

# Dr. Karyn Tribble



**Dr. Tribble has over 25 years of practice in the behavioral health field and is an experienced and dynamic administrator.**

**Over her career, Dr. Tribble has held a number of leadership roles in California and on the East Coast. She currently serves as the Director of Behavioral Health Care Services for the County of Alameda and formally held the position of Chief Administrative Officer of Behavioral Health Services for a large East Bay Public Health System. She has served in executive leadership in organizations providing crisis and acute behavioral health services; consultation to individuals and families, schools, and organizations; forensic services; integrated primary care; and previously managed mental health services in the Cities of Berkeley and Albany.**

**Dr. Tribble is a published researcher (Psychology Careers for College Student of Color – Guidebook Series, American Psychological Association, Office of Ethnic Affairs, Washington, D.C) and holds a Bachelor’s of Science Degree in Psychology from Howard University. She possesses a Master’s degree in Social Service specializing in Practice with Individuals, Families and Groups from Bryn Mawr College in Bryn Mawr, Pennsylvania; a Master’s degree in Clinical Psychology from the Philadelphia College of Osteopathic Medicine; and a Doctor of Psychology degree in Clinical Psychology from the Philadelphia College of Osteopathic Medicine. She is also a Licensed Clinical Social Worker in the state of California.**



Dr. KARYN TRIBBLE

*What motivated you to pursue a career in behavioral health?*

I have always been a person who asks why. Thankfully my parents welcomed me into an environment where I was encouraged to be curious and understand more about people and the world. As I learned more about the fact that there are so many different experiences - and that there are also many individuals who need support. Besides seeing them model for me - the notion of a spirit and attitude of service - I found myself wanting to make more of a difference from an internal perspective. I saw that services and assistance were helpful, but that there was pain, confusion, anger, and trauma that couldn't be addressed without engaging the person. So my desire to help and serve evolved from a strict medical notion of helping people to a much more, nuanced perspective that for me added so much more depth to my personal journey. I am honored to be a part of a healthcare field that is keenly focused on the intangible aspects that are often forgotten in a person's recovery: health, healing, and restoration. Being in a role that also affords me with an opportunity to make policy and strategic decisions that reduce barriers for those individuals and family members in need of help - makes my work all the more worthwhile!

*How has the behavioral health culture changed for women in the field during your time in the profession?*

For me as I look back on my professional journey, 30 years ago I found that the field was not as reflective of the vast contributions and insights of woman as my own professional experiences were revealing to me. Even though many were able to look back to historical writings, research, and excellence from women over the last century I often felt as though this brilliance was seen as an anomaly and not as a more evidence of the fact that women were - and have been - contributing all over the world. I believe that women have been shaping behavioral health for as long as there have been communities throughout history. Now I feel incredibly fortunate to look around me to see women leading and thriving in this field, with even more and more each day.

*Was there another woman/mentor/figure that inspired you in your work? If so, who was it and why did she inspire you?*



**DR. KARYN TRIBBLE (continued)**

I am blessed to have had a mentor who was very near and dear to me. My mother. She embodied grace, compassion, strength, love of joy, integrity of character - and someone who was not afraid to speak her truth. I modeled my life after things that she, and my father, taught me. I am inspired because she walked in her life, truthfully, and in a way that showed how much she cared.

*What impact have women had on behavioral health in the way we provide service?*

In my opinion, historically women have added much to service delivery. From the early contributions through nursing and the sciences, the shift from their presence has infused a sense of humanity and a compassionate approach that has blended science with healing/pragmatism.

*What changes have you seen in behavioral health because of women “shaking the table”?*

I see women in this field helping to change traditional mindsets that focus on a one size fits all to an approach that honors individuality, culture, and the importance of being in relationship with others around you.

*The year is 2124. The leadership at ACBH is opening a time capsule that was created and filled in 2024. What did you place in it?*

Should a time capsule be opened in 2124, I hope that future team members from ACBH find within it a sense of wonder and pride at all the accomplishments that were laid so that they could purposefully support the community we serve. They would find a few newspaper clippings that showed new programs that were launched - and that truly made a difference despite the growing need in the community. They would find several flash drives with pictures of clients and families throughout their journeys: photos of them in good times, weathering tough times, and with staff standing by them all along the way. And finally, they would find tiny seeds handpicked by several ACBH teammates with a note encouraging them to plant them across the county and beyond in solidarity for the great work that was started in by the previous generations - that should again bear fruit/flower in years to come - which represent hope, health, and healing.

