

BE THE CHANGE

CIVIC SUMMIT

DR. KEVIN M. SIMON, MD, MPH

Boston's inaugural Chief Behavioral Health Officer

Dr. Kevin M. Simon, MD, MPH, is Boston's inaugural Chief Behavioral Health Officer, appointed by Mayor Michelle Wu. A triple board-certified psychiatrist (1. child and adolescent psychiatry, 2. adult psychiatry, and 3. addiction medicine), he is a physician-scientist and health policy expert leading citywide strategies to address Boston's behavioral health needs. Clinically, Dr. Simon directs the JUSTICE (Juvenile Understanding and Support Through Intervention, Community, and Empowerment) Clinic at Boston Children's Hospital, caring for youth with mental health and substance use disorders involved in the legal or child welfare systems. He is also an assistant professor of psychiatry at Harvard Medical School. A recent Commonwealth Fund Fellow in health policy at Harvard University, Dr. Simon's research on structural violence has earned national recognition and awards. He regularly shares his expertise in notable journals such as the New England Journal of Medicine and perspectives on mental health through trusted national media outlets.

LEADING WITH CARE: MENTAL HEALTH AND COMMUNITY RESILIENCE

11:30 AM – 12:30 PM

What does it take to lead with heart—especially when the work is heavy? How do we care for ourselves and our communities in the face of stress, inequity, and burnout? Join us for a powerful and reflective session with Dr. Kevin M. Simon, MD,



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MPH, Boston's inaugural Chief Behavioral Health Officer, as we explore the emotional landscape of civic leadership. Through personal storytelling, lived experience, and systems-level insights, Dr. Simon will guide us in understanding how mental health and community resilience are essential to equity, advocacy, and sustainable leadership.

This session will spotlight the real pressures faced by civic leaders, the impact of trauma and systemic injustice on our communities, and the practices—individual and collective—that can help us lead with care, clarity, and purpose.

Whether you're an organizer, advocate, or community builder, this conversation will offer space to reflect, connect, and recharge.

Come be the change—by caring for yourself as you care for your community.

