

2024 ANNUAL REPORT



# Expanding Access to Mental Health Care



**MISSION:**  
To advance the  
mental, social,  
and spiritual  
health of  
the nation.

**VISION:**  
Everyone realizes  
their fullest  
potential for  
well-being.





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# CEO Message

The state of mental health care throughout 2024 in the United States was marked by both pressing challenges and promising progress.

While issues such as workforce shortages, insurance coverage gaps, and barriers to access persisted, we also witnessed encouraging progress in several areas. These included increased efforts to integrate behavioral health into all aspects of physical health, expanding access to mental health resources, and a growing cultural shift toward destigmatizing mental health conditions. This progress indicates a transformative shift—moving beyond symptom management toward holistic care and support, where mental well-being is prioritized and nurtured.

Our annual report highlights several bright spots from 2024 and illustrates how by coming together as individuals, communities, and like-minded organizations, we can achieve remarkable outcomes.

## ***Expanding access; delivering quality care***

In 2023, we set an ambitious goal to expand access to mental health care to 1 million people in the Western U.S. by 2026. Since that time, we have made tremendous strides working alongside caregivers throughout the Providence seven-state footprint and community and national partners.

At the heart of everything we do is our unwavering commitment to our patients. Through our combined efforts, we have **impacted the lives of an estimated 741,000 individuals**; alleviated suffering by **improving depression care by more than 51 percent**; and built more than **48 sustainable community partnerships including seven school-based initiatives**.

This 2024 annual report includes stories about individuals, families and members of our communities, including our own health care workforce. I invite you to read this report to learn more about how we are supporting mental health and well-being for all.

I'm filled with hope for the future as we continue to care for and support individuals during some of their most challenging times.



**Arpan Waghray, M.D.**  
CEO, Providence's  
Well Being Trust





I extend my deepest gratitude to everyone involved in this vital work. Together, we are reshaping mental health care into a system that fosters resilience, recovery, and well-being for all.

Your unwavering commitment makes a profound difference in the lives we touch and the communities we serve.

*Asean Wagley*

“Mental health is an issue that touches each of us, whether personally or through the experiences of those we care about. Our goal is to ensure that we are alleviating pain and suffering and helping people flourish.”





**Erik Wexler**  
*President & CEO,  
Providence;  
Board Chair, Providence's  
Well Being Trust*

## Board Chair Message

Since its creation with a \$100 million investment in 2016, Providence's Well Being Trust has been at the forefront of advancing the mental, social, and spiritual health for all.

As Providence's Well Being Trust board chair, I'm proud of the work that has been done to serve the poor and vulnerable and to create a health care environment that prioritizes both mental and physical health to ensure every person can live their healthiest life.

Our work has centered around expanding access to care, investing in innovative and transformative clinical solutions, addressing disparities in care, and forging partnerships with like-minded, community-based and national organizations to develop best-in-class practices and to address the most pressing mental health needs in our communities.

Over the past eight years, we have remained steadfast in our commitment to improving mental health and well-being for all. This report highlights our 2024 impact, underscoring our dedication and commitment to supporting the mental health and well-being of those we are privileged to serve.

And as we look to the future, I'm filled with optimism. Our commitment to caring for the whole person and serving all, especially the poor and vulnerable, will continue to be our compass on the journey ahead. I extend my deepest gratitude for your ongoing support.

**“Over the past eight years, we have remained steadfast in our commitment to improving mental health and well-being for all.”**





# IMPACT STORIES





# Championing a Culture of Well-Being

According to the Centers for Disease Control and Prevention, health care workers report higher levels of poor mental health and burnout compared to individuals in other professions.

Providence is taking proactive steps to address burnout and support caregiver well-being through No One Cares Alone (NOCA), the organization's employee well-being program supported by Providence's Well Being Trust which features several wellness resources provided at no cost to Providence's 122,000 caregivers.

