



Christina L. Torizzo, M.P.H., CPC

**Mental Health and EAP Consultant
Kaiser Permanente
Burbank, California**

Christina L. (Chris) Torizzo has been dedicated to organizational and individual health and well-being for over fifteen years. In her current role as a mental health and employee assistance program (EAP) consultant for Kaiser Permanente, Torizzo provides consultation and support to employers to facilitate continuity of mental health care, develop mental health strategy and collaborate to solution complex requests. Torizzo is purposeful in connecting with customers, understanding their challenges and partnering to meet their unique needs for employee mental health and emotional well-being. She delivers customer and community trainings on topics including prioritizing a psychologically healthy workforce as well as understanding and effectively utilizing mental health and emotional well-being benefits and services. During Torizzo's employment with Kaiser Permanente, she has also served as senior workforce health consultant, partnering with employers to develop and deliver strategic employee well-being programs. Torizzo is fascinated by the impact of organizational culture and became a project lead to develop a culture of well-being approach for large employer groups. Prior to Kaiser Permanente, she led workforce health initiatives and trainings for Colorado businesses in her role at the Department of Public Health and Environment for the State of Colorado. She holds a bachelor's degree in psychology from Skidmore College, a master's degree in public health from the University of Northern Colorado and is certified as a professional mindset and life coach through the Institute for Professional Excellence in Coaching (iPEC).