

Deepu Varughese George, PhD, LMFT

Associate Professor of Family Medicine
Division Chief of Behavioral Medicine – Department of Family Medicine
Director of Integrated Behavioral Health
University of Texas Rio Grande Valley School of Medicine
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EDUCATION

University of Georgia, Athens, GA

Doctor of Philosophy, 2014

Human Development & Family Science | *Family Therapy*

Montfort College | Bangalore University, Bangalore, Karnataka, India

Master of Science, 2005

Holistic Psychological Counseling | *Family Therapy*

St. Xavier's College, Mumbai, Maharashtra, India

Bachelor of Arts, 2003

Psychology

FELLOWSHIPS / TRAINING

University of Texas Rio Grande Valley, Edinburg, TX

Behavior Analyst Certification Program, 2020

Completed coursework for Board Certified Behavior Analyst (BCBA) license eligibility.

University of North Texas Health Science Center, TCOM Ft. Worth, TX

Academic Medicine Fellowship, 2015

Faculty Development Fellow

University Texas Health Science Center San Antonio, San Antonio, TX

Clinical Safety & Effectiveness, 2015

Quality Improvement and Patient Safety certificate

Duke / Southern Regional Area Health Education Center, Fayetteville, NC

Residency training / Doctoral Internship, 2014

Medical Family Therapy and Integrated Care

ACADEMIC APPOINTMENTS

University of Texas Rio Grande Valley School of Medicine, Rio Grande Valley, TX

Assistant Professor of Family Medicine September, 2015 – April, 2020

Associate Professor of Family Medicine, May 2020 – present

Director of Integrated Behavioral Health, May 2018 – present

Assistant Director of Institute of Bioethics and Social Justice, May 2018 – May 2020

Division Chief of Behavioral Medicine, October 2018 – present

University of Texas Health Science Center at San Antonio, Edinburg, TX

Assistant Professor, July 2014 – August 2015

Department of Family & Community Medicine

Meadows Mental Health Policy Institute (MMHPI), TX

Senior Fellow for Integrated Behavioral Health, April 2018 – July 2018

University of Georgia, Athens, GA

Graduate Research Associate, August 2011 – June 2013

Family & Community Resilience Laboratory

Description: *Worked as a graduate research assistant with Dr. Jay A. Mancini. We focused on Department of Defense and Army funded research. Our projects involved US Military families and communities; Developing community capacity training for Dept. of Defense – Military Community & Family Policy, Policy and Program evaluation for Dept. of Defense JFSAP initiative, and research on youth social relationships and army family life.*

Virginia Tech, Blacksburg, VA

Graduate Research Associate, August 2007 – July 2013

Family & Community Research Laboratory

Description: *Graduate research assistant for Dr. Jay A. Mancini and Dr. Lydia Marek. Our work focused on military family issues, developing community capacity, working with military children, and providing research and technical support for national military support programs (Operation: Military Kids).*

LEADERSHIP POSITIONS

Texas Academy of Family Physicians (TAFP)

Behavioral Health Taskforce; Appointed – January 2019 – September, 2019

Collaborative Family Healthcare Association (CFHA)

Board of Directors; Elected October 2018 – present

Executive Committee member; Appointed October 2019 – present

Primary Care Behavioral Health (PCBH) Special Interest Group, Collaborative Family Healthcare Association (CFHA)

National Co-Chair; Elected December 2017 - 2019

GRANTS AWARDED

1. Primary Care Behavioral Health Implementation

PI: Deepu George

Agency: Social Innovation Fund (SIF) – Corporation for National and Community Service (CNCS), Methodist Healthcare Ministries of South Texas (MHM) & Valley Baptist Legacy Foundation (VBLF)

Period: May 2015 – April 2016; Total amount: \$846,528

Role: PI

2. Primary Care Behavioral Health Implementation

PI: Deepu George

Agency: Social Innovation Fund (SIF) – Corporation for National and Community Service (CNCS), Methodist Healthcare Ministries of South Texas (MHM) & Valley Baptist Legacy Foundation (VBLF)

Period: May 2016 – April 2017; Total amount: \$780,716

Role: PI

3. **Primary Care Behavioral Health Implementation**
 PI: Deepu George
 Agency: Social Innovation Fund (SIF) – Corporation for National and Community Service (CNCS), Methodist Healthcare Ministries of South Texas (MHM) & Valley Baptist Legacy Foundation (VBLF)
 Period: May 2017 – July 2018; Total amount: \$1,628,794
 Role: PI

4. **Primary Care Behavioral Health Implementation**
 PI: Deepu George
 Agency: Social Innovation Fund (SIF) – Corporation for National and Community Service (CNCS), Methodist Healthcare Ministries of South Texas (MHM) & Valley Baptist Legacy Foundation (VBLF)
 Period: August 2018 – July 2019; Total amount: \$2,232,105
 Role: PI

5. **Institute of Neuroscience / Primary Care Behavioral Health expansion**
 Interim PI: Andrew Tsin, PhD
 Agency: Valley Baptist Legacy Foundation (VBLF)
 Period: February 2017 – December 2021; Total amount: \$15,000,000;
 PCBH Specific portion: \$ 414,570
 Role: Subject matter expert for Primary Care Behavioral Health expansion

