



Augustus A. White III Institute for Healthcare Equity  
*Health, Equity, Humanity*

**Fall Forum**  
Body, Mind, & Spirit: Ensuring Good Health  
During the Holidays

November 10, 2021

# Panelists



## ***Moderator***

**J. Jacques  
Carter, MD, MPH**  
Beth Israel  
Deaconess Medical  
Center



## ***Mind***

**Stephanie  
Pinder-Amaker,  
PhD**  
Harvard Medical  
School



## ***Body***

**Asaf Bitton, MD,  
MPH**  
Brigham & Women's  
Hospital & Harvard  
Medical School




## ***Spirit***

**Rev., Dr Ellis  
Washington**  
St. Paul AME  
Church- Cambridge  
MA




# Moderator: J. Jacques Carter, MD, MPH




Dr. Carter is an attending physician at the Beth Israel Deaconess Medical Center in Boston and is an assistant professor of medicine at Harvard Medical School. From 2005-2014, he also served as the Medical Director of the Prostate Cancer Screening and Education Program at the Dana-Farber Cancer Institute in Boston.

Dr. Carter has been active in a number of civic and community organizations, including past president of the board of Family Service of Greater Boston and past chair of the Brookline Advisory Council on Public Health.



Dr. Carter regularly gives talks on medical and health-related topics to community groups and students throughout the greater Boston area. He also lectures nationally and internationally on medical and public health topics. Dr. Carter serves as a medical consultant and resource for members of the print and electronic media. Dr. Carter is the 2020 recipient of Harvard Alumni Association Alumni Award for outstanding service to Harvard University.



# Mind: Stephanie Pinder-Amaker, PhD

Dr. Pinder-Amaker is McLean Hospital's first Chief Diversity, Equity & Inclusion Officer, the Founding Director of McLean's College Mental Health Program, and an Assistant Professor of Psychology in Harvard Medical School.

Dr. Pinder-Amaker program is a unique initiative serving students from over 200 institutions of higher education (IHEs), providing student-focused treatment; consultation services to schools; and related research. Since its inception in 2008, the CMHP has been collaborating with IHEs, secondary schools and non-profit organizations on how to infuse systems with evidence-based, culturally-responsive interventions that promote mental health, student well-being and academic achievement.

Dr. Pinder-Amaker has consulted to institutions of higher education on developing multiculturally-response strategies for addressing the mental health needs of BIPOC and underrepresented students. Her commitment to the practice of Cultural Humility (Tervalon & Murray-Garica, 1998) is synonymous with mental health care. She co-authored the forthcoming Beacon Press book, *Did That Just Happen?! Beyond Diversity-Creating Sustainably Inclusive Organizations*. Dr. Pinder-Amaker lectures and conducts workshops throughout the country on strengthening continuity of care, and eliminating barriers to mental health treatment, member, WHO World Mental Health International College Student Initiative.

# Body: Asaf Bitton, MD, MPH

Asaf Bitton, M.D., M.P.H., is the executive director of Ariadne Labs, a health systems innovation center at Brigham and Women's Hospital and the Harvard T.H. Chan School of Public Health. Ariadne Labs blends human-centered design expertise, implementation science, and frontline clinical and public health experience to design, test, and spread effective health systems solutions in the U.S. and across the globe. He is an Associate Professor of Medicine and Health Care Policy at both Harvard Medical School and the Harvard T.H. Chan School of Public Health, and a widely recognized expert on primary health care policy, financing, and delivery. He currently serves as a senior advisor for primary care policy at the Center for Medicare and Medicaid Innovation.

In this role since 2012, he has helped design and test three major comprehensive primary care payment and delivery initiatives, representing the largest tests of combined primary care payment and clinical practice transformation work in the United States. He previously served as director of Ariadne Labs' Primary Health Care Program, leading primary care measurement and improvement initiatives in Central America, Sub-Saharan Africa, and Eastern Europe along with previous work at the Harvard Medical School Center for Primary Care directing regional primary care practice learning collaboratives in Massachusetts. He is a core founder and steering committee member of the Primary Health Care Performance Initiative, a partnership that includes 23 countries and the World Bank, the World Health Organization, UNICEF, and Bill & Melinda Gates Foundation dedicated to improving the global provision of primary health care.

Dr. Bitton practices primary care at Brigham and Women's South Huntington clinic, a team-based community primary care practice in Boston that he helped found in 2011. He currently serves on the National Advisory Council for Healthcare Research at the Agency for Healthcare Research and Quality in the U.S., and is an elected member of the International Academy of Quality and Safety.

