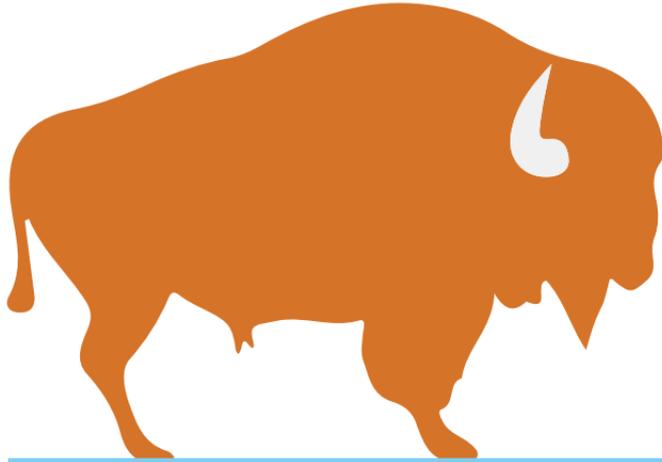


**THE STATE OF
MENTAL HEALTH IN TEXAS**



ABILENE

September 26-28, 2024



THE TEXAS LYCEUM

**2024
ABILENE, TEXAS**

PRESIDENT'S MESSAGE

THE STATE OF MENTAL HEALTH IN TEXAS

Welcome to Abilene!

We are thrilled to be in West Texas for our 3rd quarter conference, The State of Mental Health in Texas. We thought it was very appropriate that our first visit to the Story Book Capital of Texas was to learn about mental health. We will dig deep into some tough topics. Still, we will also have a lighter component to this conference and experience what makes Abilene special- including a meal at the world-famous Perini's Steakhouse.

Over the next few days, we will learn about different facets of mental health including innovative treatments, how law enforcement deals with traumatic events, access to care and what policy solutions are in front of us. We will have hands on experiences to learn about art therapy, wellness through yoga and breathing techniques, therapeutic napping and of course, meet some very special canines whose job is to comfort humans. We hope that you tuned into the Mental Health 101 virtual session to learn about our mental health providers and how they address challenges and dive into the data as it relates to mental health in Texas.

I would like to thank our Conference Chairs Kathleen Burrell '23 (Lubbock), Andrea Tawney '22 (El Paso) and Shan Zaidi '23 (Dallas), as well as the conference team for all their hard work. They have thoughtfully curated some amazing content for you to experience.

Let's face it- adulting is hard. We have family obligations, aging parents, stress at work and other numerous commitments. Our televisions and cell phones are constant reminders of the heaviness in our world. The objective this weekend is that each of you learn something about the state of mental health in Texas, but more importantly, I hope that you will take away a new skill to make your lives a little easier.

I invite you to be curious, inquisitive and vulnerable. Spend time with your fellow directors and our invited experts to hear their perspectives- this is a complicated issue, but an important one, nonetheless. A healthier Texas is a happier Texas.

With gratitude,



A handwritten signature in black ink that reads "Molly Quirk". The signature is stylized and includes a long horizontal line extending to the right.

MOLLY QUIRK
2024 PRESIDENT

MEETING CHAIRS' MESSAGE

THE STATE OF MENTAL HEALTH IN TEXAS

Welcome to Abilene!

We are overjoyed to share this community with you — where West Texas officially begins, blending the rugged cowboy way with the timeless tales told to a new generation through the Storybook Capital of America. Abilene finds its root at the crossroads of Texas — as a stock shipping point on the Texas and Pacific Railway during its days as the hub of the buffalo trade industry.

Abilene's story is one of resilience and revitalization, which makes it the perfect setting to discuss the State of Mental Health in Texas. This is Lyceum's first visit to Abilene and the first time we are devoting a quarterly meeting to mental health and wellness.

