Global Summit: Los Angeles County
May 1-3, 2017

Mental Health Culture Change
EMPOWERING PEOPLE TO CHANGE THE WORLD

Booz Allen Hamilton is excited to expand our partnership with Give an Hour and The Campaign to Change Direction as the presenting sponsor of The Global Summit on Mental Health Culture Change.

At Booz Allen, we are following our Champion’s Heart to be a global leader in changing corporate culture around emotional wellness and mental health. We challenge all corporations to do the same.

Learn more about Booz Allen at BoozAllen.com or email us at MHC_Challenge@bah.com to take the corporate challenge to change mental health culture.
Welcome

Welcome to the first Global Summit on Mental Health Culture Change. We are pleased to share this special program with you - and we look forward to the good work that will come from our collective efforts.

As we know, mental health conditions remain poorly understood and yet one in four people in the world will be affected by mental health disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental health disorders among the leading causes of ill-health and disability worldwide. Unaddressed mental health concerns lead to tremendous emotional suffering and contribute significantly to serious societal problems including unemployment, poverty, homelessness, substance abuse, crime, incarceration, domestic violence and suicide.

It’s time to change the culture. It’s time to remove barriers so that we talk openly about our emotional well-being – as well as our emotional pain. By changing our culture we will change minds, attitudes and behaviors. By changing our culture we will increase access to care, decrease suffering and increase productivity worldwide.

Many well-respected organizations around the world are focusing on mental health in new and innovative ways. You will hear about some of these efforts today - and how they are making great strides in the areas of research and service delivery. But until today, no convening has brought together thought leaders, stakeholders, policy makers and change agents to focus exclusively on addressing culture as a primary barrier to changing the way we think about, talk about and address emotional well-being and mental health.

As the backbone organization behind the Campaign to Change Direction, Give an Hour is proud to partner with Los Angeles County and our sponsors to bring you the Global Summit on Mental Health Culture Change. Our goal is to showcase successful efforts, forge new alliances and create a strategic vision to eradicate the fear, shame and guilt that prevents those who are suffering from receiving the compassionate care they deserve. Culture change will bring lasting change.

Culture is driven by many factors - but in today’s technology based, social media focused, global society, our entertainers play a significant role in shaping, maintaining and disrupting our culture. Today there are almost as many cell-phone subscriptions (6.8 billion) as there are people on this earth. This creates a tremendous opportunity for champions to deliver coordinated messages that will drive culture change and reach those in need.

We are proud that representatives from the entertainment community will join us over three days filled with conversations, performances and experiences. The goal of this unique Summit is to explore cultural barriers across and within groups - and to examine innovative programs, inspirational movements and unique opportunities. The goal is to Change Direction - so that we move forward to build a global culture in which all in need are able to seek and receive the care and support they deserve.

Take care,

Barbara Van Dahlen, Ph.D.
Founder & President, Give an Hour
Schedule of Summit Events

1. **May 1 – Red Carpet Film Event**

   *The Dinner*, based on the best-selling novel by Herman Koch and starring Richard Gere, Laura Linney, Steve Coogan and Rebecca Hall, is a powerful psychological thriller that explores the consequences of unaddressed trauma and mental illness in the lives of two families.

   A red carpet screening of the U.S. premiere of Oren Moverman’s eagerly anticipated film will provide the perfect beginning for this three-day series of events.

   We want to thank The Orchard for their partnership in offering this exciting opportunity to our Summit participants.

2. **May 2 – A Day to Change Direction in Partnership with Los Angeles County**

   A Day to Change Direction is all about creating opportunities to engage, educate and inspire. We will focus on five populations with unique and compelling mental health challenges: children and youth, veterans and military families, people experiencing homelessness, refugees and immigrants, and at-risk seniors. Engagement activities will invite our county partners, corporate supporters, non-profit friends, celebrity champions – and everyday citizens – to join us at events across Los Angeles County.

3. **May 3 – The Global Summit**

   The entertainment community joins thought leaders and stakeholders for a day filled with conversations, performances, and experiences. The Summit will explore cultural barriers across and within groups – and examine innovative programs, inspirational movements and unique opportunities.

   We want to thank the staff of the Los Angeles County Museum of Art (LACMA) for helping us create an engaging, informative and inspiring day for our attendees.

