community. She led development of the Department of Medicine Journeys in Medicine speaker series and Civic Engagement Initiative, resulting in the creation of programs that addressed community-related concerns and employee engagement. She also partnered internally and externally with department leaders to implement unconscious bias training for Department of Medicine leadership. In support of inclusive hiring practices. In 2018, Dr. Golden received the 17<sup>th</sup> Annual Women Worth Watching Award from Profiles in Diversity Journal. She was one of 132 winners from across the globe recognized as executives leading the way to excellence in the workplace, marketplace and the world.

Dr. Golden received her bachelor's degree in biology from the University of Maryland, College Park, her doctorate of medicine from the University of Virginia School of Medicine, and her master of health science degree in clinical epidemiology from the Johns Hopkins Bloomberg School of Public Health. She completed her residency in internal medicine at The Johns Hopkins Hospital and a fellowship in endocrinology, diabetes and metabolism with the Johns Hopkins University School of Medicine. She also completed leadership training programs through the school of medicine and with the Alliance for Academic Internal Medicine in Cambridge, Massachusetts.

Dr. Golden has had a successful career as a physician-scientist focused on diabetes epidemiology, health services research and disparities. She is an elected member of the American Society for Clinical Investigation and the Association of American Physicians. She also received the 2019 University of Virginia Distinguished Alumna Award not only for her work in the field of medicine and science, but also for her community engagement.



# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Re-Thinking Hypertension*

March 3rd, 2021, 7:30-7:55pm

**Richard Bruno, MD, MPH, FAAFP, AAHIVS**

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Dr. Bruno is the interim Medical Director, Chase Braxton Medical Center. He holds a BA, Princeton University; MD, Oregon Health & Science University; MPH, Johns Hopkins Bloomberg School of Public Health. His professional experience includes a Combined Family & Preventive Medicine residency, Johns Hopkins & MedStar Health.

Dr. Bruno's interests include: Prevention, Public Health, Population Health, Family Medicine, Addiction, Chronic Disease Management, Infectious Disease, HIV Care, LGBTQ Care, and Transgender Care. Dr Bruno is active in the community with Project Build.

Dr. Bruno, his wife and two children are active members of the Cathedral Church Incarnation Episcopal church in Baltimore.

## *Coaching Workshop: TTP Courageous Conversations Diabetes*

March 3rd, 2021, 7:55-8:30pm



# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *Lifestyle Medicine*

March 7<sup>th</sup>, 2021, 7-7:45pm

Eddie M. Phillips, MD

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Edward M. Phillips, MD, is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and is Founder and Director of The Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital [www.instituteoflifestylemedicine.org](http://www.instituteoflifestylemedicine.org). In his work at the ILM he has directed 15 live CME programs starting in India in 2006 and continuing with twice yearly courses sponsored by the Harvard Medical School Department of Continuing Education. He oversees of a suite of 7 online CME modules in Lifestyle Medicine completed by over 10,000 clinicians from 115 countries. [www.harvardlifestylemedicine.org](http://www.harvardlifestylemedicine.org).

In October 2015 Phillips began his role as Chief of Physical Medicine & Rehabilitation Services at the VA Boston Healthcare System. Additionally, Phillips is a Fellow of American College of Sports Medicine (FACSM) and serves on the executive council that developed and leads the Exercise is Medicine™ global initiative. He is co-author of ACSM's *Exercise is Medicine™, The Clinician's Guide to the Exercise Prescription* (Wolters-Kluwer, 2009) and is chair of the Exercise is Medicine Education Committee. He serves on the Advisory Board of the American College of Lifestyle Medicine and on the Health Sector of the United States National Physical Activity Plan. He is co-founder and co-director of the Lifestyle Medicine Education Collaborative "LMed" [www.LifestyleMedicineEducation.org](http://www.LifestyleMedicineEducation.org) which is working to incorporate nutrition, exercise, self-care and behavior change into US medical schools curricula.

He is Adjunct Scientist at the Jean Mayer- United States Department of Agriculture, Human Nutrition Research Center on Aging at Tufts University in the Nutrition, Exercise Physiology and Sarcopenia Laboratory where he works as study physician and investigator on several studies that address the areas of exercise physiology, resistance training in the elderly, body composition, and nutrition. He is site-PI for the Health Resource Service Administration Preventive Medicine Training Grant (2010-2013) (2014-2018) educating Yale Preventive Medicine residents in Lifestyle Medicine. Phillips has published over 65 scientific publications.

Phillips is an active clinician and researcher who speaks and consults nationally guiding a broad based effort to reduce lifestyle-related death, disease, and costs through clinician directed interventions with patients. His medical school, SUNY Buffalo School of Medicine and Biomedical Sciences honored him with its Distinguished Alumni Award for his accomplishments in Lifestyle Medicine. The President's Council on Fitness, Sports and Nutrition has recognized both Dr. Phillips and the ILM with its Community Leadership Award. He appears on national media including Good Morning America, ESPN radio, Huffington Post, Slate, Time Magazine and is regularly quoted in WBUR's CommonHealth blog.