6. **Primary Care Behavioral Health Sustainability at UTRGV**
 PI: Deepu George
 Agency: Valley Baptist Legacy Foundation (VBLF)
 Period: August 2019 – August 2020; Total amount: \$458,701
 Role: PI

7. **Primary Care Behavioral Health Post-doctoral Fellowship**
 PI: Deepu George
 Agency: Valley Baptist Legacy Foundation (VBLF)
 Period: September 2019 – August 2022; Total amount: \$ 500,000
 Role: PI

8. **Primary Care Behavioral Health Partnerships Advancing & Transforming Health Sciences (PATHS)**
 Co-Investigators: Deepu George, PhD & Curtis Galke, DO
 Agency: Health Resources and Services Administration – *Primary Care Training Enhancement: Integrated Behavioral Health and Primary Care*
 Period: July 2019 – June 2024 Total amount: \$ 2 million
 Role: PCBH Subject Matter expert and Co-Investigator

- 1. Interprofessional Integrated Primary and Behavioral Health**
PI: John Ronnau, PhD
Agency: Health Resources and Service Administration
Proposed Period: July 2021 – June 2024; Total amount: \$ 1.9 million
Role: Co-PI and Primary Care Behavioral Health subject matter expert
- 2. Strengthening Implementation of IBH at UTRGV**
PI: Deepu George
Agency: Methodist Healthcare Ministries of South Texas
Proposed Period: January 2020 – December 2020; Total amount: \$ 272,307
Role: PI
- 3. Re-imagining Evidence-based Sleep Treatment Use in Primary Care (REST UP)**
PI: Deepu George
Agency: The Donaghue Foundation: Greater Value Portfolio
Proposed Period: September 2019 – August 2020; Total amount: \$ 375,000
Role: PI
- 4. Creating Equity for Healthcare in the Rio Grande Valley: Advancing evidence for Integrated Behavioral Health in Primary Care**
PI: John Krouse, MD, PhD
Agency: Robert J. Kleberg Jr. and Helen C. Kleberg Foundation.
Proposed Period: September 2018 – August 2020; Total amount: \$1.9 million
Role: Co-PI and Subject Matter Expert for Integrated Behavioral Health
- 5. Building a Sustainable Model for Health Equity in the Rio Grande Valley: Aligning Clinical, Operational, and Financial Systems**
PI: John Krouse, MD, PhD
Agency: Robert Wood Johnson Foundation (RWJF) Systems for action: Systems and services research for a culture of health
Proposed Period: June 2018 – December 2020; Total amount: \$250,000
Role: Co-Investigator and Subject Matter Expert for Integrated Behavioral Health

6. **Operation: Trust Doc (Training Residents Under Systematic Trials to Develop Observable Competencies)**
 PI: Deepu George
 Agency: Proctor & Gamble Fund – US Higher Education Grant
 Total amount: \$10,000
 Role: PI

7. **Investing in Whole-person care: Advancing Cost-effectiveness Evidence for Integrated Behavioral Health**
 PI: Deepu George
 Agency: The Donaghue Foundation
 Total amount: \$390,000
 Role: PI

8. **Collaborative Approaches to Well-Being in Rural Communities**
 PI: Joe Gonzalez & Behavioral Health Solutions of South Texas
 Agency: Hogg Foundation for Mental Health
 Role: Co-investigator and community partner representing UT Health RGV

9. **Promoting Reproductive Health Among Hispanic by Addressing Psychosocial/Behavioral Risk Factors through Integrated Behavioral Health**
 PI: Candace Robledo
 Agency: Robert Wood Johnson Foundation (RWJF)
 Proposed Period: September 2018 – December 2021; Total amount: \$990,194
 Role: Co-Investigator

PUBLICATIONS

- Sandoval, A., **George, D.**, Gonzalez, J., Escobedo, M., & Sandoval, A. (2017). *Integrated Care Curriculum: An Educational Journey of Disease State Management*. Ambulatory Care Survival Guide (4th Edition).
- Martin, M., Teasley, D., & **George, D.** (2015). Integrated care and the AHEC mission. *Journal of the National AHEC Organization*, 31, 15-18.
- George, D.**, & Hughey, R. (2014). Aesthetics of change. *Families, Systems, & Health*, 32(4), 436-438.
- Stinson, M., **George, D.**, McCoy, M. A., Hjelmstead, L. R., Mennenga, K. D., Bermudez, M. J. (2013). Finding your cadence: Introducing the dynamic developmental framework of supervision. *Journal of Systemic Therapies*, 32(4), 19-32.
- Mancini, J. A., **George, D. V.**, Jorgensen, B. L. (2010). Relational tourism: Observations on families and travel. In M. Uysal, R. Perdue, M. J. Sirgy (Eds.), *Handbook of Tourism and Quality of Life Research*, NY: Springer.

