

Dr. Elizabeth McKune

AVP Behavioral Health
Passport Health Plan by Molina Healthcare

Dr. Elizabeth “Liz” McKune presently serves as the Associate Vice President of Population and Behavioral Health Strategy for Passport Health Plan by Molina Healthcare and has worked at Passport for nine years.

Dr. McKune is a Kentucky Licensed Psychologist with a specialty in Health Psychology and presently serves on the **Kentucky Board of Examiners of Psychology** and is the current past Chair. She is also Past-President of the **Kentucky Psychological Association** and the **Brain Injury Alliance of Kentucky**, and a graduate of the University of Louisville and the University of Missouri, Columbia.



Karen McKnight

CYT, ALI (As Love Inspires) Yoga Wellness
www.aliyogawellness.com



Karen McKnight, CYT, a Louisville, Ky-based certified yoga instructor, has been teaching for nearly 20 years. As CEO and founder of ALI Yoga Wellness, she adapts hatha style yoga for beginners and children. She does this by helping others to feel more ease and fullness in the yoga postures so that they feel the benefits.

The passion to teach others grew from learning and experiencing that a consistent yoga practice relieves chronic pain, alleviates (and in some cases reverses) diabetes, cardiovascular disease, and chronic mental stress. These ailments are devastating and at one point were the leading cause of death in the African-American community.

Yoga works directly on the health of the body’s systems and organs to keep the body healthy. Karen has found yoga to be a holistic art of healing through the body’s motion, breathing and meditation.

As love inspires Karen to teach yoga, it is her goal that her students too are inspired to share yoga with their friends and loved ones using the Six Core Principals of Muhammad Ali, which are **Dedication, Respect, Confidence, Conviction, Spirituality, and Giving.**



Stephanie M. Raglin, LCADC

Director of Programs, Hope Center, Inc., Lexington
www.hopectr.org
www.SereniteeAtItsBest.com
stephanie@SereniteeAtItsBest.com

Reverend Stephanie M. Raglin is Program Director at the Hope Center with over 20 years of experience in the substance abuse field, working with men and women in the community and in the criminal justice system. **Hope Center** addresses not only substance abuse but other underlying physical, mental, and social issues.

Stephanie is a **Licensed Clinical Alcohol Drug Counselor** since 2008 and serves on the Kentucky Alcohol and Drug Board. Stephanie is also a

motivator and a mentor and provides encouragement and empowerment for people.

In 2019, Stephanie obtained 501C3, and will be opening **Serenitee At Its Best LLC-Counseling Center** in Woodford County in March 2022.

Steven D. Kniffley Jr., PsyD, MPA, ABPP

Chief Diversity Officer and Associate Professor, Spalding University
www.drstevenkniffleyjr.com
Instagram: [drstevenkniffleyjr](https://www.instagram.com/drstevenkniffleyjr)

Steven Kniffley is Spalding University's Chief Diversity Officer, an Associate Professor in the School of Professional Psychology, and Coordinator for the Collective Care Center Racial Trauma Clinic.

Dr. Kniffley's area of expertise is research and clinical work with Black males and the treatment of race-based stress and trauma. He also serves as an organizational diversity consultant and works with law enforcement departments on addressing conflicts between communities of color and police officers.



Additionally, Dr. Kniffley has written numerous books, book chapters, and articles on Black male mental health, Black males and the criminal justice system, racial trauma treatment and training, and academic achievement. He also was recently selected as one of Louisville's **Top 40 under 40 for 2020**, a recipient of the **2020 MediStar Healthcare Advocacy Award**, a **2021 Louisville Healthcare Hero**, and the **inaugural recipient of the University of Louisville's Diversity Leadership Award**.



Cassandra Harris-Gray, LMFT, LCADC
CEO of Creative Spirits Behavioral Health, Shelbyville
www.creativespiritsonline.com

Cassandra D. Harris Gray is a dynamic gifted speaker, author, teacher, columnist, lecturer-counselor, corporate trainer and workshop conference leader. She received her Bachelor of Psychology from Kentucky State University and Master of Science in Counseling - Marriage and Family Therapy from Campbellsville University.

With 25 years of experience in behavioral and mental health services, Casandra is a **Licensed Marriage and Family Therapist, Mental Health Therapist, Licensed Clinical Alcohol and Drug Counselor (LCADC) and Certified Autonomous Domestic Violence Counselor**. She currently provides outpatient services at her agency Creative Spirits Behavioral and Addiction Health Center.

She also has served as a Conference Therapist for The Pastors and Leadership Conference for Bishop TD Jakes, and currently serves as a consultant and therapist for Humana Development Corporation in Louisville, KY.

Cassandra has authored and published her first book "**90 Days of Power**" and is also a women's empowerment coach for **Power to Exhale**. She currently develops and hosts her own webcast "In the Multitude of Counsel" that helps demystify the stigma of mental health and substance abuse.

