

# Arlene Betancourt, MD

## FACULTY APPOINTMENTS, LEADERSHIP POSITIONS AND OTHER EXPERIENCE

### **UT Southwestern Medical Center Assistant Professor and Medical Director Department of Physician Assistant Studies Assistant Professor, Division of General Internal Medicine**

June 2023 - present

- Individual and group mentoring for physician assistant students
  - Improved academic performance among didactic and clinical students
- Design and implementation of professional and leadership development series
  - Mind-body framework
  - Novel shame resilience curricula
- Designing and facilitating mind-body experiential learning for students and faculty
  - Positive Psychology
  - Forest Bathing
  - Centering activities
- Curricular development and redesign, including integrative approaches
- Member of School of Health Professions Committee for Student Empowerment (formerly DEI)
  - Faculty Advisor for Hispanic Students Organization
- Course Director for didactic and clinical Psychiatry Courses

### **UT Southwestern Medical Center Adjunct Assistant Professor of Internal Medicine and Integrative Medicine in Residency Faculty Leader**

November 2020 - June 2023

## EXPERTISE

Integrative Medicine

Lifestyle / Prevention

Internal Medicine

Positive Psychology

Employee Health

Workplace Well-being

Cardiometabolic Disease

200 hr - RYT

## SKILLS

Transformational Leadership

Innovation

Strategy and Implementation

Value-based healthcare

Content Creator

Teaching and Mentoring

Board Presentations

- UA AWCIM Integrative Medicine in Residency Multidisciplinary Program - Faculty Leader and Mentor
- Active in Internal Medicine Residency Applicant Interviews
- Medical Director leadership and clinical roles at Parkland Integrated Pain Healing Center and Employee Health - 2018-22

## **UT Southwestern Medical Center Assistant Professor of Internal Medicine**

January 2017- June 2020

- Designed and delivered workshops on Positive Psychology and Mindfulness for our community
- Guest speaker at UTSW Preventive Cardiology lecture series: Mindfulness and the Heart (12/2018) - resulted in a mindfulness workshop series for patients and employees
- Faculty mentor for University of Arizona Integrative Medicine in Residency program for UTSW Internal Medicine and Med Peds residents since 2018
- Teaching and mentoring residents and other members of our multidisciplinary community: care coordination, integration of Western and evidence-based complementary modalities, social determinants of health, need for primary care transformation, patient-centered medical home.
- May 2018- Nominated for the UT Southwestern Advanced Practice Provider Champion for 2017.
- January 2017- October 2019- Provided direct, comprehensive care to adult patients with complex medical problems in a fast-paced academic setting.
- Medical Director leadership and clinical roles at Parkland Center for Internal Medicine and Integrated Pain Healing Center - 2018-22

### **EXTRACURRICULAR**

Yoga - 750+ hours

Nutrition and Cooking

Fitness

### **LANGUAGES**

English & Spanish

## **University of Arizona Andrew Weil Center for Integrative Medicine Integrative Medicine in Residency Faculty Advisor and Fellowship Mentor**

October 2018- present

- Integrative Medicine in Residency Faculty Leader for UT Southwestern Internal Medicine and Med Peds programs since 2018
- Established first multidisciplinary Integrative Medicine in Residency in collaboration with Parkland Pharmacy, UTSW and

UA AWCIM - 2021

- Integrative Medicine in Residency - Teaching Scholar Award  
March 2022
- Various national presentations to leadership collaborative

## **Parkland Employee Health Integration Medical Director**

July 2020- May 2022

Led Parkland Employee Health transformation into an outcomes-based practice by providing whole-person, relationship-based care to patients/employees.

