



LUKE BERGMANN
 Director, Behavioral Health Services
 County of San Diego Health and Human
 Services Agency, Behavioral Health Services



**HILARY M. BOWERS,
 MD, FAAP**
 Director of Behavioral and Mental Health Services
 at Children's Primary Care Medical Group
 Children's Primary Care Medical Group



CAROLE BUSSE
 Clinical Program Manager I
 Kaiser Permanente



**AARON J. BYZAK,
 MBA, FACHE**
 Chief External Affairs Officer
 Tri-City Medical Center



WILL CONNOR
 Outpatient Medical Director
 Rady Children's Hospital



DR. NICOLE ESPOSITO, MD
 Medical Director,
 Chief Population Health Officer
 County of San Diego Health and Human
 Services Agency, Behavioral Health Services

SAN DIEGO BUSINESS JOURNAL

TOP PROFESSIONALS

BEHAVIORIAL HEALTH

2022



MOISES ESTRADA
 Director of Clinical Operations
 Lightfully Behavioral Health



DR. PIEDAD GARCIA
 Deputy Director
 County of San Diego Health and
 Human Services Agency, Behavioral
 Health Services



SARAH JAYYOUSI
 Operations Manager, Tri-City Medical
 Center Behavioral Health Services
 Intensive Outpatient Program
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WILLOUGH JENKINS, MD
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 Psychiatric Unit,
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**DR. MICHAEL
 KRELSTEIN, MD**
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ERICA LEARY
 Program Manager
 North Coastal Prevention Coalition
 (NCPC) /
 Vista Community Clinic (VCC)



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 MD**
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**CECILY THORNTON-
 STEARNS**
 Assistant Director, Chief Program Officer
 County of San Diego Health and Human
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LUKE BERGMANN

Director, Behavioral Health Services
County of San Diego Health and Human Services Agency,
Behavioral Health Services

Luke Bergmann, Ph.D., is Director of Behavioral Health Services for the County of San Diego, Health and Human Services Agency. He has worked for the county since 2018. Since then he has established a strategic vision for behavioral health reform in the region. He has transformed care and doubled the size of the county's Behavioral Health Services. He also established the Crisis Diversion sector in the county, including establishing regionally distributed crisis stabilization units (CSUs) and new mobile crisis response teams (MCRTs).

Dr. Bergmann previously worked for nine years in New York City, most recently as Assistant Vice President over Behavioral Health at NYC Health + Hospitals, the nation's largest public hospital system and before that, as Director of the Office of Program and Policy in the Bureau of Alcohol and Drugs at the NYC Department of Health. He has held a variety of academic research and faculty positions, including at Oregon Health and Science University, the University of Michigan and the City University of New York. Dr. Bergmann earned a Ph.D. in Social Work and Cultural Anthropology from the University of Michigan. He completed post-doctoral fellowships at UC San Francisco's Institute for Health Policy and UC Berkeley's School of Public Health.



HILARY M. BOWERS, MD, FAAP

Director of Behavioral and Mental Health Services
at Children's Primary Care Medical Group
Children's Primary Care Medical Group

Dr. Hilary Bowers is the founding Director of Behavioral and Mental Health Services at Children's Primary Care Medical Group (CPCMG). She spearheads the CPCMG Mental Health Initiative to create Centers of Excellence to improve delivery of behavioral and mental health care to children and adolescents. CPCMG provides health care across San Diego and Riverside counties serving needs of 280,000 children.

Dr. Bowers graduated magna cum laude from the University of Pennsylvania and received her medical degree from the University of Washington where she researched the efficacy of telemedicine for rural populations. She completed her internship and residency at Cedars-Sinai Medical Center in Los Angeles with additional training at Boston Medical Center, Division of Developmental and Behavioral Pediatrics and is a Board Certified Pediatrician.