1. **George, D.** (December 2019). *Uncovering the unseen: Introducing importance of ethnography in integrated behavioral health impact evaluations*. Invited paper to be presented at Society for Teacher's in Family Medicine's Annual Conference on Practice & Quality Improvement, Phoenix, AZ.
2. **George, D.** (October 2019). *The Primary Care Behavioral Health model: Implications for inter-professional work and application of Behavioral Medicine in primary care*. Invited workshop to be presented to University of Texas Rio Grande Valley School of Medicine's Area Health Education Center's (AHEC) inter-professional scholars program, San Carlos, TX.
3. **George, D., & Figueroa, A.** (September 2019). *Integrated Behavioral Health: Improving access, reducing stigma, one consult at a time*. Invited talk for UT Health RGV Area Health Education training series for Community Health Workers / Promotoras. Brownsville, TX.
4. Aguilar, C., **George, D.**, Novi, J., & Sanders, Z., (August 2019). *Previewing the Primary Care Behavioral Health Toolbox: A sample of the tips and tricks to grow and innovate your practice*. Invited Webinar presented on behalf of the Primary Care Behavioral Health (PCBH) Special Interest Group for Collaborative Family Healthcare Association (CFHA).
5. **George, D.** (August 2019). *Integrated Behavioral Health at UT Health RGV: Improving access, reducing stigma and shifting to whole-person care*. Invited presentation by Executive Vice President of Division of Health Affairs and Dean of School of Medicine's office for the Inaugural University of Texas Rio Grande Valley Division of Health Affairs Convocation, Edinburg, TX.
6. **George, D.** (September 2019). *Thriving in the midst of crisis: Reflections on community resilience*. Invited talk for the Institute of Bioethics and Social Justice at the University of Texas Rio Grande Valley, School of Medicine. Edinburg, TX.
7. **George, D.**, Saunders, S., & Hinojosa, M. (September 2019). *I am not a mental health professional. How can I help?*. Invited presentation at the "Building Healthier Communities: It's time Texas Workshop Series". McAllen, TX.
8. Guzman, M., **George, D.**, Varon, M., Gonzalez, R. (July 2019). *Diabetes Prevention Program Coaches Training*. Invited presentation to Community Health Workers on behalf of Meadows Mental Health Policy Institute's project. Weslaco, TX.
9. **George, D.** (July 2019). *Primary Care and Behavioral Health Integration: Mechanisms of Action*. Invited presentation to primary care clinic partners affiliated with University of Texas Houston School of Public Health, Brownsville, TX.
10. **George, D.** (May 2019). *Integrated Behavioral Health: Reducing stigma, increasing access, and shifting perspectives*. Invited presentation presented at the Neuroscience Research Seminar at the Institute of Neuroscience at University of Texas Rio Grande Valley and University of Texas Health Rio Grande Valley, Harlingen, TX.
11. **George, D.** (February 2019). *The Primary Care Behavioral Health Model: An orientation for*

- providers and the medical team.* Invited orientation workshop at Rio Grande Valley Accountable Care Organization, Weslaco, TX.
12. **George, D.** (February 2019). *Behavioral Health “Transformation”: Integrated Behavioral Health strategies.* Invited talk presented to Board of Directors of Behavioral Health Solutions of South Texas Retreat, South Padre Island, TX.
 13. **George, D.** (September 2018). *An introduction to the Primary Care Behavioral Health Model.* Invited talk presented to the Department of Human Development and School Services at University of Texas Rio Grande Valley Retreat, South Padre Island, TX.
 14. **George, D.** (August 2018). *The Primary Care Behavioral Health Model and Women’s Health: Clinic orientation for Ob/Gyn Residency program.* Invited 3-hour workshop for the University of Texas Rio Grande Valley School of Medicine’s Department of Obstetrics and Gynecology Residency Program, McAllen, TX.
 15. **George, D.** (June 2018). *Primary Care Behavioral Health: Past, present, and future.* Invited presentation at the “Clinical aspects of Integrated Primary Care Behavioral Health” for Program for the Integrated Training of Counselors in Healthcare (PITCH) Summer 2018 Workshop. San Antonio, TX.
 16. **George, D.,** Davis, N., Salazar, V., & Fahey, J. (April 2018). *Increasing Access and Reducing Stigma: Integrated Behavioral Health at a Family Medicine Residency Program.* Invited pre-conference institute at the Society for Behavioral Medicine Annual Conference, New Orleans, LA.
 17. Stinson, M., **George, D.,** & Meyer, A. (October 2017). *Becoming a systemic digital therapist: Using Behavioral Intervention Technology in Marriage and Family Therapy.* 5 hour pre-conference Institute presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Atlanta, GA.
 18. Meyer, A., Stinson, M., **George, D.,** & Templeton, B. (October 2017). *Bringing two worlds: MFTs and Pediatric Oncology.* Medical Family Therapy Track – Invited group presentation presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Atlanta, GA.
 19. Grauf-Grounds, C., **George, D.,** Hodgson, J. (October 2017). *Advocacy Skills Needed in Promoting MFT Jobs in Healthcare Settings.* Medical Family Therapy Track – Invited group presentation presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Atlanta, GA.
 20. **George, D.** & Davis, N. (September 2017). *Increasing Access and Reducing Stigma: Integrated Behavioral Health at a Family Medicine Residency Program.* Invited presentation at Meadows Mental Health Policy Institute’s 2nd Annual Engage & Excel Conference, Austin, TX.
 21. **George, D.** (August 2017). *Primary Care Behavioral Health: Strengthening Primary Care, Increasing Population Health, and Shifting perspectives one consult at a time.* Plenary talk at the University of Texas Rio Grande Valley School of Medicine’s Inaugural Research Symposium, Edinburg, TX.
 22. **George, D.** (April, 2017). *Behavioral and Psychosocial Factors in Obesity and Diabetes: Practical Tools and Tips for Clinicians.* CME presentation at the annual Juntos for Better Health Conference for UTRGV School of Medicine, McAllen Convention Center, McAllen, TX.
 23. **George, D.** (August, 2016). *Primary Care Behavioral Health: Shifting perspectives 1 consult at a time.* Paper presented at Methodist Healthcare Ministries of South Texas (MHM)