One NOCA resource is offering the [National Council for Mental Wellbeing's Mental Health First Aid](#) (MHFA) training at no cost to caregivers. This training includes a self-paced online course and instructor-led training that teaches participants how to identify, understand and respond to signs of mental health concerns and offer support. Lauren Weber, clinical research assistant at Providence Medical Group Santa Rosa, described the training as a valuable and a much-needed resource for caregivers.

"One key takeaway from this training is being able to recognize if someone is struggling and feeling comfortable approaching someone who may be struggling with a mental health concern," Weber said.

Through MHFA, Providence caregivers develop skills to not only reach out and provide support to those who may be dealing with a mental health concern but also help create a psychologically safe workplace environment.

"This training educates health care workers about mental health, and it helps to break down misconceptions and reduce the stigma associated with mental illness," said Ryan Dix, PsyD, director of behavioral health, Providence's Well Being Trust.



"Mental Health First Aid training is a valuable and a much-needed resource for caregivers."

— Lauren Weber, clinical research assistant, Providence Medical Group Santa Rosa





He added, "This creates a more open and supportive workplace culture where our caregivers feel more comfortable discussing their mental health concerns and seeking help when needed."

### ***Comprehensive menu of well-being resources***

Providence is leading the way in supporting caregivers through every stage of their mental wellness journey. In addition to MHFA training, Providence's comprehensive menu of NOCA programs and tools include:

- Suicide prevention training;
- A menu of self-guided wellness tools;
- My Mental Health Matters – created in partnership with the American Foundation for Suicide Prevention that includes a mental health check-up assessment and access to resources;
- Core Leader Outreach;

- Peer-to-Peer Support;
- Caregiver Assistance Program;
- TeleSpiritual Health.

### ***Telebehavioral health consultation services***

Support for Providence caregivers also includes access to licensed therapists who provide telebehavioral health consultation services to them and their household members at no cost.

This virtual service includes same-day or next-day access to counseling and care navigation and helps to ensure that caregivers have timely access to mental health support and resources. Caregivers can seek consultation services to address conditions ranging from stress and anxiety to depression, grief and loss, addiction and other mental health concerns.

## 2024

### IMPACT DATA

**213,000**

Digital engagements with NOCA online programs/content

**37,800**

Caregiver engagements with a NOCA wellness activity

**32,000**

Completions MHFA and eCPR (emotionally connect, partner, respond) training

**17,000**

Telebehavioral health consultations

"We deeply understand the challenges faced by health care workers, and our goal is to provide caregivers with hope, practical tools, and essential skills to support their mental health and enhance their overall well-being," said Patrick Lee, director, telebehavioral health.

**"I appreciate the genuine nature of my counselor. She has been very diligent and attentive to my well-being. She shows compassion and exudes true professionalism."**





**“It was so healthy to have a space where I was able to share my spiritual journey and be heard and acknowledged in the season I’m in. I felt very safe and seen.”**

*Feedback from Providence caregiver after a TeleSpiritual Health visit.*

# TeleSpiritual Health

Nurturing the spiritual wellness of caregivers



**2024**  
IMPACT DATA

**2,437**  
Visits to the TeleSpiritual website

**216**  
Completed TeleSpiritual sessions

***Mind. Body. Spirit. These are the tenets of whole person health.***

In addition to providing a comprehensive menu of resources to support caregivers’ mental health, well-being, and physical health, Providence also supports the spiritual well-being of its 122,000 workforce via its TeleSpiritual Health program.

Recognizing the value and growing need for spiritual health support in achieving holistic well-being, Providence launched TeleSpiritual Health services in 2022.

“Providence initiated the TeleSpiritual Health program to address the spiritual wellness needs of caregivers, recognizing the importance of supporting the whole person—mind, body, and spirit post-pandemic,” said Terra Tindle Williams, senior clinical research scientist on the Providence Mission Spiritual Health team.



