

2022 CHEAC Annual Meeting Workshop Session Biographies

Caring and Supporting Public Health Workforce During the Pandemic and Beyond: How to Implement a Self-Care, Resiliency, and Mental Health Support Program

Michelle Gentle, LCSW, Clinical Supervisor

Michelle Gentle is a Licensed Clinical Social Worker who has been in the field for 17 years. She has spent many of those years at Memorialcare Miller Children's Hospital, Long Beach providing mental health support to families who had babies in the Neonatal Intensive Care Unit. For the last 7 years she has been the Clinical Supervisor for The Welcome Baby Program, a home visitation program that provides support to pregnant and postpartum families. From 2011-2021 she taught for the USC School of Social Work, teaching about Grief and Loss to graduate MSW students.

Throughout the years she has provided multiple trainings throughout Long Beach Memorial Medical Center and to the California Department of Public Health SIDS program on grief, compassion fatigue, and burnout. She has been working with the Long Beach Department of Public Health since November 2021 providing mental health and supportive services to their employees.

Tina Emmerick, MPH, Project Coordinator

Ms. Emmerick serves as the Program Coordinator for the Grants Administration Unit, in Public Health Services for the Health & Human Services Agency in the County of San Diego. Ms. Emmerick leads a specialized team to oversee the administration of grant funding.

A public service leader with over 20 years of experience, Ms. Emmerick manages a 20-person team that administers over \$187,000,000 in grant funding. Ms. Emmerick's work includes increasing staffing by 150 permanent positions and creating processes to improve efficacy of grant administration. Additionally, Ms. Emmerick has supported workforce development by managing a program to foster self-care and resiliency in Public Health staff.

Ms. Emmerick is driven by a strong conviction to actively work towards advancing equity for all, including people of color and others who have been historically underserved and marginalized. She is a graduate of San Diego State University, holding a master's degree in Public Health, with an emphasis in Community Health.