



# Challenges and Solutions to Mariner Mental Health and Wellbeing

*A Virtual Discussion Facilitated by the  
CMTS Mariner Mental Health Working Group*  
Wednesday, January 11<sup>th</sup>, 2023  
1:00—4:00pm EST via [Zoom](#)

The U.S. Committee on the Marine Transportation System (CMTS) is proud to present two panels highlighting the importance of mental health and wellbeing for U.S. mariners. The first panel will discuss the conditions that can impact the wellbeing of US mariners. The second panel will discuss how federal agencies, employers, unions, and mariners can take the steps necessary to help protect and support this essential workforce.

## Welcome and Introduction

**Ms. Helen Brohl**, Executive Director, CMTS  
**CDR Alice Shumate**, Epidemiologist, Centers for Disease Control and Prevention

---

## Behavioral Health is the Foundation to Mariner Health

Ms. Emily Reiblein, Director of Health, Safety, Security, and Environment,  
*Crowley Logistics*

---

### Panel 1: Framing Conditions Impacting Mental Health and Wellbeing

**Moderator:** Matthew Mueller, Maritime Workforce Development Officer, *U.S. Maritime Administration*

- Miriam Anthony, Chief Mate, *Organization of Masters, Mates & Pilots*
- Carol Berry, Marine Personnel Manager, *Ocean Ships, Inc.*
- Emily Bull, Mariner, *Women Offshore*
- Jason Zuidema, Executive Director, *North American Maritime Ministry Association*

---

### Panel 2: Facilitating Real Change for U.S. Mariners

**Moderator:** Dr. Anthony Arita, Clinical Psychologist, *Department of Homeland Security*

- Reginald Davis, Emergency Management Officer, *U.S. Maritime Administration*
- Christine MacMillan, Career Development Services and SAVE Program Coordinator, *Women Offshore*
- Gregg Pelowski, Director, *Military Sealift Command*
- Peter Sutton, Vice President, HSSE & Operations Integrity, *Crowley Logistics*

---

## Recommendations and Next Steps

CDR Alice Shumate

### Virtual Access via Zoom:

<https://usdot.zoomgov.com/j/1618504810?pwd=dncrdVlxeEF5cENmOUhDdFkyQmtMQT09>

Or call in: +1 551 285 1373 US

For more information contact, [qom1@cdc.gov](mailto:qom1@cdc.gov)