



*To develop and implement an effective comprehensive community-based mental health plan for overall youth well-being in Palo Alto*

PSN Community Forum  
Youth Mental Health Care Services (Goal 3)  
Intensive Outpatient Programs- A Community Snapshot  
March 28, 2018  
3:30-6:00 pm

### **Speaker Biographies**

#### **Sarah Burdge, PhD**

*Clinical Director, Adolescent Counseling Services*

Dr. Sarah Burdge, PhD is the Clinical Director at Adolescent Counseling Services and oversees the agency's four clinical programs, including the Adolescent Substance Abuse Treatment program. Sarah is a licensed psychologist with over a decade's worth of experience working with adolescents in our community, both in her oversight of numerous community mental health programs and in her own private practice. Her area of expertise is in working with gender expansive youth, who are eight times more at risk for suicide than other youth.

#### **Michael Fitzgerald, APRN**

*Executive Director, Mental Health and Addiction Services El Camino Hospital*

Michael Fitzgerald, APRN is the executive director for mental health and addiction services at El Camino Hospital (locations Mountain View and Los Gatos). He initiated the sub-specialty program strategy which improves outcomes by targeting unique symptoms. He is past-chair of the California Hospital Association, Center for Behavioral Health, past president of the California Psychiatric Nurses Association, and currently chairs the Hospital Council task force on ED/EMS/psych task force as well as the Santa Clara County Youth Inpatient Facility Service Model Committee. He is a clinical nurse specialist in psychiatry, a writer, musician, tolerates cats and father of four.

#### **April Kihara, MS, LMFT**

*Program Specialist, Family and Children's Services Division, Santa Clara County Behavioral Health Department*

April Kihara graduated from Princeton University with an A.B. Degree in Psychology, specializing in Neuroscience. Ms. Kihara completed Ph.D. coursework in Neuroscience at the University of California, Los Angeles, and holds a Master's Degree in Clinical Psychology. Her doctoral research focused on the biological mechanisms underlying the anti-depressant effects of sleep deprivation. Currently, Ms. Kihara works as a Program Specialist in the Santa Clara County Behavioral Health Services Department Family and Children's Services Division. She supports school based prevention and early intervention services, as well as a wide array of trainings and County contracted behavioral health providers. As a survivor and advocate, one of her greatest passions is helping children who are victims of trauma. Ms. Kihara is a Licensed Marriage Family Therapist in the State of California and an Endorsed Infant-Family Early Childhood Transdisciplinary Mental Health Practitioner. Outside of work, Ms. Kihara enjoys playing sports, including tennis and triathlons, as well as playing with her 6 year old son, Koji.



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## Speaker Biographies Continued

### **Joel V. Oberstar, MD**

*Vice President of Operations, BACA*

Dr. Oberstar is BACA's Vice President of Operations and a Child and Adolescent Psychiatrist with over a decade of clinical and administrative experience. He comes to BACA having served previously as CEO of a psychiatric healthcare system in Minnesota, where he oversaw that organization's rapid growth over a five-year period. Named by Minnesota Physician as one of the state's "Top 100 Influential Health Care Leaders" in 2016, Dr. Oberstar serves on committees at the Minnesota Medical Association and the Minnesota Hospital Association and is a past president of the Minnesota Psychiatric Society and the Minnesota Society for Child and Adolescent Psychiatry. He is eager to bring his knowledge and experience to bear in helping BACA grow to meet the needs of youth and their families in the Bay Area.

### **Cha See, PhD, MPH**

*School Linked Services Director, Santa Clara County (SCC) Behavioral Health Services Department*

Cha See is the School Linked Services Director with the Santa Clara County (SCC) Behavioral Health Services Department. Cha partners with several school districts, community agencies and County departments to promote positive school climate, social-emotional wellbeing, and family engagement programs to help students achieve academic success and health and wellbeing. Cha received his Master of Public Health from California State University, Northridge, completed his pre-doctoral research at the University of Hawaii, Manoa, and obtained his Ph.D. in Public Health from Walden University while working at UCLA within the Public Health Department.

### **Emily Sullivan, LMFT**

*Clinical Program Manager, Children's Health Council (CHC)*

Emily is a Licensed Marriage & Family Therapist with over 17 years' experience treating children, teens and families in clinic and school based settings. She was a therapist and clinical program manager in the EBC School for 10 years and recently returned to CHC as the clinical program manager for the IOP. She is competent in both long-term depth psychotherapy as well as short-term/crisis management work. Her work has been focused on teens and families struggling with depression, anxiety, behavioral issues, trauma and high functioning Autism.