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Caretia Silva, LCSW, LSSBB, has over 20 years of clinical experience in mental health. As a senior mental health, addiction medicine, and EAP consultant at Kaiser Permanente, she supports employers in developing mental health strategies and addressing complex needs. Caretia has been a clinician, performance improvement consultant, national trainer, and union steward. She specializes in providing continuity of care and employer-facing trainings on psychological safety, burnout, substance use, neurodiversity, mental health and well-being, and related topics. She is also a practicing clinician who specializes in trauma-informed care, neurodiversity and somatic experiencing.