# Spirit: Rev., Dr Ellis Washington

Rev. Dr. Ellis I. Washington, a native of Detroit, Michigan, is now a servant of Cambridge, Massachusetts at St. Paul A.M.E. Church. He has been noted as “The Voice” and “The Communicator,” a former Gospel Radio announcer on 1380 WAOK in Atlanta, Georgia. He is also formerly the host of the number one rated “Quiet Storm” on V-103 in Atlanta and “Sunday Morning Praise & Worship” on Magic 98.3 in Columbus, Georgia. Rev. Dr. Washington currently serves as Senior Pastor of St. Paul African Methodist Episcopal Church of Cambridge, Massachusetts.

Rev. Dr. Washington is a graduate of Columbus State University with a Bachelor of Science degree in Criminal Justice, and Turner Seminary at the Interdenominational Theological Center, Atlanta, Georgia, with the Master of Divinity degree. Has also received the Doctor of Ministry from Payne Theological Seminary, Wilberforce, OH. Rev. Washington has served as President of Black Clergy of Philadelphia and Vicinity and while in that post led the organization in endorsing Barack Obama for Democratic Nominee for President of the United States. He has appeared on CNN’s Election Center with Campbell Brown and American Morning as well as CBS Evening News with Katie Couric. While serving in Cartersville, he was instrumental in persuading the city council to rename a street in honor of Dr. Martin Luther King, Jr. By his selfless efforts, he demonstrates a true commitment to the betterment of the total community.

He is a member of Alpha Phi Sigma, the National Criminal Justice Honor Society, Who’s Who among American Colleges and Universities, Prince Hall Free & Accepted Masons and a recipient of the Isaac R. Clark preaching award from the I.T.C. Additionally, he has completed the Foundations of Christian Leadership program at Duke Divinity School. Considering himself an aircraft enthusiast, Dr. Washington is studying to gain a private pilot license. He is a noted community leader, radio personality, freelance commercial voice talent, a sought-after public speaker, and a servant of God. He is married to the former Ms. Nathine Johnson of Gary, IN.; they have one daughter, Keturah NatEll.



# Holiday Facts

The highest rate of child psychiatric hospitalizations occur during the winter months

Approximately 40% of adults experience social anxiety during the holidays

Eating poorly & **drinking excessively** can exacerbate stress, anxiety & depression

Holiday blues are different from mental illness, but short term mental health problems must be taken seriously

Dissatisfaction and loneliness are the most common symptoms of the holiday blues



# Holiday Facts

A survey by the National Alliance on Mental Illness (NAMI), concluded the following...

**68%**

Feel financially  
strained

**66%**

Experience  
loneliness

**63%**

Feel  
overwhelming  
pressure

**55%**

Compare  
happier times in  
past to present

**50%**

Unable to be  
with loved ones





# Boston Area Resources

Area/Neighborhood	Organization	Contact	Description
Amesbury	Our Neighbor's Table	(978) 388-1907	Food Assistance
Boston (Various)	Salvation Army	(617) 542-5420	Food Assistance
Burlington	People Helping People	(781) 270-6625	Food Assistance & Holiday Gifts
Hopkinton	Project Just Because	(508) 435-6511	Holiday Gifts
Roxbury	Boston Corps Community Center	(617) 427-6700	Food Assistance, Clothing
Roxbury	The Dimock Center	(617) 442-8800	Food Assistance, Clothing, Healthcare
Roxbury	Whittier Street Health Center	(617) 427-1000	Healthcare
Taunton	Globe Santa	(617) 929-2002	Holiday Gifts
Woburn	Council for Social Concern	(781) 935-6495	Food Assistance, Child Options, Family Building Service



# Institute Holiday Partner

## Prince Hall Grand Lodge Mason

### History

The Prince Hall Grand Lodge of Masons is the oldest African American Masonic Lodge in the United States. It gets its origin from a Black man by the name of Prince Hall, who was made a mason in 1775 on Castle Island in Boston Harbor.

### Holiday Activities

Prince Hall Masons have been serving in and collaborating with the community for many years. Each year at Thanksgiving, the Prince Hall Masons prepare and deliver 200-300+ meals throughout the community. The Thanksgiving Day Committee was formed in 1996 for the purpose of delivering Thanksgiving meals with all the fixings throughout the community for those in need.

### Menu

Turkey, Mashed potatoes & gravy, stuffing, rice, string beans, cranberry sauce, rolls, and dessert

**To order a meal, call (617) 445-1145, leave name, address & number of meals needed.**

*The Committee wishes to extend a sincere and heartfelt thanks to the Augustus A. White, III Institute for assisting the committee with the donation for the preparation and distribution of the Thanksgiving dinners.*