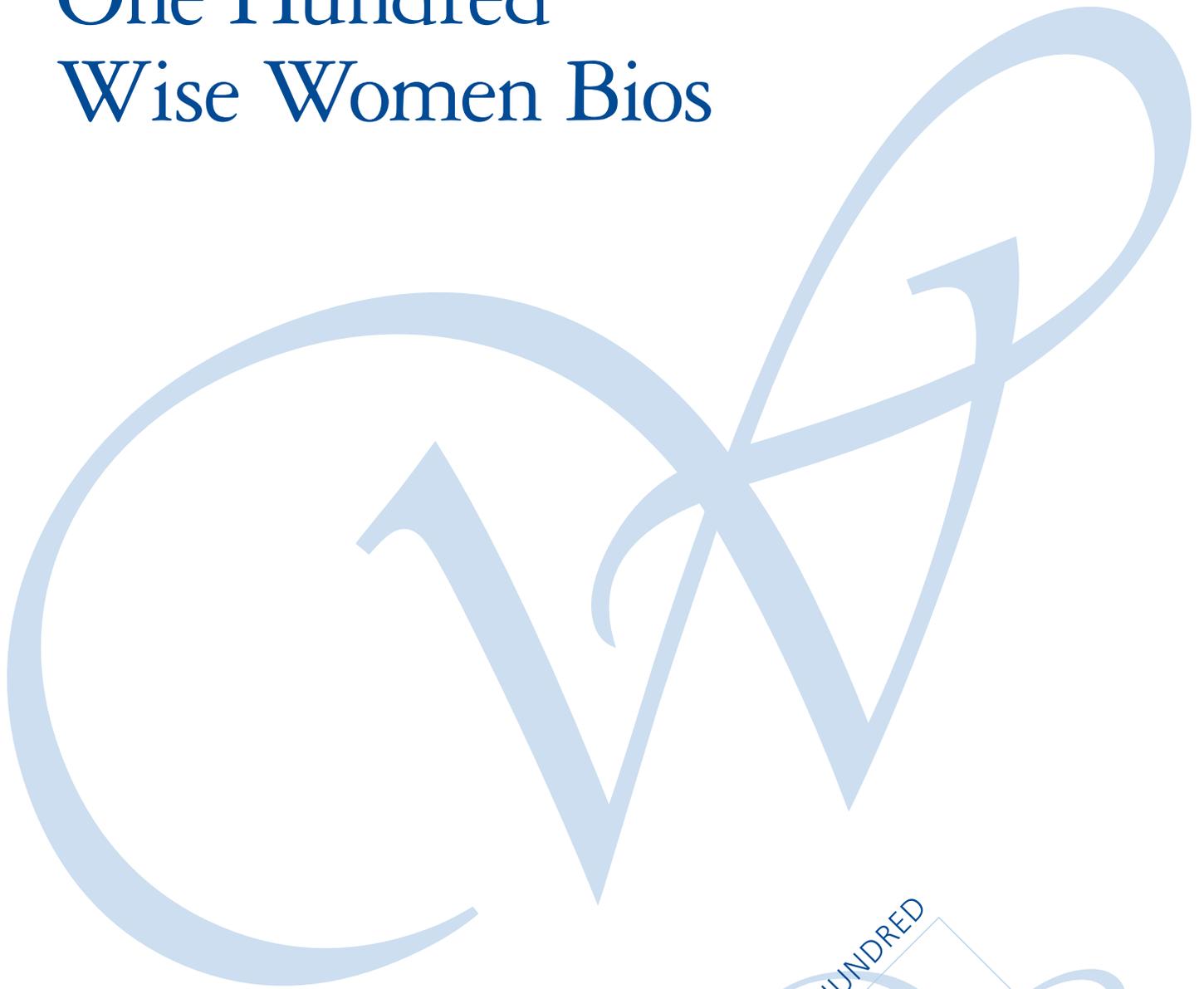


October 22, 2021

One Hundred Wise Women Bios





Kara Atwell

Education Team Lead

Mental Health America of Northern Kentucky & Southwest Ohio

Kara Atwell currently serves as the Education Team Lead for Mental Health America of Northern Kentucky & Southwest Ohio where she is responsible for compiling and designing education curricula, identifying employee turnover challenges, implementing a macro-level solution involving training/skills development, recruitment, community partnerships, and internships, and working with leadership to develop and lead an education department. Prior to this role, she served as the Education Coordinator and Education Administrative Assistant at Mental Health America before working her way up to Team Lead.

