



WORLD MENTAL HEALTH DAY

Community Mental Health

FORUM

*Hope and Healing:
Navigating Psychotic
Disorders Together*



Thursday, October 8, 2026
6 pm - 8 pm



California Northstate University
Event Center
9650 W. Taron Drive
Elk Grove, CA 95757



Participate
in our Q&A.
Submit a
question!



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COMMUNITY MENTAL HEALTH FORUM

Hope & Healing: Navigating Psychotic Disorders Together

PROGRAM SCHEDULE

6:00 PM

LIGHT REFRESHMENTS

6:30 PM

INTRODUCTION & OPENING REMARKS

DR. BHAVIN PARIKH

*Practicing Psychiatrist, Sierra Vista Hospital
Vice President of Community Outreach, OCA Sacramento*

JINKY DOLAR

President, OCA Sacramento

BRET MCLAUGHLIN PSYD, MBA

Founding Dean, CNU College of Psychology

6:35 PM

GUEST SPEAKERS & PRESENTATIONS

7:15 PM

Q&A

8:00 PM

CLOSING REMARKS

***Everyone deserves support.
Reaching out is a sign of strength.***

*Scan the QR code for
mental health crisis hotlines,
warmlines & resources.*





COMMUNITY MENTAL HEALTH FORUM

Hope & Healing: Navigating Psychotic Disorders Together

GUEST SPEAKERS & PRESENTERS

DR. ALOK BANGA

CHIEF MEDICAL OFFICER, SIERRA VISTA HOSPITAL

Dr. Alok Banga is a board-certified adult, child, and adolescent psychiatrist with over two decades of experience in clinical psychiatry, academic medicine, research, and behavioral health leadership. He serves as Chief Medical Officer at Sierra Vista Hospital in Sacramento and leads Family Psychiatry Center in Elk Grove. Previously, he served on the faculty at the University of Connecticut. His training includes graduate degrees in public health, health policy and management, and clinical and translational research. Dr. Banga has extensive experience treating serious mental illnesses, including schizophrenia and psychotic disorders, with a focus on early recognition, evidence-based treatment, recovery, patient safety, and supporting families.

DR. BHAVIN PARIKH

PRACTICING PSYCHIATRIST, SIERRA VISTA HOSPITAL

Dr. Bhavin Parikh is a board-certified Adult and Geriatric Psychiatrist currently practicing at Sierra Vista Hospital, providing acute crisis stabilization for Kaiser Permanente patients. He completed his Psychiatry Residency at Texas Tech University and Geriatric Psychiatry Fellowship at University of Texas Southwestern Medical School, Dallas. A passionate community leader, Dr. Parikh serves as Diversity & Inclusion Commissioner for the City of Elk Grove and as a board member for OCA Sacramento, Indian Association of Sacramento (IAS), Gujarati Samaj Sacramento (GSS), and AAPI. His work has been recognized with numerous honors, including the Kaiser Permanente David Lawrence Community Service Award, Hero of Human Services Award, and Indus Community Service Award. Since 2018, Dr. Parikh has led the Asian Pacific Islander Mental Health & Suicide Prevention Initiative, fostering awareness, collaboration, and hope across communities.



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Hope & Healing: Navigating Psychotic Disorders Together

GUEST SPEAKERS & PRESENTERS

DR. RACHNA KALIA, MD **BOARD-CERTIFIED PSYCHIATRIST**

Dr. Rachna Kalia, MD, is a board-certified psychiatrist with over 15 years of experience caring for individuals facing complex emotional and medical challenges. With a background in Consultation-Liaison Psychiatry, she specializes in the connection between mental and physical health. She provides compassionate, patient-centered care for individuals experiencing chronic illness, anxiety, mood disorders, and stress related to medical conditions. Her approach emphasizes collaboration, understanding, and helping each patient feel supported and empowered on their journey toward better well-being.

VAN SIPANYA, LMFT **SIERRA VISTA HOSPITAL**

Van Sipanya, LMFT, oversees outpatient behavioral health programs of Sierra Vista Hospital throughout the Greater Sacramento region. She began her career with Universal Health Services (UHS) in 2013 as a Licensed Marriage and Family Therapist (LMFT) and primary therapist, providing direct client care. Her experience working closely with clients strengthened her commitment to expanding access to compassionate, quality behavioral health services. In her leadership role, Van focuses on improving treatment access, strengthening community partnerships, and developing teams dedicated to delivering high-quality care. She remains actively engaged with patients and believes in creating accessible, collaborative, and compassionate care for individuals and families.