

FEATURING:



**Dr. Rachel
Wernicke**

Associate Dean and
Chief Mental Health
Officer



**Dr. Creston
Lynch**

Associate Dean



**Dr. Sally
Lorentson**

Associate Dean



**Lewis
Forrest II**

Associate Dean



Words of the Wise

**THE WORTH OF
WELL-BEING FROM
ASSOCIATE DEANS**

**FRIDAY, JANUARY 15TH
10:45AM TO 12:00PM**

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Part of University Life Professional Development

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Supervision Collective Committee

Meet the Panelists



Dr. Rachel Wernicke is a clinical psychologist serving as Associate Dean and Chief Mental Health Officer in the division of University Life at Mason. She completed her doctoral degree in psychology at American University and her clinical training at Massachusetts General Hospital/Harvard Medical School. Dr. Wernicke has worked in higher education mental health for more than 15 years, serving in various leadership roles. Areas of clinical expertise include college student mental health, anxiety disorder treatment, and trauma. At Mason, she works on several mental health initiatives including implementation of a public health approach to suicide prevention and increasing access to inclusive mental health services to under-served populations.



Dr. Creston Lynch is an Associate Dean for University Life. He works directly with the Center for Culture, Equity, and Empowerment (CCEE); The Women and Gender Studies Center; University Life Faculty Fellows Program; and Coalition Building and

Diversity Education. He is also an adjunct instructor in the Higher Education Program at Mason. He previously worked at Southern Methodist University as the Director of Multicultural Student Affairs/Deputy Title IX Coordinator. There, he was responsible for the oversight of programmatic support for students of color as well as campus wide diversity and social justice programs and initiatives.

He served in previous positions at the University of Alabama at Birmingham, Western Kentucky University and Clemson University working in various functional areas including diversity programs, fraternity and sorority life, leadership and civic engagement.

Creston received his B.A. in Communication and M.A. in Liberal Studies from the University of Memphis. He holds a Certificate of Advanced Graduate Studies in Organizational Dynamics from SMU, and a Ph.D. in Higher Education Administration from the University of North Texas.



Dr. Sally Sagen Lorentson is an Associate Dean in University Life in her tenth year at Mason and uses she/her pronouns. Dr. Lorentson earned a doctorate in higher education from the George Washington University and has engaged in research centered on student alcohol and drug use and student transitions to college, along with work on scholar-practitioners in student affairs and parenting by student affairs staff. During her career at Mason, Sally has worked with programs to support student success in new student programs, family programs, contemporary student services, coaching and advising, and student conduct. Prior to Mason, her experience includes work in student activities, student government and organizations, residence

life, recreation and fitness, and wellness programs. Sally also teaches as an adjunct faculty member at Mason and at GW. She is a parent of two small children and supports her own well-being through exercise, reading, cooking, and family time.



Lewis E. Forrest II is currently an Associate Dean for University Life at George Mason University. Lewis supervises three units: Mason Recreation, International Programs and Services and the Early Identification Program, while serving on several campus wide committees and initiatives. Many initiatives are specific to Well-Being and student engagement. He is an Alum of Mason (1996) receiving his Bachelor of Arts degree in English with a minor in African-American Studies and a Master's degree in K-12 Counseling and Development.