



Office of the County Executive

Monroe County, New York

Adam J. Bello
County Executive

November 7, 2025

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No. <u>250336</u>
Not to be removed from the Office of the Legislature Of Monroe County
Committee Assignment
AGENDA/CHARTER -L

To The Honorable
Monroe County Legislature
407 County Office Building
Rochester, New York 14614

Subject: Confirmation of Appointment to the Monroe County Board of Health

Honorable Legislators:

In accordance with § C6-12 (J) of the Monroe County Charter, I hereby submit to Your Honorable Body for your confirmation, the appointment of the following individual to serve on the Monroe County Board of Health, for a term to begin immediately and to expire on August 31, 2029.

- Dina Johnson, Residing at 21 Lianne Drive, Rochester, New York 14626

The specific legislative action required is to confirm the appointment of Dina Johnson to the Monroe County Board of Health, in accordance with § C6-12 (J) of the Monroe County Charter, for a term to begin immediately and to expire on August 31, 2029.

The legislative action requested in this referral is not an "Action," as that term is defined in 6 NYCRR § 617.2 (b), and is not subject to review under the State Environment Quality Review Act.

This action will have no impact on the revenues or expenditures of the current Monroe County budget.

I recommend that this matter be referred to the appropriate committee(s) for favorable action by Your Honorable Body.

Sincerely,

A handwritten signature in blue ink, reading "Adam J. Bello".

Adam J. Bello
Monroe County Executive

Dina Johnson
Rochester, NY 14626

(585) 489-4833
Dyj9218@rit.edu

PROFESSIONAL SUMMARY

Experienced mental health provider and nonprofit leader with 15+ years supporting adults, families, and underserved communities. Skilled in clinical care, mentorship, and trauma-informed interventions, meeting individuals where they are to foster growth and resilience. Strong background in program development, grant writing, community outreach, and cross-disciplinary collaboration to advance mental wellness and social impact. Competencies:

- Psychotherapy
- Family Therapy
- Leadership / Oversight
- Psychotherapy
- Knowledge of Clinical Trials
- Systems-Based Approach
- Trainer & Facilitator
- Patient/Family Centered Care
- Good Clinical Practices (GCP)
- Crisis Intervention/Suicide Prevention
- Cultural Competency
- Narrative Therapy
- Cognitive Behavioral Therapy
- Public Speaking
- Consultation
- Grant Preparation
- FDA 1572, IRB, WIRB
- Develop & Implement Best Practices
- Oral & Written Communication
- Community Outreach

Computer Skills: Microsoft Office: PowerPoint, Oracle, Epic, eRecord, Care Everywhere

EDUCATION

Master of Science - Marriage and Family Therapist, University of Rochester, Rochester, NY (8/2021 -8/2023)

Gerontology Certificate, St. John Fisher, Rochester, NY (9/2020 - 9/2021)

Non-Profit Management Certificate Program, St. John Fisher, Rochester, NY (1/2019 - 12/2019)

Bachelor of Science, Rochester Institute of Technology, Rochester, NY (8/2012 – 5/2015)

- Biomedical Science – Pre-Med
- Independent Studies –Forensic Psychology

Associate of Applied Science, Monroe Community College, Rochester, NY (6/2011 -6/2012)

- Coursework focused on all aspects of Human Biology, Developmental Psychology & Social Psychology

PROFESSIONAL EXPERIENCE

DJ Collaboratives LLC, Rochester, NY

Founder/CEO

12/2023

– Present

- Established a mentorship and life coaching initiative supporting youth and young adults ages 13–30.
- Designed and facilitated tailored mentoring programs for three distinct groups: teens (13–17), emerging adults (18–21), and adults (22–30).
- Developed and led workshops focused on life skills, personal development, and career readiness.
- Fostered confidence, resilience, and leadership skills among participants to help them navigate key life transitions.
- Built community partnerships to expand access to mentorship resources and opportunities.

