



VMHHP

**Veterinary Mental Health Professionals**

*Dedicated to addressing students' personal, social,  
educational, mental health, and career needs*

## Mission

As mental health professionals, our mission is to implement evidence-based, comprehensive, developmental models that enable all veterinary students to thrive in their education and to flourish as veterinary professionals.

We address the personal, social, educational, mental health, and career needs of our students.

We commit to cultivating a culture that values a healthy, diverse and inclusive veterinary community.

Our work is integral to the veterinary education system.

Our ultimate goal is for students to graduate with competencies necessary to be healthy, successful professionals in veterinary medicine.



## Bio

Annie is a Professional Clinical Counselor and Registered Yoga Teacher who holds a Master's degree in mental health and rehabilitation counseling from Ohio University and a BA in Psychology from Wittenberg University. She has more than a decade of experience providing a wide range of professional counseling services to adolescents, adults, and families. Annie's clinical areas of specialty include eating disorders, body image and self-esteem, anxiety and depression, perfectionism, trauma and traumatic grief, relationship concerns, highly sensitive persons, parenting and maternal wellbeing, and mild substance use disorders.

Annie is currently the Sr. Clinical Therapist for The Ohio State University College of Veterinary Medicine. She provides brief counseling, coaching, and consultation to veterinary graduate and professional students, presents lectures and workshops on various wellness topics, and teaches yoga and mindfulness classes to The OSU veterinary community.

**Annie Abraham MEd, LPCC, RYT-200**

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## Bio

Dr. Jennifer Bradtke is the Director of the Counseling Center at Ross University School of Veterinary Medicine (RUSVM) and a Licensed Clinical Psychologist. Dr. Bradtke provides direct clinical services, psychoeducational training, and consultation to the RUSVM students and community.

Prior to joining RUSVM, Dr. Bradtke was the Director of Satellite Programs at Insight Behavior Health Centers in Chicago, Illinois and developed their Partial Hospitalization Program for eating, mood, and anxiety disorders. She established The Office of Health and Wellness for Northwestern University in Doha, Qatar and was the Director of Research for the Sleep and Behavior Medicine Institute. Dr. Bradtke's clinical interests include working with culturally diverse populations, group psychotherapy, and best practices in clinical supervision.

**Jennifer Bradtke, PsyD**

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## Bio

Dr. Jen Brandt is the AVMA Director of Member Wellbeing and Diversity Initiatives, responsible for identifying, developing, implementing and coordinating activities and programs that enhance the wellbeing of its members, and advancing the association's commitment to diversity and inclusion in all aspects of the profession.

Dr. Brandt received her Ph.D. in Social Work and her Master of Social Work from The Ohio State University. She holds a Bachelor of Arts in Social Work and Sociology with a Minor in Spanish from the University of Indianapolis.

Prior to joining the AVMA, Dr. Brandt served in several roles at The Ohio State University College of Veterinary Medicine, including Director of Individual and Organizational Development; Director of Health and Wellness; Director of Student Services and founder and coordinator of the Honoring the Bond Client Support Services Program.

**Jen Brandt, MSW, PhD**

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## Bio

Laura Castro is a Licensed Clinical Social Worker who joined NC State's College of Veterinary Medicine in July, 2019 as the Clinical Counselor. She provides multiculturally affirming counseling and consultation services to veterinary students, graduate students and house officers at the College. She works with university administrators, faculty and staff to promote wellness in the community.

While earning her master's in social work from UNC-Chapel Hill, Laura interned at UNC Counseling and Psychology Services and was a UNC Family Medicine clinical social work intern. Since then, she has worked as a Post-Master's Fellow at the NC State University Counseling Center.

During her free-time she enjoys exploring restaurants with her partner, spending time with family, and enjoying the outdoors with her Labrador, JuJu.

**Lauren Castro, LCSW**

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## Bio

Liz Cheely, LCSW has been a part of Counseling and Psychiatric Services at the University of Georgia for 5 years. Recently, she joined UGA's Vet School Counseling Program. She also provides individual counseling for DVM, graduate students, interns, and residents as well as consultation for faculty/staff about students. She was a presenter at the 2017 Veterinary Leadership Conference (VLC) where she presented on the importance of establishing a Suicide Prevention Dialogue.

Liz's approach to counseling is to create a compassionate and client centered environment that encourages personal growth and positive change. Her special areas of interest include self-esteem, adjustment, trauma, relationship concerns and family of origin issues. She serves as the QPR/Suicide Prevention coordinator at CAPS and is dedicated to this important cause.

