

## Breaking the Silence Panel Discussion

### Speaker Bios



**David Black**  
CEO & Co-Founder, Cabana  
Moderator

David Black is a 20-year healthcare industry veteran with experience working on both sides of the aisle between payers and providers. His experience includes the Advisory Board Company, Johns Hopkins Medicine, and building a nationally recognized mental health startup, Cabana. David is a Cofounder and Chief Executive Officer of Cabana, a mental health company specializing in community-focused care for healthcare, military, and public service professionals.

Cabana now serves 1.22M individuals across the US through established partnerships with the Air Force, National Guard, VA, and multiple State Agencies. Cabana was honored by FastCompany in their World Changing Ideas program, named a Top 40 behavioral health company by Avia and was awarded third place out of nearly 1400 applicants by the Veterans Affairs (VA) during their global suicide prevention challenge. David is an Entrepreneur-in-Residence for the Darden School of Business, a named inventor of two patents and has secured and served as principal investigator for over \$3M in Small Business Innovation Research awards. He received academic distinction with a Masters in Business Administration from the Darden School of Business at the University of Virginia and holds a Bachelor of Science in Management and Finance from Tulane University. Additionally, David served as an adjunct faculty member at Johns Hopkins University teaching managed care economics.

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<https://www.linkedin.com/in/cabanadb/>

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#### **Audrey Bergin, MPH, MA**

Program Director, Center for a Healthy MD  
Operations Manager, Maryland Healthcare  
Coalition Against Domestic Violence  
Panelist

Audrey Bergin, MPH, MA, has over 30 years of experience supporting abuse survivors.

After working as an Art Therapist with abused children, she coordinated a domestic violence hotline, worked on a research project, and co-led Abuser Intervention groups. She launched and directed the Domestic Violence (DOVE) Program at Northwest Hospital for 20 years, earning numerous awards.

She is now the Program Director for domestic violence programming and Operations Manager for the Maryland Health Care Coalition Against Domestic Violence under the Center for a Healthy Maryland.

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<https://healthanddv.org/>

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#### **Julie Brownley, M.D., PhD**

Medical Director, Psychiatry for Women  
Panelist

Dr. Julie Brownley is a board certified adult psychiatrist with a combined M.D., Ph.D. from the University of Maryland School of Medicine.

She completed residency training in Adult Psychiatry at The Johns Hopkins Hospital with targeted training in women's mood disorders, chronic migraine, and brain stimulation. She has published peer-reviewed research spanning molecular medicine to clinical psychiatry.

Dr. Brownley is a leader in the field of Reproductive Psychiatry. She is a proud educator for the psychiatry residency training program at The Johns Hopkins Hospital. She is a consultant for the educational leadership team at SohoMD, a national telemental health company, which is leading the field in scaled remote psychiatric care.

Her clinical practice, Psychiatry For Women, is a telehealth practice in MD, DC, VA, NY and FL which brings evidence-based care to women across the lifespan, presenting with a wide range of conditions including depression, anxiety, bipolar disorder, OCD, ADHD, eating disorders, and trauma. She specializes in treating women who present with conditions that lie on the interface between psychiatric episodes and hormonal changes, such as premenstrual dysphoric disorder, perinatal depression or anxiety, and perimenopausal mood changes.

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VISIT [psychiatryforwomen.org](https://psychiatryforwomen.org) for info

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#### **Lauren Dougherty, BSW, MS**

Program Manager, Center for a Healthy MD  
Outreach & Training Specialist, Maryland  
Healthcare Coalition Against Domestic  
Violence

#### **Panelist**

Lauren Dougherty holds a Bachelor of Arts in Social Work and a  
Master of Science in Human Services Management.

She began her career in human services coordinating care for  
individuals with physical and intellectual disabilities before  
transitioning to the domestic violence field in 2015.

She started by providing crisis intervention services to survivors of intimate partner violence (IPV) and has since spent nearly a decade offering training and technical assistance on topics such as high-risk screening, fatality review, and the health impacts of IPV. Currently, Lauren serves as Program Manager for domestic violence programming and as Training and Outreach Specialist for the Maryland Health Care Coalition Against Domestic Violence under the Center for a Healthy Maryland.

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**Gayle Jordan-Randolph, M.D., M.Ed.,  
DFAPA**

Medical Director, Aetna  
Panelist

Dr. Gayle Jordan-Randolph, M.Ed., Distinguished Fellow of the American Psychiatry Association (DFAPA) is Medical Director with Aetna.

She is an adult, child and adolescent and forensic psychiatrist with over 20 years of experience throughout Maryland's behavioral health service system.

In addition to her various leadership roles at the Maryland Department of Health and Mental Hygiene, she has been a faculty member of the University of Maryland, School of Medicine, and Department of Psychiatry since 2001. She supervises physician-trainees, lectures on a public behavioral health related topics and trains healthcare professionals.

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<https://www.naco.org/people/dr-gayle-jordan-randolph>

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