



Health Consequences of Loneliness and Social Isolation

Dec. 13, 2019 • Ohio University, Dublin Integrated Education Center • Dublin, OH

Agenda

-
- 9:30 a.m. **Welcome and opening remarks**
Amy Bush Stevens, Vice President, Health Policy Institute of Ohio
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- 9:45 a.m. **Changes over time in social isolation and social connection**
Dr. Sara Konrath, Associate Professor, Philanthropic Studies, Indiana University Lilly Family School of Philanthropy
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- 10:25 a.m. **Social isolation across the life course: Adolescents and young adults**
Erin Upchurch, Executive Director, Kaleidoscope Youth Center
-
- 11:05 a.m. **Lunch and networking**
-
- 11:45 a.m. **Social isolation across the life course: Adults**
Dr. Marilyn Sampilo, Licensed Psychologist, Center for Behavioral Health, Cleveland Clinic
-
- 12:25 p.m. **Activity Break**
-
- 12:30 p.m. **Social isolation: Costly for older adults and for Medicare**
Lynda Flowers, Senior Strategic Policy Advisor, AARP Public Policy Institute
-
- 1:10 p.m. **Evaluation and closing comments**
Amy Rohling McGee, President, Health Policy Institute of Ohio



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Speaker biographies

Sara Konrath, PhD, MS

Associate Professor of Philanthropic Studies, Indiana University Lilly Family School of Philanthropy

Sara Konrath is an Associate Professor of Philanthropic Studies at the Indiana University Lilly Family School of Philanthropy. She received her Ph.D. in Social Psychology from the University of Michigan in 2007. Konrath is the director of the Interdisciplinary Program on Empathy and Altruism Research (iPEAR), a research lab with a primary focus on motivations, traits and behaviors relevant to philanthropic giving, volunteering and other prosocial behaviors.

Her recent research has found that empathy has been declining in recent years among younger generations in the United States. In her current work, she is using mobile phones to implement empathy-building programs. Her work has been published in top scientific journals and has been featured in several media outlets, including the New York Times, Huffington Post, Time Magazine, CNN and NPR radio.

Erin Upchurch, MSSA, LISW-S

Executive Director, Kaleidoscope Youth Center

Erin Upchurch presently serves as the Executive Director for Kaleidoscope Youth Center, an organization that works to serve and support LGBTQIA+ youth and young adults.

Upchurch is a seasoned advocate, community leader and facilitator of conversations centered on reducing harm related to the experiences of oppression for marginalized and minority communities; and specializes in working with youth and families in areas of mental health, substance use, and trauma recovery.

Marilyn Sampilo, PhD, MPH

Licensed Psychologist, Center for Behavioral Health, Cleveland Clinic

Dr. Marilyn Sampilo is a licensed clinical psychologist who specializes in integrated behavioral health and health disparities among underserved populations. She received her PhD in clinical psychology from the University of Kansas, a Master of Public Health with a concentration in social aspects of behavioral health from the University of Kansas Medical Center and an executive certificate in social impact strategy from the University of Pennsylvania, all of which have allowed her to develop extensive experience in prevention, health promotion and treatment programs for the underserved.

Dr. Sampilo is also well-versed in public policy from her tenure as the Health Equity and Cultural Competency Administrator at the Ohio Department of Mental Health and Addiction Services, where she chaired the agency's statewide Disparities and Cultural Competence Advisory Committee, led the department's behavioral health equity initiatives and consulted with state agencies on diversity and equity issues particularly related to racial/ethnic minority, immigrant and refugee populations. She is currently an associate staff psychologist at Cleveland Clinic where she works in integrated primary care and is a trainer on diversity and cultural competence for SAMHSA funded entities.

Lynda Flowers, JD, MSN, RN

Senior Strategic Policy Advisor, AARP Public Policy Institute

Lynda Flowers is a senior policy advisor at the AARP Public Policy Institute (PPI). Her work at PPI focuses on Medicaid, dual eligibility, dual-eligible demonstration projects, public health, prevention, health disparities and health care quality. Before joining AARP, Lynda held senior policy positions with the National Academy for State Health Policy and the Medical Assistance Administration of the Government of the District of Columbia (DC Medicaid). While at DC Medicaid, she developed the city's first home- and community-based waiver for older adults and was the lead policy person on the Children's Health Insurance Program.

Previously, Lynda advised state legislators and state legislative staff members on Medicaid and immigration issues at the National Conference of State Legislatures. She has also worked for the League of Women Voters, where she was responsible for implementing a 50-state program—funded by the Kaiser Family Foundation—designed to engage consumers in the health reform debate.

Lynda is a member of the National Academy for Social Insurance. She represents AARP on the US Preventive Services Task Force, the Medicaid Waiver Task Force, the Medicaid Task Force, the National Committee on Quality Assurance's Overuse Measurement Advisory Panel, the Measure Application Coordinating Committee of the National Quality Forum and the Consumer Advisory Council of the National Committee for Quality Assurance. She is also cochair of the Policy Committee of the National Colorectal Cancer Roundtable.



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