



Dr. Matthew Christiansen, Director of the Office of Drug Control Policy for the West Virginia Department of Health and Human Resources (DHHR), plans and directs West Virginia’s efforts in combating the opioid epidemic. He was appointed to this

position in October 2020 by Governor Jim Justice.

Dr. Christiansen is dual board certified in Addiction Medicine and Family Medicine and serves as Associate Professor in the Marshall University Joan C. Edwards School of Medicine, Department of Family and Community Health, Division of Addiction Sciences where he practices primary care and addiction medicine. Prior to his appointment to the Office of Drug Control Policy, Dr. Christiansen was active in treatment of addiction/dependence across the lifespan. He has lectured in multiple states on addiction issues from a public health and primary care perspective. Dr. Christiansen earned an MD and MPH from Marshall University.



Megan Lyons has shared her game-changing approach to wellness with thousands of people through personalized health coaching, corporate and group wellness programs, and motivational and educational speaking.

As founder and owner of [The Lyons’ Share Wellness](#), she’s deeply passionate about inspiring others to feel their healthiest and happiest. Megan is the author of “[Start Here: 7 Easy, Diet-Free Steps to Achieve Your Ultimate](#)

[Health and Happiness](#),” a Top 10 Amazon Bestseller in Nutrition, and the leader of [The Revitalize Health Accelerator](#), which helps women feel empowered, confident, and energized about their health in a supportive community format.

Megan received her undergraduate degree from Harvard University and her MBA from Kellogg School of Management at Northwestern University. She is also a graduate of the Institute for Integrative Nutrition, has a Masters in Holistic Nutrition from Hawthorn University, and is Board Certified as a Holistic Nutritionist. She lectures widely at hospitals, corporations, and organizations. When she’s not health coaching, you can find her working out, cooking, reading, traveling, and cheering on the Dallas Mavericks.



Teresa Albury, singer, songwriter, JLAP volunteer and spouse of now recovering lawyer, will share her recovery music and Al-Anon lead, as our keynote Banquet speaker.



Joseph Milowic III is a partner & the director of well-being at Quinn Emanuel Urquhart & Sullivan, LLP, a global law firm specializing in disputes resolution; and also a founder of the Lawyers Depression Project, a non-profit dedicated to building a

compassionate peer support community of legal (not just lawyer) professionals. If you know someone who might benefit from our community, please share the link: www.lawyersdepressionproject.org

numerous associations. Dr. Saar has conducted and supervised thousands of forensic evaluations including fitness to practice, adult, and juvenile competency to stand trial, criminal responsibility, personal injury, as well as parental fitness and child abuse evaluations; and has been declared an expert witness in family court, circuit court, and federal court. In addition to forensic evaluations Dr. Saar's practice also maintains an active clinical component by providing individual and family counseling services.



Dr. Timothy Saar has been practicing psychology in West Virginia for over twenty years and has a broad range of experience in clinical diagnosis and therapy, forensic evaluations and geriatric practice. He received his Ph. D.

from Cambridge Graduate College in Los Angeles, CA.; his Master's Degree in Counseling Psychology from Loyola Marymount University in Los Angeles, CA; and his Bachelor's Degree in Psychology from the University of Southern California. Dr. Saar is a licensed psychologist in West Virginia, North Carolina, and Kentucky. He is also licensed in Marriage and Family Therapy in California. Additionally, he is qualified as a forensic expert in Clinical Psychology in Family, Circuit, and Federal courts. Dr. Saar is currently the Director of Saar Psychological Group, PLLC and has been an adjunct professor at Marshall University Graduate College and West Virginia State University. Furthermore, he is a member of