



## Board of Directors Roster

- Board President: Diane Truly, B.A., Sociology
- Vice President: Taisiya Kulbidyuk, B.A., Psychology
- Treasurer: Elizabeth Surber Mize, MA Addictive Disorders, CADCI
- Secretary: Jeffrey A. Henigan, B.A., Psychology; CADCI
- Member at Large: Dan Lewis, M.D.
- Member at Large: Renee Mello, B.A., Psychology
- Member at Large: Barbara Thompson, B.A., English
- Member at Large: Robin Zasio, Psy. D., LCSW

## Board Member Summaries

### **Board President: Diane Truly, B.A., Sociology**

In recovery since 1986, Ms. Truly has been on the NCADD Sacramento Board for 14 years. She retired from senior management at the Franchise Tax Board in 1995 after 22 years of service. She also served on the Women Escaping a Violent Environment (WEAVE) Board for several years. Ms. Truly graduated from California State University, Los Angeles in 1968 with a degree in Sociology and did graduate work at CSUS in Public Administration. She is particularly interested in social justice advocacy, indigenous spirituality, and working with alcoholics and addicts in early recovery. Ms. Truly was featured in a 1999 PBS documentary on addiction that is still shown in recovery homes and jails today. The mother of two grown daughters and six grandchildren, Ms. Truly resides in midtown Sacramento.

### **Vice President: Taisiya Kulbidyuk, B.A Psychology**

Ms. Kulbidyuk is dedicated to working with youth. She currently works for the San Juan Unified School District's Office of Student Assistance and Prevention Programs at El Camino High School - serving over 400 students per year. Previously, she worked for the Child Abuse Prevention Council, providing support to pregnant women and their families with children from 0 to 5 years old in the Arden/Arcade area. Ms. Kulbidyuk received her Bachelors of Arts in Psychology from Union Institute and University, Ohio and a Certificate in Human Services and Chemical Dependency from American River College, Sacramento. She is committed to making our community a safer and better place to live - by successfully completing the District Attorney's & Sacramento police Department's Citizens Academy. She is married and a mother of two teenagers. They live in Sacramento.

**Secretary: Jeffrey A. Henigan, B.A., Psychology; CADCI I**

In recovery since 1976, Mr. Henigan has worked in the field of chemical dependency in hospitals and residential treatment centers with both adolescents and adults for 26 years. Since 1991, he has worked as a counselor and supervisor for the Chemical Dependency Programs at Sierra Vista Hospital. Mr. Henigan also has a private practice for intensive outpatient chemical dependency services called Joan of Arc Counseling. Previously, he worked as community relations liaison for Starting Point at Charter Hospital, and served as a Program Director for Sierra Family Services. Mr. Henigan has a degree in Psychology (Cum Laude) from California State University, Sacramento (1981), and is a certified alcohol and other drug counselor by the California Association of Alcohol and Drug Abuse Counselors (CAADAC). He is married to a wonderful Irishwoman named Anne and they live in Elk Grove CA.

**Treasurer: Elizabeth Surber Mize, MA Addictive Disorders, CADCI I**

Ms. Mize has worked as a chemical dependency counselor in the Dual Diagnosis Program for Sierra Vista Psychiatric Hospital since 2003. Previously, she was an Addiction Specialist Instructor and Chemical Dependency Counselor at the Breining Institute (1997-2005), and a chemical dependency counselor for River City Recovery (1998). She also has a private practice based in Sacramento named Blue Skies Counseling.

**Member At Large: Dr. Daniel G. Lewis, MD**

Dr. Lewis is currently a Staff Addictionist and Internist at the Chronic Pain Medication Evaluation Program, Chemical Dependency Services, at Kaiser Permanent Medical Center, Sacramento, California. Previously he served as the Medical Director of Kaiser Chemical Dependency Services for eight years. Emphasizing his commitment to holistic medicine, he was selected for a three-day physician retreat with Rachel Naomi Remen, MD, entitled, "The Role of the Intangible in Medicine." He is now the Chair of Kaiser North Sacramento Valley Professional Staff Well-Being Committee. Dr. Lewis graduated from the University of Maryland School of Medicine in 1986, and completed his internship and residency at the University of California, Davis Medical Center in 1989. Dr. Lewis is a board certified Physician and Surgeon, certified by the American Board of Internal Medicine, and certified by the American Society of Addiction Medicine.

**Member at Large: Renee Mello, B.A., Psychology**

Ms. Mello is San Juan Unified School District's Student Assistance Program Supervisor, and has worked for the district's Student and Family Engagement Program for the past 13 years. She works primarily with 10 high schools, serving more than 5,000 high school students yearly. She is a leader in Student Assistance Program (SAP) K-12 and has conducted student assistance team training and provided consultation to schools in northern California on student assistance program implementation. Ms. Mello supervises a team of 10 School Community Intervention Specialists who, in 2006, were invited to present a workshop on Instructional Design at the National Students Assistance Association (NSAA) conference and in 2004 were recognized as a *National Exemplary Student Assistance Program*. Ms. Mello was recently nominated as a member of NSAA's board of directors. She holds a Bachelors of Art in Psychology, a certificate in Chemical Dependency, Human Service, and a Family Development credential.

**Member At Large: Barbara Thompson, B.A., English**

A small business owner and entrepreneur for the past 22 years, Ms. Thompson currently works as an internet marketing strategist - teaching small business owners and nonprofits how to utilize the internet to create marketing and administrative systems that save resources. Previously, she worked as the Education Coordinator for NCADD San Francisco and NCADD San Jose for a combined 5 years. Ms. Thompson worked with the law enforcement community, teaching "Communicating with the Addict" to probation, parole, corrections and police officers in association with California State University, San Francisco Extension. She also worked for 5 years at the CareUnit in San Francisco and Starting Point Hospitals in Sacramento, and was appointed by Governor George Deukmejian to serve for 4 years as Chairman of the Blue Ribbon Panel on Health Care. Ms. Thompson holds a B.A. in English from California State University Sonoma. She lives on a ranch in Wilton with her husband, 2 sons, and many farm animals.

**Member At Large: Dr. Robin Zasio, Psy. D., LCSW**

Dr. Zasio is a Licensed Clinical Psychologist and Licensed Clinical Social Worker. She has been working in the field of mental health for the past 18 years and has extensive experience in utilizing Cognitive Behavioral Therapy and Exposure and Ritual Prevention techniques while working in inpatient, outpatient, and partial hospitalization programs. Dr. Zasio began working specifically with OCD and anxiety related disorders 10 years ago at which point her specialization began. After developing a private practice, she became co-owner of The Anxiety Treatment Center of Northern California. More recently, she developed The Anxiety Treatment Center, Inc. located in Sacramento, CA which she currently owns and directs. Dr. Zasio has a private practice providing individual, group and family therapy services, in addition to supervising interns who are learning to treat anxiety conditions. She is also the owner of two local residential mental health recovery homes which were created in 1990. Dr. Zasio was the President of the Sacramento Valley Psychological Association from 2003-2005. She currently remains on the board as Past President and MCEP Chair. Dr. Zasio also serves on the advisory board of the Sacramento Chapter of the National Alliance of the Mentally Ill. She is a member of the Obsessive Compulsive Disorder Foundation, California Psychological Association, American Psychological Association, Trichotillomania Learning Center, and Association for Behavioral and Cognitive Therapies.