

## Recruiting, Funding, and Training an Effective and Innovative Maternal Behavioral Health Workforce

### Speaker Biographies



#### **Joy Burkhard, MBA**

As the founder and executive director of 2020 Mom, Joy has used her knowledge of the complex health care system to advance change in maternal mental health. She has over 20 years of experience working in several roles with the health insurer, Cigna, including working in service delivery, quality improvement, and regulatory affairs.

She has a passion for scaling change and putting the patient and customer first. Joy founded 2020 Mom in 2011 after her personal, volunteer and professional worlds collided.

She is a member of the American College of Obstetrics and Gynecology Expert Work Group on Maternal Mental Health and the California Maternal Quality Care Collaborative Executive Committee.

Joy has been recognized for her leadership and vision with several awards, receiving the "Emerging Leader" award in women's health from the U.S. Department of Health and Human Services, Office of Women's Health (2016), the California American Mother, Mother of Achievement Award (2019), a Women in Business Stevie Award ("Silver") for Non-Profit/Government Leadership, Cigna's Volunteer of the Year Award (2016), and the Junior League of Los Angeles' Founders Cup (2014) and Community Achievement Award (2016).



#### **Kay Matthews, LCHW**

Kay Matthews is a Licensed Community Health Worker, Motivator, Advocate and Mental Health & Wellness Advisor. Kay Matthews lives in Houston Texas and is the Founder of The Shades of Blue Project which addresses cultural barriers in maternal mental health and servicing minority women experiencing maternal mental health complications. She has also received numerous awards from both her community and her peers and sits on the Board and is Partners with several National organizations. Kay is now actively teaching and speaking to women of all ages to help them better understand how important it is to advocate for themselves before during and after childbirth.