



**Dr. Julius Mullen Sr., Ed.D, NCC,
LPCMH, NCC, Board President**

Executive Director, Bryan Allen Stevenson School of Excellence

Leading, teaching, coaching and mentoring are among life's most precious gifts for Dr. Julius Mullen Sr. Dr. J recently accepted a position as Executive Director for the Bryan Allen Stevenson School of Excellence in Sussex County, Delaware. Over the last decade, Julius has been the Chief Clinical Officer for Children & Families First of Delaware. His love and expertise for brain science, trauma informed care, racial equity and social justice have given him an extensive platform to share his knowledge at the national, state and local levels. He has conducted hundreds of presentations to

thousands of professionals, community leaders, parents and youth. Dr. J can also be found on the campus of Wilmington University where he enjoys teaching psychology, counseling and education courses. When not in the classroom, Julius mentors doctorate students and aspiring professionals as they pursue their professional lifelong dreams. Julius is also a proud graduate of the Executive Leadership Institute from University of Michigan School of Social Work, School of Business and Social Current. He completed his doctoral studies from Wilmington University in Innovation and Leadership in 2004 and earned his master's degree in counseling in 1998. Being a national certified counselor and licensed professional counselor of mental health has given him the pleasure to practice in the state of Delaware where he is also trained in trauma focused cognitive behavioral therapy. Dr. Mullen and his wife Tasha are both mental health experts who also direct a grassroots youth leadership program called IMPACT Delaware. They have been deserving recipients of many awards (such as Jefferson award winners twice) for their community advocacy and leadership but none greater than the fruits of their labor. 100% of their youth graduated from high school, 96% of whom were college graduates, college attendees, military enlistees or gainfully employed (IMPACT Outcome Study, 2020). Most recently, Julius and Tasha answered calls from the community in publishing two children's books, *Just Love Me* and *I Got a Big Brain* which advocates for childhood resilience and diversity. In Julius' spare time, he loves spending time with his family/friends and enjoying vacations with his wife.





Rita Landgraf, Co-Vice President

Director, UD College of Health Sciences

Rita Landgraf first joined the University of Delaware's College of Health Sciences in early 2017 as a professor of practice and distinguished health and social services administrator in residence. She also serves as director of the UD Partnership for Healthy Communities (PHC), a cross-college, cross-state initiative.

Prior to joining the faculty at UD, she served as Cabinet Secretary of the Delaware Department of Health and Social Services from Jan. 22, 2009 through Feb 6, 2017, under Governor Jack Markell's administration. As Secretary, she led the principal agency charged with keeping Delawareans healthy, ensuring they get the health care they need, and providing children, families, individuals with disabilities and seniors with the essential services they depend on. She managed one of the largest departments in Delaware's government, with an annual budget of more than \$2 billion.

She led the State of Delaware's successful efforts to meet the requirements of the Settlement Agreement with the U.S. Department of Justice to promote recovery and community integration of individuals with Serious and Persistent Mental Illness. The USDOJ recognized Delaware for being the first state to achieve this level of transformation. She also oversaw the state's implementation of the Affordable Care Act.

Rita currently serves as a member of the Democrat Governor's Association Healthcare Advisory Council and is on the Board of the Delaware Center for Health Innovation, the Executive Advisory Boards of the National Alliance on Mental Illness (NAMI) Delaware and attack addiction. Rita also serves as the First Lady of Washington College, Chestertown Maryland.

She is a former executive director of the National Alliance on Mental Illness (NAMI) Delaware and of The Arc of Delaware, which advocates for people with intellectual and developmental disabilities. She is also a former president of AARP Delaware.



Sharon Merriman-Nai, *Board Secretary*

Facilitator of the State Epidemiological Outcomes Work Group (SEOW), CDHS

Sharon Merriman-Nai earned a Master's in Counseling at the University of Delaware (UD) and began her professional career as an out-patient counselor in community mental health working with clients who had experienced trauma, many as children. Since 2001, she has conducted research and evaluation on projects that intersect with health and social justice, including prevention of elder abuse, suicide, substance use, and rape and sexual violence. As an associate scientist at the UD Center for Drug and Health Studies (CDHS), she managed a portfolio of school-based surveys, including the Delaware School Survey, the Youth Risk Behavior Survey, and the Youth Tobacco Survey.

Although she retired from her full-time position in 2019, she continues to work at CDHS as a facilitator of the State Epidemiological Outcomes Work Group (SEOW), a project supported by the Delaware Division of Substance Abuse and Mental Health (DSAMH) which promotes the use of data in prevention efforts by highlighting shared risk and protective factors. She has been a member of the TMD Steering Group and Data Committee since 2017. Sharon is also a board member of the Delaware Community Legal Aid Society, Inc. and served on the agency's Protection and Advocacy for Individuals with Mental Illness Council. She currently serves as associate editor of the Journal of Elder Abuse and Neglect. Sharon started tap dancing when she was 39 and believes that following your dreams ~ even if you will never make it to Broadway ~ is a key to resilience!