**Terra Tindle Williams**  
*Senior clinical research scientist, Providence Mission Spiritual Health*





Sherry Brewer, senior manager of executive operations for Spiritual Health at Providence, added, "This initiative was driven by the understanding that caregivers often face significant stress and emotional challenges in their roles, and providing accessible spiritual care could greatly enhance their well-being, sense of balance in life, and resilience."



**Sherry Brewer**

*Senior manager of executive operations Spiritual Health, Providence*

**Feeling heard and supported**

Dedicated, professionally trained chaplains provide confidential care and serve the unique needs of each person while respecting the individual's spiritual path and honoring the religious and faith traditions of all, including those who do not identify with any religion or spiritual practice.

Caregivers have expressed that they "feel heard and are grateful" for the support provided by the chaplains.

"As a TeleSpiritual Health provider, I find immense fulfillment in offering spiritual and emotional support. The act of seeking help, particularly in moments of acute need, can be daunting. I am deeply gratified to provide accessible support to our caregivers, regardless of their circumstances," said Lisa Barrett-Kelly, a specialty chaplain, on the Spiritual Health team at Providence.



**Lisa Barrett-Kelly**

*Specialty chaplain, Spiritual Health, Providence*

Providence's Well Being Trust supported the launch of TeleSpiritual Health and continues to provide programmatic support.



**"The chaplain was attentive and thoughtful, provided new perspectives to consider – both helpful spiritually and practically."**

*Feedback from Providence caregiver after a TeleSpiritual Health visit.*



# Transforming Depression Care

Providence's proactive outreach to patients leads to significant improvements in outcomes for the leading cause of disability.

Depression affects more than 21 million Americans each year, and the national demand for depression care is at an all-time high.

"We know that depression is prevalent across Providence, and it is the leading cause of disability worldwide," said Nicole Stuart-Pesevic, RN, executive director of clinical operations for the Providence Clinical Network (PCN).

She added, "Depression impacts everything in an individual's life, and if left untreated it can lead to higher utilization of other services."

Stuart-Pesevic is the project leader for a new initiative at Providence to improve patient outcomes by measuring depression treatment response (DTR) using the Healthcare Effectiveness Data and Information Set (HEDIS) and the Depression Remission or Response



**Nicole Stuart-Pesevic**  
*Executive director, clinical operations, Providence*







for Adolescents and Adults (DRR–E) measure, nationally validated metrics that illustrate clinically meaningful improvement in a patient’s depression symptoms.

“Tracking DTR leads to improved patient outcomes, reduced suicide rates, prevention of comorbidities, and long-term cost savings for both patients and health care systems.”

### **Proactive outreach to patients**

Providence has historically tracked depression screening rates and care plan implementation but had not systematically measured depression care outcomes after a patient’s initial visit with a primary care physician (PCP).

The new systemwide process involves proactive outreach after a patient diagnosed with depression\* is seen by a PCP and provided a care plan (e.g. medication to treat depression, therapy, or another form of treatment) to determine if the patient is responding to that plan.

### **Patients receive invitation to complete brief survey**

Outreach from members of the PCN team to patients takes place after their initial visit with a PCP. During that time, patients are asked to complete a depression screening to understand how they are feeling and to gauge the level of support they may need.

If findings from the screening show that a patient has moderate to severe symptoms, the medical team will encourage the patient to schedule an appointment if they haven’t already reached out to their PCP. Additionally, the team will offer resources to support patients in the interim, such as calling [988 to reach a trained counselor](#)\*\*.

If the screening shows that a patient has made demonstrable improvement, the PCN team sends them an encouraging note and shares resources that aid them in continuing to maintain their well-being and mental health.

### **Gratitude from Providence patients**

Proactive outreach to patients started in the fall of 2023.

“Providence is taking steps to transform and drive measurable improvements in depression care, and this process is now an integral part of our comprehensive patient care plan for treating patients with depression,” said Suzi Talarico, FNP VP, chief nursing officer & chief advanced practice provider (APP) leader for the PCN.