University of Rochester General Pediatrics, Rochester, NY
Sr. Family & Community Engagement Coordinator

3/2024

– Present

- Collaborate with parent/family and community partners, UR Medicine Golisano Children's Hospital, Rochester Regional Health, Anthony Jordan Health Center, and Rochester City School District to increase parent/family engagement.
- Improve outcomes for children by helping to engage parents/families in their child's development.
- Identifies opportunities to link URMC resources to community-identified needs and promotes the work of the URMC in community health.
- Support the EACH Youth in RCSD project by engaging parent leadership, parent decision-making, and co-creating solutions for better healthcare outcomes for all students.
- Expand and align our work with the community by fostering critical connections with other partners in the community supporting children and families.

St. Joseph's Neighborhood Center, Rochester, NY
Mental Health Provider

9/2023

– Present

- Provide assessment and psychotherapy to individuals, couples, and families in a community mental health setting, applying therapeutic evidence-based interventions.
- Utilizing assessment tools, motivational interviewing, spiritual interventions, and problem-solving therapy to assess the patient's level of care needs.
- Participate in psychiatry night that includes conducting initial psych evaluations, collaborating with clients and psychiatrists to provide comprehensive integrated care.
- Participate in Narrative Therapy Supervision to gain a comprehensive understanding of narrative practices in therapy sessions with clients.
- Lead Community Outreach Initiatives to enhance awareness and foster collaboration.
- Established and managing a mentorship program for new hires

Anthony Jordan Health Center, OB/GYN, Rochester, NY
Social Worker

1/2023

– 9/2023

- Provides comprehensive care management services to OB/GYN patients who are not in a care management program.
- Interviews, assesses, and coordinates interventions to meet patients' social/emotional needs and to decrease barriers to medical care.
- Provides crisis intervention and assists patients in understanding the implications of medical situations and high-risk behaviors.
- Performs a variety of tasks.

University of Rochester, School of Nursing, Rochester, NY
Consultant

10/2022

– Present

- Serving as a consultant for Dr. Natalie Leblanc and Dr. Rose Muheriwa on a current research study focusing on understanding the experiences that support the sexual health development of young Adolescents ages 10-14.
- Assisting in conducting parent listening sessions and identifying youth to serve on a youth advisory committee.

Center for Dispute Settlement, Rochester, NY

Consultant

10/2022

– 11/2025

- Manage family cases for FEP, including but not limited to: Intake, follow-up, referrals to supportive services, and provision of alternative dispute resolution (ADR) services including Conflict Coaching, Mediation, Community Building Circles, Responsive Circles, and Restorative Conferences.
- Attend required trainings and meetings, maintaining ongoing communication with CDS staff, referral sources, and other service partners assigned to the case; recording of contacts and services; post-service close-out; data tracking and reporting; and recording of hours worked.

Strong Family Therapy Services, Strong Behavioral Health, Rochester, NY

Marriage and Family Therapy Trainee (MFTT)

7/2022

– 7/2023

- Provide assessment and psychotherapy to individuals, couples, and families in an outpatient psychiatric setting, applying therapeutic evidence-based interventions.
- Utilizing assessment tools, motivational interviewing, spiritual interventions, and problem-solving therapy to assess the patient's level of care needs.
- Collaborating with the Strong Behavioral Health Psychiatry team, primary care providers, and multidisciplinary teams to coordinate care.
- Attended weekly group supervision to collaborate and strengthen intervention treatments in therapy that include treatment planning, safety planning, and to refine and enhance best interdisciplinary practices.
- Seeks individual supervision to debrief on clinical cases and to ensure effective treatment is consistently delivered.

St. Joseph's Neighborhood Center, Rochester, NY

Marriage and Family Therapy Trainee (MFTT)

7/2022

– 7/2023

- Provide assessment and psychotherapy to individuals, couples, and families in a Community Setting, applying therapeutic evidence-based interventions.
- Collaborating with St. Joseph's Neighborhood Center Psychiatry team and multidisciplinary teams to coordinate care.
- Infuses evidence-based modalities such as narrative therapy and cognitive behavioral therapy to assess the client's level of care need while working to engage and refer clients appropriately.
- Implements a bio-psycho-social-spiritual approach for diverse populations that is client-centered and culturally sensitive.
- Attended bi-weekly Narrative Therapy group supervision to collaborate and strengthen intervention treatments in therapy that includes preparing narrative letters, start and stop interventions, watching theorist interviews and interventions with clients, and receiving feedback from peers.
- Create a comprehensive initial evaluation as well as formulate an extensive treatment plan.
- Seeks individual supervision to debrief on clinical cases and to ensure effective treatment is consistently delivered.