- Designed and implemented integrated behavioral health and clinical pharmacy services to address the intersection of health disparities, mental health, chronic pain and cardiometabolic disease in healthcare workers.
- Designed and implemented new diabetes and cardiovascular outcomes initiatives to optimize treatments known to reduce cardiovascular risk in patients with diabetes: GLP-1 utilization in Diabetes and CAD improved from 8 to 17.5% in first year
- Cross-cultural and multidisciplinary collaborations to promote improved care coordination, mental health, and sense of belonging in our community.
- Designed and delivered virtual workshops on mindfulness and wellness and multimedia presentations for Parkland
- Achieved NCQA's PCMH recertification (2021 and 2022).
- National and Regional Oral Presentations: Epic Webinar (6/2020), Integrative Medicine for the Underserved (9/2021 and 10/2022), SGIM Southern Regional Meeting (2/2022), SGIM National Presentation (4/2022)
- Received Inaugural Integrative Medicine in Residency Teaching Scholar Award - March 2022

## **Parkland Integrated Pain Healing Center - Physician Founder and Medical Director**

October 2018- February 2022

- Established in October 2019 after one year of direct contributions to clinic design and implementation including expert advice for charter content, presentation to executive leadership for final approval, interviewing and recruitment of staff, development of workflows, direct patient care and collaboration with multidisciplinary specialties including Hematology, Palliative, Anesthesia, PM&R

- Patient experience designed to deliver a whole person approach to pain management including integrated behavioral and clinical pharmacy services.
- The treatment algorithms followed the latest recommendations from the Joint Commission, AHRQ (Six Building Blocks) and the NIH HEAL Initiative.
- Onboarded first Licensed Acupuncturists at Parkland- including creating job description, recruitment, and implementation
- National and Regional Presentations: Integrative Medicine for the Underserved (9/2021, poster presentation), North Texas Nurse Practitioners Annual Conference (4/2021)

## **Parkland Center for Internal Medicine Medical Director**

July 2018- June 2020

- Designed and implemented medical group visits focused on integrated pain management.
- Member of 1115 Anchor Waiver Physician Leadership Committee - organized metrics for adult population and implemented at medical home (quality metric of the week collaboration)
- Created and delivered original virtual curricula on Population Health including Parkland Opioid Initiative, Social Determinants of Health, Patient Centered Medical Home, Virtual Healthcare in COVID Era.
- Achieved NCQA's PCMH recertification (2019 and 2020).
- Active supervision and collaboration with multidisciplinary teams: business, nursing, nutrition, educators, clinical pharmacists, APPs, behavioral team (Social Work, Psychiatry and Psychology), OPC / PIC
- Monthly Mindfulness experiential activities for our team in collaboration with Psychology
- Active communication via face to face meetings, Facebook closed group and Outlook emails.
- National Presentation: Integrative Medicine for the Underserved (9/2020)

## **Physician - Tenet and Baylor Health Texas Provider Network**

September 2014- December 2016

- Provided comprehensive care to adult patients.
- Successfully used EMR and met criteria for Meaningful Use.

## **Physician – Texas Health Physician Group**

January 2011- April 2014

- Successfully participated in the Shared Savings program - delivered revenue due to favorable outcomes in patients with very high risk scores.
- Recognized by the NCQA for quality in Diabetes care 2012-2015
- Served as Physician Champion for the Texas Health and Laura W. Bush Institute for Women's Health collaboration - reviewing press releases, CME material and preparing and delivering oral presentations for the community.

## **Physician – Medical Edge Healthcare Group**

March 2002- December 2010

- Provided direct patient care.
- Successfully participated in North Texas 1st Shared Savings program (which ultimately helped create Southwestern Health Resources with Texas Health Resources acquiring Med Edge and partnering with UTSW)
- Supervised and trained a Nurse Practitioner student from TWU.

## **Physician – Parkland Community Oriented Primary Care**

July 1998- February 2002

- Direct patient care
- Supervised East Dallas Health Center Anticoagulation Clinic, member of the Medication Use Cycle Subcommittee.
- Direct patient care at the VA Dermatology Clinic

## **EDUCATION**

### **Association of College and University Educators Designing Learner-Centered and Equitable Courses**

JULY- AUGUST 2024

### **Association of College and University Educators Inspiring Inquiry and Preparing Lifelong Learners Course**

JANUARY - MARCH 2024

Virtual learning program provided to select UTSW faculty - learning

objectives included motivating students, providing clear explanations, utilizing concept maps and other visualization tools, advanced questioning, giving and receiving feedback.