Michael Muscarella, PT, DPT, LDE
Executive Director of Ambulatory Care at Baptist Health, Paducah
www.baptisthealth.com

As Executive Director - Ambulatory Services, which includes Respiratory Care, Rehabilitation Services, Palliative Care, and the Wound Care Center, at Baptist Health Paducah, Michael has worked at Baptist Health for 30 years. He holds a Doctor of Physical Therapy degree from the University of Kentucky and a Bachelor of Science degree in Physical Therapy from Old Dominion University, and has taught as an adjunct faculty in the University of Kentucky's doctoral program in physical therapy for 13 years.

Michael also has been **instrumental in the expansion of health career educational programs in Kentucky.**



He served on the development boards that worked to develop and credential the doctoral programs in Physical Therapy at Western Kentucky University in Bowling Green and the master's degree program in Occupational Therapy at the Paducah Campus of Murray State University.

He also chairs the **Purchase Area Health Connection**, an 8-county regional health coalition, and chairs Healthy Paducah, the county's health coalition. Through his leadership, over \$5.2 million has been awarded in grants from HRSA, DOJ, and the **Foundation for a Healthy Kentucky** to assist with improving the health of the communities within the Purchase Area. These grants have addressed healthy choices for the region, mental health and addiction services, and the use of community health workers to assist persons recently discharged from the hospital. As a result, McCracken County's health outcomes rank has improved from 51st out of 120 counties to 21st.



Rena Sharpe, COO
Goodwill Industries of Kentucky
<https://www.goodwillky.org/>

Rena spent 29 years of her career in Automotive Manufacturing at Westport Axle Corporation. Her responsibilities included five Manufacturing and Logistics Operations in the United States.

It was through her position as Vice-President of Operations that she became heavily involved in **Work Force Development** at the local and state level. That involvement included chairing the **Kentuckiana Workforce** board, serving on that board for over five years, as well as being instrumental in launching the KY Fame Chapter for Greater Louisville.

Rena joined Goodwill Industries of Kentucky as Chief Operating Officer in February 2017. In her role at Goodwill, she leads the Retail, Career Services, and Human Resources operations. Rena currently serves on the **Louisville Asset Building Board of Directors, New Directions IRISE Committee, Group Violence Intervention (GVI) Governance Committee, the JCPS Academies Guiding Team, and the Financial Empowerment Center (FEC) Advisory Group.**



LaShondra Gray, Private Chef

Instagram: @cheflgray

LaShondra Gray's culinary career was inspired by her southern soul food cooking grandmothers and her family. Her Kentucky and Memphis family traditions were rooted in cooking, and their love for it created the foundation of her skills and passion for food. Several of her family members are chefs and support her dreams of one day opening a restaurant.

After attending a few semesters in the culinary program at Sullivan College in Louisville, KY, LaShondra left and went to pursue and complete a bachelor's degree in English from Kentucky State University in Frankfort, Kentucky. During that time, she managed a homemade bakery and a few food establishments, including opening and managing a Pizza Hut Delco for three years.

Following graduation, she transferred to California, opening another location for the company in the ultimate pursuit of finding a school to complete her culinary degree. She wanted to be like her favorites Emeril, Julia Child, and Anthony Bourdain.

The west coast fresh farm to fork environment, the melting pot of international cultures, and the fusion of cuisines created an even bigger desire for LaShondra to learn and to build this new world of cuisine onto her southern foundation. She landed a job in an awarded sushi restaurant of Sacramento learning prep and moving up to management, assisting in the kitchen at times.

LaShondra began the culinary program at American River College and continued to build her techniques and skills. She graduated with the Associate Degree in Hospitality Management: Culinary Arts and Restaurant Management.

LaShondra then accepted a cook position at Adamos Italian Restaurant in Midtown Sacramento, CA, from 2019 to 2021. In April 2021, LaShondra relocated to Kentucky, accepting a Pantry Chef position at Ruth's Chris Steakhouse. At Ruth's Chris, she is climbing the ladder with a recent promotion to trainer. In her off time, LaShondra dabbles in private chef events and plans on having her own establishment one day, southern fusion, of course.

Jennie DiBeneditto

Sr. Graphic Designer, Molina Healthcare

Art: www.studioDiBeneditto.com

Graphic Design: www.JennieDiBeneditto.com

Jennie DiBeneditto is a multi-media artist and graphic designer who finds joy in creating whimsical, colorful works of art to help brighten our communities.



Lisa Bellafato, Ed.M.

Program Manager DEI & Health Education, Passport Health Plan by Molina Healthcare

www.passporthealthplan.com/healthandwellness



Lisa Bellafato is Program Manager of Diversity, Equity, & Inclusion (DEI) and Health Education at Passport Health Plan by Molina Healthcare. This is Lisa's dream job because she gets to live her personal mission of serving others and making sure all people feel as if they matter. In this role, Lisa helps make sure that all our members (regardless of race, ethnicity, language, ability, age, gender, or sexual orientation) have access to the care, resources, and education they need to live a healthy life.

Lisa is passionate about health and wellness. She loves empowering and motivating people to be active participants in their own health. She educates communities about how social determinants of health impact Kentuckians' health and quality of life, and how healthy choices can help people overcome these barriers to optimal health.