Refugees Helping Refugees, Rochester, NY
Executive Director

6/2022

– 11/2022

- Articulates a vision for RHR and creates a strategic plan in partnership with key stakeholders for the next 1, 3, and 5 years.
- Ensure ongoing local programmatic excellence, rigorous program evaluation, and consistent quality of finance and administration.
- Reports to the board of directors and oversees the strategic and operational efficiency of RHR programs and staff.
- Possesses proven experience developing a fundraising plan and implementing it, managing staff, and establishing relationships with local community groups.

Alzheimer's Association, Rochester, NY
Director of Care and Support

6/2018

– 6/2022

- Direct supervision and oversight of a clinical team and MSW Interns.
- Create a work plan and monitor the workflow.
- Supervise budgets and goals surrounding care and support functionality.
- Prepares reports for grantmakers.
- Ensure quality standards for all services delivered by the Care and Support division.
- Continual data analysis to manage processes towards goals and quality improvement.
- Cultivate relationships with other community organizations and maintain existing partnerships.
- Collaboratively develop training programs for new staff and manage the scheduling for new hire training.
- Develop and implement techniques that will increase the diversity of the constituents accessing services, partnerships developed, and staff hired.
- Lead with sensitivity to diversity and inclusiveness efforts in program delivery.
- Participate in public policy addressing health disparities within the underserved communities related to Alzheimer's and Dementia.

Alzheimer's Association, Rochester, NY
Community Health Educator

12/2017

– 6/2018

- Teaching and connecting with the community to provide information about Alzheimer's disease.
- Provide community outreach classes for local churches, Independent living centers, and senior citizen groups.
- Raise community awareness about Alzheimer's Disease at health fairs and presentations to eldercare facilities.
- Recruit participants to attend Caregiver Support Groups, Educational Programs, and Community Events.

University of Rochester, Rochester, NY
Health Project Coordinator

11/2017

– 6/2018

- Work directly under the supervision of Dr. Richard Moore, Director of the Gynecologic Oncology.
- Coordinate twenty-plus GYN Clinical Trials exploring new drugs for cutting-edge research.
- Plans, implements, coordinates, administers, recruits, and evaluates the care for patients.
- Serve as coordinator for clinical trial activities and as an advocate for patients enrolled in

clinical trials.

- Primary lead for Breast Oncology Studies @ Pluto Cancer Center
- Performs screening eligibility, consenting, and direct patient care while subjects are on treatment.
- Manages the timing of assessments, medication dispensing, and adverse event reporting per trial responsibilities.
- Assists with study audits conducted by independent monitors and federal and governmental agencies.
- Provide professional direction with the planning, implementation, coordination, and evaluation of Clinical Trials.
- Attend weekly "Tumor Board" meetings to stay abreast of the field.
- Maintain working knowledge of area(s) of expertise by reviewing research literature.

University of Rochester, Rochester, NY
Human Subject Research Coordinator I
- 12/2017

12/2016

- Evaluated and helped caregivers manage their health and wellness while caring for a family member with Dementia.
- Provided support system for caregivers dealing with their own life changes and chronic stressors for quality of life.
- Supported caregivers to realize that chronic stress affects a person's psychological well-being, cognition, and immune system.
- Participated in two studies: "Brain Training to Promote Health in Spousal Dementia Caregivers" and "Living Well for Dementia Caregivers and Mindfulness-Based Stress Reduction for Dementia Caregivers."
- Recruited project participants based on the study's qualifications for desired individuals.
- Heavy Minority Recruitment, Community Engagement, and Outreach regarding Dementia and its effects.
- Developed related activities for neuropsychological assessments for physical and emotional stress, EKG'S and Phlebotomy as requested by providers.