**Suzi Talarico, FNP**  
VP, chief nursing officer & chief APP leader, Providence Clinical Network

So far, nearly 10,000 patients have been impacted, and many patients have shared their feedback and gratitude with PCN team members.

“Thank you for the follow up,” one patient shared. “I have my first appointment with a mental health counselor today. I hope this is the start of a solution to the issues I’m dealing with.”

Another patient shared, “Thank you for reaching out to me about my mental health. I am currently under the care of a psychologist, and we are addressing my mental health issues. I am hoping my continued care with my doctor will help me in this regard.”

\* Exclusions include patients with a diagnosis of bipolar, personality disorders, schizophrenia.

\*\* [988 Suicide and Crisis Lifeline](#)



In some cases, without this proactive outreach, patients may neglect reaching out to their medical provider to share if they are feeling better or if their conditions are worsening.

"I served eight years in the Army. Several of my friends suffered from depression and post-traumatic stress disorder, and some died by suicide," recalled Stuart-Pesevic.

"I think sometimes patients need reminders. If we can catch one patient who may need a small change in their medication, additional resources, or another intervention – it's really impactful," Stuart-Pesevic said.

### **Outcomes and progress**

To drive measurable improvements across the Providence system, a system target for DTR and remission was set in 2024 across the 213 primary care clinics with access to integrated behavioral health resources. The target was achieved with a 51.1% increase in DTR across the system.

"Significant progress has been made, and our intention is to work toward achieving a best-in-class DTR rate across Providence," said Julie McComish, director, behavioral health, Providence's Well Being Trust.

"Our efforts are advancing Providence's commitment to expanding access and providing comprehensive mental health services and compassionate, whole-person care," McComish added.

Providence's Well Being Trust funded this systemwide effort – named Road to Remission: Our Journey Toward Depression Treatment Response – to increase access to behavioral health services by strategically prioritizing patients who are experiencing moderate to severe depression.



**"Thank you for reaching out to me about my mental health. I am currently under the care of a psychologist, and we are addressing my mental health issues."**

**— Quote from patient receiving care at Providence**





# Deepening Community Collaboration

## Expanding community-based partnerships

To further our commitment to transforming behavioral health care and expanding access, Providence's Well Being Trust has partnered with 40-plus community organizations to support their efforts to increase sustainable access to quality mental health care and support and substance use disorder services.

In 2024, \$1.2 million was awarded to community-based organizations throughout the Providence seven-state footprint.

"We are collaborating with our Providence Community Investment teams and behavioral health leaders to pinpoint community organizations that can effectively address vital gaps in the behavioral health care continuum," said Jennifer Graves, director of grants and finance, Providence's Well Being Trust.

"Supporting these organizations through grant funding is critical, as it empowers them to develop and implement sustainable initiatives that are making a lasting impact. By investing in their efforts, we are helping to ensure that these organizations have the resources they need to grow and adapt, ultimately fostering healthier communities and improving mental health outcomes in the long term."

*Read highlights about three community partnerships on the following pages.*





## Friends of Youth

*Serving King County, Washington*

Friends of Youth provides onsite integrated mental health and substance use disorder services at its emergency shelter and drop-in center for young adults, the Willows Youth Services Center (WYSC). Services include counseling sessions, crisis stabilization case management meetings, and referrals to other resources as needed, including inpatient treatment.



Clients accessing the WYSC can engage with a provider on a drop-in basis, without having to schedule an appointment. This approach is responsive to the needs of youth experiencing homelessness, most of whom have high barriers to setting and attending regular mental health appointments.



"Friends of Youth is an incredible organization that provides services to youth and young families facing behavioral health challenges, housing vulnerabilities, or are in the foster care system. They are a vital organization in the greater Seattle area, and because of their services, Providence is able to connect youth in crisis to behavioral health individual and group services, shelter, and community resources. Ultimately this organization provides hope, connection, and support to the next generation in King County, which strengthens Providence's promise to "Know me, care for me, ease my way."