Lisa has a master's degree in health and leisure education from Boston University and is a certified personal trainer. She is also a certified trainer in **The Cross-Cultural Health Care Program's Equity and Inclusion** training program.

Lisa runs **Passport's LIFE (Lifestyle Improvements for Everyone) program** and is available to come talk to your group about a variety of health topics. Lisa is also available to provide cultural competency training for providers and organizations. In her free time, Lisa enjoys being active, spending time outdoors, gardening, and participating in Spartan races.

Jessica Hampton

Owner, 2BAD Zumba

<https://jessicahampton.zumba.com>

Jessica is a Marketing Specialist on the Brand Central team in External Affairs for Molina Healthcare and lives in Louisville, KY. She is married (10 years) to her high school sweetheart, Cortez, and they have two children together, CJ (8), and Harmony (5). Jessica is currently enrolled in the University of Louisville on track to obtain her Master of Business Administration degree with a Brand Management focus in May 2022.

Jessica has been a **Zumba Instructor** since March 2017 and absolutely loves teaching Zumba classes. The reason is simple: Every class feels like a party!



Dr. Ashley Anderson, PhD, WHNP-BC

CEO & Women's Health Nurse, Athena Health and Wellness

www.athenahealthandwellness.com



Dr. Ashley D. Anderson was raised in Louisville KY, and is co-owner of Athena Health and Wellness, a women's health practice that is the first of its kind in Louisville. Beyond managing Athena, Ashley practices there as a Women's Health Nurse Practitioner. In 2020, she partnered with doTerra and launched an essential oil business to help promote natural healthcare in the western realm of medicine.

Dr. Anderson has held numerous titles including being a record holding Captain for **Berea College's Women's basketball team**. She has been an **International Runway Model, Actress, Radio Personality, 2013 Ms. Kentucky United States, Miss Black Ohio 2010, and Miss University of Louisville 2008**. In 2014, she was a candidate for **State Representative in the 32nd District**, receiving 46% of the votes.

Additionally, Dr. Anderson belongs to a host of professional organizations and has received numerous awards and recognitions. She travels to speak with groups about a variety of topics such as fitness, health & wellness, motivational topics, and many others. Her accolades include the **2016 Guy Stevenson Award Winner** at the University of Louisville (the highest honor given to any doctoral student at the University) and the **2014 Glamour Magazine Phenomenal Woman of the Year for Kentucky**.

In 2017, Dr. Anderson was elected President and **Executive Director of the Miss Kentucky Scholarship Organization** (Miss America system), a role in which she works to empower young women, through pageantry, to develop the leadership skills, confidence and network to achieve their biggest goals in life.

Dr. Anderson received her Bachelors of Science in Nursing from Berea College. She received her master's in nursing-Women Health Nurse Practitioner as well as her PhD, from the University of Louisville. She resides in Louisville with her two sons, Atlas and Ace.

Jenny Townsend, LCSW & Reiki Master

Jenny Townsend Counseling

<https://www.jennyetownsend.com/>



Jenny is a Licensed Clinical Social Worker and Reiki Master, who loves to laugh, make people smile, and form a genuine connection with others. What lead Jenny to the healing profession was her fascination with people of all cultures, their stories and curiosity about how we can use our gifts to help ourselves and others. Jenny feels we can use our strengths and diversity collectively to increase healing energy in the world and that is something that drives her to continue the work she does. She loves learning about human behavior, cognition, spirituality and healing. Her work has given her the privilege to meet people in all situations in life. Jenny is humbled by being allowed to witness other people's life stories as well as be intertwined into the healing story of their life Jenny is an ally to the LGBTQ community and believes that Black lives matter. She is actively doing her work as an anti-racist and will not allow hate in her practice.

Jenny is a Kentucky native and attended Georgetown College where she earned her Bachelor's in Psychology with a minor in Philosophy in 2001. In 2002 she moved to Louisville where she began her work in the helping profession. Jenny is a married mother of three energetic children and loves what being a wife and mother teaches her about compassion, unconditional love, empathy and what she needs to continue work on in herself. Jenny has a Master of Science in Social Work from the University of Louisville where she graduated in 2005.

Since graduating with her MSSW, she has worked with families, individuals, children, couples, and the elderly in many capacities, including employee assistance counseling, in home counseling, residential treatment, community mental health, hospital intake assessments, providing social work services for families participating in **the First Steps program, and in private practice**. Jenny is currently focusing on her practice mainly on traumatized adults. She has been trained in **EMDR, TF-CBT and Mindfulness Based Stressed Reduction**, which are all helpful tools to help begin the healing process needed for trauma.

Being an intuitive healer and tapping into energetic sources is something Jenny has always done, and in 2017, she obtained her **Reiki Master certification** and has enjoyed using this natural gift of energy healing to take her practice to the next level. Along with obtaining her Reiki Master certificate in 2017, that was the year that things began to fall apart (or into place) for her about her own health and mental health which helped her in her work. Healing is a spirit, mind, body endeavor.

It is her goal to help people discover what they love about themselves and experience a sense of wholeness, peace, self-acceptance, self-compassion, and accomplishment. It is Jenny's life's work to bring more light into the world by healing herself and those in pain and need.