**University of Arizona**  
**Andrew Weil Center for Integrative Medicine ACLAIM**  
**Leadership Course in Academic Integrative Medicine**

JANUARY 2023 - SEPTEMBER 2023

AWCIM inaugural program designed to cultivate collaborative leaders in academic integrative medicine. Training includes curriculum evaluation tools, clinician well-being, advocacy, community partnerships, and two scholarly projects.

**University of Arizona**  
**Andrew Weil Center for Integrative Medicine Fellowship**

SPRING 2017 - SPRING 2019

Board certified by the ABPS (July 2023).

1000 + hours including training in:

- Mediterranean and Anti-Inflammatory diets
- Mind-Body Medicine- meditative movement, mindfulness
- Motivational interviewing and positive behavior change
- Positive Psychology and Employee Wellbeing
- Evidence-based integrative modalities, dietary supplementation and their direct applicability to mental health, non-drug pain management, prevention and treatment of cardiometabolic disease

**UT Southwestern Medical Center**  
**Internal Medicine Internship and Residency**

1995-1998

Board Certified by the ABIM - 1998 - present

- Recertified in 2008 and 2018. Enrolled in Longitudinal Knowledge Assessment (LKA)- 12/2020.

**University of Puerto Rico**  
**Doctorate in Medicine**

1991-1995

- Alpha Omega Alpha Honor Medical Society -1994.
- Graduated with high honors (Magna Cum Laude).

## **University of Puerto Rico**

### **Bachelor of Science in Biology**

1987-1991

- Magna Cum Laude
- Highest academic performance in Biology.

#### **HONORS, AWARDS AND CERTIFICATIONS**

March 2022 - UA Andrew Weil Center for Integrative Medicine  
Integrative Medicine in Residency - Teaching Scholar Award

May 2019 - UT Southwestern Medical Center  
Clinical Safety and Efficacy Course

May 2018 - UT Southwestern Medical Center  
Nominated for the UT Southwestern APP Champion for 2017

1994 - University of Puerto Rico  
Alpha Omega Alpha National Honor Society

#### **COMMITTEE SERVICE INCLUDING HEALTH EQUITY AND DIVERSITY EQUITY AND INCLUSION INITIATIVES**

September 2023 - present

- UTSW School of Health Professions
  - Committee of Student Engagement and Empowerment (OSEE)
  - Faculty advisor for SHP Hispanic Student Organization

2018- 2022

- Parkland Medicine Performance Improvement Committee
  - Annual presentations including PCIM Integrated Pain Management pilot, Integrated Pain Healing Center, Virtual Care During COVID Era, Whole Person Care for Underserved Healthcare Workers
  - Mentored residents and faculty in recognizing, documenting and addressing food insecurity at the safety net clinics

- Parkland Integrated Pain Clinic Charter and Leadership Committee
  - Direct contributions to clinic design and implementation including expert advice for charter content, presentation to executive leadership for final approval
  - Interviewing, recruitment and mentoring of diverse, multidisciplinary staff that represented the unique backgrounds of the patient population
  - Development of workflows, direct patient care and collaboration with multidisciplinary specialties including Hematology, Palliative, Anesthesia, PM&R
  - Created weekly virtual huddle during COVID - to facilitate team building, communication and collaboration
  - Spearheaded recruitment and onboarding of first Traditional Chinese Medicine and Acupuncture specialists at Parkland
- Opioid Stewardship Committee
  - Informed institution's decision to lower threshold for emergent Narcan Rx from 90 MME to 50 MME and to include patients receiving any concomitant dose of opioids and benzodiazepines, as recommended by CDC and SAMHSA

2020 - 2022

- Parkland Employee Health Integration
  - Collaborated with corporate communications to inform the Hispanic community about COVID and evidence-based ways to protect our health
  - Recruited and mentored a diverse workforce based on the needs and backgrounds of the patient population
  - Implemented integrated clinical pharmacy and behavioral services at dedicated medical home for employees
  - First outpatient clinic to deliver COVID vaccinations in the safety net institution - equitable distribution implemented and documented with EMR
  - Samia Ahmed, DNP - Mentee recommended and accepted into Integrative Medicine fellowship with partial scholarship for the underserved - 6/2022

