

Saskia Hostetler Lippy, MD

Saskia Hostetler Lippy, MD is a psychiatrist and writer. Selected by her peers as a Top Doctor five times, she focuses on mental wellness and resiliency across the life span. A humanitarian in the broadest sense, she counts herself as an activist in the “movement of all movements” for systemic change, a term coined by nonviolence activist George Lakey.



She is a recent graduate of both the Yale Certificate in Climate Change and Public Health as well as the Climate Reality Leadership Corps. She dedicates 50% of her professional time toward the collective and is working on the diverse issues confronting our society today such as: mental health adaptation to climate change, violence reduction, and human rights.

She is a consultant on an innovation grant from the federal government on the project [Ctrl+Alt+Del-Hate:PDX](#) with Cure Violence Global and Parallel Networks. She collaborates with Physicians for Human Rights and the Northwest Immigrant Rights Project on providing pro bono evaluations for petitioners seeking asylum in the United States of America. She also gives her time to mentoring the next generation of physicians. She has written extensively through [PeaceVoice](#) and is a member of the [TRUST network](#) where she also served as a field reporter in 2021.

In partnership with Oceanites, she is excited to bring the hopeful message of successful adaptation to all generations as we face our climate future together. If penguins can do it, so can we!

She resides in Portland, Oregon with her two children and loves to hike in the forests, beaches, and mountains of the Pacific Northwest. You can learn more about her at [drsaskia.com](#).