

## **Priya Gopalan, MSW**



Priya Gopalan received her MSW from the Silver School of Social Work in 2013 and has recently joined the McSilver Institute for Poverty Policy & Research as a research evaluator and program coordinator. Prior to her current position, Priya worked with high school teenagers at Project Step Up and was a teaching assistant for undergraduates taking classes in Research Methods. She has experience with several NYU based research teams in data design and analysis on projects about behavioral and academic outcomes for children and adolescents. Additionally, she facilitates family support groups at SAMHAJ (NAMI) for caregivers of those with mental illness and has volunteer experience in substance abuse treatment for young adults.

## **Anisha S. Gosain, LMSW**



Anisha S Gosain; graduated with her Masters in Social Work from Rutgers Graduate School of Social Work in 2012 and have my concentration in Violence against Women & Children as well as Mental Health Care. She is also a Licensed Social Worker aiming towards her Clinical License in Social Work. Currently, she is working as an Advocate and Peer Counselor at Manavi Inc, which is a South Asian Organization aimed at Ending Violence of all genres. She has worked as a counselor, social worker and case manager at various agencies. She is motivated to create change in the lives of those affected by Mental Illness by eradicating stigma through education, spreading awareness and learning acceptance. She has committed her time to the SAMHAJ Provider Group to strengthen the South Asian community in learning about Mental Health concerns and how we as a team can enhance the lives of those affected directly and indirectly by it.

## **Aparna S. Kalbag, Ph.D.**



Is a health researcher interested in studying illness conceptualization and health behaviors in ethnic minority, immigrant, and global communities. She received her doctorate in clinical psychology from the University of Colorado at Boulder and completed her APA-approved clinical internship at Beth Israel Medical Center in New York City. Dr. Kalbag then served as Research Scientist III within the Division of Substance Abuse at the New York State Psychiatric Institute at Columbia Presbyterian Medical Center in Manhattan. She also served as a National Institute of Mental Health postdoctoral fellow at the Institute for Health, Healthcare Policy and Aging Research at Rutgers University (2007-2009) and subsequently completed a post-doctoral fellowship at Robert Wood Johnson Medical School (RWJMS) in global mental health (2009-2011). She was one of the founding members of the South Asian Total Health Initiative (SATHI) and served as a core advisory committee member during her tenure there. The primary focus of her current research is on factors that hinder accessing health services in

immigrants from South Asia. She has been involved with SAMHAJ activities since 2003 and is excited to serve on the Professional Advisory Group with such talented and compassionate peers.

Research Interests: global mental health, disparities in healthcare utilization and outcomes; stigma; family therapy; mood disorders; substance abuse disorders

## **Rupa M. Khetarpal, LCSW**



Rupa is a licensed clinical social worker and has her private practice in Morristown, New Jersey. Rupa was the former Director of the Cross Cultural Counseling Center, a mental health program for refugees and immigrants including survivors of torture, human trafficking, and domestic violence at the International Institute of New Jersey. She currently also serves as a psychosocial consultant with Artemis Collaborative, a Consultant Group contracted by Doctors Without Borders/Medicene` Sans Frontiers (MSF) to provide psychosocial support to the humanitarian workers departing and returning from mission, to and from conflict and disaster zones across the world. Rupa is also adjunct faculty at the School of Social Work at Rutgers University and teaches the course “Social Work with Immigrants and Refugees” to MSW/Graduate students.

## **Vasudev N. Makhija, M.D.**



Dr. Makhija is Diplomate, American Board of Psychiatry and Neurology and Distinguished Fellow, American Psychiatric Association. He has been in private practice in adult psychiatry in Central New Jersey for over 25 years. In 2010 he received Exemplary Psychiatrist Award from NAMI, National Alliance on Mental Illness. From 2003-2009, he served as Alternate Delegate from Union County Medical Society to Medical Society of New Jersey. He was President of New Jersey Psychiatric Association 2012-2013. He is currently Chair of Council on Member Services and serves on Program and Awards Committee and Strategic Planning committee. He served as Chair of Program and Awards Committee of NJPA from 2006 -2010. He is Clinical Associate Professor,

Department of Psychiatry, Seton Hall University School of Graduate Medical Education. Dr. Makhija served on the Union County Mental Health Board for 6 years until March 2013 (Chair of the Board from January 2011 to March 2013). He serves on the Advisory Committee of SAMHAJ (South Asian Mental Health Awareness in Jersey), NAMI-NJ Program. He helped organize Jana Raksha Community Care Program, providing and organizing training for the volunteers. JRCC is a volunteer-run program of Arsha Bodha Center, Somerset, NJ. He is Clinical Supervisor of the Program.

## **Minu Mathew, LMSW/LSW**



Minu is a licensed social worker with a Masters in Social Work from the University of Pennsylvania. Over the years, she has worked with immigrant survivors of torture, domestic violence, refugees, and women recovering from substance abuse through the provision of case management and individual/group therapy services. Minu's primary professional focus includes providing counseling services for survivors of trauma and promoting women's empowerment. Minu currently volunteers her time conducting psychological assessments at the Bellevue/NYU Program for Survivors of Torture.

## **Anita McLean Ph.D., Psy.D**



Dr. McLean is a licensed clinical psychologist with a private practice in NJ. She obtained a doctorate in Clinical Psychology from the Graduate School of Applied and Professional Psychology (GSAPP) at Rutgers University and has been a practicing clinician for over 15 years. She provides psychotherapy to individuals and couples in her practice. In addition, she also teaches and provides clinical supervision at GSAPP at Rutgers University where she is a visiting faculty member. She has been active in conducting cultural competency trainings and diversity workshops for mental health care Providers, agencies, and organizations throughout the state of NJ.