- Safety Net Summit, San Antonio, TX.
24. **George, D.**, Rucker, R., & LoCaste-Wilkin, B. (June, 2016). *Becoming a digital therapist: Behavioral Intervention Technologies (BITs) in psychotherapy*. Workshop presented at Houston Behavioral Health Hospital for local psychotherapists, Houston, TX.
 25. **George, D.** (May, 2016). *Mindful and value-driven: Psychological flexibility for difficult conversation*. Paper presented at the 8th Annual Texas College of Osteopathic Medicine Educational Conclave – UNT Health Science Center, Fort Worth, TX.
 26. **George, D.**, Ogbeide, S. (March, 2016). *Primary care behavioral health model: Changing practice one consult at a time*. Grand rounds presented at University of Texas Health Science Center at San Antonio’s Family & Community medicine’s grand rounds, San Antonio, TX.
 27. **George, D.**, & Vera, M. (January, 2016). *Social Innovation Fund (SIF) national summit report to Si: Texas sub-grantees*. Reflections presented at the Methodist Healthcare Ministries of South Texas (MHM) - Social Innovations for a Healthy South Texas (Si: Texas) Learning Collaborative, Brownsville, TX.
 28. Gonzalez-Wright, M., & **George, D.** (January, 2016). *Incorporating quality improvement in the implementation of Primary Care Behavioral Health model at two family medicine residency clinics*. Paper presented at Methodist Healthcare Ministries of South Texas (MHM) - Social Innovations for a Healthy South Texas (Si: Texas) Learning Collaborative, Brownsville, TX.
 29. **George, D.** (December, 2015). *Primary care behavioral health: Changing practice one consult at a time*. Paper presented at the 1st Annual UTRGV School of Medicine’s South Texas Integrated Team Collaborative for Health (STITCH) symposium – Inter-professional education and practice in the Rio Grande Valley: Challenges and opportunities, Edinburg, TX.
 30. **George, D.** (September, 2015). *Primary care behavioral health at UTRGV School of Medicine*.
 - a. Poster presented at the National Convening of the Corporation for National Community Services (CNCS) Social Innovation Fund (SIF) sub-grantees at the White House, Washington, DC.
 31. **George, D.** (April, 2015). *“In the end, it’s all about relationships”*: The social organizational framework for community capacity. Paper presented at the University of Texas Pan American MORE Health conference, Edinburg, TX.

PEER REVIEWED PRESENTATIONS

1. Hernandez, M., Garcia, E., Varon, M., Sandoval, A., & **George, D.**, (October 2019). *The border of change: Evaluating the impact of the Primary Care Behavioral Health (PCBH) model in a predominantly Latino population*. Research paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Denver, CO.
2. Polaha, J., Highsmith, M., Lusenhop, W., Sandoval, A. & **George, D.**, (October 2019). *Clinician evaluators: Take your mark*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Denver, Co.
3. Lawrence, T., **George, D.**, Zubatsky, M., & Oliveira, J. (October 2019). *Putting the “Family” back into Family Medicine resident education: Four pragmatic methods*.

- Workshop presented at the Annual National Conference of the Collaborative Family Healthcare Association, Denver, CO.
4. Aguilar, C., Novi, J., Sanders, Z., Baker, M., Houston, B. & **George, D.**, (October 2019). *Primary Care Behavioral Health Toolbox: Tips and tricks to grow and innovate your practice*. Workshop presented at the Annual National Conference of the Collaborative Family Healthcare Association, Denver, CO.
 5. Harsh, J., **George, D.**, & Zubatsky, M. (August 2019). *Motivational Interviewing Boot Camp*. 3-hour workshop presented at the Annual National Conference of American Association of Marriage and Family Therapy, Austin, TX.
 6. **George, D.**, Ogbeide, S., Garcia, S., & Si Texas (October 2018). *Tracking and serving the vulnerable: Integrated Behavioral Health research in the Texas-Mexico border*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Rochester, NY.
 7. Robinson, P., **George, D.**, & Hodgson, J. (October 2018). *The role of Family in the Primary Care Behavioral Health Model*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Rochester, NY.
 8. Ogbeide, S., Ruddy, N., Winford, E., Blaney, C., & **George, D.**, (October 2018). *Codeswitching for behavioral health providers: Prioritizing training in Primary Care*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Rochester, NY.
 9. Stinson, M., Meyer, A., & **George, D.**, (October 2017). *Becoming a Digital Systemic Therapist: Behavioral Intervention Technology (BITS) in Family Therapy*. 5- Hour Pre-conference Institute Presented at the Annual National Conference of American Association of Marriage and Family Therapy, Atlanta, GA.
 10. **George, D.**, Ogbeide, S., Garcia, S., & Si Texas (October 2017). *Tale of 8 Cities Continued: Preliminary Results from Evaluating Integrated Behavioral Health*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Houston, TX.
 11. Vega, R., **George, D.**, Galke, C., & Garcia, E., (October 2017). *Beyond the Veil of Numbers: Introducing Ethnographic Tools in PCBH Impact Evaluation*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Houston, TX.
 12. **George, D.**, Sandoval, A., Allison, L., & Wood, J. (May 2017). *The illness experience: An inter-professional experiential curriculum for Chronic Disease*. Paper to be presented at the Annual National Conference of the Society for Teachers in Family Medicine, San Diego, CA.
 13. Kanzler, K., Goodie, J., Nicolas, M., Aikens, J., & **George, D.**, (March 2017). *Expanding horizons of research in Primary Care: Challenges, lessons learned and future directions*. Paper presented at the Annual National Conference of the Society for Behavioral Medicine, San Diego, CA.
 14. **George, D.**, Bonura, E., Gonzalez-Wright, M., Allison, L., Galke, C., Ogbeide, S. (October 2016). *Evaluating integrated behavioral health: A tale of 9 cities*. Paper presented at the Annual National Conference of the Collaborative Family Healthcare Association, Charlotte, NC.
 15. **George, D.**, Stinson, M., Allison, L., & Meyer, A. (September 2016). *Acceptance and commitment therapy: A primer for MFT's*. Pre-conference institute (5 hours) paper