Arguably, there is no issue that impacts more Texans than their wellbeing and mental health. It's a "personal" issue that impacts young and old, rich or poor, urban or rural. According to the Meadows Mental Health Policy Institute, one in six Texans experiences a mental health disorder each year and 750,000 Texans had suicidal thoughts in the last year. Yet the awareness of and need for mental health services continue to fall short of meeting this ever-growing and ever-changing demand. Texans are spread thin emotionally, at a time when anxiety is commonplace and the need to put psyche and wellness at the forefront of our lives is a priority all leaders share.

We are grateful for the generosity of our sponsors, Lyceum alumni and fellow directors, our wonderful committee, our incredible speakers, and the welcoming city of Abilene for making this conference a successful and impactful time together.

Thank you for making Abilene and this conference part of your story. We invite you to open your heart and your mind to the stories of others so that together we can write a narrative to better understand each other and to better plan for the future spirits of Texans.

Let's come alongside each other; let's write a new story for ourselves and our communities together.



Kathleen Burrell

KATHLEEN BURRELL '23

CONFERENCE CHAIR



Andrea Tawney

ANDREA TAWNEY '22

CONFERENCE CHAIR



Shan Zaidi

SHAN ZAIDI '23

CONFERENCE CHAIR

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THURSDAY SEPTEMBER 26, 2024

- 5:00 PM **Welcome Remarks, Paramount Theatre**
Weldon Hurt, Mayor, City of Abilene
Molly Quirk, President, Texas Lyceum; *Lyceum Class of 2018*
- 5:30 PM **Fireside Chat**
Intro: Tedd Mitchell, M.D., Chancellor, Texas Tech University System
Moderator: Lynette Averill, Ph.D., Associate Professor of Psychiatry, Baylor College of Medicine
Speaker: Rick Perry, Governor, State of Texas; *Lyceum Class of 1986*
- 7:30 PM **Dinner & Welcome Reception, Perini's Ranch Steakhouse**
- 10:30 PM **Hospitality Suite, DoubleTree by Hilton**

FRIDAY SEPTEMBER 27, 2024

- 7:45 AM **Breakfast**
- 8:30 AM **Welcome Remarks**
Kathleen Burrell, Conference Co-Chair, Texas Lyceum; *Lyceum Class of 2023*
Jenny Goode, CEO, Betty Hardwick Center
Andrea Tawney, Conference Co-Chair, Texas Lyceum; *Lyceum Class of 2022*
Shan Zaidi, Conference Co-Chair, Texas Lyceum; *Lyceum Class of 2023*
- 8:45 AM **Breathing Excercise**

- 8:50 AM **Child Psychiatry Access Network: Real-Time Access to Mental Health Experts Across Texas**
Moderator: Andy Keller, Ph.D., President & CEO, Meadows Mental Health Policy Institute
Speakers:
Sarah Martin, M.D., Chief of Child and Adolescent Psychiatry, Texas Tech University Health Sciences Center - El Paso
Sarah Wakefield, M.D., Chair, Associate Professor, Texas Tech University Health Sciences Center - Lubbock
- 9:35 AM **Stress, Trauma, and Healing: Mental Health Strategies for First Responders and Healthcare Professionals**
Moderator: Matthew DeSarno, CEO, Verfico Technology | Retired Special Agent, FBI
Speakers:
Heather Chung, Ph.D., Rn, NE-BC, System Director of Psychiatry, Houston Methodist Hospital
Josh Cisler, Ph.D., Associate Professor, Dell Medical School
Steve Dye, Police Chief, City of Allen
- 10:20 AM **Break**
- 10:35 AM **Fellow Presentation: Rural Communities and Mental Health**
Moderator: Cary Dupuy, Vice President - Fellowships, Texas Lyceum; *Lyceum Class of 2021*
Speaker: Hope Henderson, Lyceum Fellow, Texas Tech University
- 11:05 AM **Bridging the Gap Between Care & Access**
Moderator: Esteban López, M.D., MBA, Chief Medical Officer, doxy.me, *Lyceum Class of 2015*
Speakers:
Diana Chapa, M.D., Assistant Professor of Medicine, Department Chair, University of Texas - Rio Grande Valley
Jackson Griggs, M.D., CEO, Waco Family Medicine
Matthew Vereecke, Ed.D., CEO, Jordan Elizabeth Harris Foundation