### ADDITIONAL RESOURCES VIDEOS PRODUCED FOR KINDRED COACHES AVAILABLE ONLINE UNDER RESOURCES TAB

#### *Health Equity and Healthcare Disparities*

Lisa A. Cooper, MD, MPH

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Dr. Lisa Cooper is the Bloomberg Distinguished Professor of Health Equity at Johns Hopkins University, jointly appointed in the Johns Hopkins School of Medicine, Johns Hopkins School of Nursing and in the departments of Health, Behavior and Society, Health Policy and Management; Epidemiology; and International Health in the Johns Hopkins Bloomberg School of Public Health. She is the James F. Fries Professor of Medicine in the Division of General Internal Medicine, Director of the Johns Hopkins Center for Health Equity, and Director of the Johns Hopkins Urban Health Institute.

Dr. Lisa Cooper is a Liberian-born general internist, social epidemiologist, and health services researcher. She is the author of over 180 publications and has been the principal investigator of more than 15 federal and private foundation grants. She has also been a devoted mentor to more than 60 individuals seeking careers in medicine, nursing, and public health.

Dr. Cooper has received several honors for her pioneering research, teaching, and mentoring. She has also been recognized by several community organizations for her community engagement and advocacy to address health disparities. Currently, Dr. Cooper directs The Johns Hopkins Center for Health Equity, where she and her transdisciplinary team work with stakeholders from healthcare and the community to implement rigorous clinical trials, identifying interventions that alleviate racial and income disparities in social determinants and health outcomes. The Center also provides training to a new generation of health equity scholars and advocates for social change with policymakers.



### *Anxiety, Depression, and Mental Health Stigma*

November 18th 2020, 7:45-8:30pm

Morgan Medlock, MD, MDiv, MPH

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Dr. Medlock is the Chief Medical Officer and Director of Crisis and Emergency Services, DC Department of Behavioral Health.

She has most recently completed her residency in adult psychiatry at Massachusetts General Hospital (MGH)/McLean Hospital, in Boston, MA. As the inaugural director of the Spirituality and Mental Health consultation service at McLean Hospital, she developed a model for spiritual assessment and integration into mental health treatment.

She was also a co-founder and chair of the MGH/McLean Resident Advocacy Committee (RAC), the residency's first trainee-led advocacy group.

Dr. Medlock received her medical degree from Mayo Medical School, Mayo Clinic, Rochester, MN, in 2013 and her Master of Divinity degree from Andrews University, Berrien Springs, MI in 2011.

### *What's the Emergency? When Kindred Clients need to be referred to the Emergency Room*

Mustapha Oladapo Saheed, MD

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Mustapha Saheed, M.D., is the medical director and an assistant professor in the Department of Emergency Medicine at Johns Hopkins.

Saheed received his medical degree from Cornell University in 2005. He completed his residency training at The Johns Hopkins University in 2008 and later went on to complete a fellowship as the assistant chief of service (ACS). Subsequently, Saheed joined the Hopkins faculty in 2010.

As the medical director, he oversees the Emergency Department's clinical operations and has a particular interest in organizational heuristics.

Saheed's other research interests include technology integration and utilization in the improvement of emergency department operations.





# KindredCoaches™ Part Two Session Schedule

February 14<sup>th</sup> – March 7<sup>th</sup>, 2021

## *COVID-19 and YOU*

Leana S. Wen, MD, MSC, FAAEM

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Dr. Leana Wen is an emergency physician and Visiting Professor of Health Policy and Management at the George Washington University School of Public Health.

She is also a contributing columnist for The Washington Post, writing on health policy and public health. As an expert in pandemic preparedness and response, she is an on-air commentator for CNN as a medical analyst and has been a frequent guest expert on the covid-19 crisis for CNN, MSNBC, BBC, and National Public Radio.

Dr. Wen earned her medical degree from Washington University School of Medicine and her master's degrees at the University of Oxford, where she was a Rhodes Scholar. She completed her residency training at Brigham & Women's Hospital and Massachusetts General Hospital. The author of the dozens of scientific articles and the critically-acclaimed book, *When Doctors Don't Listen*, she has given six TEDx and TEDMED talks.

## *Re-Thinking Hypertension*

Seamus Paul Whelton, MD, MPH

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Seamus Whelton, MD, MPH, practices at the Johns Hopkins Medicine Division of Cardiology as an Assistant Professor, focusing primarily on prevention and cardiac CT.

Dr. Whelton completed his undergraduate studies at Princeton University followed by a Masters of Public Health in Epidemiology at the Tulane University School of Public Health and Tropical Medicine. He then received his Doctor of Medicine degree from the Tulane University School of Medicine in New Orleans, where he also completed internal medicine residency training. He went on to complete a post-doctoral fellowship at the Welch Center for Prevention, Epidemiology and Clinical Research at the

Johns Hopkins Bloomberg School of Public Health. He then completed his cardiology training as a fellow within the Johns Hopkins School of Medicine and Division of Cardiology.