Dr. Bowers has served on CPCMG's Board of Directors, Pharmacy and Therapeutics Committee, Telemedicine Taskforce among others. Outside of CPCMG, she has been a member of the Rady Children's Hospital San Diego (RCHSD) Pediatric Mental Health Integration Committee and the Epic Optimization Build Team. She has also been active with Children's Physicians Medical Group's Quality of Care Committee. Currently, she is Lead Pediatrician of the Primary Care Mental Health Integration program as part of the Transforming Mental Health Initiative at RCHSD.



CAROLE BUSSE

Clinical Program Manager I
Kaiser Permanente

Carole Busse, Clinical Program Manager I at Kaiser Permanente, has been serving the San Diego community for over four decades. At Kaiser Permanente, Busse has been instrumental in the development of the current Crisis Teams which are embedded in the local Kaiser Permanente Emergency Departments. Her expertise in emergency psychiatric services is unparalleled and her work reflects a deep devotion to excellence and compassionate patient care. She is a ferocious defender of the dignity and well-being of patients, especially those from marginalized communities. She is someone who people turn to in times of crisis when a clear mind, strong moral compass and decisiveness is required. In fact, her history is replete with instances of helping others in our community through the fog when tragedies struck. She has regularly volunteered to train staff, physicians, and even those outside of Kaiser Permanente in various areas related to emergency psychiatric care. Through the years Carole Busse has been a consistent and dedicated advocate for those suffering from mental illness and addiction. She is truly a top professional in Behavioral Health and has been since the beginning of her remarkable career.



AARON J. BYZAK, MBA, FACHE

Chief External Affairs Officer
Tri-City Medical Center

Aaron Byzak, Chief External Affairs Officer at Tri-City Medical Center, has been an influential voice for behavioral health reform. Byzak is leading the public outreach effort to build a 16-bed, adult, inpatient Psychiatric Health Facility (PHF) on the Tri-City campus.

He is founder and chief advocate of Hazel's Army, a community advocacy and education group that works on behalf of at-risk populations, including those suffering from mental illness. In 2019, Byzak wrote and published Mental Health Policy & Practice Reform: A Local, State & Federal Perspective, a 42-page white paper outlining 30 suggested reforms curated from interviews with more than 150 behavioral health stakeholders.

Byzak has served in positions of progressive leadership in Emergency Medical Services, health policy, healthcare management and consulting for more than two decades. He joined Tri-City in 2018 and is responsible for the medical center and healthcare district's marketing, communications, government affairs, community engagement and patient transportation.

He has received numerous awards and recognition for his leadership and work in healthcare, public health, advocacy and communications including four Emmy Awards. He earned his Master of Business Administration in Healthcare Management and Policy from UC Irvine and is a Fellow of the American College of Healthcare Executives (FACHE). He can be reached at ajbyzak@tcmc.com or 760-889-3609.



WILL CONNOR

Outpatient Medical Director
Rady Children's Hospital

Dr. Will Connor is Outpatient Psychiatry Medical Director at Rady Children's Hospital. Dr. Connor graduated medical school at Indiana University in 2005. He completed his adult psychiatry training at the UCLA/San Fernando residency program and his child and adolescent psychiatry fellowship at UCSD/Rady's in 2011. After completing training, he continued working in the Rady outpatient county clinics and various other community clinics in the area until 2013. At that time he decided to join RCHSD on a full-time basis in the Rady outpatient psychiatry team.

In 2016 he became the medical director for Rady's outpatient psychiatric clinics and helped lead the expansion of services into its first private insurance clinic which is now located at Encinitas. Along with his director duties he provides clinical care in Rady's Behavioral Health Urgent Care. Dr. Connor has been an innovator and leader in supporting community providers and has expanded training opportunities for child psychiatry fellows and more recently has spearheaded the training for the UCSD nurse practitioner fellows. Dr. Connor's peers value his expertise, leadership and support to the teams and to Rady's OP programs.