- 11:50 AM **Lunch**
- 12:30 PM **Board of Directors Meeting - Part 1**
Closed to Lyceum Directors & Alumni
- 1:15 PM **Director's Stories**
- 1:45 PM **The Place for Policy in Mental Health**
Moderator: Erica Grigg, MEd, LPC-Associate, LCDC, Therapist,
Erica Grigg Counseling Services, PLLC
Speakers:
*Allison Mohr Boleware, LMSW, Director of Policy,
Hogg Foundation for Mental Health*
Lee Johnson, MPA, CEO, Texas Council of Community Centers
Nathan Johnson, Senator, The Texas Senate
- 2:30 PM **Wrap Up & Breakout Session Descriptions**
- 2:40 PM **Breakout Sessions**
- 6:30 PM **Dinner, Frontier Texas**
- 10:00 PM **Hospitality Suite, DoubleTree by Hilton**

**SATURDAY
SEPTEMBER 29, 2024**

- 8:00 AM **Breakfast, DoubleTree by Hilton**
- 9:00 AM **Board of Directors Meeting - Part 2, DoubleTree by Hilton**
Closed to Lyceum Directors & Alumni



LYNETTE AVERILL, PH.D.

*ASSOCIATE PROFESSOR
OF PSYCHIATRY*

**BAYLOR COLLEGE OF
MEDICINE**

Dr. Lynnette Averill is an Associate Professor of Psychiatry and Behavioral Sciences at Baylor College of Medicine. She is also a Clinical Research Psychologist at the Michael E. DeBakey VA Medical Center in Houston, Texas. Additionally, she holds an adjunct position at Yale School of Medicine and is involved with the Clinical Neuroscience Division of the VA National Center for PTSD.

Dr. Averill's research focuses on the mental health of veterans and trauma survivors, particularly in areas like PTSD, suicidality, and the effects of rapid-acting glutamatergic-based drugs such as ketamine. She has received numerous awards and honors, including a Fulbright Fellowship.



ALLISON MOHR BOLEWAR, LMSW

DIRECTOR OF POLICY

**HOGG FOUNDATION FOR
MENTAL HEALTH**

Allison Mohr Bolewar, LMSW, is a sixth generation Texan and currently serves as the Director of Policy at the Hogg Foundation for Mental Health and as an Adjunct Assistant Professor at The University of Texas at Austin. She most recently worked as the Government Relations Director at the National Association of Social Workers - Texas and as a Policy Analyst at the Texas Medical Association. Alison started her career as a Policy Fellow for the Hogg Foundation. During the 84th legislative session she served as a Legislative Aide and staffed the House Human Services Committee. Alison is a Licensed Master Social Worker and received her Master of Science in Social Work at the University of Texas at Austin and Bachelor of Arts from Texas A&M University.



DIANA CHAPA, M.D.

*ASSISTANT PROFESSOR OF
MEDICINE, DEPARTMENT CHAIR*

**UNIVERSITY OF TEXAS - RIO
GRANDE VALLEY**

An RGV native and recently relocating to her hometown from Minnesota, Dr. Chapa obtained her MD at the University of Wisconsin Medical School in 1995. She is an assistant professor of Psychiatry at the UTRGV School of Medicine and is double boarded in Psychiatry, and Child and Adolescent Psychiatry. Dr. Chapa completed her Psychiatry internship and residency at the Medical College of Wisconsin, Affiliated Hospitals from July 1995 to June 1998. She then trained in the same institution for a Child and Adolescent Fellowship from July 1998 to June 2000. With her return to the RGV, Dr. Chapa's goal is to make a positive impact to our community through her resident teachings and supervision.



