



In Common: Mental Health Summit

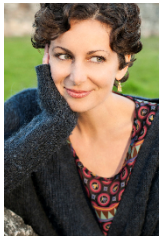
Session 1 - Exploring Mental Health

This interactive session will explore key concepts and paradigms related to mental health and explore how congregations in the Episcopal Diocese of Texas are working to promote mental health in their communities.

Session 2 - Opportunities for Engagement

Come engage with colleagues to explore opportunities and challenges in your own community to promote mental health and wellbeing.

Facilitators:



Anna Jackson, MSSW

Anna Jackson, MSSW, founded Alpinista Consulting in 2014. Based in Austin, Texas, Anna specializes in strategic planning, capacity building, person-centered organizational change, program design and evaluation, and adventurous leadership development. Anna teaches clients how to integrate participatory methods called Liberating Structures into their everyday and strategic practices, helping individuals and groups imagine new possibilities for their work and move toward the future together. She incorporates a social justice framework in her practice and has worked in mental health systems transformation, youth engagement, leadership development, experiential education, healthcare services, and international domestic violence and human trafficking prevention and intervention. She holds a Master of Science in Social Work from The University of Texas at Austin and a Bachelor of Arts in Social Anthropology from the University of California, Davis.

Before Alpinista, Anna served as Deputy Director of Via Hope, an education and consultation center whose mission it is to transform the Texas mental health system into one that is person-centered and recovery oriented. From 2011 to 2014, she led the development of their programs, managing collaborative learning initiatives that integrate implementation science and participatory change methods, helping organizational teams work with complexity while implementing practices like peer support and person-centered planning.



Lynda Frost, J.D, Ph.D.

Dr. Lynda Frost runs Lynfro Consulting, which is committed to helping foundations, nonprofits, and other agencies maximize their impact in improving health, human services, education, and criminal justice outcomes for vulnerable communities. She's passionate about fair and effective process, with expertise in facilitating virtual and live groups to maximize the engagement of each participant. Dr. Frost grounds her approach in years of experience with agencies seeking change on key social determinants. She's worked with these organizations as a funder, technical assistance provider, and board member. Whether with individuals or organizations, she prioritizes building capacity and catalyzing strengths to formulate and reach defined goals.

Dr. Frost founded Lynfro Consulting in 2018, after 14 years with the Hogg Foundation for Mental Health, bringing extensive experience in grantmaking, program design, strategic planning, and public policy to her practice. At the Foundation, she oversaw major initiatives and grant programs, led strategic and operational planning, and managed program staff. Dr. Frost is an experienced administrator and attorney with legal expertise in human rights, juvenile justice, criminal law and mediation. She served as an Assistant Vice President in the Division of Diversity and Community Engagement at UT-Austin and, as a Clinical Associate Professor, taught interdisciplinary graduate seminars on topics such as mental health policy or race, leadership, and the school-to-prison pipeline.