DR. NICOLE ESPOSITO, MD

Medical Director, Chief Population Health Officer
County of San Diego Health and Human Services Agency,
Behavioral Health Services

Dr. Nicole Esposito, M.D. is Medical Director, Chief Population Health Officer with Behavioral Health Services at the County of San Diego. Dr. Esposito completed residency at University of California, San Diego's combined Family Medicine and Psychiatry program in 2008. She is board certified in Family Medicine, Psychiatry, and Addiction Medicine. After residency, she began working with Truecare, a Federally Qualified Health Center, where she served as their Clinical Director of Behavioral Health Services from 2010-2017. Her main areas of focus were in clinic leadership around pain management best practices, safe controlled substance prescribing, and primary care behavioral health integration. Dr. Esposito joined County of San Diego Behavioral Health Services in 2017, to provide medical leadership as the County implemented new and enhanced services for people with substance use conditions now referred to as Drug Medi-Cal Organized Delivery System implemented in July 2018. In 2021, Dr. Esposito transitioned to a new role as the Chief Population Health Officer for Behavioral Health Services where she leads a team of epidemiologists and collaborates with internal and external stakeholders to advance behavioral health equity and outcomes for all residents of San Diego County.



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MOISES ESTRADA
Director of Clinical Operations
Lightfully Behavioral Health

Moises Estrada is Director of Clinical Operations for Residential Treatment Centers with Lightfully Behavioral Health. He was raised in Northern California and graduated with a B.A. in Psychology from Sacramento State. Like many of his peers, he said he was drawn to the mental health field from an early age based on his own family's struggle with addiction, mental health issues, dysfunction and trauma. "I wanted to learn more about families that were similar to mine, understand them, and find ways to help support and heal those systems," he wrote. He received his M.A. in Marriage and Family Therapy/Counseling from Alliant International University.

In the field, he said, he has worked with various populations ranging from mood and personality disorders to severe and chronic mental illness. "My experience and training created a new passion that includes the current opportunity to supervise, develop and lead a clinical team," he wrote. "I draw heavily from my core values of accountability and perseverance in how I lead. As I have evolved in my career and personal life it has become clear how important these values influence not just my outlook on the world, but also in how I connect with others." He can be reached at moises.estrada@lightfully.com or 562-318-6758.



DR. PIEDAD GARCIA
Deputy Director
County of San Diego Health and Human Services Agency,
Behavioral Health Services

Dr. Piedad Garcia is the Deputy Director for San Diego County Behavioral Health Services (BHS) overseeing the Adult and Older Adult System of Care. Over her career, Dr. Garcia has implemented an array of behavioral health services for individuals with serious mental illness and/or substance use conditions, including leading efforts to integrate services and the development and implementation system of care initiatives. She currently oversees County-operated case management and outpatient services, which provide direct services to adults of all ages. Dr. Garcia also oversees a portfolio of contracted substance use and mental health services of over 150 contracts with budgets totaling nearly \$400 million annually, which includes Assertive Community Treatment services, treatment services for adults who are experiencing homelessness and/or justice involvement, biopsychosocial rehabilitation services, substance use disorder residential services and opioid treatment programs. She has also been pivotal in implementing new services such as the first Community Harm Reduction team in the Central Region of San Diego County, regional crisis stabilization units in Vista and Oceanside and the countywide Mobile Crisis Response teams. She is also recognized as a behavioral health expert across the community, often being interviewed by the media on behalf of the department.



SARAH JAYYOUSI
Operations Manager, Tri-City Medical Center Behavioral
Health Services Intensive Outpatient Program
Tri-City Medical Center

Sarah Jayyousi is Operations Manager of Tri-City Medical Center Behavioral Health Services Intensive Outpatient Program. She is dually credentialed as a Licensed Clinical Social Worker and Licensed Professional Counselor. She has over 30 years of experience in the field and has been a leader in hospital outpatient services for the past 23 years.

Jayyousi led a team of clinicians to transform services to be evidence-based and recovery oriented. She expanded the Intensive Outpatient Program at Tri-City Medical Center's Behavioral Health Services and provided specialized services for individuals with anxiety disorders, mood disorders, psychosis and dual recovery needs.