**Liz Cheely, LCSW**

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## Bio

Dr. Chapman is a Licensed Psychologist and Director of Counseling and Wellness at the Utah State University Veterinary Medicine Program. He also holds a position as Group Coordinator at the Utah State University Counseling Center. Dr. Chapman has spent 3 years working with veterinary students and has focused on helping students find the balance and skills they need to succeed in their schooling and future profession. Dr. Chapman provides counseling, coaching, workshops, didactic presentations, and assists other faculty in the teaching of courses related to Ethics and clinical communication skills.

Dr. Chapman received his Doctorate in Clinical Psychology from Brigham Young University. He enjoys backpacking, hiking, boating, and going on adventures when he has the opportunity.

**Chris Chapman, PhD**

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## Bio

Bethany Colaprete is a Licensed Mental Health Counselor, School Psychologist, and certified Eating Psychology Coach. She works as the Director of the College of Veterinary Medicine at Washington State University. She works individually with students and organizationally to improve personal and professional wellbeing.

She has additional training in the areas of Mindfulness and Focusing, and is an enthusiastic learner of neuroscience in mental health. Previous professional experience includes school counseling, community counseling, and in-patient mental health. Her approach to counseling and other wellness initiatives are strengths-based and holistic. She collaborates with WSU employees and universities around the nation to address mental health concerns in veterinary populations. For balance, Bethany spends time hiking, reading, traveling, baking, concert-hopping, swimming, and playing with her dog, Milo.

**Bethany Colaprete, LMHC, EdS, NCC**

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## Bio

Trent is currently the Coordinator for Animal-Assisted Therapy/Staff Counselor at Virginia Tech's Cook Counseling Center. He is a Licensed Professional Counselor in Virginia. Trent holds his PhD in Counselor Education and Supervision from Virginia Tech. Trent also completed a graduate certificate in Animals and Human Health from the University of Denver's School of Social Work in 2014 to remain current and qualified to work with therapy animals. Trent presently works two days per week at the Virginia-Maryland College of Veterinary Medicine providing counseling and wellness services for their students. Trent's registered therapy dog Moose works with him full-time at Virginia Tech.

**Trent Davis, PhD**

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## Bio

Athena earned her master of social work degree from the University of Minnesota in 2011 and is licensed at the Clinical level in the state of Minnesota. As an Intern in the University's Veterinary Social Services program, Athena learned from the founder of the program, discovering her calling and passion for veterinary social work. Athena attend to the "heart work" of veterinary medicine that was started at the Veterinary Medical Center many years ago. She is passionate about working with Veterinary Students in learning how to incorporate work/life balance into their careers, as well as educating on the importance of sustainable practice and self-care. She has a wide range of professional interests, including crisis intervention and debriefing, group work, and family medical therapy. She delivers training on the topic of human-animal relationships to veterinary professionals, animal welfare organizations, and social service providers throughout Minnesota.

**Athena Diesch-Chham, MSW, LICSW**

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## Bio

Dr. Adryanna Drake is a licensed marriage and family therapist, and clinical faculty at the Kansas State University College of Veterinary Medicine. She earned her Master's and doctoral degrees from Kansas State University and has clinical experience in community mental health and college settings. She has been dedicated to the KSU CVM since 2010, providing clinical services to the KSU CVM community, teaching communication skills, wellness, and coping with grief and loss, and also focused on research investigating student well-being and the efficacy of teaching and wellness interventions.

**Adryanna S. Drake, PhD, LCMFT**

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## Bio

Elizabeth Eaton began working as the primary counselor at Texas A&M University CVM in December of 2016. Her background is in Clinical Social Work, and for the past ten years, worked with a wide range of client populations and clinical issues, from early childhood development to end-of-life hospice care. In the Wellbeing Services department at the CVM, she provides individual and couples counseling, consultation and wellness. Starting Fall of 2017, I will be teaching wellness curriculum embedded within a Professional Clinical Skills course. My areas of interest include developmental transitions across the lifecycle, identity development, family of origin, diversity issues, spirituality, healthy relationships, grief and loss, and wellness in veterinary medicine.