   **Our goal is to Change Direction**

   as we build a global culture in which all in need are able to seek and receive the care and support they deserve.
Barbara Van Dahlen, Ph.D.

Founder and President, Give an Hour™

Barbara Van Dahlen, Ph.D., named to TIME’s 2012 list of the 100 most influential people in the world, is the president and founder of Give an Hour™. A licensed clinical psychologist who has been practicing in the Washington, D.C., area for over 20 years, she received her Ph.D. in clinical psychology from the University of Maryland in 1991, her M.A. in clinical psychology from the University of Maryland in 1987, and her B.A., summa cum laude, in psychology from California State College in 1982. Concerned about the mental health implications of the wars in Iraq and Afghanistan, Dr. Van Dahlen founded Give an Hour in 2005. The organization has created a national network of mental health professionals who provide free services to U.S. troops, veterans, their loved ones, and their communities. Currently, the network has nearly 7,000 providers, who have collectively given more than 217,000 hours of care, valued at nearly $22 million. Working with other nonprofit leaders, Dr. Van Dahlen developed the Community Blueprint, a national initiative and online tool to assist communities in more effectively and strategically supporting veterans and military families. Give an Hour has implemented this approach in two demonstration sites and continues to lead community collaboration projects. The organization now also leads the Campaign to Change Direction™, a collective impact effort to change the culture of mental health in America. In just two years, the campaign has gained tremendous momentum, reaching millions of people through over 400 organizational partnerships. Dr. Van Dahlen has become a noted source and expert on the psychological impact of war on troops and families and a thought leader in mobilizing civilian constituencies to create large system change. She has received numerous awards, including the American Psychological Association’s Presidential Citation and the Richard Cornuelle Award for Social Entrepreneurship of the Manhattan Institute in 2013. In 2014 she was honored by the Chief of Staff of the United States Army as an outstanding civilian who has made significant voluntary contributions to our military and the United States Army. She also received the 2016 American Foundation for Suicide Prevention Lifesavers Gala Public Service Award and was appointed in January 2017 to serve on the President’s Council on Fitness, Sports, & Nutrition.
Thank you to our 400 organizational partners who have helped us teach 26M Americans the

**Five Signs of Emotional Suffering**

**know the five signs.**

Nearly one in every five people, 43.8 million Americans, have a diagnosable mental health condition. Our friends, neighbors, co-workers, and family members may be suffering emotionally. They may not recognize the symptoms or ask for help.

- Not feeling like yourself?
- Are you feeling agitated?
- Are you feeling withdrawn?
- Taking care of yourself?
- Are you feeling hopeless?

**the campaign to**

**changeraction**

#ChangeMentalHealth  www.changeforward.org
7:30-8:30 am  
Registration and Light Breakfast

8:30 am  
Performance  
Laura Wright

Welcome  
Los Angeles County Supervisor  
Barbara Van Dahlen, PhD, President & Founder, Give an Hour

Filmmaker Oren Moverman:  
A Conversation with Dr. Van Dahlen

9:15 am  
Panel 1: Reaching our Children  
MODERATOR:  
Altha Stewart, MD, Chief of Social and Community Psychiatry at the University of Tennessee Health Science Center in Memphis and Director, Center for Health in Justice Involved Youth

PANEL:  
Benita Fitzgerald Mosely, CEO, Laureus Foundation  
Maya Enista Smith, Executive Director, Born This Way Foundation  
Ross Szabo, Wellness Director at Geffen Academy at UCLA and CEO of the Human Power Project

10:00 am  
Panel 2: Our Service Members and Veterans Leading the Way  
REMARKS:  
Scott Blackburn, Deputy Secretary, US Department of Veterans Affairs

MODERATOR:  
Jonathan Sherin, MD, PhD, Director, Los Angeles County Department of Mental Health

PANEL:  
Keita Franklin, DSW, Director, US Defense Suicide Prevention Office  
Sue Freeth, CEO, Combat Stress, UK  
Brigadier General Jessica Meyerann, Vice Director, Manpower and Personnel, US National Guard Bureau Joint Staff  
Paata Patiashvili, Head of Wounded and Injured Warrior Support Department, Ministry of Defense, Georgia

To learn more about our speakers, please visit:  
www.changedirection.org/global-summit
Agenda

