Lisa Laughman, LMSW obtained her Bachelor’s degree in social work in 1988 from Eastern Michigan University and her Master’s in Social Work in 1991 from Michigan State University. Lisa has been utilizing her clinical skills in workplace settings for 25 years. She has been a part of the MSU Employee Assistance Program counseling staff since 2003 and in 2005 began serving the MSU Health4U program as an emotional wellness consultant. Lisa’s work focuses on teaching skills to help increase the emotional resilience and psychological flexibility of MSU faculty, staff, and graduate students.

Many of you know Lisa from taking one her classes offered in partnership with Human Resources and Health4U courses. She is a Certified Dare to Lead™ Facilitator trained to teach the curriculum created by Dr. Brené Brown. Lisa is committed to being a “courage catalyst” here at MSU and will be working to incorporate Dr. Brown’s four courage-building skills into her classes, coaching, and counseling. Lisa’s passion is in helping people clarify what matters most and to help them be best prepared to “show up, be seen, and live brave” in both their personal and professional lives.

Lisa loves hanging out with her three adult children (Aidan, George, and Duncan) and her life partner (Karen). She also loves listening to music, baking, kayaking, and looks forward to spending many hours this summer on her new pontoon boat.

Dr. Claudia Finkelstein earned her M.D.C.M. at McGill University in Montreal. She is an internal medicine physician, medical educator, and director of wellness, resiliency and support for the vulnerable. Finkelstein is helping MSU health care providers address care for vulnerable populations and developing a wellness and resilience program for the College of Human Medicine’s faculty and staff. Her current main area of interest is that of physician health, believing that well-adjusted, resilient, thriving physicians will provide excellent care to their patients, teaching to their trainees, and a positive presence to their loved ones. She also has clinical interests in women’s health, physician-patient interaction and medical education.
Dr. Vicki Johnson-Lawrence  Dr. Johnson-Lawrence is a social epidemiologist that uses community-based approaches to address determinants and prevention practices to promote health equity. She completed both a Master of Science degree in biostatistics and PhD in Epidemiologic Science at the University of Michigan. She is currently an Assistant Professor in the Division of Public Health and the Department of Family Medicine within the College of Human Medicine and located in Flint, Michigan.

Largely through her current projects- including the SAMHSA funded Flint ReCAST (Resiliency in Communities After Stress and Trauma), and the Church Challenge study within the NIMH funded Flint Center for Health Equity Solutions, she promotes resiliency at individual and community levels using community-based participatory research methods that promote improvement in mind-body health. She extends the significance of her work through stress and resiliency research and by offering training related to trauma informed practices, adverse childhood experiences, and resiliency skill building throughout the Flint area. She does this work in partnership with the City of Flint, the Behavioral Health unit at the Michigan Department of Health and Human Services, local community based organizations, and with her CHEERS (Community, HEalth Equity, and Resiliency to Stress) research team. Together, she and her partners promote mental health and physical health promotion and emphasize community-level efforts to promote overall resiliency and wellbeing.

Jessica Garcia joined the Department of Sociology in August 2009 and the Office for Inclusion and Intercultural Initiatives in 2014. In addition to teaching, Garcia serves as an intercultural education specialist in the office. In this role, she contributes to the design and coordination of education and development programs to enhance critical dialogue and conflict management skills with faculty, staff, and students; conducts workshops on implicit bias and microaggressions, racial literacy, as well as inclusive pedagogy, intersectionality, and facilitating difficult dialogues. She also represents and supports the implementation of unit programs to enhance change management skills and competencies for faculty, staff, and students. In addition, Garcia supports office initiatives to enhance climate for the campus community, and in consultation with campus stakeholders, implement strategies that support the recruitment, advancement, and retention of diverse faculty and staff at MSU. In terms of cultivating resilience in her own work: She focuses on the inherent goodness of people and the evolutionary function of nurture and empathy for human survival. She also embraces community and looks to history as two key sources of strength. She believes that exercise, rest, and permission to tap out are also critical to enduring.