



OPTIMUS
Health Care



AT THE CROSSROADS: SHAPING THE FUTURE OF CARE TOGETHER

OUT OF CRISIS COMES OPPORTUNITY

A Symposium on Mental Health

Wednesday, March 11, 2026 | 11:00am EST

Presented by:
The OPTIMUS Foundation

Hosted by:



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AT THE CROSSROADS: SHAPING THE FUTURE OF CARE TOGETHER OUT OF CRISIS COMES OPPORTUNITY

Wednesday, March 11, 2026 | 11:00am EST

AGENDA

10:30-11:00 AM | Registration & Light Breakfast
Check-in opens

11:00-11:10 AM | Welcome, Purpose & Sponsor Recognition
Lisa Emmons, Optimus Foundation Chair

11:10-11:15 AM | Introduction of the Keynote Speaker and Panelists
Frank Borres, MC and Moderator

11:15-11:30 AM | Keynote Address
Howard Sovronsky, LCSW
State Behavioral Health Advocate

11:30-12:15 PM | Panel Discussion
Moderator: Frank Borres, CEO,
American View Productions

Panelists:

Elizabeth Rivera-Rodriguez, Director of Health & Social Services, City of Bridgeport

Joyce Daniel, LCSW at Optimus Health Care, Inc. - School-Based Health Center Jettie Tisdale Middle School, Bridgeport

Ayesha Clarke, Executive Director, Health Equity Solutions, Hartford

12:15-12:30 PM | Audience Q&A with Speaker & Panelists
Moderator: Frank Borres, CEO, American View Productions

12:30-12:35 PM | Thank You & Closing Remarks
Lisa Emmons, Chair, Optimus Foundation

12:35-1:30 PM | Lunch & Continued Conversation
Informal table discussions; post-event survey available via QR code

Please note: No federal funds are being used for this event.

KEYNOTE SPEAKER:

Howard Sovronsky, LCSW
State Behavioral Health Advocate

Appointed by Governor Lamont as Connecticut's first Behavioral Health Advocate, Howard Sovronsky is establishing an independent agency focused on improving access to high-quality, equitable behavioral health care for individuals, families, and providers statewide. A clinical social worker with more than 30 years of leadership experience in New York and Connecticut, he has directed comprehensive countywide mental health and developmental disability systems, launched innovative forensic and correctional mental health programs, and held executive leadership roles at CHR and Connecticut Children's. He currently serves on the Transforming Children's Behavioral Health Committee, leading a statewide study of crisis services and system coordination.

Howard Sovronsky, LCSW
Chief Executive Officer
State Behavioral Health Advocate



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OPTIMUS REPRESENTATIVE



Lisa Emmons

OPTIMUS Foundation Chair

Lisa Emmons is the Major Accounts Manager and Solutions Specialist for Base Technologies. In her years with Base Technologies, Lisa has held positions as Director of Sales; Information Provider and Sales Representative, with responsibility for a territory covering the State of Connecticut and New York in addition to managing accounts nationally. Lisa is the Chair of the OPTIMUS Foundation Inc., the tax-exempt fundraising arm for OPTIMUS Health Care, Inc. The Foundation has a focus on programs that support the health and social welfare of the communities we serve.

Lisa is committed to public service and firmly believes in the Base Technologies statement: "that to better connect with the communities we serve, we must give back to organizations that support them". In addition to her leadership role with the OPTIMUS Foundation, Lisa volunteers with the New Milford Youth Baseball and Softball Association as Secretary and is a member of the New Milford Parks and Recreation Board. Her previous community service includes Regional Hospice and Home Care and RVNA Health.

Lisa is passionate about women's issues and is committed to leadership development and empowering women and girls. Lisa is enrolled in the New Haven University's Women In Leadership professional development program and provides curriculum advice. Lisa has a Bachelor of Business Administration in Marketing from Western Connecticut State University and is enrolled in the masters' program at West Conn.

MC & MODERATOR



Frank Borres

Owner, American View Productions

Frank Borres is an Emmy Award-winning TV producer and Associated Press Award-winning broadcast journalist, formerly with News 12 and Connecticut Public Television. Recognized by the ADA Coalition of Connecticut, his CPTV productions include "Able Lives" and the documentary "The Challenge." For 42 years, he has led American View Productions, a Southwestern Connecticut marketing firm serving healthcare, aviation, and nonprofit clients. A dedicated community leader, he has chaired the Bridgeport Caribe Youth Leaders and the Bridgeport Neighborhoods Group NRZ.

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2025 OPTIMUS FOUNDATION SYMPOSIUM



PANELISTS



Ayesha R. Clarke
**Executive Director of
Health Equity Solutions**

Ayesha R. Clarke, MSW, MPH is a public health leader and equity strategist committed to dismantling structural racism. As Executive Director of Health Equity Solutions (HES), she leads statewide efforts to advance health equity for all Connecticut residents. A DrPH candidate at Harvard, she holds degrees from UConn and Benedictine University. She previously chaired the Hartford Board of Education and co-chairs Connecticut's Commission on Racial Equity in Public Health. She also serves as Board Chairperson for The Children's Museum and adjunct professor at UConn School of Social Work.