– **Kelsey Smith, LICSW**, senior director, Care Management and Behavioral Health & Acute Care, Central Puget Sound

"Friends of Youth is increasing access to critically important mental health and substance use disorder services for underserved youth and families in King County. By combining outpatient, school-based, drop-in and telehealth care, they're expanding capacity to reach youth experiencing homelessness and reducing barriers to care when it's needed most."

– **Adrienne Webb**, executive director, Community Health Investment, North Division, Providence

Support from Providence's Well Being Trust is expected to impact up to 600 youth. Learn more about Friends of Youth – <https://www.friendsofyouth.org>.





# Spokane Treatment and Recovery Services

*Serving the Inland Northwest*



Spokane Treatment and Recovery Services (STARS) partners with Providence Sacred Heart Medical Center and Providence Holy Family Hospital and interacts with clinical teams in the emergency department (ED) to provide intervention to patients presenting with behavioral health concerns and to start a process of healing and recovery. Patients are screened and the following services are provided (as needed): transportation, Medicaid navigation, substance abuse withdrawal management, mental health therapy, peer support, person-centered case management, agency coordination, co-occurring residential treatment, and intensive outpatient support.

Services provided by STARS provide appropriate treatment and placement for individuals with behavioral health needs and helps to ensure that ED beds are available for patients needing emergency care.



“Our collaboration with Spokane Treatment and Recovery Services (STARS) helps to ensure that patients with substance use disorders (SUD) receive the appropriate placement for accessing treatment. Through the emergency department diversion program, STARS staff work with patients with SUD who present to the ED to continue treatment at the STARS sobering unit where individuals receive comprehensive wrap-around services and support.”

– **Christina Kamkosi Chery, MBA**, manager, Providence Community Health Investment Programs, Inland Northwest Washington

“Funding from Providence’s Well Being Trust has been vital in supporting Spokane Treatment and Recovery Services (STARS) in numerous ways, allowing us to continue to meet the behavioral health needs of clients throughout the Inland Northwest. This has directly enabled us to sustain and operate our emergency department diversion program, which is critical in helping clients during vulnerable times by diverting them from hospital settings and into appropriate behavioral health treatment. STARS hospital diversion focuses on ensuring individuals in need access the necessary substance use disorder and/or mental health care. This ultimately alleviates pressure on the health care workforce, fire department, and police department.”

– **Ryan Kent**, executive director, Spokane Treatment and Recovery Services



*Support from Providence’s Well Being Trust is expected to impact an estimated 1,220 individuals. Learn more about STARS – <https://spokanerecovery.org>.*



## Kedren Mobile Street Medicine Program

*Serving Southeast Los Angeles*

The Charles Drew University (CDU) Kedren Mobile Street Medicine Program is increasing access to care for patients experiencing homelessness and those with severe mental illness, substance use and addiction, and cognitive, developmental, and other co-occurring conditions. Kedren offers comprehensive in-patient and out-patient behavioral health services for children, transitional aged youth and adults. Their services promote a shared vision of improving lives and empowering individuals to recover.



Support from Providence's Well Being Trust is expected to impact an estimated 2,000 individuals in south, southeast, and east Los Angeles with a focus on improving the health of Black and Latinx individuals.

"This partnership reflects a mutual commitment to our shared mission to provide compassionate and accessible health care to all, especially those who are vulnerable and less fortunate. With the funding from this grant, we are able to care for the needs of many, including being able to provide addiction treatment and mental health care services, especially for people experiencing homelessness. Our work together ensures that residents of Los Angeles receive not only the care they need but the respect and support they deserve, helping to create a healthier, more equitable future for all."