Before joining Mental Health America, Kara served as a Business Assistant at Funding Hope Consulting where she completed person and business tax filings as well as supported a trauma-informed care consultant as a personal assistant, including finance management, in-person training support, and curriculum editing and redesign.

Kara earned her Bachelor of Science in Accounting and Business Management at Urbana University where she was not only a four year double major with a minor in marketing but also a NCAA Division II Athlete.



Jamiee Colvin

Owner and Operator
Community Urgent Care Plus

Jamiee K. Colvin is a Cincinnati native who has a passion and life commitment to serving the community. She was formerly Miss Black Teen Cincinnati in 1998. Jamiee is a self-motivated go-getter. Jamiee continues to make her mark in the community by educating and providing healthcare services to many across the Midwest.

In her professional setting, Jamiee is the first African American Woman owner and operator of the Community Urgent Care Plus facility in Western Hills. She serves as a practicing Family Nurse Practitioner specializing in Geriatrics and Adult Health throughout Cincinnati. Jamiee also serves as an Adjunct Professor at both the ATA College in the LPN and RN Bridge Program & Cincinnati State Technical College in the nursing program. Jamiee is also an active Advisory Board Council Member for ATA college.

Jamiee is a dedicated educator committed to using her expertise to influence, develop and mentor her nursing students to become knowledgeable and excellent additions to the healthcare field.

Jamiee gives all her accounts of her accomplishments to God. Jamiee resides under the leadership of Pastors Stefan and Dr. Mya P. Miller of Chosen Ministries in Tri-County, where she serves as the Praise & Worship Leader. Jamiee's daily goal is to be a living example of Godly principles, morals, character, and integrity. She is a proud member of the "Daughters of Distinction," a small group of women who are devoted to spreading the word of God to His people. Jamiee has always strived to be a woman that represents Proverbs 31 and prays that God is seen through her DAILY by at least one person.

In her spare time, Jamiee enjoys roller-skating, boxing, riding her Peloton, traveling, reading, and spending time with her incredible five (going on 23) year old daughter Skylar. Jamiee's motto is that every individual should be a bridge-builder and dream filler.



Linda Jacobs

Vice President, Hair Care Research and Development
Procter & Gamble.

Born in the United Kingdom, Linda has been with P&G for almost 29 years, with much of her career being spent in the Beauty Sector. She joined the Bar Soap division of P&G in Egham, just outside London UK, after completing her PhD in Chemistry in 1992. During her tenure, Linda has worked across many of Beauty's businesses, leading R&D programs in Personal Cleansing, Hair Colorants and Hair Care with increasing areas of responsibility. Her experience spans Front End of Innovation, working with acquisition organizations and driving growth of current businesses through consumer insightful and agile innovation in the fast-paced world of Beauty. In 2013, she took a role in P&G central Corporate Functions, leading the development of disruptive innovation capability frameworks now used across the Company. In 2016, she returned to Hair Care as Director and subsequently Vice President, leading global innovation programs across Head & Shoulders, Pantene and Herbal Essences brands, and leads R&D teams across multiple time zones and locations. During her career, she has worked in the United Kingdom, Connecticut and, since 2008, in Cincinnati.

Linda is the P&G co-leader of the Experienced Women of R&D network, a global forum for Senior Director and above Women leaders and supporting the development of the 3000+ women in R&D overall. When not working, she will be most likely spending time with her family (husband, 2 girls and the family greyhound) or cycling the roads and trails around greater Cincinnati.