**HEATHER
CHUNG, PH.D.,
RN, NE-BC**
SYSTEM DIRECTOR OF
PSYCHIATRY
HOUSTON METHODIST
HOSPITAL

As Houston Methodist System Director of Psychiatry, Heather provides leadership and strategic direction for the Office of Nursing Service and Quality on nursing and regulatory issues that impacts behavioral health patient care across 8 hospitals in the system. She collaborates with leadership to plan for current and emerging behavioral health care needs for Houston and the surrounding communities.

Prior to becoming a System Director of Psychiatry Heather was Associate Chief of Nursing at the flag ship hospital where she served as Co-Chair for the readmission committee and subject matter expert for falls. For 10 years she leads Nursing operations for a 24-bed inpatient Psychiatric Unit and DSRIP system multi-million-dollar grant program for transitions in care.

Dr. Chung received a Doctor of Nursing degree from Texas Woman's University and is board certified as a Nurse Executive, Advanced. She has published several articles and is an editor for Signa Theta, Tau Journal. She serves as an adjunct faculty for Chamberline School of Nursing and is also a Mentor for those in the health profession.



**JOSH
CISLER, PH.D.**

ASSOCIATE PROFESSOR

DELL MEDICAL SCHOOL

Josh Cisler, Ph.D., is a licensed clinical psychologist in UT Health Austin's Mulva Clinic for the Neurosciences. He specializes in the treatment of PTSD and other traumatic stress-related symptoms in adults, primarily using treatment modalities of exposure therapy and cognitive behavioral therapy. Additionally, Cisler is an associate professor in both the Department of Psychiatry and Behavioral Sciences at Dell Medical School and the Department of Psychology's clinical psychology graduate program at The University of Texas at Austin.



**MATTHEW
DESARNO**

CEO | RETIRED SPECIAL AGENT

VERFICO TECHNOLOGY | FBI

Matt is responsible for leading all aspects of the organization. He joins Verfico following a distinguished twenty-seven-year career encompassing a twenty-year tenure as a senior executive with the FBI, where he last served as the Special Agent in Charge (SAC) of the Dallas Field Office. Prior to the FBI, Matt gained valuable technology management experience in the private sector, and he credits his early career service as an infantry officer in the U.S. Army as critical in his personal and professional development. Matt brings a broad range of experience leading successful, mission-focused teams in high-stakes environments.

Matt lives in Dallas, Texas with his wife, two daughters and two dogs – he's not the boss of his house.

Matt is a native Washingtonian who has lived all over the country. He received a Bachelor's Degree from the University of Richmond and is a proud alumnus of St. John's College High School in Washington, DC.



CARY DUPUY

VICE PRESIDENT -
FELLOWSHIP

TEXAS LYCEUM
LYCEUM CLASS OF 2021

As Regional Director for the National Parks Conservation Association, Cary connects people, communities and businesses with national parks in Texas and Oklahoma to protect and enhance these parks for current and future generations.

Previously, Cary served as a policy advisor for state-wide elected officials in Texas, working on natural resource and economic development issues impacting private landowners, rural economies and the agriculture industry. Cary is a Director of the Texas Lyceum and a Board member for the Hill Country Conservancy.

Cary earned degrees in History and Public Administration from Texas Tech University. A native Texan, Cary and her husband, Will, spend time with their two kids exploring the rivers and trails in the Hill Country and across the state.



STEVE DYE

POLICE CHIEF

CITY OF ALLEN

Steve Dye currently serves as the Chief of Police for the Allen Police Department, and recently retired as the City Manager for the City of Grand Prairie where his responsibilities included oversight of the city's operations and its 1,900 employees.

Steve began his police career in 1984 as the Honor Graduate of Houston Police Department Class #122 and also served with the Arlington and Garland Police Departments in various assignments including Patrol, SWAT, Narcotics, Mounted Patrol, and in the Traffic Unit as a Motorcycle Officer. Steve was an Assistant Chief in Garland and Chief in Colleyville before being selected as the Chief of Police for the Grand Prairie, Texas Police Department in July of 2011.

