

THE POWER OF GROUPS

Understanding What Makes Group Medical Visits Effective

Program Schedule | September 18, 2026



All Times in Eastern Standard Time

IMPLEMENTATION TRACK

9:30 AM EAST COAST COFFEE TALK

10:00 AM WELCOME & OPENING CEREMONY
Who's in the room & why are we here?

10:15 AM KEYNOTE



Rx: Connection – Medical Group Visits as Social Prescribing

Alan Siegel, MD Dr. Alan Siegel is Co-founder and Executive Director of Social Prescribing USA, the leading national organization advancing social prescribing across the U.S. A Family Physician at Kaiser Permanente Oakland, he works to integrate social prescribing and Social Health approaches into healthcare systems for patients and healthcare workers. Dr. Siegel has led medical group visits in centering, diabetes, and pediatric obesity for more than 15 years and is a national advocate for the healing power of social connection, the arts, nature, and community engagement.

11:15 AM 5 MIN TRANSITION

11:20 AM SESSION 1

IMPLEMENTATION

Group-Based Treatment for Opioid Use Disorder (GBOT!): The Evidence and Nuts and Bolts to Implementation

Randi Sokol, MD, MPH, MMedED

RESEARCH

Tips & Tricks for Optimizing the Science, Practice, & Sustainability of GMVs: Lessons Learned from Mixed Methods Research of Full Plate Living GMVs in an Employer Health Center

Martha Shepherd, DO, MPH, FAAFP, FACLM

SPECIAL TOPICS

Utilizing Group Medical Visits for Bipolar Disorder to Facilitate Access to Care, Improve Treatment, and Enhance Trainee Education

Sagar V. Parikh, MD, FRCPC

11:50 AM 5 MIN TRANSITION

11:55 AM SESSION 2

Centering-based group prenatal care across cultural settings: Modification processes for successful implementation

Deborah Billings, PhD
Astrid Van Damme, CNM, PhD

Music Therapy Optimizing Chronic Pain Management within a Group Medical Visit Model: A Single Arm Pilot Study

Angelique Foss, CHES, NBC-HWC, LPMT, MT-BC
Karen Bond, PA-C, DipACLM

A Culinary Medicine Group Visit for People with Chronic Conditions that Limit Function

Kathleen Wolff, APRN, BC-FNP

12:25 PM 5 MIN TRANSITION



* = session is not eligible for CME credits

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12:30PM **SESSION 3 , WORKSHOP 1**

Considerations and practices for trauma-sensitive group facilitation

Elizabeth Walsh, PhD
Kathryn Hansen, PhD, MSN, ANP-BC

Using Qualitative method for your quality improvement and research methods to assess your groups

Paula Gardiner, MD
Elyse Park, PhD, MPH

Lessons on Wellness for Every Body: Core Principles and Strategies from a Weight Inclusive Group Medical Visit for Patients

Cortney Crespo MD, MMedEd
Tia Tucker MD, MPH
Madhuri Rao MD

1:15PM **5 MIN TRANSITION**

1:20PM **SESSION 4**

Opportunities and challenges in Integrative Medical Group Visit program co-facilitated by lived experts

Jessica Barnhill, MD, MPH
Taccarro Wilson
Yoko Morris

Community-Based Integrated Care for Chronic Pain: A Qualitative Study of the Estrategia de Dolor Crónico No Oncológico in San Felipe, Chile

Julia Naganuma-Carreras, MPH candidate
Pia Casas Saa
Nidia Castro

Peer connection is the intervention: Adapting a group medical visit for opportunity youth

Peter Scal, MD MPH
Kate Shafto, MD, FAAP, FACP

1:50 PM **LUNCH**

2:15PM **PANEL DISCUSSION: FACILITATOR COMPETENCIES FOR GROUP-BASED CARE** IMPLEMENTATION TRACK

3:10PM **5 MIN TRANSITION**

3:15PM **SESSION 5 , WORKSHOP 2**

Consistency is Key: Optimizing Processes for Group Visit Administration

Tiff Young, CYT-200

Facilitating Comprehensive Care: Lessons from Other Disciplines

Elliott Lee, PhD, MSc
Michelle Prentice, MD, MSc, CCFP, DipABLM

Scaling Root-Cause Care: A Practical Model for Functional Medicine Shared Medical Appointments

Dan Lukaczer ND
Monique Class, MS, APRN, BC



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4:00PM 5 MIN TRANSITION

4:05PM SESSION 6

Diabetes MESSAGES: A Learning Collaborative to Support Community Health Centers in Implementing and Sustaining Group Visits

Erin Staab, MPH

Oral Abstracts Session #1*

A Nurse Led Shared Medical Appointment Lifestyle Medicine Program

Paula Christianson-Silva, DNP, APRN, ANP-BC, FNP-BC, DipACLM

4:35PM 5 MIN TRANSITION

4:40PM SESSION 7

Idea to Implementation: Creating a 10-Week Group Program on Treating Disease by Cultivating Health

Greg Yasuda, ND

Functions, Forms, and Fidelity of Integrative Group Medical Visits for Chronic Pain

Isabel Roth, DrPH, MSN
Moriah Fender, RN

The Team Is the Treatment: A Transdisciplinary Group Visit Model for Complex Chronic Pain

Sergey Borodianski, MD

5:10PM 5 MIN TRANSITION

5:15PM SESSION 8, ROUND TABLE

Discussion on Competencies for Trainees

Paula Gardiner, MD

From Patient Feedback to Expert Consensus: A Framework for Developing Group Medical Visit Programs for Older Adults with Chronic Pain

Wren Burton DC, MPH

Exploring How to Deliver Meaningful Impact to Patients of FQHCs Through Group Medical Visits

Darra Husome, FNP-C, PMHNP-C, Dip ACLM
Tara Smith, MA-C, Care Coordinator

6:00PM 5 MIN TRANSITION



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6:05PM SESSION 9

Making groups fun and meaningful: What I have learned from 30 years of practicing GMV / SMA

Jeffrey Geller, MD

Oral Abstracts Session #2*

Understanding the Psychology of Group Care

David Giard

6:35PM CLOSING REMARKS

IMPLEMENTATION TRACK

7:00PM WEST COAST COFFEE TALK