**Elizabeth Eaton MSSW, LCSW**

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## Bio

Dr. Fonken, licensed psychotherapist, is a coordinator of DVM Counseling and Wellness Programs for the College of Veterinary Medicine and Biomedical Sciences at Colorado State University. She provides support and counseling services to students, interns and residents, oversees the wellness curriculum, coordinates the DVM orientation for incoming students, teaches courses, and directs and teaches the Healer's Art Course.

Over the last 30 years she has worked in private practice, clinical hospitals, and non-profit, governmental and educational settings.

She is involved in AVMA Wellness Roundtable, Veterinary Wellbeing Think Tank, and overseeing planning and implementation of the 2016 AAVMC

Veterinary Health and Wellness Summit Conference. As a Colorado native she spends time in nature, loves trail running, and enjoys outdoor adventures with her two sons.

**Laurie Fonken, LPC, PhD**

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## Bio

Christina is a Licensed Professional Counselor, who holds a Master of Science degree in Counseling Psychology from the University of Wisconsin-Madison, and a Bachelor of Arts degree from University of Wisconsin-Madison. Christina's clinical background and focus has been working with adults, children, and families who have experienced trauma, specifically intimate partner violence, physical and sexual abuse/assault, and neglect. She has additional training in Motivational Interviewing and Trauma Focused Cognitive Behavioral Therapy.

Christina is working at the University of Wisconsin-Madison School of Veterinary Medicine as an Associate Counselor. She provides individual counseling to students in the School of Vet Med, consultation to students, staff, and faculty, and helps facilitate wellness and communication courses within the school.

**Christina Frank, LPC**

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## Bio

Jeremiah Grissett is a licensed marriage and family therapist serving as the Counselor and Wellness Coordinator at the Oklahoma State University College of Veterinary Health Sciences. In this role, he provides counseling services for the vet students and serves on several committees promoting health and wellness for the students, faculty, and staff. Prior to working at Oklahoma State, Jeremiah has worked the last three years in community mental health in Stillwater, OK, while pursuing his doctorate in Human Development and Family Science. His research work has focused on teen pregnancy, batterer's intervention programs, and resilience, and he is working to complete his dissertation project focusing on divorced fathers' parental self-efficacy and their involvement with their children. In his spare time, Jeremiah likes to spend time with his friends, play disc golf, and hangout with his girlfriend and all their animals.

**Jeremiah Grissett, LMFT**

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## Bio

McArthur “Mac” Hafen is Director of Counseling Services at Kansas State University’s College of Veterinary Medicine. He’s worked at K-State for 12 years coming to the university from training nursing students. He has a doctorate in Marriage and Family Therapy. He has authored numerous manuscripts highlighting veterinary medical student wellness. Helping students find success and relief from stress and anxiety is his passion. He also teaches communication skills.

**MacArthur Hafen, LMFT, PhD**

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## Bio

Kate Irwin is a Licensed Clinical Social Worker working as the School Counselor for the College of Veterinary Medicine at the University of Illinois. Her background is in psychological testing and counseling police officers, fire fighters & first responders' families. Her position at the University of Illinois includes counseling, wellness coaching, and academic counseling for the students. She is the coordinator for academic accommodations and the tutoring program. She facilitates and helps teach communication skills for the clinic rotations helping students role play planned euthanasia & sharing bad news with pet owners. She coordinates services with Gail Hague who is the licensed professional counselor at the Veterinary Teaching Hospital at the University of Illinois. She's currently working on her first research project focusing on mental health wellness with veterinary students at the University of Illinois. She is working towards her post MSW certification in Veterinary Social Work through the University of Tennessee. She enjoys picnics, playing with her two cats, coffee everything & curling up with a good book by her fireplace.

**Kate Irwin, LCSW**

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## Bio

Stephanie W. Johnson is an Assistant Professor in the Department of Veterinary Clinical Science and maintains an appointment in the Office of Veterinary Education and Academic Affairs at the Louisiana State University School of Veterinary Medicine. She has been employed by the in the Office of Veterinary Education and Academic Affairs since 1990 where she provides counseling and referral services for veterinary students, staff and faculty.

For the last 26 years, Stephanie has specialized in the area of the Human Animal Bond and Grief, both counseling clients and lecturing to veterinarians, students and the public. She teaches grief and loss, communication skills, and life balance and facilitates throughout the four years of the veterinary curriculum. She also supervises an intern from the LSU School of Social Work Masters program and Graduate Social Workers working toward licensure.