2021 - 2022

- Parkland Task Force for ICU Nurses with PTSD
  - Meetings with UTSW and Parkland physician and nurse leadership



- Resulted in design and implementation of cognitive processing therapy group visits at Employee Health - designed and delivered by Angela Hill, PsyD
- Secured dedicated time during work hours for nurses to attend group classes
- All participants with PCL-5 below threshold for PTSD diagnosis upon completion of treatment

2021 - 2023

- Mentor for UA AWCIM fellows caring for underserved populations
  - Curriculum development on
    - Interprofessional collaborations for the underserved
    - Creativity and healing
    - Career development
    - Mindful self-compassion
  - Shiven Chaudry, MD - Fellowship mentee recommended and accepted to leadership in academic integrative medicine training - 10/2022

## PROFESSIONAL SOCIETIES

2024 - American Board of Integrative Medicine, Board of Directors

2021- Rosa es Rojo Board of Directors

2018- Integrative Medicine for the Underserved (IM4US)

2019- Society for General Internal Medicine

1994- Alpha Omega Alpha Honor Medical Society

## INVITED LECTURES

## NATIONAL PRESENTATIONS

October 2024 - Association of Schools Advancing Health Professions  
Recognizing and Overcoming Shame for Individual and Collective Healing

August 2024 - Integrative Medicine for the Underserved Plenary Session  
Recognizing and Overcoming Shame for Individual and Collective Healing

November 2023 - Integrative Medicine for the Underserved  
13th Annual Conference

SuperVive Comunidad: Interprofessional Collaborations to Empower the

## Health and Wellbeing of the Latino Community

October 6, 2022 - Integrative Medicine for the Underserved  
12th Annual Conference  
Interprofessional Experiential Learning for Inclusive Integrative Healing  
in Patients and Healthcare Workers

April 7, 2022 - Society of General Internal Medicine Annual Conference  
Poster Presentation: Integrative Medicine, Behavioral Health and  
Pharmacy Collaboration in a Safety Net Hospital System: Whole Person,  
Value-based Care for Underserved Healthcare Workers with Diabetes

March 2022 - UA Andrew Weil Center for Integrative Medicine  
Integrative Medicine in Residency Faculty Development Meeting  
IMR for the Underserved: Multidisciplinary Collaborations to Promote  
Integrative Medicine and Clinician Well-being

September 23, 2021 - Integrative Medicine for the Underserved  
11th Annual Conference  
Employee Health Center: Whole Person Care for Healthcare Workers

September 23-24, 2021- Integrative Medicine for the Underserved  
11th Annual Conference  
Pain Healing: Implementing an Integrated Program in a Safety Net  
Hospital - Poster Presentation

March 12, 2021- UA Andrew Weil Center for Integrative Medicine  
Integrative Medicine in Residency Faculty Development Meeting  
Wellness in Residency - Panelist

August 2020 - Integrative Medicine for the Underserved  
10th Annual Conference  
Population Health for the Underserved: A Balancing Act

June 12, 2020 - Epic Webinar  
Eating Well In Spite of Crisis: Fighting Stress and Inflammation with  
Good Food (audience 500, audience rating 9/10)

### **REGIONAL PRESENTATIONS**

December 6, 2022 - Baylor University Medical Center  
Internal Medicine Grand Rounds  
Integrative Medicine: Implementing Whole Health, Value-based Care at a

## Safety Net Hospital System

February 15, 2022- La Alianza DFW  
COVID-19: Omicron and Others

February 10, 2022- SGIM Southern Regional Annual Meeting  
Integrative Medicine and Pharmacy Collaboration in a Safety Net Hospital  
System: Whole Person Care for Underserved Healthcare Workers With  
Diabetes

December 14, 2021 - La Alianza DFW  
COVID-19: Protecting Our Communities  
Delta vs Omicron

April 10, 2021 - North Texas Nurse Practitioners Conference  
Integrative Pain Management: A Whole Person Approach to Healing

April 8, 2021 - UNT SERCH Institute Forum  
The Importance of COVID Vaccinations

June 2020- Anchor Waiver Annual Conference - Hurst, TX  
Positive Psychology - invited

