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| Arlene Betancourt, MD  Arlene.Betancourt@UTSouthwestern.edu  [betancourtarlene@gmail.com](mailto:betancourtarlene@gmail.com) I 214-546-5852  **EDUCATION** University of ArizonaAndrew Weil Center for Integrative Medicine ACLAIMLeadership Course in Academic Integrative MedicineJANUARY 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 ArizonaAndrew Weil Center for Integrative Medicine FellowshipSPRING 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 CenterInternal Medicine Internship and Residency1995-1998 Board Certified by the ABIM - 1998 - present   * Recertified in 2008 and 2018. Enrolled in Longitudinal Knowledge Assessment (LKA)- 12/2020.  University of Puerto RicoDoctorate in Medicine1991-1995  * Alpha Omega Alpha Honor Medical Society -1994. * Graduated with high honors (Magna Cum Laude).  University of Puerto RicoBachelor of Science in Biology1987-1991  * 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  **FACULTY APPOINTMENTS, LEADERSHIP POSITIONS AND OTHER EXPERIENCE** UT Southwestern Medical CenterAssistant Professor and Medical DirectorDepartment of Physician Assistant StudiesAssistant Professor, Division of General Internal Medicine June 2023 - present UT Southwestern Medical CenterAdjunct Assistant Professor of Internal Medicine andIntegrative Medicine in Residency Faculty Leader November 2020- present   * UA AWCIM Integrative Medicine in Residency Multidisciplinary Program - Faculty Leader and Mentor * Active in Internal Medicine Residency Interviews * Medical Director leadership and clinical roles at Parkland Integrated Pain Healing Center and Employee Health - 2018-22  UT Southwestern Medical CenterAssistant 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  University of ArizonaAndrew Weil Center for Integrative MedicineIntegrative Medicine in Residency Faculty Advisorand 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 IntegrationMedical 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. * 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 NetworkSeptember 2014- December 2016  * Provided comprehensive care to adult patients. * Successfully used EMR and met criteria for Meaningful Use.  Physician - Texas Health Physician GroupJanuary 2011- April 2014  * Successfully participated in the Shared Savings program - delivered revenue due to favorable outcomes in patients with very high patient 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 GroupMarch 2002- December 2010  * Provided direct patient care. * Successfully participated in North Texas 1st Shared Savings program (which ultimately helped create Southwest 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 CareJuly 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  COMMITTEE SERVICE INCLUDING HEALTH EQUITY AND DIVERSITY EQUITY AND INCLUSION INITIATIVESSeptember 2023 - present  * UTSW School of Health Professions   + Committee of Student Engagement (formerly DEI)  2018- 2022Parkland 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 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 LECTURESNATIONAL PRESENTATIONS 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 August 2023- UTSW Department of PA Studies  Forest Bathing: Engaging the Senses for Holistic Healing  March 22, 2023- UTSW Department of PA Studies  Integrative Medicine: Healing Individuals and Communities with Relationship-based, Whole Person Care  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 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 January 2023 - Society of General Internal Medicine Forum  Integrative Medicine in Residency: Lessons in Whole Person Healing for Everyone  https://connect.sgim.org/sgimforum/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 MEDIARosa 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   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  Supervive… 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 | 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  Multimedia Presentations EXTRACURRICULAR Yoga - 750+ hours  Nutrition and Cooking  Fitness LANGUAGES English & Spanish |