



OCAMPR 2021 Annual Report
Submitted to the Assembly of Canonical Orthodox Bishops

As a nonprofit of Orthodox professionals in the fields of medicine, psychology and religion, OCAMPR has both been challenged and risen to the occasion of those challenges during yet another year of the COVID19 pandemic. Like many organizations, OCAMPR has felt the sting of COVID in 2021 through some drop in membership and participation, especially by our medical professionals who have been working tirelessly to care for others. At the same time, OCAMPR has been actively serving the public and our membership with energy and enthusiasm, remaining focused on using our professional talents for God's glory and in the service of the Orthodox Church.

2021 HYBRID Annual conference

Each year the major event for OCAMPR is the annual conference, which serves as a time for our membership to gather for fellowship and education, while also offering the recordings for viewing by the general public. The OCAMPR 2021 Annual Conference on the theme, "Care in a COVID Era: Unity and Truth in Uncertain Times," took place both in person at Holy Trinity Greek Orthodox Cathedral in Phoenix, Arizona, and online via Zoom. Combined attendance across both modalities surpassed the 2019 in-person only numbers. Those who attended in person experienced the warmth of the Phoenix community and enjoyed education, fellowship and networking with colleagues. Offering the conference simultaneously online expanded our reach to people who could not travel, as well as to individuals across the globe in places like Great Britain and Australia.

While OCAMPR is experienced with in person event planning and had the welcome assistance from our hosts at Holy Trinity, planning a hybrid event created new challenges for us. The board and conference committee stretched the limits of our digital knowledge in order to offer workshops that were fully online (presenter and audience both online) or hybrid (presenter was in person with audience both in person and online). With John Maddex and his Ancient Faith Radio staff, we were able to livestream much of the conference, and the recordings are now accessible on

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both the OCAMPR and the AFR websites. Although not without some technical glitches, the hybrid portion of the conference was valued by those who could not attend in person.

Much of the board's time and energy throughout the year was on planning the hybrid conference and trying to create multiple "Plan B's" for this event overshadowed by the uncertainty of the COVID19 pandemic. What if there's a new surge in the fall and the plenary speakers don't want to travel? What guidelines do we follow to avoid hosting a "superspreader" event? What if the wifi isn't strong enough to have multiple livestreams broadcasting simultaneously? How do we give the online audience a similar experience of fellowship as the in-person participants? Truly, looking back on the preparations, we realize that the success of the conference reflects Herculean planning efforts and the courage to take some leaps of faith for the benefit of our membership.

2021 In person conference participants



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2021 Online Workshop



Collaboration with the Mental Health Task Force (MHTF)

The OCAMPR board and many of its members continued in 2021 to volunteer their time and professional talents to the MHTF. OCAMPR Advisory Board Member, Bp John Abdalah served as the Chairperson, (Past) President, Dr. Philip Mamalakis, continued to serve as Vice-Chair, while other board members led the Directory Working group and the Needs Assessment working group, as well as served on the Steering Committee. Under Nick Anton's leadership, OCAMPR board members actively participated in interviewing and recommending the hiring of the MHTF Programs Coordinator, Sangeetha Thomas.

The National Directory of Orthodox Mental Health Providers was fully launched in January 2021 and is continually adding new providers to the database (<https://www.assemblyofbishops.org/directories/mental-health>). Many of these providers are OCAMPR members. The Needs Assessment was completed, and a report will be submitted to the Assembly in 2022. The Needs Assessment identified areas for project development, now the focus of current MHTF work. OCAMPR looks forward to continuing this effective collaboration with the MHTF for years to come.

Public Outreach

Motivated to offer education on current issues in our fields from an Orthodox viewpoint, OCAMPR board members and conference plenary speakers offered numerous podcasts on both Ancient Faith Radio and Orthodox Christian Network (Appendix A). The topics covered were relevant to the general public and primarily focused on mental health to highlight the collaboration with the Task Force. These podcast topics included suicide prevention, creating healthy tech habits, the

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psychological impact of COVID19, talking to children about sexuality and gender issues, coping with anxiety and depression, and overcoming misconceptions in mental health care. OCAMPR welcomes the opportunity to share our professional knowledge integrated with Orthodox Praxis for the benefit of the Orthodox community. We expect future podcasts to include topics in medicine and theology, especially as our medical and clergy members become more available post pandemic.

Positioning for Growth and Development:

Recognizing the need to be ready post pandemic for renewed growth and expansion, the OCAMPR board completed three major projects to improve our communications with members and the public. The first was a complete overhaul of our website (www.ocampr.org), offering a fresh and welcoming appearance. Now driven by Wordpress, the website is ready to add blog posts by board members, curated resources, videos and more.