*– Dr. Jerry Abraham, MPH, director of Public Health Integration & Street Medicine, CDU-Kedren*

*Support from Providence's Well Being Trust is expected to impact an estimated 2,000 individuals in Los Angeles. Learn more about the CDU Kedren Mobile Street Medicine Program – <https://www.kedren.org>.*





# Mental Health School Clubs

## Teen starts first Work2BeWell mental health club in Washington; teen-led clubs see surge in growth



### 2024

#### IMPACT DATA

**105,000**

Social media reach; sharing content that normalizes the conversation about mental health

**39,700**

Mental health curriculum downloads

**19,000**

Number of participants in W2BW-led workshops

Vivek Murthy, M.D., the 19th and 21st U.S. Surgeon General, described youth mental health needs as “the defining public health crisis of our time” in 2023. That year, Addison, now a senior in high school, was experiencing her own mental health challenges.

“Back in middle school and as I entered high school, I went through my own struggles with mental health and realized how important it is to have a community and a safe space to talk about it—especially for young people,” said Addison, who attends Kentridge High School in Kent, Washington. She is also a member

of Work2BeWell’s (W2BW) National Student Advisory Council.

W2BW is a national teen-led mental health and wellness program focused on providing free mental health resources for teens, educators, and communities. Addison is the founder of the first mental health club at her school – which is also the first W2BW student club in Washington.

“The voice of our youth is essential, and we are honored to support students like Addison and all youth and teens in building a future where every student feels heard, understood, and equipped with the tools they need to thrive,”



said Mary Renouf, VP, clinical and consumer communication, Providence & chief executive, Work2BeWell.

### **70 clubs established across the U.S.**

W2BW mental health clubs are student-led with an adult advisor providing support and guidance. Using the W2BW club starter guide, students across the U.S. are launching mental health clubs throughout high schools stretching geographies from Washington state to Maine. Seventy clubs have been established to date.

"I joined W2BW my junior year and was introduced to many resources, including the club starter guide," Addison said. "In just two years, we've made a real impact by introducing W2BW resources to our staff and faculty, organizing a slime fundraiser to support our initiatives (while giving students a fun way to ease test anxiety), and building a community where students consistently show up and engage."

In addition to providing resources and toolkits for students to establish mental health clubs, W2BW also provides free mental health curricula,

resources, and tools to support students, parents and educators addressing topics such as mental wellness, anxiety, suicide prevention, and loss and grief. Many resources are available in Spanish and Vietnamese translations.

"I am incredibly proud to work alongside our students who are passionate mental health advocates," said Dr. Robin Henderson, chief clinical officer of W2BW and chief executive of behavioral health at Providence Oregon. "Their dedication and advocacy inspire us all and contribute significantly to the creation of impactful and accessible mental health resources."

Addison added, "I've witnessed a lot of growth in myself and our school community from just two years of being involved in W2BW, and I am forever grateful I am able to be a part of it."



**WORK2BEWELL**

*Learn more at [work2bewell.org](https://work2bewell.org).*







# Increasing Access to Youth Mental Health Services



The 2024-25 school year marked year two of the Providence and Seattle Sounders FC partnership to improve youth mental health throughout Greater Seattle.

In collaboration with Providence, Seattle Sounders FC and Work2BeWell, Providence’s Well Being Trust supported efforts to help 15,000 students in the Renton School District in Washington:

- Gain access mental health support at no cost via virtual therapy;
- Learn about mental health by attending in-person and virtual events using the Work2BeWell curriculum;
- Foster a culture to prioritize their mental well-being and support their friends.



*[Learn more about the Providence and Seattle Sounders FC partnership to address the youth mental health crisis.](#)*

2024

## IMPACT IN RENTON SCHOOL DISTRICT



**1,852**

Virtual mental health visits completed.



**5,950**

Engagements with Work2BeWell resources, curriculum and events.



**38**

Classroom lessons using Work2BeWell curricular – including content covering self-care, anxiety, depression, and positive affirmations, in middle and high schools.



## Students attend We Can Be Well panel featuring U.S. Surgeon General Dr. Vivek Murthy

Providence's Well Being Trust CEO Arpan Waghray, M.D., joined U.S. Surgeon General Dr. Vivek Murthy at the We Can Be Well Mental Wellness Panel event presented by Seattle Sounders FC, RAVE Foundation and Providence in May 2024.

