Join YWCA Greater Pittsburgh’s Center for Race and Gender Equity and an expert panel of local health leaders at 12pm on Wednesday, April 21st for a dynamic examination of the underlying causes of race-based health disparities and action steps to create equity.

**PANELIST INFORMATION**

**Lovie J.J. Foster, PhD, MSW**

Wellness Practitioner

Dr. Lovie Jewell Jackson Foster, PhD, MSW, has served diverse roles in community-based social work for more than 25 years. She currently manages staff wellness programs for Allegheny County Department of Human Services, Children, Youth and Families, where she has served since 2017. Prior to this, Dr. Foster was an Assistant Professor in the University of Pittsburgh School of Social Work for 6 years, conducting research on integrating mental health education, collaborative care, and technology. Lovie is most passionate about being a wife, a mom, and working to help heal intergenerational trauma, especially in Black families and communities.
Lovie teaches yoga and conducts wellness workshops for youth and adults with the intention to affirm, love, inspire, and empower!

Dr. Cathy Sigmund, Ph.D., CWM
Director of Behavioral Health & Community Wellness, Northside CHH
Director, Refugee/Immigrant Ministries, Allegheny Center Alliance Church

Dr. Sigmund entered the mental health field in 1983 and has served as a licensed psychologist since 1999. She specializes in treating within, developing and evaluating culturally congruent behavioral health services to minorities and other underserved groups, including children and families victimized by violence and other crises, as well as refugees and immigrants of various diaspora. Dr. Sigmund is published, has developed curricula, consulted and provided training in a variety of settings, including public health and human service system, national and international church entities, and victim advocacy/service organizations. Dr. Sigmund also serves as a licensed Chaplain with the Christian & Missionary.

Chantele Mitchell-Miland, PhD, MPH
Epidemiologist

Dr. Chantele Mitchell-Miland is an Epidemiologist at the VA Pittsburgh Healthcare System Center for Health Equity Research and Promotion (CHERP) and Mental Illness Research Education and Clinical Center (MIRECC). Wearing many hats, Dr. Mitchell-Miland serves as a researcher, an analyst, a database developer and data manager, and project manager. In both centers, she leads the development of Diversity, Equity, and Inclusion (DEI) programs designed to increase diversity and enhance inclusivity within the workforce and research efforts. Dr. Mitchell-Miland has 20 years of experience working with health disparities and health equity research and 3 years of experience facilitating dialogues around social identities. She is the proud mother of 2 young men and authors a blog called “Dare to Dream” that provides content and encouragement on how to overcome barriers to fulfill life goals.