May 2020- Texas Medical Association Annual Conference- FW, TX  
SDoH and Health Outcomes: The Impact of Increasing Access to Safe  
Opioid Prescribing- invited

April 2020- North Texas Nurse Practitioners Annual Conference  
Integrative Pain Management: A Whole Person Approach to Healing-  
invited

February 2020 - UT Southwestern Celebration of Excellence  
Mindfulness: The Scientific Evidence for the Mind-Body Connection  
(audience - 600+)

### **ORIGINAL CURRICULA AND LOCAL PRESENTATIONS TO MEDICAL STUDENTS, RESIDENTS AND OTHER HEALTHCARE PROFESSIONALS**

April 2024- UTSW Department of PA Studies  
The Mind-Body Connection: Harnessing the Power of Relaxation for  
Holistic Healing

August 2023- UTSW Department of PA Studies  
Forest Bathing: Engaging the Senses for Holistic Healing

March 2023 and April 2024 - UTSW Department of PA Studies  
Integrative Medicine: Healing Individuals and Communities with  
Relationship-based, Whole Person Care (updated)

February 17, 2022 - Parkland Lunch and Learn  
Integrated Pain Healing at Parkland: A Whole Person Approach to Healing  
<https://www.youtube.com/watch?v=apkvbnxCW48>

December 17, 2021 - UA AWCIM IMR Faculty Meeting  
Understanding Our Emotions: A Life Journey To More Meaning And  
Connection

October 21, 2021- Parkland Lunch and Learn:  
Employee Health Center: Whole Person Care for Healthcare Workers

March 25, 2021 - COVID-19 in 2021: Protecting Our Communities  
Two evening presentations to LULAC- Education (English and Spanish)

March 11, 2021 - COVID-19 in 2021: Protecting Our Communities  
Presentation to Dallas Housing Authority

February 23, 2021- Parkland Hospital Town Hall  
COVID-19 and Women's Health - Moderator

December 17, 2020- Parkland Population Health Quality Meeting  
Positive Psychology and the Pursuit of Well-Being - audience 110

November 3 and 4, 2020- Parkland's Population Health Leadership  
Forum - Wellness Ideas for the New Normal, total audience- 150  
Co-presented with Meghna Lilaram, OD

October 13, 2020 - Presentation to Parkland's Executive Chiefs:  
Employee Health Integration Strategy- Profile of Our Patients, Diabetes  
and Behavioral Health Strategies

October 9, 2020 - Parkland Mindfulness Webinar Series for Employees  
Mindful Healing for Healthcare Workers: Our Thoughts (audience: 125)

September 24, 2020 - Parkland's Population Health Quality Forum for  
Leadership- Integrated Pain Healing Center 1st Year Experience

September 11, 2020 - Parkland Mindfulness Webinar Series for Employees  
Mindful Healing for Healthcare Workers: Using Kind Awareness to Build a

More Resilient Community (audience: 152)

May 14, 2020- Parkland Medicine Performance Improvement Committee- Virtual Healthcare in COVID Era: Reaching Out to Our Patients Wherever They Are

May 1st, 2020 - Parkland Wellness Webinar - Eating Well In Spite of Crisis: Fighting Stress and Inflammation with Good Food (audience 300)

April 10, 2020 - Parkland Wellness Webinar - Positive Emotions and Resilience (audience 700)

November 22, 2019- UTSW PMR residents- Positive Psychology

November 20, 2019- Parkland's APP Continuing Education  
Parkland's Integrated Chronic Pain and Opioid Management

November 20, 2019- Parkland's Board of Managers  
Quality Presentation- Population Health: Parkland's Integrated Pain Management Initiative

November 20, 2019- Parkland's Quality Presentation  
Population Health: Parkland's Integrated Pain Management Initiative

October 28, 2019 - Parkland's Quality Week Poster Presentation:  
Parkland Center for Internal Medicine Population Health Curricula:  
A Novel Tool to Support Primary Care Transformation in a Resident Safety Net Clinic

October 28, 2019 - Parkland's Quality Week Poster Presentation:  
Overcoming Food Insecurity: A Resident- Led Initiative  
With Kai Deshpande, MD and Camli Al-Sadek, MD