**Stephanie Johnson, LCSW**

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## Bio

Dr. Kerry Karaffa is a licensed psychologist and mental health and wellness coordinator with the University of Missouri Counseling Center and College of Veterinary Medicine. He earned a M.S. in Psychology from Texas A&M University-Commerce and a Ph.D. in Counseling Psychology from Oklahoma State University and completed his doctoral internship in professional psychology at the University of Missouri Counseling Center. He has experience providing clinical services in community mental health and university counseling center settings, and he practices from an integrative perspective that is informed primarily by pragmatic psychodynamic and systems theories. Dr. Karaffa provides counseling, crisis intervention and consultation services to students, interns, and residents affiliated with the MU CVM and conducts research related to mental health and wellness in the veterinary community. His current research interests include mental health stigma and barriers to seeking mental health services, mental health and wellness in veterinary medicine, organizational dynamics, and social support.

**Kerry Karaffa, PhD**

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## Bio

Dr. Chiarina Owens is on staff with the Michigan State University College of Veterinary Medicine. She provides counseling and wellness services for students in the DVM and Veterinary Technology programs. She is a licensed psychologist who earned her Ph.D. in Clinical Psychology from Wayne State University and completed a postdoctoral fellowship in Pediatric Neuropsychology at Case Western Reserve University School of Medicine. Throughout her career, she has worked in a diverse range of clinical settings, including general and specialty hospitals, schools, forensic settings, and outpatient mental health. At CVM, Dr. Owens provides consultations and counseling to DVM and Vet Tech students, along with consultations with faculty and staff about student concerns. She has a strong commitment to personal and professional wellness in the Veterinary Science community.

**Chiarina Owens, PhD**

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## Bio

Born and raised in Alaska, Makenzie graduated from the University of Utah with an MSc in Health Promotion & Health Education. Her expertise focuses on the health and wellbeing field, including having worked at a MIT/Harvard-sponsored start-up in the Harvard Innovation Lab focusing on educating college students on health topics. Makenzie is also a health and wellness coach, certified rape crisis counselor, and opioid overdose prevention educator. As Cornell University's CVM Wellbeing Program Director, she provides individual and group non-clinical counseling and referral services to support the wellbeing of students, faculty, and staff. She also develops health education programming and speaks on topics such as; mental and physical health, stress reduction, suicide prevention, compassion fatigue and burnout, mindfulness meditation, interpersonal communication, violence prevention, imposter syndrome, growth mindsets and resiliency, alcohol and substance use, and a variety of other wellbeing-related topics.

**Makenzie Peterson, MSc**

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## Bio

Hello, my name is Alex Rowell and I work for both Counseling and Psychological Services (CAPS) and the College of Veterinary Medicine (CVM) at OSU. I have clinical experiences that include three different inpatient/outpatient hospitals, a non-profit organization, and three different college-counseling centers. My areas of interests include working with professional/graduate students, mood disorders, self-compassion, grief, mindfulness, burnout, gender awareness and education, and life transitions. I have presented on the local, state, and national levels on peripartum mental health and couples transition to parenthood. I practice from a Humanistic, ACT, CBT, and Self-Psychological perspective. I enjoy having a collaborative and working relationship with my clients to truly understand how current problems may be hindering everyday life situations. I also enjoy running, playing with my three dogs, and being outdoors in my spare time.

**Alex Rowell, PsyD**

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## Bio

Katie received her Doctorate of Clinical Psychology from La Salle University, located in Philadelphia, Pennsylvania. She is a graduate of The Ohio State University and also grew up in Columbus, which prompted her decision to return to the area after completing her graduate work. Dr. Reid has worked in a variety of clinical settings including college counseling, community mental health, and inpatient psychiatry. In her most recent role in private practice, she provided individual and couples' counseling to adolescents and adults. She also presented various workplace seminars and provided onsite crisis consultation to area businesses. Although she considers herself a generalist, areas of expertise include anxiety and depression, interpersonal relationship difficulties, professional and personal identity development, stress management, couples counseling, trauma, and grief. Dr. Reid strives to combine the foundation of the therapeutic relationship with evidenced-based treatment strategies to help clients make positive and lasting changes in their lives.

**Katie Reid, PsyD**

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## Bio

Kathleen Ruby, PhD, was the Director of Counseling and Wellness Skills Development and clinical assistant professor at Washington State University College of Veterinary Medicine since 1998. She has 30+ years of counseling, coaching, and mentoring veterinary students. She was co-founder of the Veterinary Leadership Experience (VLE) and was the founding Editor In Chief of the Veterinary Team Brief and served in this capacity for seven years. While at the publication, she championed a strong focus on professional wellness and well-being and authored many articles in support of this mission.