In 2006, she was named Clinical Social Worker of the year by the California Society for Clinical Social Work and was selected as lecturer for the year at California State University, San Marcos (CSUSM) College of Education, Health and Human Services in 2021. Jayyousi helped immigrants from the Middle East, providing bilingual services for nine years and developing an internship program that helped with staffing client needs.

Jayyousi teaches at CSUSM in the Master in Social Work program where she prepares students for a career in healthcare/social work and teaches clinical classes and field instruction seminars.

Sarah Jayyousi can be reached at STJayyousi@TCMC.com or 760-940-5069.



Tri-City Medical Center



WILLOUGH JENKINS, MD
Medical Director for the inpatient Psychiatric Unit,
Consult Liaison and Psychiatric ED
Rady Children's Hospital-San Diego

Dr. Willough Jenkins, MD is Medical Director for the inpatient Psychiatric Unit, Consult Liaison and Psychiatric ED at Rady Children's Hospital San Diego, where she supports Fellowship training in the inpatient care areas and provides consult support to community providers as needed. She also assists in providing clinical guidance to medical child abuse cases.

The Child and Adolescent Psychiatry Services (CAPS) program at Rady Children's Hospital is an inpatient unit for children and adolescents up to age 18 with psychiatric illness. The unit is located on the third floor of the Nelson Family Pavilion and specializes in treating conditions such as depression, psychosis, anxiety disorders and substance abuse.

Dr. Jenkins is a Canadian and American board-certified psychiatrist specializing in child psychiatry. She is also a pharmacist and thus has a particular focus and interest in psychopharmacology.

Dr. Jenkins completed her pharmacy, medical and psychiatric training, and residency at the University of British Columbia in Canada, which she completed in 2009.

In addition to her role as inpatient medical director at Rady Children's Hospital in San Diego, she is also an Assistant Clinical Professor of Psychiatry at the University of California, San Diego, where she has taught for over seven years.



DR. MICHAEL KRELSTEIN, MD
Clinical Director, Chief Medical Officer
County of San Diego Health and Human Services Agency,
Behavioral Health Services

Dr. Michael Krelstein, M.D. is Clinical Director, Chief Medical Officer at Behavioral Health Services, County of San Diego. Dr. Krelstein is Board Certified in Adult Psychiatry and Forensic Psychiatry. His clinical background is in hospitals, emergency psychiatry, jails, and criminal justice populations. Now entering his 17th year with the County, Dr. Krelstein serves in the role of Chief Medical Officer for San Diego County Behavioral Health Services, and Medical Director of San Diego County Psychiatric Hospital and on weekends and evenings he is a practicing forensic and consult liaison psychiatrist. Dr. Krelstein is a frequent consultant to law enforcement, where he assists with threat assessment and system-wide risk-mitigation. His work with law enforcement and the development of Crisis Intervention Teams has led to his receiving several Congressional recognitions. Other career highlights include providing clinical design of regional crisis stabilization units, psychiatric health facility, AOT, and Assertive Community Treatment (ACT), central region behavioral health hub.

Dr. Krelstein attended medical school at University of California, Irvine and completed his residency and fellowship at University of California, San Francisco. Dr. Krelstein's Live Well practices include hiking San Diego County's mountains and trails and a daily practice of Tai Chi.



ERICA LEARY
Program Manager
North Coastal Prevention Coalition (NCPC) /
Vista Community Clinic (VCC)

Erica Leary has served as Program Manager for North Coastal Prevention Coalition (NCPC) since 1995. Housed at Vista Community Clinic (VCC), NCPC is a nationally renowned substance abuse prevention coalition whose mission is to reduce the harm of alcohol, tobacco, marijuana and other drugs in the cities of Carlsbad, Oceanside and Vista through community action, education, support and collaboration.