September 13, 2019 - 8th Annual Dallas Hunger Summit  
Poster: Food Insecurity at Parkland Center for Internal Medicine  
Kaivalya Deshpande, MD, Camli Al-Sadek, MD, Arlene Betancourt, MD

July, 2019- Parkland Center for Internal Medicine  
Intern Orientation (5 sessions)

July 2019- UTSW Internal Medicine Residency Didactics  
Introduction to Integrative Medicine (4 sessions)

June 11, 2019- UTSW Family Medicine Residents-  
Mindfulness: Evidence for the Mind-Body Connection

March, 2019- University of Arizona Center for Integrative Medicine  
Integrative Medicine in Residency Conference  
Screening for and Addressing Food Insecurity

December 6, 2018- UTSW Preventive Cardiology Lecture Series:  
Mindfulness and the Heart

October 2018- present - Population Health Web-based Curricula:

- Osteoporosis
- Using Epic SlicerDicer to identify patients with uncontrolled diabetes
- Integrated Chronic Pain and Opioid Management Initiative
- Patient-Centered Medical Home: Recertification and How to Use Digital Boardroom
- Social Determinants of Health: Food Insecurity in EMR
- PCIM Orientation: Importance of Communication and Teamwork

October 22- November 12, 2018- Internal Medicine Residents Didactics  
Introduction to Integrative Medicine (4 sessions)

August 15, 2018- Ambulatory Lecture Series for Internal Medicine Residents  
Dermatology for the Internal Medicine Physician

August 13, 2018- Ambulatory Lecture Series for Internal Medicine Residents  
Obstructive Sleep Apnea

June 16, 2018- UTSW NP Conference  
Diabetes Mellitus Management

June 1st, 2018- GIM Nursing and Administrative Staff  
Positive Psychology and Well- Being

March 23, 2018 - Radiology Resident Conference  
Positive Psychology and the Pursuit of Well Being

December 14, 2017- General Internal Medicine Division Grand Rounds  
Positive Psychology and the Pursuit of Well Being

August 4, 2017-2019- Ambulatory Care Clerkship for Medical Students  
Positive Psychology and the Pursuit of Well Being- 8-9 sessions/year

May 3, 2017- Ambulatory Lecture Series for Internal Medicine Residents  
Dermatology for the Internal Medicine Physician

April 10, 2017- Ambulatory Lecture Series for Internal Medicine Residents

## Diabetes Mellitus Management

March 8, 2017- Ambulatory Lecture Series for Medicine Residents  
Obstructive Sleep Apnea

January 9, 2017- Ambulatory Lecture Series for Medicine Residents  
Complementary and Alternative Medicine

## WORKSHOPS

July 2024 Softtek US and Canada Wellbeing  
Anti-inflammatory Diet

June 2024 Softtek US and Canada Wellbeing  
Mind-body Connection

December 2023 - present - Professional Development Series for PA  
Students (quarterly)

- Mind-body and Positive Psychology Framework
- Shame Resilience Curricula

March 2023 - present - Empowerment Class Series for Hispanic Women  
<https://comunidad.supervive.org/>

February 15, 2023- HWNT Latinas in Progress  
Mental Health and Self-compassion

March 9- June 1st, 2021 - Mind-Body Virtual Series for Parkland  
Employees - 25 sessions - sponsor and director

February 17- March 7, 2021 -UT Southwestern Mindfulness Virtual Series  
audience 20-25 patients, 4 weekly sessions

September 22- October 20, 2020- UT Southwestern Mindfulness Virtual  
Series - audience 50-60 patients, 4 weekly sessions

June, 2020 - UT Southwestern Mindfulness Virtual Class Series -  
audience 50-60 patients, 4 weekly sessions

October 17, 2019- UTSW Wellness Symposium - Mindfulness Workshop

May 15, 2019- UTSW Corporate Communications- Mindfulness Workshop

March 28, 2019- UTSW Community- Mindfulness Workshop

July 27, 2018 - Mindfulness: Contemplative Care and Self-Compassion  
General Internal Medicine Medical and Business Staff

