

FREE  
COMMUNITY EVENT

# Virtual Psychiatric Grand Rounds

JULY 2025

**Tuesday, July 22, 2025**

**Noon to 1:30 p.m.**

(No meals or breaks provided)

**SPEAKER:**

Lainie Chase, BA

Please register at:

[cottagehealth.org/  
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.



## Cultural Identity Expression: The Bridge Between Your Story and History

Each of us carries a story shaped by culture, ancestry and lived experience. When we express who we are, we contribute to a much larger historical narrative. This presentation explores the powerful connections between cultural identity, personal expression and history. Through reflection, storytelling and dialogue, participants will examine how individual journeys are rooted in broader cultural legacies, and how these identities influence the way we engage with the world. By understanding the bridge between personal and collective history, attendees will gain tools to support inclusive spaces where diversity, equity, inclusion and belonging (DEIB) are not just values but lived experiences. Participants will have the opportunity to approach DEIB topics through the lens of cultural narratives and connection.

**LEARNING OBJECTIVES:**

Participants will be able to:

- Identify elements of cultural identity, recognize how personal expression connects to broader historical and cultural narratives, and reflect on the ways individual stories contribute to collective history and community understanding.
- Describe how cultural identity and self-expression shape perspectives, and apply practices that lead to inclusive dialogue by reviewing the historical roots and contemporary relevance of diverse cultural experiences.
- Evaluate how identity and personal narratives inform principles of diversity, equity, inclusion and belonging (DEIB), and learn how honoring these stories can foster more empathetic, respectful and inclusive environments.



As the Diversity, Equity and Inclusion (DEI) Business Partner for Cottage Health, Lainie serves as a resource and support to all employees to advance the commitment of DEI for the organization through ongoing learning, coaching, mentoring and accountability, for better outcomes for all. Prior to Cottage Health, Lainie served as the first DEI Manager of the Columbus Metropolitan Library in Columbus, Ohio where she played an integral role in designing and leading the organization's first DEI Office. Lainie also served as the Lead DEI Consultant at

Nationwide Children's Hospital where she was responsible for leading and implementing the hospital's DEI strategic plan and organization-wide initiatives around culture, inclusion and health equity. Lainie also leverages her past experiences at Cardinal Health – ranging from Business Analysis, Employee and Labor Relations, and others, to promote a sustainably engaged culture.

# Virtual Psychiatric Grand Rounds

## PROGRAM COORDINATOR

Paul Erickson, MD

## ADMINISTRATIVE COORDINATOR

Frances McKinney

## EDUCATION CONSULTANTS

Jennifer Granger Brown,  
MSN, RN, CHSE

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

## TARGET AUDIENCE

Addiction Counselors  
Clinical Nurse Specialists  
Counselors  
Marriage & Family Therapists  
Nurse Practitioners  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants  
Other Mental Health Professionals  
Pharmacists  
Psychologists  
Psychotherapists  
Social Workers

07/2025 RLC

## CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

**LMFTS, LCSWS, LPCCS AND LEPS:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

**REGISTERED NURSES (RNS):** Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

**CERTIFICATES:** Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

## FOR PHYSICIANS AND PSYCHOLOGISTS

**PHYSICIANS:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at [tnorton@sbch.org](mailto:tnorton@sbch.org) and 805-569-7245.

## Notes

**GRIEVANCES:** Contact the Education and Nursing Professional Development Department at 805-569-7325.

**SPECIAL ACCOMMODATION:** If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

**DISCLOSURES:** The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.