Under her leadership and in coordination with a volunteer Board of Directors, NCPC is widely regarded for developing novel approaches to reducing youth substance abuse, earning the Community Anti-Drug Coalitions of America (CADCA) National Coalition of the Year honor in 2008. NCPC was also recognized with two Exemplary Awards from the National Association of State Alcohol and Drug Abuse Directors (NASADAD) in 2010 and 2018, often regarded as the top honor recognizing the best innovative substance abuse prevention programs nationally.

A sought-after thought leader in the area of substance abuse prevention, policy, programs and practices, Leary advises coalitions across the country. In 2011 she was invited to testify at the Senate Caucus on International Narcotics Control hearing titled "The Dangers of Synthetic Cannabinoids and Stimulants," chaired by Sen. Diane Feinstein and Sen. Chuck Grassley.

She resides in Oceanside with her family. She can be reached at eleary@vcc.org or 760-822-4917.



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BENJAMIN MAXWELL, MD
Interim director, Child and Adolescent Psychiatry
Rady Children's Hospital-San Diego

Dr. Ben Maxwell is the interim director of child and adolescent psychiatry at Rady Children's Hospital-San Diego. He is also an assistant professor at UC San Diego School of Medicine in the Department of Psychiatry.

His interests are in general clinical care, education, mental health integration into primary care settings, and global mental health.

He has collaborated with clinical programs in India, Spain, Ethiopia and Guatemala, and has presented on a wide range of mental health topics.

He has provided leadership for the Transforming Mental Health initiative expansion, which focuses on early identification and treatment of behavioral health issues in primary care offices. He also participated in outreach to local and national media to decrease the stigma of mental health.

Dr. Maxwell received his medical degree from the University of Texas in 2007, completed a general psychiatry residency at University of California, Irvine in 2010, and completed a child and adolescent psychiatry fellowship at UC San Diego in 2012.

He has volunteered for numerous initiatives and programs, both in the United States and abroad, including the Ethiopian School Readiness Initiative, Addis Ababa University/Yekatit 12 Hospital, Amorrebietta Pediatric Clinic in Spain and the HOMES Clinic for the Homeless in Houston.



DON MYERS
Behavioral Health Director
Palomar Health

Don Myers is Behavioral Health Director with Palomar Health. He has overseen a continuum of mental health services including 24/7 psychiatric emergency consultation in the Emergency Department and Medical Floors, inpatient services, crisis stabilization services, and outpatient services while leading from the front during an unprecedented pandemic.

He opened the Recovery Center at Poway offering personalized treatment options to adults and adolescents suffering from chemical dependency. The Crisis Stabilization Unit he helped open was San Diego's first. He expanded it into a new facility offering more services while helping decrease the number of patients in Palomar's Emergency Departments.

Prior to joining Palomar Health in 2017, Myers held a variety of leadership positions of multiple departments in hospital operations in Colorado and California. He has more than 25 years of leadership experience in all facets of behavioral health operations. He received a Master of Social Work in 1990 and his Master of Business Administration in 2004.

He is active in local and state activities to increase awareness and promote health in the community, influence public policy, reduce stigma and improve access. He has served on the state prescription drug abuse task force. He can be reached at donald.myers@palomarhealth.org.



CLODAGH RAFFERTY
Chief Operating Officer
Lightfully Behavioral Health

Clodagh Rafferty is Chief Operating Officer at Lightfully Behavioral Health. She has spent seven years in behavioral health and 14 years in healthcare overall.

She has been with Lightfully for the last 10 months. There she is responsible for national, regional, and program-level performance. This includes performance across clinical, team, growth, and financial objectives. This role also oversees People Operations and provides leadership and vision around cultural initiatives and leadership programs. She is responsible for strategy and delivery of de novo and expansion projects, as well as the integration of acquisitions.

Recent accomplishments include keeping facilities open during the COVID-19 pandemic as well as maintaining the culture at Lightfully Behavioral Health. She places a high value on building community and believes that team culture is the most important factor in the delivery of quality care.

