

**University of Pittsburgh School of Social Work**  
**Behavioral Health Workforce Education and Training (BHWET) Program**  
**Edith Baker Integrated Behavioral Healthcare Fellowship (M01HP31376)**  
January 12, 2022

## *Trauma Informed Care & Disenfranchised Populations*

### **Dr. Liz Winter** **Megan Berringer**

**Liz Winter, Ph.D., LSW**

Clinical Assistant Professor  
Child Welfare Resource Center  
University of Pittsburgh School of Social Work

Liz Winter 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.

**Megan Berringer, LSW**

Licensed Social Worker  
UPMC Magee-Womens Hospital  
she/her  
berringer3@upmc.edu

Megan graduated from the University of Pittsburgh with her MSW and certificate in Integrated Healthcare. She is a licensed social worker at UPMC Magee-Womens Hospital. As the float social worker, she collaborates with an interdisciplinary team to provide resources and facilitate discharges for OB and medical patients. Megan's years of behavioral health experience with Western Psychiatric Hospital offered her the opportunity to develop a unique and holistic approach to patient care. She also cares deeply for the LGBTQIA+ community, specifically gender diverse patients. She advocates for policy changes to make gender-affirming care accessible throughout the UPMC system. Megan's goals for the future include private practice and consulting work while she continues to employ harm reduction, radical empathy and trauma-informed care in direct practice. She strives to approach every patient

through a strengths-based lens in which empowerment and mindful interpretation of adverse events are keys to success.