Wijdan Jreisat

Attorney at Law
Katz Teller

Wijdan is shareholder with Katz Teller where she focuses her practice on family law, including divorce and dissolution actions, prenuptial agreements and related legal proceedings and employment law. Wijdan began her practice in business litigation. She has translated her understanding of relationship dynamics into her practice while using the sharp negotiation and dispute resolution skills she honed while handling commercial litigation. Building on that background, she comfortably navigates hotly-contested and emotionally-charged matters to resolve cases that often involve the valuation and division of privately held businesses and other high net worth assets. She also counsels high level executives and employers as to policies, agreements and compliance issues.

She has been widely recognized by her peers with a variety of honors including being named one of the Best Lawyers in America® ; an Ohio Super Lawyer®, one of the “Top 25 Women Cincinnati”, one of the “Top 50 Lawyers in Cincinnati” and one of the “Top 50 Women in Ohio”; a Cincinnati “Leading Lawyer”, and has received recognition as one of “40 Under 40” in 2008, a Woman of Influence by LEAD and Venue Magazines 2013; and Alumna of Excellence Award - Trailblazer by Girl Scouts of Western Ohio 2013 and a YWCA Career Woman of Achievement of 2018.



Dr. Dwonna Lenoir

Owner
LiveWell Group

Dr. Dwonna D. Lenoir has worked in the field of psychology since 1998 and comes with over 21 years of experience providing services to children, adults and families. Dr. Dwonna earned her Bachelor of Arts (BA) degree in Psychology from Hampton University (Hampton, VA) in 1998 and her Masters of Arts (MA) degree in Counseling Psychology from Saint Xavier University (Chicago, IL) in 2000. Dr. Dwonna is a Licensed Professional Clinical Counselor in the State of OH. She is a Doctor of Psychology (Psy.D.) having obtained her degree from Adler University (Chicago, IL) in 2011. Dr. Dwonna enjoys the work she does and has held various positions while in this field. Dr. Dwonna is currently the Director of the Young Child Institute with Central Clinic Behavioral Health Services and teaches psychology courses at Wright State University as an adjunct professor.

In addition, Dr. Dwonna is owner of LiveWell Group, LLC, a private psychological services practice in Blue Ash, Ohio. In her practice, Dr. Dwonna works to help individuals and families live their best lives. Dr. Dwonna believes in the power of the human spirit and enjoys helping others reach their full potential. Dr. Dwonna is a member of Alpha Kappa Alpha Sorority, Inc. currently serving in Phi Psi Omega Chapter (Forest Park, OH). She is also a member of Jack & Jill of America, Inc. (Cincinnati Chapter).

Dr. Dwonna married best friend and high school sweetheart, Nedrown "Ned" and together they are raising 3 beautiful children: Dante, Denver and Destiny.



Tia Patterson

Clinical Operations Manager
BeiGene

Dr. Tia Patterson is an adjunct faculty member and research chair for Indiana Wesleyan University as well as a Clinical Operations Manager at a mid-sized Biotech company called BeiGene. She earned a Bachelor of Science Degree in Biology from the University of Kentucky, a Masters Degree in Health Services Administration from Xavier University (Cincinnati, Ohio) and a Ph.D. in Public Health with specialization in Epidemiology from Walden University.

She has worked in higher education for over 11 years and in the clinical research field for 17 years. She has chaired over 20 doctoral students, written doctoral course curriculum, comprehensive exam questions, and served as a subject matter expert. In her full-time career, she works in the bio-pharma industry managing global clinical drug trials as well as serve as a subject matter expert in conducting clinical trials in Canada and for the Transfer of Regulatory Obligations process. She is a member of the Society of Clinical Research Associates, and am a Certified Clinical Research Professional (CCRP). She is also a member of the National Society of Leadership and Success, Black Women in Clinical Research and Alpha Kappa Alpha Sorority, Inc..