11:00 am
Former WNBA All-Star Chamique Holdsclaw: A Conversation with Dr. Van Dahlen

11:15 am
Break

11:30 am
Panel 3: Corporate Culture Change
Video
Horacio Rozanski, CEO, Booz Allen Hamilton

MODERATOR:
TBD
PANEL:
Meredith Ackley, Board Member, Bring Change 2 Mind
John Edelman, Managing Director, Global Engagement and Corporate Responsibility, Edelman
Louise Murphy, MA, LPC, President, Aetna Behavioral Health
Joe Sifer, Executive Vice President, Booz Allen Hamilton

12:15 pm
Lunch
Video: Bell Let’s Talk, Canada

1:15 pm
Welcome Back
Los Angeles County Supervisor
Spoken Word Performance
Yashi Brown, Poet, author and award winning mental health advocate

1:30 pm
Panel 4: Reflections on INVICTUS
MODERATOR:
Jonathan Sherin, MD, PhD, Director, Los Angeles County Department of Mental Health
PANEL:
Vicky Gosling, OBE, CEO, INVICTUS 2016
Joel Guidon, Canadian Team, Invictus Games 2016
Will Reynolds, US Team Captain, INVICTUS 2016
Brian Stann, President and CEO, Hire Heroes USA

2:15 pm
Panel 5: Community Activation
MODERATOR:
Randy Phelps, PhD, Senior Advisor, American Psychological Association
PANEL:
Jennifer Pope Baker, Executive Director, Women’s Fund of Central Indiana
Robert Gebbia, CEO, American Foundation for Suicide Prevention
Andy Keller, PhD, CEO, Meadows Mental Health Policy Institute
David Richmond, Director of Recovery, Help for Heroes. Chairman, Contact Group for Heads Together

3:00 pm
Break

To learn more about our speakers, please visit: www.changedirection.org/global-summit
3:15 pm  
Panel 6: An International Perspective  
Video  
Herb Pardes, MD, CEO, President of the Brain and Behavior Research Foundation Scientific Council  

MODERATOR:  
Christina Pascucci, KTLA News Anchor/Reporter, Global Humanitarian  

PANEL:  
Vikram Patel, MD, Pershing Square Professor of Global Health, Department of Global Health and Social Medicine, Harvard Medical School  
Paata Patiashvili, Head of Wounded and Injured Warrior Support Department, Ministry of Defense, Georgia  
Ulana Suprun, MD, Acting Minister of Health, Ukraine

4:00 pm  
Video  
Judge Steve Leifman, Miami-Dade County Court

INTRODUCTION:  
Vincent Atchity, Executive Director, Equitas

Panel 7: Partnering with the Entertainment Industry for Culture Change  
MODERATOR:  
Barbara Van Dahlen, PhD, President & Founder, Give an Hour

PANEL:  
Jeff Borenstein, MD, CEO, Brain and Behavior Research Foundation  
Kana Enomoto, Acting Assistant Secretary for Mental Health and Substance Use, US Department of Health and Human Services  
Katrina Gay, National Director, Strategic Partnerships, NAMI  
Lisa Marsh Ryerson, President, AARP Foundation

4:45 pm  
Closing Remarks  
Barbara Van Dahlen, PhD, President & Founder, Give an Hour

Original Song: Change Direction  
Pastor Jeff Dennis, Composer  
Jennifer Mekel, Soloist  
Community Choir, Christ Second Baptist Church

5:00 pm  
Summit Ends
We are pleased to invite our partners, sponsors and guests to join us as we encourage everyone to learn the Healthy Habits of Emotional Well-being!

**Healthy Habits of Emotional Well-being**

- **Take care**
  - Eat well, sleep well, exercise

- **Check in**
  - With family, friends & counselors

- **Engage**
  - You can’t be healthy emotionally if your relationships aren’t

- **Relax**
  - Be active, meditate, garden, dance, love, cook, sing...

- **Know**
  - Know the Five Signs of emotional suffering

[www.changedirection.org](http://www.changedirection.org)
Healthy mind, healthy body, healthy you

Aetna is proud to support The Global Summit on Mental Health Culture Change and continue to serve as a founding partner of the Campaign to Change Direction. Together, we’re joining millions to make a difference.
Isolation

is more than being alone. It’s being at risk.

