



Charles E. Smith Life Communities

Sara and Samuel J. Lessans 7th Annual Healthcare Symposium

Aging in America: Mental Health Crisis in a Geriatric Population

Friday, May 5, 2017

Speaker Biographies



KEYNOTE SPEAKER: STEVEN S. SHARFSTEIN, MD, MPA

Dr. Steven S. Sharfstein recently retired as President and Chief Executive Officer of the Sheppard Pratt Health System, where he has worked for 30 years. He is Clinical Professor of Psychiatry at the University of Maryland. A practicing clinician for more than 45 years, he is best known for his research and writing on the economics of practice and public mental health policy. Over a period of 13 years, he held a variety of positions at the National Institute of Mental Health, including Director of Mental Health Service Programs. In 1979-1980, he worked in the White House with First Lady, Rosalynn Carter on The Mental Health Systems Act of 1980. He has written on a wide variety of clinical and economic topics and has published more than 160 professional papers, 40 book chapters, and ten books, including (as coauthor) *Madness and Government: Who Cares for the Mentally Ill?*, a history of the federal community mental health centers program. More recently, he was chief editor of *Textbook of Hospital Psychiatry*. A graduate

of Dartmouth College and the Albert Einstein College of Medicine, he trained in psychiatry at the Massachusetts Mental Health Center in Boston from 1969 to 1972. Dr. Sharfstein also received a Masters in Public Administration from the Kennedy School of Government in 1973 and a certificate from the Advanced Management Program at the Harvard Business School in 1991. He was President of the American Psychiatric Association from 2005-2006.



SUSAN ALVES WEBB, MSSW, LCSW-C

Susan Webb is a clinical social worker and the director of Behavioral Health Emergency and Outpatient Services at Suburban Hospital. Webb has worked in behavioral health for over 25 years in various settings, including inpatient and outpatient settings in hospitals, private practice, employee assistance programs, managed healthcare, and mental health advocacy. She is a graduate of Columbia University School of Social Work and is a Mindfulness Meditation Coach. In addition to mindfulness practice, Susan enjoys yoga, gardening, and reading.



ELSPETH BELL, PHD

Elsbeth Bell is a licensed psychologist and the director of the Bell Center for Anxiety and Depression. She has an extensive background and training in Cognitive Behavioral Therapy (CBT). Her work is primarily with adults and adolescents, focusing on the treatment of Hoarding Disorder, Obsessive Compulsive Disorder and other anxiety disorders, depression, and interpersonal difficulties.

CAROLYN EICHBERG, PHD

Carolyn Eichberg is a clinical psychologist consultant for Charles E. Smith Life Communities, where she has provided behavioral health services to rehabilitation, LTC, ALF, and ILF community residents for the past nine years in the following areas: neurocognitive testing; psychotherapy; multidisciplinary consultation; behavior management; decisional-capacity evaluations, and staff in-services. Dr. Eichberg has published many research papers and presented at conferences across the Washington, DC metropolitan area. She attended both Cornell University and the University of Virginia. Dr. Eichberg is a member of the American Geriatrics Society.



SUSAN LEHMANN, MD

Dr. Lehmann is Associate Professor, Department of Psychiatry and Behavioral Sciences at The Johns Hopkins University School of Medicine. She was the founding Director of the Geriatric Psychiatry Day Hospital in 1992 and has served as its Medical Director since then. Since 2004, she has been the Director of the Psychiatry Clerkship and Director of Medical Student Education in Psychiatry in the clinical years; she also leads the Educational Policy committee for the Department of Psychiatry. She is currently the Clinical Director of the Division of Geriatric Psychiatry and Neuropsychiatry, overseeing geriatric psychiatry clinical care at two campuses. She graduated from Cornell University *cum laude*, with majors in psychobiology and music. She received her medical degree from Cornell University Medical College and completed her general psychiatry residency training at Johns Hopkins in 1988. Dr. Lehmann completed a fellowship in geriatric psychiatry at Johns Hopkins in 1989 and has NBME Board certification in geriatric psychiatry since 1994.



ARCHANA LEON-GUERRERO, MD

Dr. Leon-Guerrero worked for almost 20 years in Guam, where she had the opportunity to get involved in many aspects of psychiatry. She addressed the behavioral health needs on the island, learned to assess the population's needs and develop systems to address them, and worked through workforce shortages. She has worked in Maryland for the past 10 years in various clinical and administrative capacities in inpatient/outpatient psychiatry, including as the director of Psychiatric Emergency Services at University of Maryland School of Medicine. Over the past three years, she has worked at MedOptions and LG Health Solutions, LLC as a psychiatrist, serving patients in physical rehab and long-term care settings as well as surveying hospitals for Joint Commission.



TAMELA MCCLAM, MD

Dr. McClam is a board certified adult psychiatrist with added qualifications in geriatric psychiatry; she is also a Fellow of the American Psychiatric Association. Although she completed undergraduate degrees in mathematics from Spelman College, where she became a member of the Phi Beta Kappa Honor Society, and mechanical engineering from the Georgia Institute of Technology, she realized her true calling was in clinical medicine. After attending Baylor College of Medicine, she completed her adult psychiatry residency at Emory University and a fellowship in Geriatric Psychiatry at the Johns Hopkins School of Medicine. Dr. McClam's passion is providing clinical care for adult and geriatric patients who have either primary psychiatric disorders or psychiatric symptoms associated with a medical illness. She recently developed an interest in the reemergence of post-traumatic stress disorders in late life. She is currently the attending psychiatrist for post-traumatic stress disorders at The Center at the Psychiatric Institute of Washington.



MATTHEW RUDORFER, MD

Dr. Matthew Rudorfer is Associate Director for Treatment Research and head of the Psychopharmacology and Somatic Treatments Program in the Division of Services and Intervention Research at the National Institute of Mental Health (NIMH). In this position Dr. Rudorfer helps oversee and provide scientific liaison to several multi-site clinical trials, including those studying personalized treatment of geriatric depression and the use of brain stimulation treatments in psychiatry. Program chair of an annual treatment research meeting for 12 years, Dr. Rudorfer is also past editor-in-chief of the peer-reviewed *Psychopharmacology Bulletin*. He currently serves on the editorial boards of the *Journal of ECT* and *CNS Drugs*. Board certified in Psychiatry and Clinical Pharmacology, Dr. Rudorfer received his medical degree from SUNY Downstate Medical Center and trained in psychiatry at Washington University in St. Louis before coming to NIH. At present, he maintains a private practice in psychiatry and psychopharmacology.



NICHOLAS SCHOR, MD

Dr. Schor has been in private practice in Montgomery County since completing his psychiatric residency at Johns Hopkins in 2004. He specializes in house calls for patients with dementia who are experiencing behavioral and psychiatric symptoms related to their disease. Dr. Schor is the president of the Washington, DC branch of the American Geriatrics Society and has served on the Board of Directors and Ethics Committee of the Washington Psychiatric Society. He is a member of MENSA and the author of the forthcoming book, *Navigating the Mental Health System: A Time and Money Saving Guide for Patients, Families, and Loved Ones*.