Medina Rahman, M.Ed., LPCC-S

Manager of Foster Care and Adoption
Beech Acres Parenting Center

Medina Rahman is the Manager of Foster Care and Adoption in Montgomery and Greene Counties at Beech Acres Parenting Center. She previously served as the Supervisor of Behavioral Health at the Learning Centers in Warren and Clinton Counties. Medina has extensive experience in clinical and administrative supervision. She has devoted much of her practice helping mental health clinicians and case managers develop professionally and personally. Medina's career working with children, families and adults, spans over twenty years. She is most notable for helping clients see their unimaginable potential through diagnosis and treatment of mental, emotional, social, and behavioral disorders. Medina has had the opportunity to work with some of the premiere social service agencies and school districts in Cincinnati including St. Aloysius, Child Focus, Talbert House, Greater Cincinnati Behavioral Health (formerly QCM, Inc.), Sycamore School District and Cincinnati Public Schools.

Prior to beginning a career in mental health, she earned a B.S. in Business Administration from Fisk University in Nashville, Tennessee. Upon graduation she worked in sales and accounting. Medina holds a Master of Education in Agency and Community Counseling and Post Master's Certificate in Clinical Counseling from Xavier University, where she was inducted into Chi Sigma Iota Fraternity. She is a Parenting Instructor for Butler County Forensic Educational Services Center and serves as a board member of Carl H. Lindner Impact Center and OhioKan Regional Advisory Council- Region 6. Medina recently established Medina Center of Healing, LLC., a practice focused on traditional and innovative therapies. She is a charter member of Phi Psi Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated and Twenty Cultured Pearls Foundation. Medina is the mother two children.



Crystal Sekerak

Global Engineering Leader
Procter & Gamble

Crystal Sekerak is a global engineering leader at Procter & Gamble (P&G), a global consumer goods corporation specializing in a wide range of family, personal, and household care products. Crystal has worked on multiple P&G brands internationally and throughout the U.S. She has over 29 years of experience in capital program and engineering management, along with critical technology development skills focused on improving product production. Beginning in 2014, Crystal transitioned to the Gillette team, overseeing teams in Brazil and Mexico as the leader for Gillette Engineering in the Americas. Prior to her current position, she led teams in Germany and Poland. Crystal is an innovative, energetic leader and communicator experienced in delivering excellence in engineering while building long-term, diverse, organizational capability. A coleader of the Gillette Boston Women's Network and the leader of the Global Grooming Product Supply DEI effort, she is passionate about supporting and developing women in the STEM fields and creating supportive environments that encourage increased participation and diversity. In 2018, Crystal was one of seven global women at P&G to be awarded the Women In Innovation Strong Award, recognizing her for creating a world-class work environment that puts people first and creates a culture that is inclusive, flexible, nurturing, and growing.

Crystal is a third generation Girl Scout from Charlotte, NC and served for 3 years on the Board of Directors for the Girl Scouts of Eastern Massachusetts. She holds a Bachelor of Science degree in mechanical engineering from North Carolina State University.



Amanda Shaw

Program Director

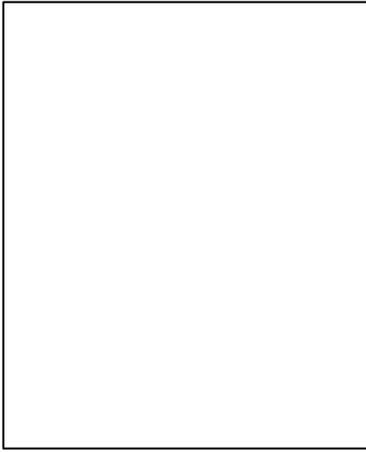
Mental Health America of Northern Kentucky & Southwest Ohio

Amanda Shaw has spent her career passionately learning how to support healing through holistic wellness. She is dedicated to helping others to build resilience and hope 60 seconds at a time.

