



Mona Potter, MD

Chief Medical Officer and Co-Founder

Throughout her nearly two decades of clinical and administrative work in the Harvard medical system, board-certified child and adolescent psychiatrist Dr. Mona Potter witnessed firsthand the challenges families face in navigating the mental health system. She saw the long treatment waitlists, inadequate availability of evidence-based treatment, and lack of transparency in outcomes — and she was motivated to change care for the better.

During her time as the Medical Director of McLean Hospital's Child and Adolescent Outpatient Services, Dr. Potter co-developed several programs, including the McLean Anxiety Mastery Program and McLean school consultation service. Through her role on the leadership team of the McLean Institute for Technology in Psychiatry, she helped spearhead the hospital's telehealth pilot program and use of virtual reality for anxiety exposure therapy with a passion for incorporating cutting-edge technologies into treatment.

Building on her experience and expertise as a clinician and a parent, Dr. Potter was motivated to co-found InStride Health to improve access to care, engagement and treatment outcomes for children and adolescents with moderate to severe anxiety and OCD.

Dr. Potter is widely published in peer-reviewed journals and is a highly sought lecturer. When she's not brainstorming and sharing ways to improve care delivery, she enjoys summiting mountains, coaching her children's soccer and Lego League teams and keeping the music alive while playing piano duets with her family.



Kathryn Boger, PhD ABPP

Chief Clinical Officer and Co-Founder

A board certified and Harvard-trained child and adolescent clinical psychologist, Dr. Kathryn “Kat” Boger has devoted her career to helping children and teens with anxiety and OCD and their families. She is passionate about improving care for youth and decreasing suffering through innovative, research-based treatment approaches. Dr. Boger co-developed the McLean Anxiety Mastery Program, nationally recognized for providing empirically-supported, intensive anxiety and OCD treatment.

While at MAMP, she served as program director and had oversight of all levels of program development and refinement. She served as an assistant professor of psychology at Harvard Medical School and has published a variety of peer-reviewed journal articles, delivered regional and national talks (including a TEDx) and provided training to hospitals, schools, and the community.

Dr. Boger was tired of watching families sit on long treatment waitlists while their child’s symptoms worsened. She is thrilled to co-found InStride Health in order to reach more children, teens and young adults with anxiety and OCD and provide them with the right care when they need it most.

As a mom to three energetic boys, Dr. Boger’s favorite non-work activities are playing soccer and most other sports, baking cookies (anything with chocolate) and catching up around the dinner table.



John Voith

Chief Executive Officer and Co-Founder

Before joining InStride Health, John Voith drew from his extensive hands-on experience in health care to drive the vision and execution needed for a paradigm shift in oral healthcare services as the co-founder and CEO of Virtudent. He helped grow Virtudent from a concept to the leading provider of on-site dental care for Fortune 1000 companies in partnership with the largest dental insurance companies.

Voith also served as operator and general manager of athenahealth, focused on improving how doctors connect electronically with each other, their teams and their patients. His leadership helped contribute to the company's growth from \$100 million to over \$1 billion in revenue, transforming it from a virtually unknown company to one of the top three players in its space.

With three children, John understands the vital importance of pediatric mental health. He co-founded InStride Health as part of his commitment to making a tangible, positive difference in the lives of children with anxiety and their families.



James McElhiney

Chief Technical Officer and Co-Founder

James is a technology leader, software engineer and serial entrepreneur with over 30 years of experience. James loves to take great ideas and turn them into working software, systems, teams and companies. He has developed desktop and mobile applications, large-scale client-server systems, internet web applications, services and application programming interfaces for several startups and new businesses.

Prior to InStride Health, he co-founded Corvus Insurance and helped design and develop their customer-friendly digital data platform The CrowBar, which uses artificial intelligence and machine learning to predict and prevent loss. James was the founding CTO at Iora Health, an innovative value-based health care provider that raised over \$120 million in venture funding during his tenure, launching dozens of medical practices throughout the United States and growing the company to 500 employees. Iora Health was acquired by OneMedical in 2021 for \$2.1B. He also co-founded and served as CTO of Gazelle, the leading electronics re-commerce site, winning CNET Best of the Web.

James co-founded InStride to help transform the way traditional care is delivered, helping support children with anxiety and their families when, where and how they need it.