Dr. Ruby's areas of interest are developing professional expertise of veterinarians so they reach their full potential as leaders and doctors while attending to personal life success.

She speaks and writes extensively for organizations and publications within the veterinary industry and profession. She is currently retired.

**Kathy Ruby, PhD**

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## Bio

Abbie Satterfield is a License Professional Counselor at the Texas A&M University College of Veterinary Medicine. She provides individual and couples counseling, consultation and wellness instruction and education at the Professional Student Wellness Services Department.

She has over 20 years of experience in counseling adults and couples. Her approach to counseling is client centered, collaborative, and solution oriented. She is dedicated to helping individuals and couples achieve their personal goals for healing and wellness, as well as supporting the TAMU CVM organization in helping students develop and maintain personal and professional wellness.

She received her Bachelor's Degree from Texas A&M and her Master's Degree from University of North Texas.

**Abbie Satterfield, LPC**

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## Bio

Stevie Stigler, LPC NCC is a professional counselor for the University of Georgia College of Veterinary Medicine. She is trained as a clinical generalist, who holds a premier certification as a National Certified Counselor (NCC). Stevie serves as a member of the CVM Wellness Committee, where she helps create and implement wellness initiatives. She was a presenter at the 2017 Veterinary Leadership Conference (VLC).

Stevie's clinical interests include identity development, stress management, adjustment, anxiety, depression, interpersonal skills, burnout, self-compassion, and grief/loss. Her counseling methodology is integrative with approaches. She provides individual and group counseling for DVM, graduate students, interns, and residents. She also provides consultation for faculty/staff about student concerns.

Stevie has a strong passion for individual and professional wellness within the Veterinary community.

**Stevie Stigler, LPC, NCC**

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## Bio

Lauren Youngs, MS, LMHC is a Clinical Therapist and Veterinary Medicine Coordinator with Iowa State University Student Counseling Services. She completed her Master of Science in Counseling with an emphasis in Mental Health Counseling at Drake University in 2010 and worked in community and university settings as a licensed mental health counselor.

At Iowa State University Lauren provides counseling, workshops and outreach on the main campus as well as directly for students at the College of Veterinary Medicine. Her main areas of interest include interpersonal relationships, life transition, academic success behaviors, identity development, perfectionism, life balance, parenting, women's issues, self-esteem, family of origin and existential exploration. She provides students compassionate support and guidance through which they may work through difficult transitions, develop emotional wellness, maintain academic success and achieve general life balance and wellbeing.

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## Bio

Dr. Ward is a Licensed Psychologist and Coordinator of Mental Health and Wellness Programs for the School of Veterinary Medicine at UC Davis. Dr. Ward provides direct clinical services, psycho-educational programming, and consultation to students, faculty, and staff as part of the Career, Leadership, and Wellness Center at the School of Veterinary Medicine.

Dr. Ward received his master's and doctoral degrees from Texas Tech University. He has worked in several mental health contexts. College mental health has been a primary focus for many years, and veterinary student mental health has been a significant part of that focus since 2011.

**Zach Ward, PhD**

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## Bio

I started as a part-time clinical social worker at UC Davis School of Veterinary Medicine in November 2018. I have been in private practice in Davis, Ca for 20 years and now split my time between the two jobs.

Undergraduate degree in Business and Organizational Behavior, Masters Degree in Clinical Social Work focusing on individual, couples and group therapy. I also have an emphasis in somatic/body work, using mindfulness and yoga to support clients' overall well-being.

Shani Simon, LCSW

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## Bio

Erin is a registered MSW social worker. She has clinically worked in a number of areas of social work. She has spent her career working with individuals, groups, and communities as an advocate, clinician, and resource to promote resiliency. Her holistic approaches center on biological, psychological, social and spiritual assessment and intervention combined with theory and practice approaches that explore the reasons why individuals connect and disconnect relationally in their lives. Erin implemented the Veterinary Social Work services at the University of Saskatchewan, Western College of Veterinary Medicine (WCVM). She provides services to clients and resources to staff, faculty, and students. She has been active in the promotion of health, wellbeing, and self-care strategies with veterinarians. She has been providing resources to professional associations, animal protection agencies, and other groups who interact with human and animal relationships.

**Erin Wasson, MSW**

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