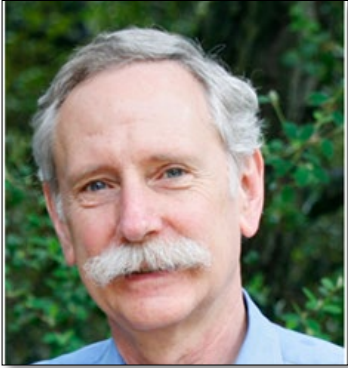
Dr. Whelton's primary research interest is the prevention of cardiovascular disease. In particular he is interested in the use of cardiac CT imaging for risk prediction, examining the competing risks of cardiovascular and non-cardiovascular disease, and how aging impacts cardiovascular risk prediction.



### *Nutrition & Obesity*

Walter C. Willett, MD, DrPH

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Walter C. Willett, M.D., Dr. P.H., is Professor of Epidemiology and Nutrition at Harvard T.H. Chan School of Public Health and Professor of Medicine at Harvard Medical School. Dr. Willett studied food science at Michigan State University, and graduated from the University of Michigan Medical School before obtaining a Masters and Doctorate in Public Health from Harvard T.H. Chan School of Public Health. Dr. Willett has focused much of his work over the last 40 years on the development and evaluation of methods, using both questionnaire and biochemical approaches, to study the effects of diet on the occurrence of major diseases.

He has applied these methods starting in 1980 in the Nurses' Health Studies I and II and the Health Professionals Follow-up Study. Together, these cohorts that include nearly 300,000 men and women with repeated dietary assessments, are providing the most detailed information on the long-term health consequences of food choices.



### Kindred Coaches Team

#### Shannon McCullough, MLA, MS– Kindred Coaches Co-Director



Shannon is a Counselor-in-Training and will receive her second master's degree, in clinical Mental Health Counseling from the Johns Hopkins University School of Education in December 2020. She currently provides therapy to children, adolescents, and adults affected by trauma and childhood abuse as a Mental Health Intern at Baltimore Child Abuse Center. She also provides case management and crisis intervention to survivors of domestic violence and sexual assault as a part-time Crisis Response Coordinator at TurnAround, Inc.

Shannon is on a mission to make quality, culturally competent mental health services more accessible to traditionally underserved communities. She and her family are members of Memorial Episcopal Church.

#### Karen L. Mercer, MS Pastoral Counselor – Kindred Coaches Co-Director



Karen, currently an intern at Memorial Episcopal Church, is on the path toward ordination as a priest in the Episcopal Church. Karen is a retired Federal employee of the Department of Health & Human Services, the Health Resources Services Administration and the Centers for Medicare and Medicaid.

Karen has a 20+ year career in public health and mental health services. She recently retired as the Director/Owner of A Renewed Mind Behavioral Health Center. Ms. Mercer brings her experience and a Wellcoaches® training to this project.



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### Carol J. Scott, MD, MEd, FACEP – Kindred Coaches Co-Director

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Carol is a community-based practicing Emergency Physician in Baltimore. She trained in Emergency Medicine at Johns Hopkins Hospital, completed training in Internal Medicine at Duke University and earned a master's degree in Education at Johns Hopkins University. She trained and received Wellcoaches Health and Wellness Certification from Wellcoaches School of Coaching in 2014 and is a professional Patient Advocate and Wellness Coach.

For families, Carol provides 'just in time' advocacy, navigation and support with a new diagnosis or health crises. She has a special interest in prevention and optimizing chronic disease care. She helps families outperform family health legacies with a goal of 'zero preventable adverse health events' through personal high reliability wellness.

Dr. Scott is not a newcomer to understanding health equity and health care disparities. More than a decade ago, she authored articles, including "Racial and Ethnic Health Care Disparities; An Emergency Medicine Perspective" (published in Academic Emergency Medicine Journal) and was cited in the Wall Street Journal, for innovative training programs to improve physician cultural competency. With over two decades of experience, her insights and work in coaching have been featured in the Wall Street Journal, The Washington Post, SELF, Fast Company, O magazine and Huffington Post. She received the Educator of the Year Award from the National Association of Women Emergency Physicians. Carol is founding fellow and member of the Institute of Coaching Professionals.

Dr. Carol has given keynote presentations for clients including Morgan Stanley, UPS, Oracle, McDonald's, Discovery Channel, Barron's, Johnson & Johnson, Texas Instruments, Kimberly Clarke, Professional Businesswomen of California.

She is currently completing a certificate in Health Care Advocacy from UC Berkeley Extension School. Carol lives in Baltimore and practices Emergency Medicine in a community hospital. She enjoys learning, teaching and designing innovative instructional programs. She is married to Alex Scott, MD, a physician philosopher. She is a member of Memorial Episcopal Church since 1995. And is the proud mother of two sons.



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### Charles Innis Jr., DPT ((Wellcoaches® Trainer) Coaching Skills Trainer



Charles Inniss earned his Doctorate degree in Physical Therapy at Boston University. He spent the early part of his post academic career as a clinician, personal trainer, and teacher.

For the past 7 years, he's been working as the onsite wellness coach for Blue Cross Blue Shield of Massachusetts where his role is to help keep employees healthy. Charles is passionate about health and wellness and is eager to support our community.