Prolonged isolation and loneliness erode well-being — equivalent to smoking 15 cigarettes a day.

That’s why AARP Foundation is spearheading Connect2Affect (connect2affect.org), a collaborative effort to end isolation and loneliness by helping to build the social connections we all need to thrive.

Because when people connect, they affect each other’s lives.

Together we can change the culture of mental health.

Edelman and The Daniel J. Edelman Family Foundation are honored to support The Global Summit on Mental Health Culture Change
Overcoming Mental Illness with Science

For the past 30 years the Brain & Behavior Research Foundation has fostered new research pathways and transformative breakthroughs. Our 60,000 donors have joined together in the great challenge of modern medical science—overcoming mental illness.

Our 169 active member, volunteer Scientific Council has selected the best research strategies and scientists to pioneer in ending the suffering from brain and behavior disorders.

Our 4,000 research grantees have dedicated their outstanding talents and training to develop improved treatments and methods of prevention for mental illness.

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About the MGMH

The Movement for Global Mental Health (MGMH) is a network of individuals and organisations that aim to improve services for people living with mental health problems and psychosocial disabilities worldwide, especially in low- and middle-income countries where effective services are often scarce. Two principles are fundamental to the Movement: scientific evidence and human rights.

The history of the Movement began in 2007 with a Call for Action published in the first Lancet series on global mental health.

The MGMH has grown into a reputable global organisation since its establishment in 2007, with approximately 15,000 individual members and over 200 member organisations.

Biennial Global Mental Health Summit

5-6 February 2018
Johnnesburg, RSA

GlobalMentalHealth.org

Principal Coordinator
Charlene Sunkel
admin@globalmentalhealth.org
If you or someone you know is in crisis, text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7.

"Join me and be among the first to add your name to this new movement."

"It's okay to say I had breast cancer. It should be okay to say my son has bipolar disorder."

"It's okay to say I have allergies. It should be okay to say I have depression."

"It's okay to say I had prostate cancer. It should be okay to say I have a daughter with a mental illness."

"It's okay to say I have allergies. It should be okay to say I have depression."

Help change the conversation to the hope and recovery of treatable mental illness.

Show your support. Add your voice at OkayToSay.org #okaytosay

The You Can Recover Project's mission is to give HOPE to people struggling with mental health conditions around the world, and inspire them with personal insights on how to recover and rebuild a healthy, meaningful, productive life.

At ASHA International, we are excited to invite you to share your recovery story. Together, we can give HOPE to every man, woman and child struggling with a mental health condition, and empower them on their road to recovery and wellness.

To see recovery videos, please visit http://myasha.org/you-can-recover/

To submit your story, please visit http://myasha.org/you-can-recover/submit-a-video/

Thank you for your valuable participation in the project!
Building the first ever Global Summit on Mental Health Culture Change was a labor of love that would not have been possible without the help of many individuals and organizations.

I would like to thank the Los Angeles County Board of Supervisors for their unwavering support and assistance – as well as the many fine County employees – led by Mr. Kumar Menon - who enthusiastically and tirelessly helped to plan, build and implement the Day to Change Direction activities across Los Angeles County.

I owe a tremendous debt of gratitude to Dr. Jon Sherin, Director of Mental Health for Los Angeles County and dear friend, for bringing this opportunity to the County Supervisors. Jon has a habit of accepting my invitation to serve on steering committees - serving previously on the steering committee for the Campaign to Change Direction where he helped to build the movement itself. He is an impressive agent for good.

I would also like to thank the other members of the Global Summit’s steering committee: Vicky Gosling, Yashi Brown, Joe Sifer and James Kallusky. Each of these gifted individuals brought their passion, their resources and their energy to this complicated task. They consistently put aside individual agendas and focused instead on our collective impact.

I want to thank our esteemed speakers, panelists and performers - most of whom traveled great distances to be with us - all of whom care deeply about the issues we are tackling. They are thought leaders, advocates and friends.

A special thank you goes to Booz Allen Hamilton and ScoutComms – two corporations that committed time and resources above and beyond what we could have ever hoped for.

Give an Hour is a small non profit with an amazing staff that consistently rises to the challenge each time I bring one to them. I am very grateful for their dedication - and for our families who understand and support the important work that we do.