- to be presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Indianapolis, IN.
16. Zubastsky, M., **George, D.**, & Stinson, M. (September 2016). *Being the difference: Exploring MFT's roles in healthcare and medicine*. Paper to be presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Indianapolis, IN.
 17. Athyal, V., & **George, D.** (May 2016). *Rallying the troops: Team-building activities for residency programs*. Roundtable presented at the Annual Society for Teachers in Family Medicine conference, Minneapolis, MN.
 18. **George, D.**, Allison, L., Stinson, M., Livingston, S., Martin, M., Smith, M. (September 2015). *Family medicine and family therapy: A necessary unity*. Pre-conference institute (5 hours) paper presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Austin, TX.
 19. Stinson, M., Meyer, A., **George, D.** (September 2015). *Becoming a systemic digital therapist: Using behavioral intervention technologies (BITs) in MFT*. Workshop / paper (3 hours) paper presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Austin, TX.
 20. **George, D.**, & Martin, M. (April 2015). *Exploring physician resilience: A conversation*.
 - a. Roundtable presented at the Annual Society for Teachers in Family Medicine conference, Orlando, FL.
 21. **George, D.**, & Cruz, O. (February 2015). *The biopsychosocial, cultural, spiritual model*. Workshop presented at Hispanic Heart Health Promoters Border conference, Edinburg, TX.
 22. **George, D.** (February, 2015). *Integrated behavioral health: Strategies for integrated health*. Paper presented at the 21st Annual SPI Counselor's Institute from Tip of Texas Counseling Association, South Padre Island, TX.
 23. Hannah, S., Stinson, M., & **George, D.** (February, 2015). *Relational neuroscience in marriage and family therapy*. Paper presented at the Annual National Conference of the American Association of Marriage and Family Therapy, Milwaukee, WI.

FACULTY, RESIDENCY AND MEDICAL STUDENT DEVELOPMENT LECTURES

Behavioral Science lectures for Family Medicine Residents

Description: All family medicine residents receive lectures / didactics focused on application of behavioral medicine skills in primary care. In addition to non-pharmacological, behavioral interventions for a broad range of mental and physical health illnesses in primary care, didactic sessions also cover topics such as family dynamics and systems in healthcare engagement, implicit bias, reflective writing and narrative medicine, end of life care, cognitive behavioral therapy for primary care providers, and related topics on public health. Since 2014, I have prepared and delivered over 40 core lectures, multiple times to residents and medical students.

Sample of topics for lecture:

<i>Family Systems and family</i>	<i>Depression in primary care</i>	<i>Behavioral Medicine</i>
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<i>consultation</i>		<i>interventions for obesity</i>
<i>Tobacco cessation in primary care</i>	<i>Anxiety management in primary care</i>	<i>Behavioral Medicine for chronic pain</i>
<i>Patient centered interviewing and observation</i>	<i>The biopsychosocial model</i>	<i>Recognizing personal bias: Implicit bias in medicine</i>
<i>Narrative Medicine: The 55 word story technique</i>	<i>Mindfulness interventions in primary care</i>	<i>Real behavior change in primary care lecture series</i>
<i>Social determinants of health</i>	<i>Mental Status Exam and its use in primary care</i>	<i>Impact of family dynamics on healthcare</i>

Faculty Development Workshops for Family Medicine

Description: Faculty development sessions are targeted lectures or workshops focused on improving educational, personal, and professional development for all faculty. These lectures range from orienting the faculty to Accreditation Council on Graduate Medical Education (ACGME) related requirements, evidence-based assessment to personal wellbeing. Since 2014, in my role as Co-Chair of Clinical Competency Committee and behavioral medicine faculty, I have delivered several lectures, workshops, and solutions for the residency.