Next, OCAMPR hired a graphic designer to create a new logo design. The beautiful logo incorporates the symbols of our professions united within the Orthodox Church. The designer actually gave us several iterations of the design that we are using on the website and in our communications.



Last the OCAMPR secretary, Sarah Byrne-Martelli, worked diligently to move our email communications from gmail to mailchimp. This new listserv allows better tracking of membership and associates, as well as other features like surveys and forms. Again, we are now set up for improved communications.

Looking to the future:

November, 2021 brought significant changes in our board composition. President Philip Mamalakis, Vice President Don Jenkins, Treasurer Melinda Johnson, and Associate Member Chairperson Niveen Solimon all finished their terms and did not seek re-election. Furthermore, our religion chairperson, Fr. Jon-Stephen Hedges passed away in February of 2021. Memory Eternal! The current board is grateful for the past board members' many years of selfless volunteer service that left OCAMPR ready to continue maturing as an organization.

Elections at the fall conference filled all of the vacancies. The psychology chairperson, Dr. Randa Anderson, was elected to the role of president, and the Secretary, Sarah Byrne-Martelli, D.Min, was re-elected to a second term. Susan

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Zacharia Sanders, LCSW was elected Vice President, Fr. Alcuin Kellerhouse-Treasurer, Fr. Theophan Whitfield, D.Min-Religion Chairperson, Dr. Ioana Popa-Medical Chairperson, Joel Klepac LMFT-Psychology Chairperson, and Dr. Mena Mesiha-Associate Members Chairperson. The new board is eager to continue the mission and vision of OCAMPR and is prayerfully considering how to expand our offerings to members that meet their needs as Orthodox professionals, so that they can better serve their patients, clients, students, and parishioners,

In summary, 2021 pushed OCAMPR to stretch beyond our comfort zone to offer our membership opportunities for fellowship, learning and communications. We continued the effective working relationship with the Mental Health Task Force of the Assembly of Bishops, and we improved aspects of our internal infrastructure that positions our organization for growth and development.

We continue to feel grateful to be an affiliate ministry of the Assembly. We hope and pray that our work reflects the generosity of the Assembly in caring for the Orthodox flock in America. We aim to continue offering our ministry for God's glory and the benefit of the Orthodox Christian Church.

Respectfully submitted,

Randa K. Anderson, Ph.D., President,
Orthodox Christian Association of Medicine, Psychology and Religion
May, 2022

Appendix A

2021 Podcasts offered by OCAMPR Board Members & Conference Speakers

“The Psychological Impact of Covid,” Dr. Casey Clardy on Live with the Louhs
https://www.ancientfaith.com/podcasts/livewiththelouhs/the_psychological_impact_of_covid

“Truth and Unity in the Chaos of Covid,” Fr. Demetrios Harper on Ancient Faith Today
https://www.ancientfaith.com/podcasts/aftodaylive/truth_and_unity_in_the_chaos_of_covid

“How Technology is Impacting our Lives,” Dr. Randa Anderson on Live with the Louhs
https://www.ancientfaith.com/podcasts/livewiththelouhs/how_technology_is

“A Discussion on Suicide,” Susan Zacharia on Family Matters:
https://www.ancientfaith.com/podcasts/familymatters/a_discussion_on_suicide

“Talking to Our Children about Sexuality and Gender, Part 1” Dr. Philip Mamalakis on Family Matters:
https://www.ancientfaith.com/podcasts/familymatters/talking_to_our_children_about_sexuality_gender_issues_part_1

“Talking to Our Children about Sexuality and Gender, Part 2” Dr. Philip Mamalakis on Family Matters:
https://www.ancientfaith.com/podcasts/familymatters/talking_to_our_children_about_sexuality_gender_issues_part_2

“Mental Health Resources for Families” Melinda Johnson on Family Matters
https://www.ancientfaith.com/podcasts/familymatters/mental_health_resources_for_families

“How to Bring Balance to our Digital Lives,” Dr. Randa Anderson on Let’s Talk Live
<https://myocn.net/how-to-bring-balance-to-our-digital-lives/>

“Overcoming Misconceptions about Seeking help for Mental Illness,” Susan Zacharia on Holistic Christian Life
<https://podcasts.apple.com/us/podcast/overcoming-misconceptions-about-seeking-help-for-mental/id1323351042?i=1000537609836>

“Dealing with Anxiety and Depression,” Dr. Randa Anderson on Holistic Christian Life
<https://podcasts.apple.com/us/podcast/anxious-depressed-we-have-answers-for-you-today-with/id1323351042?i=1000516944841>