Steve is a graduate of the Police Executive Research Forum (PERF) Senior Management Institute for Police, LEMIT Command Staff Leadership Series, and the FBI's Leadership in Counterterrorism program. He previously served on the International Association of Chiefs of Police (IACP) Community Policing and Terrorism Committees, as well as Co-Chair of the Special Olympics Texas Law Enforcement Torch Run Committee. Steve founded the UNIDOS, MotorCops for Kids, and GPPD Police Youth Boxing community programs and is a published author on community policing, leadership, and innovative crime control measures. The police departments he has led have twice been awarded the IACP Community Policing Award.



JENNY GOODE

CEO

BETTY HARDWICK CENTER

Jenny Goode has served as Chief Executive for Betty Hardwick Center LMHA/LIDDA in Abilene since 2005. The Center serves five Counties.

A Licensed Social Worker with a Master's degree in Social Service Administration from Abilene Christian University, Mrs. Goode has extensive experience leading the delivery of Early Childhood Intervention, Behavioral Health and and Intellectual and Developmental Disability services in Texas.

Mrs. Goode currently serves on the Board for the United Way of Abilene, West Texas Homeless Network and Abilene Hope Haven and has held a variety of leadership roles within the Texas Council of Community Centers statewide system during her career.



ERICA GRIGG, ME.D., LPC-ASSOCIATE, LCDC

THERAPIST

ERICA GRIGG COUNSELING SERVICES, PLLC

Erica Grigg provides psychotherapy that specializes in supporting those experiencing burnout, chronic stress, anxiety, depression, grief, trauma/PTSD, and substance use challenges. Erica's past experience as a litigator makes her especially adept at helping the attorney community.

After practicing law for over 20 years, and serving as Director of the Texas Lawyers' Assistance Program, Erica has an in-depth understanding of the unique challenges and demands within the legal profession. She provides a safe and non-judgmental space for professionals to navigate the complexities of stress and regain balance in their lives. She guides clients towards reclaiming their well-being, fostering resilience, and finding fulfillment in both their personal and professional lives.



JACKSON GRIGGS, M.D.

CEO

WACO FAMILY MEDICINE

Jackson Griggs, MD, is CEO of Waco Family Medicine, an FQHC serving over 70,000 low-income patients across 17 sites and three Texas counties. A family physician, he trained 150 residents, co-authored 30 studies, and contributed to the 2021 National Academies report on primary care. Dr. Griggs founded The Waco Guide to Psychopharmacology in Primary Care, a widely-used clinical resource in behavioral health. He chairs the Waco Family Medicine Institute, overseeing its residency and fellowship programs. Dr. Griggs holds degrees from Abilene Christian University and UT McGovern School of Medicine and was Waco's Person of the Year for pandemic leadership.



HOPE HENDERSON

LYCEUM FELLOW

TEXAS TECH UNIVERSITY

Hope Henderson is a recent graduate of Texas Tech University's Master of Public Administration program with a lifelong commitment to public service. Her diverse experience spans non-profits, local and federal government administration, public higher education, and international service as a U.S. Peace Corps Volunteer. Hope's research focuses on rural mental health access, climate resiliency, groundwater conservation, and other critical issues affecting Texans. In her free time, Hope enjoys dancing, needlework, and cheering for Philadelphia sports with her partner, Paige.



WELDON HURT

MAYOR

CITY OF ABILENE

Weldon Hurt is a dedicated leader with a passion for enhancing the quality of life in Abilene. Currently serving as the President of Pest Patrol, a locally owned and operated business with a rich 25-year history, Weldon has demonstrated a strong entrepreneurial spirit and commitment to the community.

Weldon's vision for Abilene revolves around a comprehensive plan to improve road conditions, ensuring smooth connectivity and infrastructure development. His involvement in the Abilene Convention and Visitors Bureau as a current board member reflects his dedication to promoting tourism, fostering economic growth through strategic collaborations with committees and organizations.

