

# PROTECTING THOSE WHO CARE

## *Addressing Violence Against Healthcare Workers*

### MODERATOR



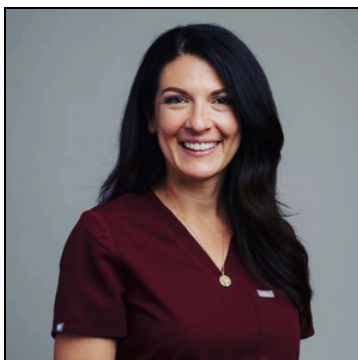
#### **Brent Rau, MD, FACEP**

Medical Director, Allegheny General Hospital Emergency Department  
Vice Chair of Emergency Medicine, Allegheny Health Network

Dr. Rau, grew up in Dayton, Ohio, and earned his undergraduate degree in chemistry from Miami University (Oxford, OH) in 2008 and his M.D. from Wright State University Boonshoft School of Medicine in 2012. Dr. Rau completed his Emergency Medicine Residency at Allegheny Health Network's Allegheny General Hospital (AGH) in Pittsburgh in 2015. After practicing in the Pittsburgh area, he joined the faculty of the EM residency program as an attending physician at AGH. He has held various leadership roles,

becoming medical director of the AGH emergency department around the same time as the initial writing and filming of season 1 of HBO's series "THE PITT." He also currently serves as Vice Chair of Emergency Medicine for Allegheny Health Network.

### PANELISTS



#### **Tiffany Covarrubias-Lyttle, MSN, RN, NEA-BC**

Associate Professor of Nursing, University of Lynchburg

Covarrubias-Lyttle is a nurse, educator, and healthcare leader whose work focuses on nurse well-being, workplace violence prevention and response, and workforce safety, particularly in rural and underserved communities. She earned her associate degree in nursing (ADN) and Bachelor of Science in Nursing (BSN) from Centra College of Nursing, a Bachelor of Science (BS) in Psychology from Liberty University, and a Master of Science (MSN) in Healthcare and Organizational Leadership from Johns Hopkins School of Nursing. She is an Associate Professor of Nursing at the University of Lynchburg and has

held leadership roles within a rural healthcare system focused on nurse wellness, organizational culture, patient education, and care transitions. Working with law enforcement, victims' advocates, health system leaders, and policymakers, Covarrubias-Lyttle has developed trauma-informed response pathways and simulation-based education to strengthen post-incident support, reporting, accountability, and workforce protections, particularly in rural communities.

## PANELISTS



### **Jonathan Ripp, MD, MPH**

Chief Wellness Officer and Dean for Well-Being  
Icahn School of Medicine at Mount Sinai

Dr. Ripp earned both his undergraduate and medical degrees from Yale University before completing his internal medicine internship and residency at Mount Sinai Hospital. He also holds a Master of Public Health degree from Columbia University. He brings unmatched expertise in institutional healthcare wellbeing, academic medicine, and clinician burnout research. His deep understanding of system-level well-being interventions provides vital insights into how healthcare organizations can actively

optimize mental health support for their workforces. He is also the Co-Founder and President of CHARM (Collaborative for Healing and Renewal in Medicine), an international healthcare well-being leaders professional society of medical educators, researchers and leaders all working to promote healthcare worker well-being.



### **Sheila G. Roth, Ph.D., LCSW**

Founder, Roth Consulting, LLC  
Professor Emeritus, Carlow University  
Adjunct Faculty in the School of Rehabilitation Sciences, University of Pittsburgh

Dr. Roth is a licensed clinical social worker, educator, and consultant specializing in trauma, resilience, and the mental health of first responders and healthcare professionals. She brings more than 30 years of experience as a social work educator at Carlow University and has extensive clinical experience as a medical social worker in a hospital emergency department, trauma, intensive care, and burn units, where she

supported individuals and families through crisis and recovery. Dr. Roth frequently presents on topics including the impact of trauma on first responders, post-traumatic stress disorder (PTSD), cumulative trauma, workplace wellness, resilience, and using evidence-based approaches to support those in high-stress professions. She is committed to advancing mental health awareness and promoting psychological well-being among those who serve their communities.



### **Elizabeth Wells, MD**

Executive Vice President, Chief Clinical Officer, & Physician-in-Chief  
Children's National Hospital

Dr. Wells is a graduate of Harvard University and the George Washington University School of Medicine and Health Sciences. She holds a master's degree in health science from the NIH/Duke Clinical Research Training Program. She completed pediatrics and neurology training at Children's National and served as a pediatric neurologist within the Brain Tumor Institute and the Division of Neurology, rising to the rank of professor in Pediatrics, Neurology and Rehabilitation Medicine. In her current role, Dr. Wells has

executive oversight for ensuring optimal delivery of clinical care while fostering an environment that supports research, education and operational excellence. Dr. Wells previously held leadership roles in clinical research administration and served as president of the Children's National Medical Staff from 2020 to 2021 and Credentials Committee chair from 2022 to 2023.