Panelists spoke with more than 150 middle and high school students from Renton School District and Rainier Preparatory Academy in Renton about normalizing conversations about mental health and self-care.







## Suicide prevention awareness walk: students raise more than \$3,700

The Mental Health Club at Lindbergh High School in Renton, Washington, hosted a walk to amplify suicide prevention. The walk, supported by Providence and Seattle Sounders FC as part of their commitment to [enhancing the mental well-being](#) of students in the district, raised more than \$3,700 for the American Foundation for Suicide Prevention.

This is the second annual walk for the cause, creating momentum for the event to be held yearly.



## More than 300 Providence caregivers walk to support suicide prevention awareness



Providence joined the American Foundation for Suicide Prevention (AFSP) for eight [Out of the Darkness Walks](#) across the Providence seven-state footprint, raising more than \$20,000 supporting suicide prevention initiatives. More than 300 Providence caregivers participated in these walks, demonstrating their commitment to promoting mental health awareness and prevention. The

goal of the Out of the Darkness Walks is to promote awareness, educate individuals on recognizing warning signs, and dismantle the stigma surrounding mental health issues. [Providence Well Being Trust](#) was honored to support walks throughout the Western U.S.



# Conference Highlights

Leaders from Providence's Well Being Trust were invited to speak at several mental health conferences throughout 2024. See highlights below.

## The Kennedy Forum's Alignment for Progress Conference

Providence's Well Being Trust CEO Arpan Waghray, M.D., joined a panel at The Kennedy Forum's Alignment for Progress Conference in Washington, D.C., September 24, 2024, where they discussed a system where behavioral health data outcome collection is centered on integration and interoperability and best practices are both evidence-based and standardized, ensuring high-quality care for all patients across the behavioral health spectrum.

Special thanks to The Kennedy Forum for launching the Alignment for Progress initiative to create a future where: 90% of the population is screened for MH/SUD; 90% receive evidence-based treatments; 90% manage symptoms to achieve recovery.



*Pictured above from left: Julie McComish, director, mental health strategy; Arpan Waghray, M.D.; former Congressman Patrick Kennedy and founder of The Kennedy Forum; Amy Kennedy, co-founder of The Kennedy Forum; Jennifer Graves, director of grants and finance; Roger Dowdy, chief operating officer; and Amy Shields, director of communications.*

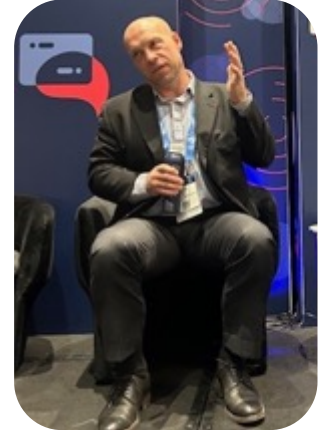






## Behavioral Health Tech Conference

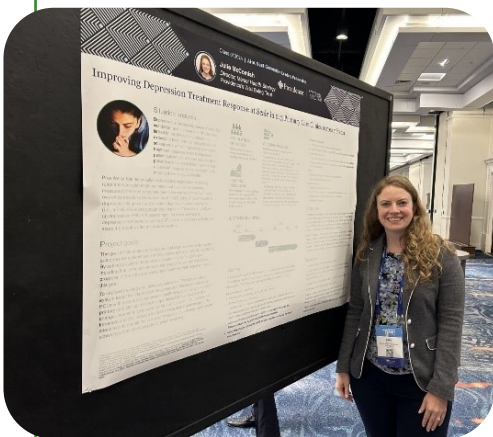
Ryan Dix, PsyD, director of mental health for Providence's Well Being Trust, joined a panel of experts to discuss provider burnout and strategies for a healthier workplace at the 2024 Behavioral Health Tech (BHT) conference in Arizona.



"As someone who has been in the field as long as I have been, it is exciting to see all the interest in behavioral health from a wide mixture of groups. A key takeaway from the conference was the number of ideas presented that seek to address some of the many challenges we have been facing in behavioral health."