Weldon is a former board member of several influential organizations, including the Ben Richie Boys Ranch, Big Country Apartment Association, Big Country Home Builders Association, Frontier Texas!, and the Taylor County Expo. Through these roles, he has contributed significantly to community development and welfare and is a proponent of the redevelopment in the core of the city. Weldon aims to revitalize Abilene with an entrepreneurial attitude, focusing on marketing strategies to stimulate job creation and financial growth.



LEE JOHNSON, MPA

CEO

TEXAS COUNCIL OF COMMUNITY CENTERS

Lee Johnson, MPA, serves as the Chief Executive Officer for the Texas Council of Community Centers, a state association that represents the 39 community centers of Texas. In this role, Johnson leads legislative strategy, appropriations issues, strategic communications, public policy development and implementation. Prior to joining the Texas Council, he served as legislative director for a state representative and, in the private sector, managed the urban and land use planning efforts of a commercial development firm in Austin, Texas, engaging county and city officials across the state. Johnson holds undergraduate and master's degrees in public administration and political science from Texas State University.



NATHAN JOHNSON

SENATOR

THE TEXAS SENATE

State Senator Nathan Johnson represents almost a million people in Texas's Senate District 16, a commercially and culturally vibrant district that sprawls throughout Dallas County. He is a leading voice on the electrical grid, healthcare, governmental transparency, and criminal justice.

As a member of the Senate Committee on Business & Commerce, Johnson played a crucial role in the 88th session's legislation to address the sufficiency, sustainability, and resiliency of Texas' power generation and distribution systems. He also serves on the Senate Committees on Jurisprudence (Vice Chair); Water, Agriculture & Rural Affairs; and Administration.

Aiming to ensure that Texans never again lose critical services due to power failure, Johnson devised and secured nearly \$2B for the development and deployment of backup power systems for essential community services throughout the state. Other bills passed include a collection of healthcare advances (including infant hearing, student mental health, adults with Alzheimer's, and expanding access to Medicaid), law enforcement systems and benefits, data privacy and high-tech security measures, and modernization of finance, insurance, and construction laws and regulations. He served as a principal ally to state agencies in efforts to improve efficiency and responsiveness and passed several measures supporting law enforcement and criminal justice systems.



ANDY KELLER, PH.D.

PRESIDENT & CEO

**MEADOWS MENTAL HEALTH
POLICY INSTITUTE**

Andy Keller, PhD, is President, Chief Executive Officer, and Linda Perryman Evans Presidential Chair of the Meadows Mental Health Policy Institute, a Texas-based nonprofit that provides nonpartisan policy and program research, development, and advice to local, state, and national leaders towards a single goal: improving mental health care delivery in Texas and across the country. Andy is a clinical and community psychologist with more than 25 years of experience in behavioral health policy, financing, and best practices. His work has centered on helping federal, state, and local health systems implement evidence-based and innovative care, as well as helping Federal, state, and governments develop the regulatory and financial frameworks to support them. Prior to moving full time into policy work, Andy was a managing partner for 15 years at a national behavioral health management consulting firm where he focused on health financing and system improvement. Before that, he worked in Colorado with a leading Medicaid HMO and the local community mental health system, where he directed and led a range of community-based and care management programs.



EȘTEBAN LÓPEZ, M.D., MBA

CHIEF MEDICAL OFFICER

DOXY.ME

Prior to joining doxy.me, Dr. López held impactful roles at Google Cloud and Health Care Service Corporation (HCSC), where he demonstrably improved healthcare services through strategic technology integration. A board-certified internist and pediatrician, he brings deep clinical understanding to his new role. Further emphasizing his commitment to cutting-edge solutions, Dr. López holds a certificate in leading digital transformation in healthcare from Harvard Medical School.



SARAH MARTIN, M.D.