Joyce Daniel, LCSW
**School Based Behavioral
Health Provider**

Joyce is a licensed clinical social worker at Optimus Health Care, Inc., providing behavioral health services at a school-based clinic in the East End of Bridgeport, CT. She earned her undergraduate degree in Health and Human Services from the University of Bridgeport and her MSW from Sacred Heart University in Fairfield, CT. With prior experience in child sexual abuse victim advocacy, adult day program leadership, and community outreach, she now specializes in trauma-informed pediatric behavioral health, delivering evidence-based, systems-informed care through a social justice lens that emphasizes diversity, equity, and inclusion.



Dr. Elizabeth Rivera-Rodriguez
**Director of Health and Social Services
City of Bridgeport**

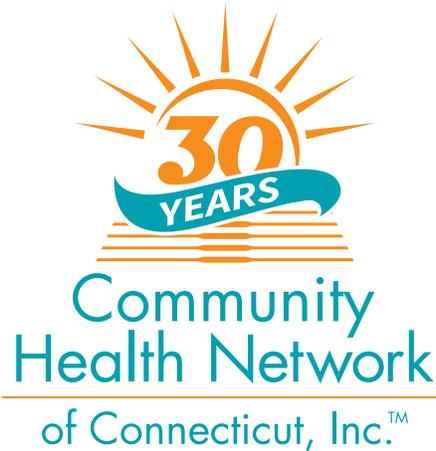
Dr. Elizabeth Rivera-Rodriguez is a Bridgeport, CT native with over 30 years in nursing and public health. As Director of Health and Social Services for the City of Bridgeport, Connecticut's largest city, she leads municipal strategies focused on health equity, population health, and community resilience. Previously, she served as Chief Operations Officer and first Chief Nursing Officer at Optimus Healthcare. She holds a Doctor of Nursing Practice from Walden University, an MSN from University of Phoenix, an MPH from Southern Connecticut State University, and is a Registered Nurse.

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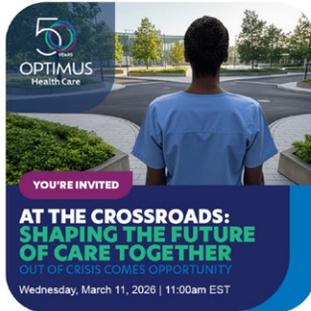
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With Keynote
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MAKE A LIFE SAVING IMPACT TODAY

Your contribution to The OPTIMUS Foundation isn't just a donation; it's a lifeline for countless individuals and families in need.

With your support, we can continue our vital mission of providing comprehensive health care services to those who need it most. For nearly half a century, OPTIMUS has been at the forefront of fostering healthier communities by offering essential medical, dental, and mental health care to underserved populations across Connecticut. Your generosity will directly impact thousands of lives, ensuring access to preventive, primary, and specialized health services, irrespective of financial constraints. Join us in making a tangible difference in the well-being of our local communities.

Every year, over 42,000 individuals rely on us for vital health care services across Fairfield and New Haven counties. More than half of these patients come from low-income backgrounds. Despite our best efforts, there's a significant gap between the fees we charge and the actual cost of care, leaving us with a daunting annual shortfall of \$1 million. It's a staggering challenge, but with your support, we can bridge this gap and ensure that no one in our community goes without the care they desperately need. Your donation isn't just a gift; it's a lifeline for those who are most vulnerable.

WE COUNT ON DONORS LIKE YOU TO HELP CLOSE THE GAP

PLEASE DONATE TODAY. MAKE A SECURE ONLINE DONATION AT:
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THANK YOU FOR YOUR GENEROUS GIFT!





CELEBRATING 50 YEARS OF SERVICE

Honoring five decades of providing high-quality, accessible and compassionate health care to our communities.

Join us throughout 2026 as OPTIMUS Health Care celebrates its 50th Anniversary with special events highlighting our mission, partnerships, and the people we serve.

2026 ANNIVERSARY EVENTS

28th Annual Golf Classic

Mon. June 8, 2026

Aspetuck Valley Country Club,
Weston, CT

Join the OPTIMUS Foundation for a day on the championship course.

Proceeds will help OPTIMUS Health Care fulfill its mission.

50th Anniversary Gala

Thurs. December 3, 2026

The Waterview,
Monroe, CT

A grand evening of celebration, recognition and reflection honoring 50 years of community impact and raising funds to continue services for another 50 years.



STAY CONNECTED

More event details, registration links, and sponsorship opportunities will be announced throughout 2026.

For more information visit: optimushealthcare.org/50years
or [scan QR Code](#)



optimushealthcare.org

WHY OPTIMUS?

**Size. Experience. Range of services.
Commitment. Patient Centered.**

You have choices in where you receive health care services. But only OPTIMUS combines expertise with a commitment to the community.

We are the largest provider of primary health care services in southwestern Connecticut. This means OPTIMUS is accessible.

We are also among the most established health care providers in the state. Since 1976, our clinical experience and deep commitment to the communities we serve is evident.

With primary, dental, behavioral, and specialty health care, we can address many of the problems our patients experience.

As a community health center, our mission is to provide care to all, regardless of ability to pay.

The Patient-Centered Medical Home with enhanced services, or PCMH+, is a model of care that means we serve patients of all socioeconomic and cultural backgrounds, with multiple locations, extended hours, and telehealth.

In addition, we provide support to address social determinants of health (e.g., housing instability, food insecurity, clothing, medication costs) that impact a patient's ability to access health care.



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