The BHT conference brings together passionate individuals who are committed to making behavioral health more accessible and impactful.

## American Hospital Association Leadership Summit



Julie McComish, director of mental health strategy for Providence's Well Being Trust, presented at the American Hospital Association's 2024 Leadership Summit, highlighting the work that Providence and Providence's Well Being Trust are doing to improve depression treatment response and overall depression care for patients.

The AHA Leadership Summit brings together senior health care executives, clinicians and experts in the field presenting innovative approaches for delivering better care and greater value, ensuring financial stability, addressing workforce challenges and improving the health care consumer experience through operational excellence, creative partnerships and redefined delivery models.



# Awards and Recognition



Providence’s “Mental Health Moment” feature article series was named a winner in PR Daily’s [Content Marketing Awards](#) in the Content Series category.

The Mental Health Moment series is a key content component of Providence’s No One Cares Alone program – a robust well-being program with tools and resources to serve the unique needs of caregivers (health care workers) at every step of their mental health journey.

The bimonthly feature story series is included the Providence employee newsletter. The Mental Health Moment content series generated significant engagement, drawing 99,049 unique users to at least one post and an average of eight posts viewed per user.



Providence joined the National Academy of Medicine Change Maker Campaign to advance health workforce well-being. More than 400 organizations have affirmed a commitment to institutionalizing well-being as a long-term value. The Change Maker Campaign builds on almost six years of collective work among 200 Clinician Well-Being Collaborative Members and network organizations. Learn more: [CWB Change Makers – NAM](#).



## ***Providence awarded Bell Seal for Workplace Mental Health***

Providence was awarded a 2024 Platinum Bell Seal for Workplace Mental Health by Mental Health America (MHA). The Bell Seal is a first-of-its-kind workplace mental health certification recognizing employers striving to create mentally healthy workplaces for their employees.

The Bell Seal recognizes employer advances in workplace mental health by awarding Bronze, Silver, Gold, and Platinum recognition levels.

Gaining status as a Bell Seal-certified organization demonstrates Providence’s ongoing commitment to employee mental health and well-being. [Learn more.](#)



# Executive Governing Board

## **Darryl Elmouchi, MD**

Chief Operating Officer,  
Providence

## **Joel Gilbertson**

Chief Executive, Central  
Division, Providence

## **Dougal Hewitt**

Chief Mission and Sponsorship  
Officer, Providence

## **Susan Huang, MD**

Chief Physician Executive;  
Chief Executive, Providence  
Clinical Network

## **Ali Santore**

Chief Communication and  
External Affairs Officer,  
Providence

## **Erik Wexler**

President & CEO, Providence;  
Board Chair, Providence's  
Well Being Trust

## Our Team

### **Arpan Waghray, M.D.**

CEO, Providence's  
Well Being Trust

### **Sara Asad-Pursley**

Senior Project Manager

### **Danica Boyle**

Senior Project Manager

### **Skyler Brady**

Senior Project Manager

### **Ryan Dix, PsyD**

Clinical Director

### **Roger Dowdy, LICSW**

Chief Operating Officer

### **Meredith Ford**

Supervisor,  
Telebehavioral Health

### **Cathlyn Fraguela Rios**

Senior Manager,  
Telebehavioral Health

### **Jennifer Graves**

Director, Grants and Finance

### **Patrick Lee**

Director, Telebehavioral Health

### **Julie McComish**

Director, Mental Health Strategy

### **Mary Renouf, MBA**

Vice President, Clinical and  
Consumer Communications

### **Amy Shields, M.A.**

Director, Communications

### **Stephen Singer**

Supervisor,  
Telebehavioral Health

### **Ajandra Singh**

Manager, Clinical Operations,  
Telebehavioral Health

### **Jamie Smith**

Senior Executive Assistant

### **Alex Sokoll**

Senior Communications  
Specialist

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