Debra Berke



*Director, Center for Prevention Science and Psychology Programs,
Wilmington University*

Debra L. Berke is a graduate of the University of Nebraska-Lincoln with a Bachelor of Arts degree in Sociology and a Master of Science degree in Human Development and Family Studies. She also holds a Ph.D. in Family Studies from the University of Delaware. Dr. Berke is the Director of Psychology Programs and the Director of the Center for Prevention Science at Wilmington University. Prior to joining the Wilmington University faculty in 2009, she taught family studies and women's studies at Messiah College for 15 years. She also directed the Gender Studies Project at Messiah College. Dr. Berke has been a consultant for the Pennsylvania Commission on Crime and Delinquency, the State of Delaware, and other community organizations. She has served in several offices in the National Council on Family Relations including on the Board of Directors and 2022 National Conference Program Chair. She has also served as the President of the Family Science Association. In 2015 she joined the Trauma Matters Delaware Steering Group. Since that time she has been instrumental in furthering the cause of using a trauma informed approach by overseeing the development of an undergraduate certificate in Trauma-Informed Approaches and a graduate certificate in Trauma and Resilience at Wilmington University. She has also done multiple trainings for local and state agencies as well as nationally and locally. She loves to do Zumba, Pound, eat, read, travel, and taste wine! Her fur babies, Thor and Walden, keep her laughing and her spouse keeps her fed!

Tracey Quillen Carney

Delaware First Lady



Tracey Quillen Carney has served as First Lady of Delaware since January 2017. She convenes the First Chance Delaware initiative, which has three pillars—ending childhood hunger in Delaware; promoting foundational language experiences, toward healthy brain development and school readiness; and advancing effective recognition of, and response to, childhood trauma. Tracey seeks to use the convening and outreach powers of the First Lady’s office to bring organizations together to work collaboratively toward those goals. Previously, Tracey was a senior administrator for 15 years at Wilmington Friends School, following 15 years on the staff of then-U.S. Senator Joe Biden.

Tracey convenes the End Childhood Hunger task force (ECHO), and also has served as chair of the Delaware Coalition to End Hunger, honorary Board Member of the Delaware Fund for Women, Advisory Board member of Fresh Start, and honorary chair of Delaware’s Dolly Parton Imagination Library and statewide Library Card Campaign. Her interest in the work of our board stems from personal experience with childhood trauma, as well as from her involvement in education and youth sports.

A proud native Delawarean, Tracey was born at the Dover Air Force Base. She and her husband, Governor John Carney, are the grateful parents of two grown sons.



John Himics

Partner, First Ascent Design

John manages digital marketing, web and traditional assets for small to medium sized businesses, nonprofits and schools.

As an Adjunct Professor at the University of Delaware Horn Entrepreneurship, John teaches Entrepreneurial Marketing, focusing on conveying real world marketing experience to undergraduates and ensuring that they know what

marketing tools are in the toolkit after graduation.

John has a Mechanical Engineering degree and started his career as a manufacturing engineer at DuPont before discovering a passion for marketing that led to First Ascent Design. John has been a rock climber since the age of 10, and has a passion for the outdoors.

John is also an Adjunct Professor at University of Delaware Horn Entrepreneurship, a member of Delaware Technical College's Business Advisory Board, and a Rotarian at Caesar Rodney Rotary.

Trauma matters to me because it forms the lens through which you see the world. So much can be explained by taking a step back and understanding that you cannot truly understand someone else's perspective. Being trauma-informed, to me, means interacting with people with compassion.

Fun fact is that my first job was teaching rock climbing classes. The part of climbing I love the most is that it's a sport of self-improvement. It's you vs you, not you vs another person, and as such the community that forms around climbing is so supportive.



Nancy McGee

*Sexual Assault Network of Delaware Coordinator,
ContactLifeline, Inc.*

Nancy McGee came to Delaware in 1984 after working in wilderness camps and experiential education programs on the East Coast. She has been working in the human services field ever since. She has a strong background in working with family systems and individuals (teens and adults) with co-occurring disorders. She was a member of the Steering Committee of Trauma Matters Delaware (TMD) before becoming a TMD Board Member. Nancy provides training in the community on topics such as Human Trafficking, Trauma Awareness/Trauma Responsiveness, Healthy Relationships, Effective Communication, Ethics, Bias Prevention and Sexual Assault Advocacy. She currently serves as the coordinator for the Sexual Assault Network of Delaware (SAND). She is a gubernatorial appointee to the Sex Offenders Management Board.