Lectures / workshops completed:

1. Vision, Mission, and Values of UTRGV-DHR Family medicine residency program
2. Introduction and orientation to the Clinical Competency Committee for family medicine
3. Entrustable professional activities for Family Medicine
4. Providing feedback
5. Turning your assessment tools into ACGME reporting gold
6. Mindfulness for wellness
7. Appreciative Inquiry

Primary Care Behavioral Health Orientation Lectures

Description: Since 2014, each class receives a customized orientation to the residency in general and how integrated behavioral health is a core component of their 3 year education. In addition to each resident class, 3rd year medical students as part of the pre-clerkship lectures receive an orientation to the Primary care behavioral health model. Lecture emphasizes population health, the public health importance of behavioral health integration, inter-professional dimensions of working as a team, and specific skills required of medical providers to enhance collaboration to improve patient and relationship centered care.

PROFESSIONAL DEVELOPMENT

Integrated Care and Medical Family Therapy, June 2019

Institute for the Family at the University of Rochester Medical Center, June

Description: The Medical Family Therapy intensive is a 1-week inter-disciplinary training that blends

clinical presentations, small group learning, and skill development. Dr. Susan McDaniel, former president of American Psychological Association and one of the pioneering authors of Medical Family Therapy served as a lead faculty and facilitated the small group learning session in my assigned group.

Mental Health Provider Diabetes Education Program, August 2018

American Diabetes Association and the American Psychological Association

Description: The American Diabetes Association and the American Psychological Association developed a two-part continuing education program about diabetes for licensed mental health providers. The coursework which included a 2-day intensive live training with additional online modules to identify mental health issues associated with diabetes and how to treat them. The course consisted of 12CE credits.

Behavioral Health Consultant Competency Training, May 2018

Dr. Kent Corso & Dr. Lana Kale – NCR Behavioral Health and Department of Defense

Description: The 4-day intensive workshop training focused on developing targeted Behavioral Health Consultant (BHC) competencies and expert trainer ratings on the BHC Core Competency Tool after live observations of clinical encounters. Dr. Corso and Dr. Kale also provided training for “Train the Trainer” to develop UTRGV specific training process.

The Primary Care Behavioral Health Model training, October 2015 – October 2017

Dr. Kirk Strosahl and Dr. Patricia Robinson – Mountainview Consulting Group

Description: Dr. Strosahl and Dr. Robinson, the founders of the Primary Care Behavioral Health (PCBH) model maintained a two year technical assistance contract to help design and implement the PCBH model at UTRGV. In addition to orientation to the model and training in specific clinical competencies, the two year training which resulted in three, 4-day intensive training sessions focused on preparing the PCBH implementation team at UTRGV for research, education, clinical, operational, financial, and strategic challenges.

Balint Intensive Training, 2015

The American Balint Society, Portland, OR

Description: The American Baling Society hosts 2 Balint intensives every year to train individuals in medical education settings as Balint leaders. Balint is a curricular, experiential learning method that increases self-awareness, empathy, and addresses competencies of professionalism and interpersonal skills.

Acceptance and Commitment Therapy (ACT) Boot Camp, 2015

Praxis Training International, Raleigh, NC

Description: The 4 day boot camp focused on training mental health providers in basic concepts of ACT. Training sessions conducted by developers and leaders in ACT including Dr. Steven Hayes.

CREATIVE WORKS

The Integrated Care Podcast: January 2018 to present

Description: The integrated care podcast is an international podcast that focuses on topics, trends, clinical insights, policy and other dimensions of integrated care. The multi-disciplinary podcast is

an official production of the Collaborative Family Healthcare Association. Each month focuses on a theme and our audience consists of physicians, therapists, educators, policy experts, financial experts and have listeners from Canada, Europe, and the United States.

Link: <https://www.integratedcarenews.com/podcast/>

SUBJECT MATTER EXPERTISE CONSULTING

Meadows Mental Health Policy Institute: April 2018

Description: Served as an Integrated Behavioral Health Subject Matter Expert for Meadows Mental Health Policy Institute’s (MMHPI) site visit to evaluate University of Texas Health Austin’s Integrated Practice Unit. Tasks included interviews with medical, behavioral health, operational, and leadership personnel and developing a report in collaboration with MMHPI.

**Integrated Behavioral Health / Primary Care Behavioral Health:
January 2016 – present**

Description: With 5 years of experience in clinical, operational, and implementation of the PCBH model, I provide expert guidance for organizations regarding aspects of Integrated Behavioral Health guidance. Along with working with Meadows Mental Health Policy Institute on other projects, I have presented on the PCBH model to University of Texas Houston School of Public Health, Rio Grande Valley Accountable Care Organization, College of Education and P-16 Integration at UTRGV, and other community groups.

UNIVERSITY SERVICE

Date	Activity	Role
October 2018 to April 2019	UT Health RGV Search Committee for Chair of Psychiatry: <i>Appointed by Dean to serve as a search committee member</i>	Search Committee Member
October 2018 to April 2019	UT Health RGV Search Committee for Chair of Neurology: <i>Appointed by Dean to serve as a search committee member</i>	Search Committee Member
July 2018 to present	UTRGV School of Medicine Tenure & Promotion Committee	Committee Member
January 2018 to present	UTRGV School of Medicine Medical Student Evaluation and Promotion Committee (MSEPC)	Committee member
May 2018 to present	Involved in assisting in development of Institute of Bioethics and Social Justice at UTRGV School of Medicine	Appointed as Assistant Director
May 2018 to present	Lead Behavioral Medicine initiatives for the Department of Family Medicine	Division Chief
May 2018 to July 2018	Strategic planning focused on SMART goals for Research focus of the School of Medicine Strategic plan	Appointed as team member