These have been sponsored by organizations such as the Multicultural family Institute, UMD-NJ, NAMI-NJ, Boggs Center for Disabilities, and United Way. She offers community workshops on effective living to various community groups training to staff at agencies such as public libraries and community centers on topics such as effective workplace interactions and communication skills. Dr. McLean has considerable clinical, outreach and organizational experience and worked at Princeton University Counseling and Psychological Services for 9 years as a senior staff psychologist and supervisor and occupied a variety of positions including Training coordinator, Urgent Care coordinator and Director of the Service. Prior to that she worked at the counseling service at Rutgers University as a staff psychologist and supervisor.

## **Bijay K. Minhas, LMSW**



Bijay is a Certified Diversity Professional, Licensed Masters Social Worker, NLP coach, and workshop leader and presenter. She is currently running groups on life skills, mindfulness, and emotional intelligence for women and teens at Mind soothers in Livingston, NJ.

## **Meena S. Murthy, M.D., FACE**



Dr. Meena Murthy is Chief of the Division of Endocrinology, Nutrition and Metabolism at Saint Peter’s University Hospital. She is the Director of Saint Peter’s Thyroid and Diabetes Center and Community Outreach Director for the Department of Medicine. She is Associate Professor of Medicine at Drexel University College of Medicine and at the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School. Dr. Murthy has certification in Internal Medicine, Endocrinology, Nutrition, and Metabolism. She has had advanced training and certification for Geriatrics by the American Board of Internal Medicine. She is a fellow of the American College of Endocrinology/American Association of Clinical Endocrinologists and is a member of

numerous professional medical associations.

Dr. Murthy served as Associate Program Director for the Internal Medicine Residency of Robert Wood Johnson Medical School (UMDNJ) and as Co-Director for the Clinical Competency Center at Saint Peter’s University Hospital for more than 10 years. In these positions, she brought innovative tools such as objective structured clinical exercise to educate and evaluate medical students, physicians in training, and other health professionals (hospital employees). In the clinical practice area, she has been responsible for creation of the Diabetes Care and Control Center at Saint Peter’s University Hospital in the year 2000 and has maintained a strong independent education division active in patient and community education and support. The Center has earned recognition by the American Diabetes Association.

Dr. Murthy is dedicated to the causes of education and improvement of people whether they are professionals or patients. She believes in advocacy for the disadvantaged and service to the needy. To effect these changes she conducts seminars, workshops, medical outreach programs, and volunteer activities in the United States and abroad. She is committed to weaving the science of medicine to the art of living with a holistic approach. Dr. Murthy has strong links to the South Asian community. Her most recent activities include the creation of the New Jersey South Asian Diabetes Health Awareness Network, a monthly education and support group for people concerned with developing diabetes, people with diabetes, and their families and monthly broadcasts on Heartbeat, Radio Talk Show, EBC Radio 1170AM providing general health discussions.

## **Sudha Nagarajan, NCC, LAC, Ed. S**



Sudha is a NCC, (National Certified Counselor), LAC (Licensed Associate Counselor), Ed.S, (Education Specialist), and doctoral fellow at Montclair State University. She currently works at a partial hospital program (Princeton House) as a primary therapist. Sudha is also a doctoral fellow at Montclair State University, focusing her research on the mental health needs of the South Asian community. She is interested in developing preventative programs to facilitate mental and emotional wellbeing, taking into consideration cultural identity and issues of diversity.

## Neeru Narang, MA, NCC, LPC



Neeru is a high school counselor at West Windsor - Plainsboro (WW-P) School District. She completed her master's degree in school counseling from The College of New Jersey in 2007. WW-P is a diverse school district with over fifty percent Asian population and Neeru works with many immigrant parents and students. She serves as an ESL liaison and is on the New Parent Link Committee. New Parent Link is a service for parents new to the WW-P school district. She has co-facilitated groups for ESL students as they work through the transitional issues after moving to the US and assimilating into a new culture. Earlier this spring, Neeru presented at the American Counseling Association in Ohio on Promoting Resiliency among Asian Immigrant Children and Adolescents. Neeru has also co-authored a book chapter on Counseling Asian American Fathers in an edited book by Oren and Oren (2009).

## Bindu Khanna, MD



Dr. Khanna is the Director of the North Jersey Center for Psychiatric Services, LLC. She is a child psychiatrist deeply and passionately committed to increasing access to care for underserved minorities, and to education about serious mental illness. She goes to great lengths to connect families in need with NAMI programs in a very warm and personal manner, making sure that clients are given information on NAMI programs and encouraging them to contact NAMI for information and support.

Besides her private practice, she is the Staff Psychiatrist at St Joseph's Hospital Medical Center, Paterson, NJ, serving a large multicultural population. She works primarily in an outpatient mental health clinic conducting psychiatric evaluations and medication management of patients, with the majority of patients being 3-24 years of age. She also conducts independent psychiatric evaluations for the Paterson Board of Education, and collaborates with care for students with Child Study team members. She trains pediatric residents in clinical child psychiatry rotations, and provides lectures for pediatric residents and medical students.

Over the past five years, she has offered her time and expertise to frequent presentations targeting minority communities, addressing such topics such as "Understanding Mental Health", and "Promoting Success, Reducing Stress: How to help your teenager through high school." She is an engaging, informal and accessible speaker, bringing humor and empathy in speaking to audiences who are usually uncomfortable with discussions on mental illness.