Ava Carcirieri

Director of Special Court Programs, Family Court

Ava Carcirieri is a graduate of the University of Delaware with a Masters and Ph.D. in Sociology, and also holds a Bachelor's degree in Psychology. Her research focus areas are gender and law, and she currently holds a position with Delaware Family Court as the Director of Special Court Programs. In this capacity, she leads several Improvement initiatives related to the Court's response to domestic violence, child welfare, technology use, and juvenile justice. Beginning in early 2020,

Family Court began down the challenging and rewarding path towards becoming a trauma-informed organization; Ava leads the internal workgroup, and regularly works with staff and stakeholders to bring resources and trainings to the Court.

One of Ava's primary passions centers the challenge of building of trauma awareness and resources into government organizations, and working to build systemic change and sustainability into workplace cultures.



Michele Savage

Principal, Shue-Medill Middle School

Reigning from Newark, Delaware, Michele is a lifelong educator. Michele believes that trauma-informed care, awareness, and legislation can be the link to improving the lives of the people in our communities. She has gotten to know her community well as a school principal and as a 6th-grade teacher prior to that. Michele has worked at Drew/Pyle Intermediate School, Claymont Intermediate School, Newark High School, and her current school, Shue-Medill Middle School. This year marks her 28th year in education.

She utilizes a growth mindset for her students, and brings trauma-informed care into the classroom. She taught brain science to both students and teachers, as she recognizes that protective supports benefit staff. This initiative led to Michele's school being selected as a Compassionate Champion! She also worked with Dr. Bryan Pearlman to become a Distinguished School. Michele is working to empower her school to become trauma-aware. As part of this effort, she has presented at international conferences, implemented restorative practices school-wide beginning in 2016, and implemented the Second Step SEL Curriculum schoolwide.

In true growth mindset fashion Michele decided to take up running for the first time as she turned 40. Now she officially calls herself a runner and has run over 15 ½ marathons! She loves spending time traveling, listening to music and most especially planning adventures with her husband and 11 year old son!



Dr. Kieran Mohammed

Entrepreneur / Higher Ed. Instructor

Dr. Kieran Mohammed is a lifelong Performance Excellence practitioner. He prides himself on being an innovator and applying eclectic thinking. During his 20+ year career he led performance improvement initiatives in manufacturing, State government, and as a small business owner and entrepreneur.

Recently he began to apply his Performance Excellence philosophy in his new roles as a Business Instructor and student Advisor at Delaware Technical and Community College. He is also an Advisor for the Phi Theta Kappa, and the Alpha Beta Gamma Honor Societies. He serves on the college wide Professional Learning Advisory Committee, the Strategic Directions Development Task Force, and Equity Committee. Dr. Mohammed is also an Adjunct Psychology instructor at Wilmington University.

Dr. Mohammed continues to pursue his entrepreneurial passion through his small business Lean Delaware as a Performance Excellence consultant. He enjoys helping individuals develop awareness and courage to overcome barriers related to professional and entrepreneurial endeavors. And embraces the coach/mentor approach. He also helps to tailor and implement organizational performance excellence strategies.

As a transformational leader, Dr. Mohammed subscribes to the tenets of respect for people and continuous improvement. His love for helping people to succeed directed him to the behavioral focus of performance excellence, prioritizing behavioral awareness and positive change. It is this redirection of focus that led Dr. Mohammed to embrace Trauma Informed Approaches (TIA). Doctor Mohammed was part of the inaugural Office of Performance Innovation, established in 2016 by the Department of Health and Social Services' Leadership to help promote systematic improvements for the organization. Dr. Mohammed worked with specific operations and administrative teams to research, analyze, and develop practical applications to help promote performance excellence both within the organization and at the individual level. Starting in 2018, Dr. Mohammed began to work with teams to implement Trauma Informed Approaches in the workplace.

Dr. Mohammed earned his Doctorate in Business Administration from Walden University, MBAs in Operations Management, and Accounting & Finance from American Intercontinental University, and Master of Science in Organizational / Industrial Psychology from Capella University. He is a Lean Six Sigma Master Black Belt and served as a National Baldrige Performance Excellence examiner in 2019. He is also a published author.



Tanya Johnson

Organizational Development Coordinator, Pressley Ridge-Treatment Foster Care

Tanya Johnson has dedicated her professional career to the human services field serving in an array of positions for the past 27 years. Mrs. Johnson, a Licensed Master Social Worker & Mental Health Clinician, has provided counseling services for more than two decades with families impacted by trauma, abuse and violence. Families in distress, foster care youth; sexually violated teens and the severely mentally ill are those of whom she has a passion to serve. Her career has afforded her the opportunity to practice in North Carolina, Illinois, Pennsylvania, the California Bay Area, and for the past several years here in the great state of Delaware.

Mrs. Johnson would say that teaching and serving others is her greatest passion. Helping individuals develop effective coping strategies to move onto fruitful and productive lives healed of their past is her greatest reward.