	as per feedback from Liaison Committee on Medical Education (LCME)	
September 2018 to present	Work closely with UT Health RGV operational and financial teams to successfully implement and scale integrated behavioral health services as part of UT Health RGV brand.	Director of Integrated Behavioral Health
August 2017 to present	Medical Student Evaluation and Promotion Committee (MSPEPC)	Committee member
December 2017 to January 2018	Participated in a special committee that comprised of Junior Faculty at the School of Medicine to speak to mentoring, promotion and tenure, and other aspects of faculty life to the LCME	Appointed as a Junior Faculty committee member
October 2015 to present	UT-RGV DHR Family Medicine Residency Program Clinical Competency Committee (CCC): <i>Serves as a facilitator of bi-annual CCC meetings to review resident progress, compiles final report for Program Director, assists program faculty with issues of evaluations, learner assessment, and feedback.</i>	CCC Committee co-Chair
February 2017 to January 2018	UT-RGV - DHR Family Medicine Residency Program Patient-Centered Medical Home (PCMH) Quality Improvement Committee: <i>Reviews updates on implementation of PCMH and manages quality improvement projects.</i>	Co-chair
January 2016 to December 2017	UT-RGV - DHR Affiliation agreement participant: <i>Part of group discussions on affiliation agreement between UTRGV and DHR.</i>	Research Committee Member
July 2015	Team building for Family Health Center staff: <i>full day training for all staff on team building and collaboration through experiential activity and discussions</i>	Facilitator
October 2014	Vision, Mission, and Values for UTRGV DHR Family Medicine Residency: <i>Led a 2 day workshop using experiential activities for team building to develop mission, vision, and values for the residency program. Group included faculty physicians, medical assistants, and members of the clinical and educational team.</i>	Facilitator
September 2014 to December 2014	Liaison Committee for Medical Education (LCME) member on Medical students committee, University of Texas Rio-Grande Valley, School of Medicine: <i>provided review, expert comments, and worked with group members on preliminary data collection and SWOT assessment for the new policies and procedures for UT- RGV School of Medicine. Specifically, I worked on reviewing and providing suggestions on providing health, personal counseling, and psychiatric services for medical students.</i>	Committee member

PROFESSIONAL SERVICE

Date	Organization & Activity	Role
January 2019 to August 2019	Texas Academy of Family Physicians (TAFP) Behavioral Health Taskforce: <i>Appointed to advise TAFP strategies for Integrated Behavioral Health improvement in Texas</i>	Appointed Taskforce Member
October 2018 to present	Collaborative Family Healthcare Association (CFHA): <i>Premier national organization to advance integrated care. Serving as a member of the Board of Directors, an elected position with a 3-year term.</i>	Elected member of national Board of Directors
December 2017 to present	Primary Care Behavioral Health (PCBH) Special Interest Group (SIG) national co-chair: <i>Leads national efforts for PCBH community of CFHA.</i>	Elected as the National Co- Chair
May 2016 to December 2018	Contextual Medicine Special Interest Group - Association for Contextual Behavioral Science (ACBS): <i>A sub-group of ACBS that focuses on application of ACT to biomedical concerns and medical education.</i>	International Committee's Member at Large
June 2010 - July 2011	Virginia Tech Board of Visitors: Graduate student representative. <i>Served as a Graduate student representative to the Board of Visitors, a body appointed by the Governor of Virginia to lead and support the University's mission. Specifically, I represented graduate student challenges ranging from diversity, child care, health care, and collaborated closely with the undergraduate representative to create a strategic diversity plan for the study body.</i>	Elected as Graduate Representative

COMMUNITY SERVICE

Date	Organization & Activity	Role
April 2016 to February 2019	Medical Integration Sub-Committee: <i>A sub-group of Unidos Contra Diabetes (UCD), a multi-site initiative to reduce risk of diabetes in the Rio Grande Valley.</i>	Committee Member

March 2016 to January 2018	Doctors Hospital at Renaissance Ethics Committee member: <i>Serve as a member of an inter-disciplinary advisory panel to issues of ethics in patient care at the hospital.</i>	Committee member
May 2017 to December 2017	Worked with the Diocese of West Texas's Vital Youth ministries to support, fund raise, and guide the work for Rio Grande Valley based college campuses.	Appointed committee member by the Bishop
January 2019 to July 2019	Provided a 4 lectures across the Rio Grande Valley on Integrated Behavioral Health as part of a series of talks aimed to address the Opioid epidemic. All lectures were held in community sites operated by UT Health Rio Grande Valley Area Health Education centers.	Invited speaker and subject matter expert

CURRICULUM DEVELOPMENT

The Primary Care Behavioral Health Partnerships Advancing and Transforming Health Sciences (PCBH PATHS): A University of Texas Rio Grande Valley initiative, July 2019 – June 2024