Amanda is the current Program Director of Mental Health and Criminal Justice at Mental Health America of Northern Kentucky and Southwest Ohio. She serves as the Crisis Intervention Team Coordinator for Hamilton County, Ohio with the goal of acting as a liaison between the mental health and first responder communities. She is passionate about wellness, self-care and building resilience in the heroes of our communities.

Amanda is a Certified Trauma Services Specialist (Association of Traumatic Stress Specialists) with experience working with individuals and families who are experiencing multiple complex needs. Amanda's work experience is diverse, leading her toward her goal of cultivating empathy and connection on her path to promoting resilience.

Amanda earned her Bachelor of Science in Mental Health & Human Services from Northern Kentucky University. She also earned her Master of Arts in Integrative Studies and Non-Profit Leadership from the Northern Kentucky University.



Paula Slagle

Senior Vice President
U.S. Bank

Paula Slagle joined US Bank 5 months ago following 16 years with JPMorgan Chase. She spent that time in a host of roles across Tech Ops and HR. She led Employee Tech Experience for the firm for a number of years as well as leading change management for the consumer/branch space prior to joining US Bank.

She has a 9-year-old who is obsessed with Fortnite and a husband who is a Mac engineer at Chase. She thinks one of the best things you can do for yourself in your career is have a number of different experiences that make you a well-rounded employee.



Maria Sulcer

Outreach Specialist
Lindner Center of Hope

Maria Sulcer is an Outreach Specialist at the Lindner Center of HOPE and is a community connector and builder. Maria is passionate about balancing Mind, Body, Spirit and the constant practice this is for each of us. She believes self awareness is the key to our own self-care and a little – more often, goes a long way. Maria was instrumental in helping to start the GCR Addiction and Mental Health Resource Networking lunches in the Greater Cincinnati area.

GCR. Give. Connect. Receive. You can't give without receiving and you can't receive without Giving.
WE ARE ALL HERE TO CONNECT.



Barbara Thompson

Associate Business Director
Beckett Springs Behavioral Health

Barbara Thompson has been working in the healthcare field for 20 years. Upon completing her Bachelors of Science from the University of Cincinnati she worked at AIDS Volunteers of Cincinnati (AVOC). At AVOC, she developed the first Employee Volunteer Handbook and helped define and create policies for effectively managing day to day operations of unpaid staff working with paid staff.

After leaving AVOC she went to work in the field of Geriatrics at Carespring, helping people make the transition from home to higher levels of care. Working in the transitional living field she worked with many families making difficult decisions for their loved ones. She educated and counseled many people and their families as they stepped into the next stages of life.

Barbara now works in the field of addiction and mental health at Beckett Springs Behavioral Hospital. While at Beckett Springs she has been instrumental in building the community education program and the Continuing Education program.



Deanna Vietze

Executive Director
Brown County Board of Mental Health and Addiction Services

Deanna Vietze is the Executive Director for the Brown County Board of Mental Health and Addiction Services. She began working for the Board in 2005 as a project coordinator for a school-based grant. She has been in the Executive Director position for 6 years and has been employed by the Board in various positions for 16 years.

Deanna is a licensed professional counselor and she obtained her Master of Science Degree in mental health counseling from Wright State University and her Bachelor of Arts Degree in psychology from Ohio University.

Prior to working for the Brown County Board of MHAS, Deanna was the Coordinator of School Based Services for Child Focus, Inc.

Deanna is passionate about ensuring the citizens of Brown County receive the treatment they need for both mental health and SUD services. She believes that treatment should be client centered and individualized. Deanna believes that all people are unique in their needs, but they can achieve recovery. Recovery is Beautiful.



Marcie Warrington

Founder

Marcie Warrington Coaching

Marcie Warrington is an ICF certified Coach providing Life, Wellness, Transition, and Transformational coaching. Her extensive training and practice is deeply rooted in the philosophy, science, and tools of Positive Psychology including Resilience, Character Strengths, Mindfulness, and Flourishing. She is an avid life-long learner with a strong growth mindset, inspired Buddhist practitioner, writer, volunteer and lover of poetry.