Currently, Mrs. Johnson works for Pressley Ridge- Treatment Foster Care as an Organizational Development Coordinator and previous Program Supervisor. An advocate for ending Human Trafficking throughout the state of Delaware. Mrs. Johnson sits on the Wilmington University Ad Hoc Human Trafficking Advisory Board, An Adjunct Instructor for Wilmington University, and past Zoe Ministries Executive Board Member.



Allison Dovi, PhD

Psychologist, Nemours' Division of Behavioral Health

Dr. Dovi primarily works in the Rockland II Clinic and specializes in the evaluation and treatment of youth and families with histories of childhood trauma and/or problematic sexual behaviors. She is also certified in Trauma-Focused Cognitive Behavioral Health (TF-CBT) and Parent-Child Interaction Therapy (PCIT). A graduate of Michigan State University, Dr. Dovi obtained her PhD in School Psychology at the University of Houston. Prior to joining Nemours, she completed a post-doctoral fellowship at the Child Abuse Research, Education, & Service (CARES) Institute located at the Rowan University School of Medicine



Dr. Cha-Tanya Lankford, Co-Vice President

Director for Pressley Ridge Treatment Foster Care Program

Dr. Cha-Tanya Lankford, LCSW has served as the Director for Pressley Ridge Treatment Foster Care Program in the state of Delaware since 2005. In this role, Dr. Lankford is responsible for the administrative, programming, and clinical development of the organization as well as financial management of the state's foster care contract.

Dr. Lankford has practiced as a licensed clinical social worker since 2001. She currently holds clinical licensure in the states of Delaware, Maryland, Virginia and the District of Columbia. Dr. Lankford has over twenty years' experience in the field of human services and has held leadership and clinical positions in an array of settings working with children, adults and families impacted by mental health, addiction, and trauma. She has enjoyed serving as an adjunct professor at Delaware State University's School of Social Work which allows her the opportunity to mentor and clinically supervise professionals in the field. Dr. Lankford has presented at multiple state and national conferences focusing on clinical leadership in the child welfare sector.

Dr. Lankford is a 2011 graduate of the Executive Leadership Institute (ELI) from the University of Michigan- Ann Arbor in partnership with Social Current and holds a Certificate in Traumatic Stress Studies from the Trauma Center at Justice Resource Institute located in Massachusetts.

A self-proclaimed life-long learner, Dr. Lankford earned her Doctor of Business Administration earlier this year to solidify her business acumen in the child welfare sector. Dr. Lankford holds multiple clinical and professional certifications, is active in service to her community and was recognized with the Pressley Ridge Entrepreneurial Leadership Award in 2008 and the Pressley Ridge Distinguished Service Award in 2011.

Dr. Lankford has a passion for macro level systems change and is an active member of the Public Policy Committee with the Family Focused Treatment Association (FFTA).



Erin Mitchell

Executive Director, Trauma Matters Delaware

With more than a decade of non-profit management experience, Erin comes to Trauma Matters Delaware as a systems level thinker who has experience leading a diverse range of successful youth development and school-age health and wellness programs. Originally from North Carolina, Erin began her non-profit career as Health & Wellness Director for the Boys & Girls Clubs, implementing programs that introduced healthy lifestyles, responsible citizenship, and academic success. Having spent the last nine years in New Hampshire, one of Erin's proudest accomplishments was when her middle school based positive psychology program was recognized as 1 of 40 national recipients of the 2017 State Farm Neighborhood Assist® awards. Soon after, Erin was personally

acknowledged by two NH's State Senators as a leading voice in the areas of social emotional learning, educational equity, and various prevention/school wellness initiatives. Prior to joining TMD, Erin worked for YMCAs across New England for six years where she developed a greater appreciation for expanding programs and services to address community needs.

In 2019, Erin stepped up to serve as the Director of Student Wellness for the Hudson School District in Hudson, NH. Her District Community Leadership Team led the development and implementation of NH's Multi-tiered systems of support for behavioral health and wellness framework (supported by SAMHSA's federal grant program Project A.W.A.R.E), provided systems level leadership to the education community in response to the COVID-19 pandemic, and led the initial efforts of bringing together school wellness and trauma-informed practice district-wide.

As Trauma Matters Delaware's founding Executive Director, Erin is excited to use her lived experience and personal storytelling to help extend the mission, goals and values of TMD. In partnership with TMD Board of Directors, Erin hopes to expand her volunteers' history of service by continuing to elevate their level of engagement. First focusing on best practices in governance as well as strengthening the board to position volunteers as integral and effective partners that will help TMD expand services, set vision and impact communities across Delaware. Fun facts about Erin; She is a mom of boy/girl twins and recently coached girls basketball for three years. In her 3rd year (2019), her team won the Division 1 championship.