Learners	<i>Family, Internal, Obstetrics and Gynecology residents, Family Nurse Practitioner and Physician Assistant students, Medical students, All mental health masters level students at UTRGV opting into an integrated behavioral health pathway, faculty physicians and mental health providers, and eventually community health-care providers.</i>
Focus	<i>PCBH PATHS is Health Services Resource Administration (HRSA) funded 5 year grant focused on enhancing primary care training with a triple foci: advancing behavioral health integration training for primary care learners, addressing provider / clinician wellness, and enhancing capacity to tackle Opioid Use Disorders through Medication Assisted Treatment. At UTRGV, the focus is to permanently augment our institutional capacity to provide Primary Care Behavioral Health (PCBH) model based education to all learners in health and mental health professions. The medical learners and mental health learners across campus will be eligible to receive a specialized certificate at the end of their training, which will be approved by year four of the current project. In addition to the PCBH model and core behavioral medicine (non-pharmacological interventions for health and mental health issues in primary care) skills, specific modules address pharmacotherapy for addictive (alcohol, nicotine, opioid, and substances) disorders and mental health disorders in primary care. The curriculum will also have core modules addressing psychological well-being for clinicians.</i>
Format	<i>Through a combination of high-fidelity online training, multiple opportunities designed for direct-clinical practice based rotations, and a regular access to national sites practicing high fidelity integrated behavioral health through Arizona State University's ECHO project, the curriculum is designed to seamlessly integrate into existing curricular pathways of each learner. All department faculty leads will meet with project leadership to select appropriate level of courses to be integrated into their current plan of study to facilitate easy integration of PCBH PATHS into their programs.</i>

The Primary Care Behavioral Health (PCBH) and Integrated Care Rotation, November July 2018 – present

Learners	<i>Family Medicine Residents, Behavioral Health clinicians, Social Work Interns, Pharmacy students, Medical students (3rd and 4th year students), and OB/GYN residents (rotating through family medicine)</i>
Focus	<i>This longitudinal, developmental clinical rotation focuses on training residents in 4 basic domains: The evidence base for Primary Care Behavioral Health (PCBH) model of behavioral health integration, core behavioral medicine applications in primary care, principles and strategies for Trauma Informed Care and building personal awareness through reflective writing on topics such as cultural humility, making mistakes in medicine, and gender-related bias and awareness. Each year, the resident reads scientific articles in each areas and applies the knowledge of the model and core clinical skills to every day primary care patients. Residents demonstrating advanced interests and clinical skills will get further training in contextual behavioral science and application of evidence-based Acceptance and Commitment Therapy (ACT) framework to primary care challenges.</i>
Format	<i>The rotation is a clinical rotation, in which residents are expected to learn primary care-focused contextual behavioral interviewing, familiarize and know common evidence-based behavioral medicine interventions appropriate for primary care, complete over 40 behavioral health consultation in primary care across the three years, and be able to work as a functional behavioral health consultant for most behavioral health needs emerging from daily clinical needs. Residents are evaluated on their developing medical knowledge and application skills for behavioral medicine interventions, ability to complete a rapid behavioral health assessment, complete a primary care consistent follow-up visit and general professional, documentation, clinical, and administrative roles as a behavioral health consultant. First year residents do the PCBH and integrated care rotation for 4 weeks, with several days assigned to clinic as behavioral health consultant. Second and third year residents are assigned a continuity clinic day where they function as a behavioral health consultant twice very two weeks. This ensures continuous skill-building and acquisition of PCBH competencies throughout their residency training.</i>

Integrated Care Curriculum (ICC) Rotation March 2015 – June 2018

Learners	<i>Family Medicine Residents PGY1, PGY2, PGY3</i>
Focus	<i>Behavioral Medicine skills(Primary Care Behavioral Health Integration), Community Medicine (social determinants of health, addiction, mental health care), Health Literacy, Inter-professional care, Quality improvement and Self-of-the-Physician (burnout and resilience), and Chronic Disease management (in collaboration with PharmD)</i>

Format *1 month long rotation every year; in clinic collaboration and observation. PGY2s and 3s are expected to demonstrate and practice PCBH skills in clinic and act as behavioral health consultants. All complete community rotations, implement health literacy lessons, and join or lead a QI project. Residents also complete a pre and post test with knowledge focused on behavioral medicine skills for chronic disease management along with established guidelines for treatment of chronic disease (such as ADA, AACE, JNC8 etc.,). They also complete an illness experience where they live as a patient with the chronic disease – adopting recommended guidelines for physical activity, diet, and medications (simulated).*

Behavioral Science Curriculum for Family Medicine, March 2015 – June 2018

Learners *Family Medicine Residents PGY1, PGY2, PGY3*
Focus *Necessary behavioral medicine and applied psychosocial medicine topics and skills for patient care, humanities in medicine, doctoring skills, mental health, self-care and self-reflection (Balint Groups), professionalism, Interview skills, family systems and family dynamics, and brief interventions in primary care.*
Format *2 hour didactic experience every Friday using a variety of mediums such as lectures, documentaries, reading lists, experiential exercises, problem based learning, podcasts. Residents will also get periodic assessments and quizzes to better evaluate learning.*

PROFESSIONAL ORGANIZATION MEMBERSHIPS

Society for Teachers in Family Medicine (STFM)

- *Behavioral Science and Family Systems Educators Group*
- *Faculty Development Group*

Association for Contextual Behavioral Science (ACBS)

- *Special Interest Group: Contextual Medicine*

Collaborative Family Healthcare Association (CFHA)

- *Special Interest Group: Primary Care Behavioral Health (PCBH)*

American Association of Marriage and Family Therapists (AAMFT)

- *Medical family therapy*

Behavioral Science Consortium of Texas (BSCOT)

Residency Research Network of Texas (RRNet)