Protecting Mental Health: Lessons Learned During a Pandemic

Speaker Biographies

Tanya Dansky, M.D.
Senior Medical Director
MemorialCare Health System

Dr. Tanya Dansky is the Senior Medical Director, joining MemorialCare Medical Group in 2020. Dr. Dansky has over 15 years of clinical and physician leadership experience encompassing medical group, hospital, health plan and integrated care delivery environments.

She received her medical degree from USC in 1995 followed by a pediatric residency (including a Chief Resident year) at UC San Diego (UCSD). Subsequently, she practiced as a pediatric hospitalist with Children’s Specialists of San Diego while inheriting progressively more leadership responsibilities including Associate Medical Director for San Diego Hospice Children’s Program, Associate Medical Director for the San Diego Unified School District and inpatient Medical Director with Children’s Physicians Medical Group.

Eventually, she became the CEO of the group and became directly involved with contract negotiation, utilization management, quality and credentialing. In 2014, she moved to Vancouver, WA, to take on the role of Chief Medical Officer and Vice President of Columbia United Providers and to be closer to family. When that group was purchased by Molina, she took a position with Anthem, but after 2 years in the Pacific Northwest, she missed Southern California and moved back to work with Blue Shield to help them integrate Care1st.
Amy Pearlman  
**Vice President, Clinical Provider Strategy**  
**Beacon Health Options, an Anthem Company**

The Vice President, Clinical Provider Strategy for Beacon Health Options, Amy Pearlman oversees a national team of clinical staff who seek to engage providers in collaboration to improve Clinical and Quality outcomes for those who receive Behavioral Health care through the analysis of trends in aggregate data patterns. Ms. Pearlman also plays a leadership role in developing trainings, including Beacon’s national opioid strategy initiative in response to the current opioid crisis.

Ms. Pearlman began her tenure in Behavioral Health Managed Care in 2002 as a Regional Network Manager with the Massachusetts Behavioral Health Partnership (MBHP) in Boston Massachusetts, then rising to the position of Network Management Director. Following a brief hiatus from Managed Care to manage a large Behavioral Health Mobile Crisis Unit serving the South Shore of Massachusetts, Ms. Pearlman joined Beacon Health Strategies prior to the merger with Value Options to manage Clinical and Business Integration departments. She then transitioned to Provider Strategy, taking on a leadership position for the department for the newly integrated Beacon Health Options. Ms. Pearlman believes passionately in taking a collaborative approach with providers to improve healthcare outcomes, and is a staunch advocate of evidenced based outcomes utilizing the analysis of aggregate data. She developed an inaugural program at Beacon designed to engage providers through field-based clinicians who partner to improve outcomes. Ms. Pearlman serves as the clinical lead for telehealth, leads Beacon’s work on a strategy for Opioid Use Disorders, and participates in the ongoing refinement of clinical and quality measures for success through Value Based Payment arrangements.

A quintessential social worker, Ms. Pearlman has a strong desire to improve healthcare outcomes and believes that the best way to support the largest number of people is through her work in the managed care industry. She has transitioned between provider and payer settings over the course of her career to develop her clinical skills and maximize her empathy of provider experience, with the mission of aligning perspectives around a shared focus and goal to improve healthcare for individuals and families. Her clinical expertise is in crisis intervention, community-based care, and clinical program design.

Ms. Pearlman received a Bachelor of Arts degree in Psychology and Spanish language and literature from Brandeis University and a Master of Social Work from Smith College School for Social Work, where she later served an adjunct professor.
Jonathan Ripp, M.D., MPH
Chief Wellness Officer
Icahn School of Medicine at Mount Sinai

Jonathan Ripp, MD, MPH is Professor of Medicine, Medical Education and Geriatrics and Palliative Medicine, Dean for Well-Being and Resilience and Chief Wellness Officer at the Icahn School of Medicine at Mount Sinai (ISMMS). He received both his undergraduate and medical degrees from Yale University and completed internship and residency in Internal Medicine (IM) at the Mount Sinai Hospital in New York City.

In the role of chief wellness officer, Dr. Ripp oversees efforts to assess and provide direction for system- and individual-level interventions designed to improve well-being for all students, residents, fellows and faculty in the Mount Sinai Health System. He is the former Associate Dean of GME for Trainee Well-Being within the ISMMS Office of Graduate Medical Education’s in which capacity he served to help spread well-being initiatives across the training programs of the Mount Sinai Health System. Dr. Ripp also co-founded and is the former Director of the ISMMS Department of Medicine’s Advancing Idealism in Medicine (AIM) Initiative.

In the Department of Medicine, Dr. Ripp serves as core faculty for the IM Residency Training Program and faculty in the Mount Sinai Visiting Doctors home-based primary care program. In addition, Dr. Ripp is the Co-founder and Co-Director of CHARM, the Collaborative for Healing and Renewal in Medicine, an international group of medical educators, academic medical center leaders, experts in burnout research and interventions, and learners all working to promote learner and trainee wellness.

Recognized for his leadership in this area, Dr. Ripp has been invited to participate in the Accreditation Council on Graduate Medical Education (ACGME) Symposia on Physician Well-Being, join the American College of Physician's Promoting Physician Wellness Task Force and participate in the National Academy of Medicine’s Action Collaborative on Clinician Well-being and Resilience. Dr. Ripp’s primary research interest is in physician burnout and well-being, for which he has received grant support and has published and lectured widely. His multicenter studies have served to better elucidate the causes and consequences of physician burnout and have explored interventions designed to promote trainee well-being.