VOLUNTEER EXPERIENCE

- Founder, CEO/President of the Monroe County Family Coalition, Inc. 501(c)(3)
- Institutional Member of The Study of African American Life and History (ASALH)
- Co-Chair, VP Community Engagement Board Member of the National Association of African Americans in Human Resources of WNY
- Community Solution Program Partner Advisor Board Member
- Racism and Structural Equity Mental/Addiction Workgroup (RASE)
- Parent Liaison for Greece Central School District Culturally Responsive Education Quality Team
- Greece Central School District Medical Committee for reopening pandemic response
- Community Liaison for International Research & Exchange Board
- Member of Outreach Subcommittee for NYS Caregiving and Respite Coalition
- Member of the National Alzheimer's Association Diversity and Inclusion Region 12 sub-focus workgroup
- Member of Partners in Restorative Initiatives Board of Directors
 - Chair of the Community Committee
 - Chair of the HR Committee
- Member of Greater Rochester Area Partnership for the Elderly

CERTIFICATIONS/TRAININGS

- 6/2023 - Medical Family Therapy Intensive Training
- 5/2023-6/2025 - American Heart Association – CPR Certification
- 2/2023 – OCD -3-Part Didactic Training by Psychiatrist Dr. Laurence Guttmacher, MD
- 12/2022-12/2025 - Biomedical Researchers CITI Program
- 12/2022-12/2025 - GCP for Clinical Trials with Drugs and Devices (US FDA-Focus) CITI Program
- 12/2022-12/2025 - Social-Behavioral-Educational Researchers CITI Program
- 5/2021-5/2024 - National Council for Behavioral Health – Adult Mental Health First Aid USA
- 11/2022-12/2025 - National Council for Behavioral Health – Youth Mental Health First Aid USA
- 6/2017-Present - Patient Safety: Building a Safer Health System
- 2022-2023 - Safe Side Behavioral Health Suicide Prevention Training
- 2022-2023 - Intimate Partner Violence Assessment
- 2022 - Mandated Reporting Procedures
- 2022 - Child Abuse Assessment

AWARDS & HONORS

- 06/2023 Houghtalen Volunteer Award – The University of Rochester School of Medicine and Dentistry -Department of Psychiatry
- 05/2015 The Nation Honor's Society Leadership and Success
- 05/2015 Outstanding Academic Achievement Collegiate Science and Technology
- 05/2015 Use of Imaging and Promoting Science Award Medical Interactive Innovation
- 05/2015 Direct Clinical Impact Award in the Community Medical Interactive Innovation
- 2014-2015 Dean's list, Rochester Institute of Technology
- 12/2013 Mock Trial, Diagnosing the Criminal Mind, 1st Place

PRESENTATIONS

- 4/26/2025 Mental Health Summit on Anxiety and Depression
- 12/2/2025 2024 Annual Conference Advancing School Mental
- 4/12/2023 Exploring Therapist Power and Privilege
- 4/11/2022 Twice the Risk: Dementia's Impact on Communities of Color and Why Diagnosis Matters
- 5/20/2021 Crisis as Opportunity: Building Community Bridges to Address Trauma
- 4/29/2021 Emergency Responses to Mental Health Crisis in the Community
- 6/30/2020 Panelist – Part II Roundtable Discussion @ D&C – Caregiving in Communities of Color
- 3/19/2020 Presenter – 10 Warning Signs to the AMEC International Health Commission
- 2/18/2020 Panelist – Assemblyman Bronson Town Hall to address Home Care Workers
- 1/27/2020 Panelist – Part I Roundtable Discussion @ D&C – Caregiving in Communities of Color
- 6/20/2019 NYS DOH Contractors Mtg, Increasing Engagement in African American Communities
- 3/21/2018 Pluta Breast Cancer Center – Ongoing Clinical Trials for Breast Cancer Patients
- 2/10/2018 Antioch Baptist Church – Knowing the Ten Signs

- 3/07/2017 YMCA- Dementia Caregivers research being conducted at the University of Rochester
 - 2/07/2017 Highland at Pittsford – Lifelong Learning lecture (February 7, 2017)
 - 2/20/2017 St John's Meadows – Community Presentation with Independent Seniors
 - 6/14/2017 Penfield Recreation Center – Presenting Dementia Caregivers Research
 - 6/03/2017 Mt Olivet Baptist Church – African American Symposium
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