

THE POWER OF GROUPS

Understanding What Makes Group Medical Visits Effective

Program Schedule | September 18, 2026

ALL TIMES IN EASTERN STANDARD TIME

IMPLEMENTATION TRACK

9:30AM 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.

11:15AM 5 MIN TRANSITION

11:20AM 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

11:50AM 5 MIN TRANSITION

11:55AM 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

12:25PM 5 MIN TRANSITION



* = session is not eligible for CME credits

ALL TIMES IN EASTERN STANDARD TIME

12:30 PM

SESSION 3 , WORKSHOP 1

Considerations and practices for trauma-sensitive group facilitation

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

Using Qualitative methods for you quality improvement and research projects 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

1:15 PM

5 MIN TRANSITION

1:20 PM

SESSION 4

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

Jessica Barnhill, MD, MPH
Taccarro Wilson
Yoko Morris

Oral Abstracts Session #1*

1:20 PM- Diabetes Medical Group Visits and Type 2 Diabetes Outcomes: A Mediation Analysis of Diabetes Distress
Matthew Reichert

1:30 PM-Feeling Seen: Sense of Community, Pain Interference, and Self-Efficacy in a Digital Mindfulness Trial for Chronic Pain
Laura Orozco

1:40 PM- Virtual SMA Prehabilitation for Spine Surgery
Deborah L. Bernal M.D.

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

2:15 PM

PANEL DISCUSSION

IMPLEMENTATION TRACK

Facilitator Competencies for Group-Based Care

Leaders in group-based care will share lessons on developing facilitator competencies and standards. Participants will learn how these skills support effective, scalable, and sustainable care programs.

Ghislaine Challamel, MS- Senior Advisor, Teaching Kitchen Collaborative
Ruth Q. Wolever, PhD- Director of Vanderbilt Health Coaching: Practice, Research & Education
Liz Friedman- Group Peer Support CEO & Co-Founder

3:10 PM

5 MIN TRANSITION

ALL TIMES IN EASTERN STANDARD TIME

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

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

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

Isabel Roth, DrPH, MSN
Moriah Fender, RN

**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

Oral Abstracts Session #2*

4:40 PM- **Integrative Medicine
Group Medical Visits for
peri/menopause.**
Debra G. Bell, MD

4:50 PM- **The Hidden
Complexities of Virtual
Mindfulness-Based Group
Medical Visits**
Jessica Barnhill

5:00 PM **Group Cohesion as a
Mechanism for Functional
Change in Integrative Group
Medical Visits for Chronic Pain**
Bernice Asante-Nketiah

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

Sergey Borodianski, MD

* = session is not eligible for CME credits



ALL TIMES IN EASTERN STANDARD TIME

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

6:05PM **SESSION 9**

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

Jeffrey Geller, MD

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

Understanding the Psychology of Group Care

David Giard

6:35PM **CLOSING REMARKS**

IMPLEMENTATION TRACK

7:00PM **WEST COAST COFFEE TALK**