This project would never have been imagined if not for the generosity of filmmaker Oren Moverman - who saw the potential to use the release of his film, The Dinner, as the opportunity to lift up our mission. Oren is a true humanitarian who uses his craft to do good in the world.

And finally, Todd Flournoy, the man behind the scenes of many successful initiatives and events, is truly one of the finest professionals I have had the pleasure of working with. Ever responsible, reliable and optimistic, Todd worked tirelessly to bring our shared vision to life.

Thank you all.

Barbara
About Give an Hour
Give an Hour, a nonprofit 501(c)(3) providing free mental health services to military members, veterans, and their families, was founded in September 2005 by Dr. Barbara Van Dahlen, a psychologist in the Washington, D.C., area. Give an Hour has been instrumental in the development of the community-based approach to addressing the challenges that face our nation’s military community, having created a successful model for harnessing skill-based volunteers eager to offer their services. Thus far, the network of nearly 7,000 licensed mental health professionals has provided more than 217,000 hours of care and support to those in need. To learn more, visit www.giveanhour.org or https://connected.giveanhour.org.

About the Campaign to Change Direction
The Campaign to Change Direction, a national initiative to change the culture of mental health in America, encourages Americans to care for their mental well-being just as they do their physical well-being. The campaign is led by Give an Hour, a national nonprofit organization providing free mental health services to the military and veteran community. Change Direction addresses common barriers to understanding mental health and raises awareness about Five Signs that may indicate someone is suffering emotionally and needs help: change in personality, agitation, withdrawal, decline in personal care, and hopelessness. Over 400 partner organizations are using their unique skills and opportunities to spread awareness. Organizations and individuals who are interested in learning more or making a pledge can visit www.changedirection.org.
Executive Board

Give an Hour could not function without the assistance and wise counsel of its Executive Board.

Barbara Van Dahlen, PhD
President and Founder, Give an Hour

Victoria Gosling, OBE
(Group Captain, RAF), CEO of the 2016 Invictus Games

Yashi Brown
Poet, spoken word artist, author, and award winning mental health advocate

Jonathan Sherin, MD, PhD, Director, Los Angeles County Department of Mental Health

Joe Sifer
Executive Vice President at the global professional services firm Booz Allen Hamilton

James Kallusky, Ed D,
Vice President of Strategy and Operations at the Laureus Sport for Good Foundation

Robert “Bud” McFarlane
Former National Security Advisor to President Ronald Reagan

Laurie Oseran
Healthcare Marketing Consultant

Bruce Shuttleworth
Marketing Executive, Strategy Management Consultant, community leader, former naval officer

Admiral William Truelove
Deference Attache and Commander, CDLS, Canadian Armed Forces

Edward H. Vick
Former Chairman, Young & Rubicam Advertising, former naval officer

Douglas Wolfire
Founder and CEO, MadWolf Technologies

Barbara Van Dahlen, PhD
President and Founder, Give an Hour

Patricia L. Bowditch
Senior Vice President, U.S. Operations, Kolaghassi Capital

Jim Byrne
Associate General Counsel and Chief Privacy Officer, Lockheed Martin Corporation

Justin Constantine
Major, Marine Corps Reserve; Reserve Staff Judge Advocate for Marine Forces South in Miami, Fla.; consultant and inspirational speaker

Mark A. Graham
Major General, retired from the U.S. Army in August 2012 after almost 35 years of service

Sean Joyce
Principal, Price Waterhouse Coopers

Fred Knowles
Vice President, Give an Hour Board, Founder and President, eTc executive coaching firm
Give an Hour is grateful to the following organizations, businesses, and individuals without which our Global Summit would never have taken place. We are the successful organization we are today because of the support we receive from our partners and friends.

Summit Partners

Booz | Allen | Hamilton

Summit Sponsors

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Okay to Say

ScoutComms

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Edelman

American Psychological Association

Presenting Sponsor

Booz | Allen | Hamilton
Thank You
Los Angeles County

For Helping Us
#ChangeMentalHealth

the campaign to
change direction®
Give an Hour is grateful to the men and women in uniform, who selflessly serve our country, and to their families who endure countless sacrifices.

We are also grateful to all of the individuals and organizations working to change the culture of mental health here at home and around the world so that all in need receive the care and support they deserve.