*CHIEF OF CHILD AND
ADOLESCENT PSYCHIATRY*
**TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER -
EL PASO**

Dr. Sarah Martin completed her BA at the University of California at Santa Cruz, and then served as a Community Services Specialist in the Peace Corps for two years. She attended Tulane University School of Medicine and then completed her residency and fellowship at Walter Reed Army Medical Center and completed her military service at Ft. Bliss in 2013. She is currently the Chief of Child and Adolescent Psychiatry at Texas Tech, El Paso and the El Paso Hub of the Texas Child Mental Health Care Consortium, which provides mental healthcare to 16 counties in West Texas along the U.S.-Mexico border.



TEDD MITCHELL, M.D.

CHANCELLOR

TEXAS TECH
UNIVERSITY SYSTEM

Tedd L. Mitchell, M.D., serves as the chancellor and CEO of the Texas Tech University System. The TTU System is a higher-education enterprise that includes Texas Tech University, Texas Tech University Health Sciences Center, Angelo State University, Texas Tech University Health Sciences Center El Paso and Midwestern State University. As chancellor, he guides the system's engagement with elected officials and stakeholder groups. His work with executive leadership teams at the TTU System Administration and each university supports the shared missions of developing people and advancing tomorrow through higher education, health care, research and community outreach.



RICK PERRY

GOVERNOR

TEXAS LYCEUM
LYCEUM CLASS OF 1986

Rick Perry served as the fourteenth United States Secretary of Energy from March 2017 to December 2019. As Secretary, he was responsible for successfully executing President Donald J. Trump's energy agenda and the expansive mission of the Department of Energy (DOE). Under his leadership, the nation ushered in a historic energy era, becoming the number one producer of oil and gas in the world, a world leader in the production and generation of renewable energy, and the dominant global force in Supercomputing, Quantum Computing and Artificial Intelligence.

He is a veteran of the United States Air Force, where he flew a C-130 tactical airlift aircraft in Europe and the Middle East. Throughout his career, he has been deeply involved in supporting both the active duty and veteran community, most recently as an advocate for using the power of Artificial Intelligence (AI) to deliver precision health care to warriors suffering from Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and other conditions.

Perry married his childhood sweetheart, Anita, in 1982. They have two children, two beautiful granddaughters, and two handsome grandsons.



MATTHEW VEREECKE, ED.D

CEO

JORDAN ELIZABETH
HARRIS FOUNDATION

Matthew Vereecke, Ed. D., is the Chief Executive Officer of the Jordan Elizabeth Harris Foundation and brings to the role nearly 20 years of experience working in schools and non-profits. Matt is known for his strategic vision and organizational development skills and has spent his career revitalizing and growing the organizations in which he works.

At the Foundation, he has expanded programming to 110,000 students across North Texas and expanded into workplace and faith community offerings as well.

Matt graduated from the University of Notre Dame and received his Master of Education from the same. He earned his doctorate at the University of Oklahoma.



SARAH WAKEFIELD, M.D.

CHAIR, ASSOCIATE PROFESSOR

TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER -
LUBBOCK

Dr. Wakefield is a board-certified adult, child/adolescent, and forensic psychiatrist and additionally has training and expertise in reproductive psychiatry. She attended medical school at the University of Texas Medical Branch in Galveston, Texas and a general psychiatry residency at Louisiana State University School of Medicine in Shreveport. Dr. Wakefield completed a fellowship in child and adolescent psychiatry and an additional fellowship in forensic psychiatry also at LSUHealth before joining the faculty at Texas Tech University School of Medicine in 2014. She is currently chair of the Department of Psychiatry at Texas Tech University School of Medicine and is active in providing psychiatric diagnostic evaluations and treatment planning for families, adolescents in the juvenile justice system, and for pregnant or post-partum mothers. Dr. Wakefield serves on the Executive Committee of the Texas Child Mental Health Care Consortium. She serves as the Medical Director for the Texas Perinatal Psychiatry Access Network and the clinic consultant for the West Texas Mental Health Collaborative. Dr. Wakefield is dedicated to system improvement in mental health care delivery and to mental health care education.

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