

# Community Forum

## MENTAL WELLNESS: IT'S ALL IN THE FAMILY

### Our Moderator



**Greg Hamilton**  
**Publisher & Co-Founder**  
**Arlington Magazine**

Greg Hamilton is the Publisher and Co-Founder of Arlington Magazine. He has more than 20 years of experience in magazine publishing and digital media. Prior to launching Arlington Magazine, Greg was the chief marketing officer for Congressional Quarterly. He also held senior management roles at National Journal and SmartBrief. Greg earned his MBA from Georgetown University and his undergraduate degree from the University of Richmond.

He is active in the community and serves on the boards of Leadership Center for Excellence/ Leadership Arlington, the Arlington Chamber of Commerce, the Arlington Community Foundation, and the Arlington YMCA. Greg and his wife Maureen live with their three daughters in the Tara-Leeway Heights neighborhood.

### Our Panelists



**Michael Bohman, MSW, LCSW**  
**Counseling Manager**  
**Behavioral Health Outpatient Services – Virginia Hospital Center**

Michael has served as the Counseling Manager of Virginia Hospital Center's Behavioral Health Outpatient Services since 2012. He manages the department's substance abuse and mental health services and has established care groups for patients with traumatic brain injury and post-traumatic stress disorder.

Michael graduated from Indiana University with his BSW and Fordham University with his MSW in 1984. His background also includes directing city-wide programs at the New York City Housing Authority and serving as the Clinical Director at the Newark Family Services Bureau to support families and youth.



**Christina Tripodi Mitchell, Psy.D., NCSP**  
**Founder and Clinical Director**  
**The Child & Family Practice of Washington, DC**

Dr. Tripodi is the Founder and Clinical Director of The Child & Family Practice of Washington, DC. She is a licensed school and clinical psychologist who treats children, adolescents, and adults. Dr. Tripodi founded the practice on the premise that all children and families, regardless of location and situation, should have access to the highest possible standard of psychological and educational support.

Dr. Tripodi has experience working and training in numerous medical, clinical, and school settings, including Weill Cornell Medical Center, Children's Day Hospital at New York Presbyterian Hospital, and the Washington, DC Public Schools. She also has extensive international experience and maintains an active license with The Health and Care Professions Council (HCPC) in the United Kingdom as an Educational Psychologist.



**E.J. Stapler, MS, NCC, CHST, LPC**  
**Director of Counseling**  
**Williamsburg Middle School – Arlington County Public Schools**

E.J. is the Director of Counseling at Williamsburg Middle School for Arlington Public Schools. His primary focuses are to help students cope positively during times of heightened stress and to ensure they have access to the tools they need to achieve academic success.

Prior to becoming a school counselor, E.J. worked for The Bradley Center in Pittsburgh in their residential treatment facility for adolescents, where he helped reunite residents with their birth families or transition them to foster care. In 2007, he graduated from Chatham University with a M.S. in Counseling Psychology, which led him to Northern Virginia to begin his career as a school counselor.