

## *Grief, Loss, & Trauma*

**Liz Winter, Ph.D., LSW**  
**Julia Scanlon, MSW, LCSW**  
**Megan Berringer, MSW, LSW**

**Liz Winter, Ph.D., LSW**  
Clinical Assistant Professor  
Child Welfare Resource Center  
University of Pittsburgh  
School of Social Work  
412-443-4426  
eaw44@pitt.edu

**Liz Winter, Ph.D., LSW** earned her doctoral and master's degrees in Social Work at the University of Pittsburgh and her law degree from the University of Oxford. Dr. Winter has been a faculty member in the Child Welfare Education and Research Programs at the University of Pittsburgh, School of Social Work since 2006, where she has developed and taught graduate courses including Traumatic Stress, Addiction, Children and Families at Risk, and Child Maltreatment. From 2006 to 2018 she served as the Academic Coordinator for the Title IV-E graduate child welfare educational program for Pennsylvania (Child Welfare Education for Leadership). She is a Certified Consultant in Team-Based Learning™ and currently works with the Pennsylvania Child Welfare Resource Center incorporating Team-Based Learning™ into training.

For over 20 years, Dr. Winter has provided training and consultation in human services settings, with a focus on stress and resilience for both clients and workforce. She has also maintained a small social work practice addressing a variety of concerns including mental health, addiction, well-being, and resilience. Her publications include the topics of traumatic stress in child welfare work, childhood sexual abuse, and addiction. Since 2014, she has served as the Facilitator for the Child Fatality and Near Fatality Review Team for Allegheny County, analyzing practice and systems issues with the goal of preventing future incidents.

Dr. Winter's central professional focus is the well-being, retention, and development of an effective human services workforce. Her self-care program includes time with family and friends (human, canine and feline) and staying active.

**Julia Scanlon, MSW, LCSW**

Social Worker, Field Instructor

UPMC Children's Hospital

Neo-natal Intensive Care Unit

412-864-8951

julia.scanlon@chp.edu

A Pittsburgh native, **Julia Scanlon, MSW, LCSW** graduated from The Pennsylvania State University in 2010 with a B.S. in Psychology. She then turned her passion for helping others into a career by completing her MSW in 2012 at the University of Pittsburgh. During her MSW tenure, Julia completed field placements with the Wesley Spectrum Acute Partial Hospitalization Program and UPMC Children's Hospital of Pittsburgh Pediatric Intensive Care Unit (PICU). Julia also worked as a Therapeutic Staff Support through Northwestern Human Services. Following graduation, Julia began working full-time at Children's as the Neonatal Intensive Care Unit (NICU) Social Worker, a position she has held since. Since starting as an employee at Children's, Julia has worked closely with the University of Pittsburgh to shepherd MSW students through their field placements. Julia has been a field instructor as well as a manager for MSW students at Children's. Julia has worked to implement standardized Postpartum Depression screening in the NICU and has worked with more than 500 families during their NICU journeys. As part of those journeys, Julia has also helped countless families cope with end-of-life planning and legacy building for their infants. Today, Julia is one of three Lead Social Workers within the department, focusing on mentoring and supervising her inpatient coworkers. Julia lives outside of Pittsburgh with her husband, four-month-old daughter, and too many animals.

**Megan Berringer, LSW**

Licensed Social Worker

UPMC McKeesport

Emergency Department

berringerm3@upmc.edu

**Megan Berringer, LSW** graduated from the University of Pittsburgh with her MSW and certificate in Integrated Healthcare and is a licensed social worker at UPMC McKeesport in the Emergency Department. As one of the first social workers to be staffed in the ED at this community hospital, she is collaborating with an interdisciplinary team to design a social work role that is flexible, adaptable, and responsive to crisis needs in the ED setting. Megan's background in behavioral health has inspired her to collaborate with community stakeholders and providers to ensure a holistic approach to patient care. Megan also cares deeply for the LGBTQIA+ community with the goal of improving patient outcomes by orientating and training all members of the care team to provide gender-affirming care to transgender and nonbinary patients. She also volunteers at 9<sup>th</sup> Street Clinic, a free medical clinic for residents of McKeesport without insurance. There, she works with the lead physician to build their behavioral health program to both anticipate and respond to patient's needs when resources are limited. Megan's goals for the future include venturing into private practice and consulting work while continuing to practice radical empathy, trauma-informed care and approaching every patient through a strengths-based lens in which empowerment and mindful interpretation of adverse events are keys to success.