## **PUBLICATIONS**

April 2024 - Rosa es Rojo, Inc. Blog Post  
<https://en.rosaesrojo.org/post/advancing-whole-health-and-integrative-health-equity-for-hispanics-in-the-us>

January 2023 - Society of General Internal Medicine Forum  
Integrative Medicine in Residency: Lessons in Whole Person Healing for Everyone  
[https://connect.sгим.org/sгимforum/viewdocument/integrative-medicine-in-residency?utm\\_source=Email](https://connect.sгим.org/sгимforum/viewdocument/integrative-medicine-in-residency?utm_source=Email)

October 2022 - present - LinkedIn Newsletter  
Creating Your Vision of Health  
<https://www.linkedin.com/newsletters/6988550019536629760/>

July 2019- UT Southwestern Blog:  
Can Mindfulness Reduce Your Cardiovascular Risk?  
<https://utswmed.org/medblog/mindful-meditation-can-reduce-stress-risk-cardiovascular-disease/>

## **SERVICE TO THE COMMUNITY: NON PROFIT BOARD MEMBERSHIPS AND MEDIA**

### **American Board of Integrative Medicine Board Member**

June 2024 - present

### **Rosa es Rojo, Inc. Board of Directors**

May 2021- present

- Nonprofit making wellness accessible to Hispanic women in North Texas
- April 2022 - The Rojo Way for Parkland Hispanic nurses
- May 2021 - Supervive podcast - Supervive al dolor crónico
- March 2023 - Supervive podcast - La intuición y la salud integrada
- March 2023 - present - Monthly live classes on patient empowerment - [comunidad.supervive.org](http://comunidad.supervive.org)

January 31st, 2022 - Radio La Voz  
COVID vaccinations



January 6, 2022 - Univision Contigo  
COVID-19 Update

January 6, 2022- Al Dia  
COVID infection after vaccination: when to boost

December 7, 2021 - Univision  
Flu vs COVID: How to Protect Our Communities

September 13, 2021 - Univision  
COVID Delta Surge: Hospital and HCW Overwhelmed

September 1, 2021 - Univision Noticias 23 Contigo  
COVID Delta Variant, Vaccinations, Antibody Infusions

August 19, 2021 - La Voz Radio: Tu Comunidad con Adriana  
COVID: Delta Variant and Importance of Vaccination

June 21, 2021- FOX  
The Importance of COVID vaccination in ages 12+

May 19, 2021- Podcast for Rosa es Rojo  
Survive... Al Dolor Crónico

April 22, 2021- NBC/Telemundo  
COVID vaccinations and Back To School: How to Protect Our Teachers and Students

March 24, 2021 - CBS  
COVID Vaccinations: Who, Why, Where to Vaccinate

March 9, 2021 - Telemundo  
COVID vaccinations: Dispelling the Myths

March 3, 2021- Radio La Luz  
COVID vaccinations: Dispelling the Myths

February 24, 2021- La Grande  
COVID vaccinations: Dispelling the Myths

January 28, 2021 - Dallas Morning News Al Dia  
Debunking Myths About COVID vaccine

January 25, 2021- Telemundo 39 Live News  
COVID vaccine: Why We Need Two Doses

January 3, 2021 - Univision Contigo  
COVID vaccinations

December 22, 2020 - Univision and Radio  
La Voz Médica de Parkland - Flu vs COVID

December 17, 2020 - Univision: Contigo  
COVID and the Holidays

December 8, 2020 - Univision and Radio  
La Voz Medica de Parkland: Myths about flu vaccine and COVID

November 2020 - Facebook Live Stream

Dallas Latino Coalition: All about COVID

November 20, 2020 - Zoom Interview for Telemundo  
COVID and the Holidays - How to Celebrate Safely

November 18, 2020 - Zoom Interview for Univision  
COVID and the Holidays - How to Celebrate Safely

November 17, 2020 - Zoom Interview for Telemundo  
COVID and the Holidays - How to Celebrate Safely

October 2, 2020 - Interview for La Poderosa FM  
Influenza Vaccinations at Parkland - Why We Should Get Protected

June 12, 2020 - Zoom Interview for Telemundo:  
Virtual Care at Parkland - Here to Stay