Previously she was Chief Operating Officer with Alsana in Thousand Oaks; Vice President of Operations at InnerChange; Division Lead for Home Dialysis Operations at DaVita; and Senior Program Director with the Robin Hood Foundation.

Rafferty received her B.A. from Vassar College, her M.A. from Trinity College, Dublin and her MBA from the UCLA Anderson School of Management.

She can be reached at clodagh.rafferty@lightfully.com.



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Benjamin Maxwell, MD
Interim Chair, Child and Adolescent Psychiatry at Rady Children's Hospital-San Diego



Willough Jenkins, MD
Inpatient Medical Director of Child and Adolescent Psychiatry Services at Rady Children's Hospital-San Diego

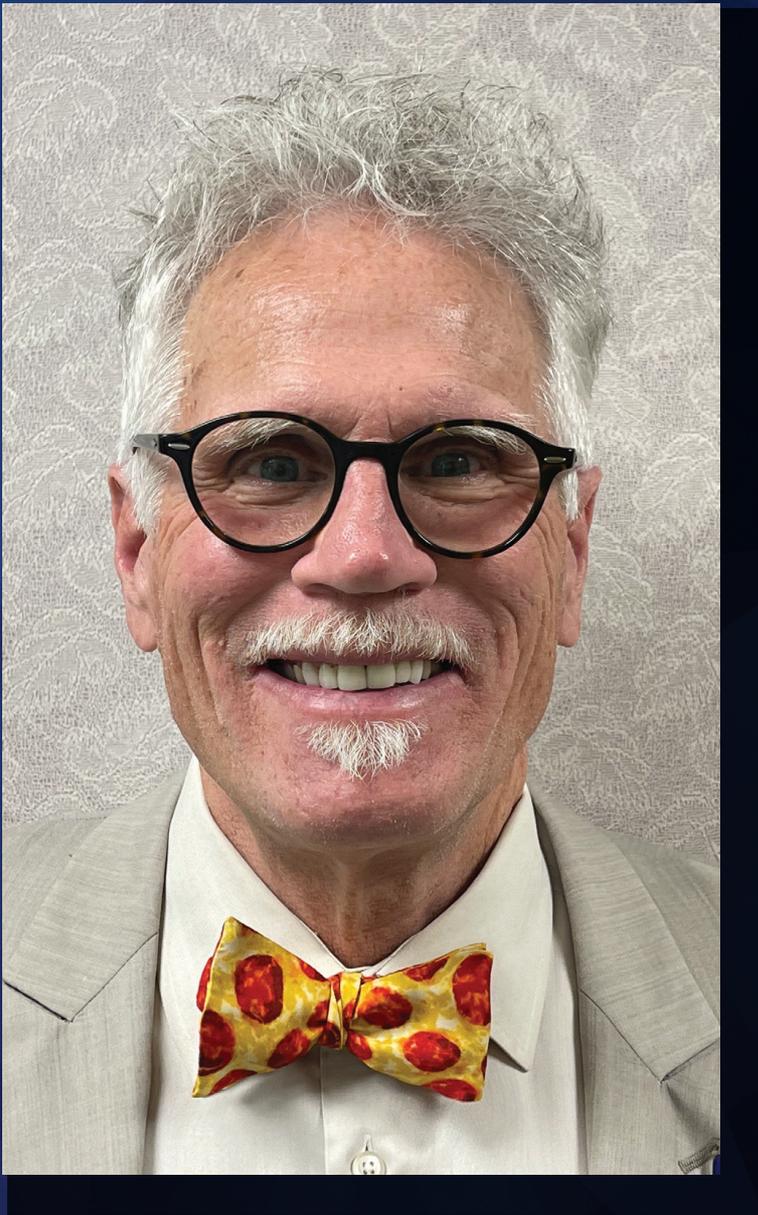


Hilary M. Bowers, MD, FAAP
Director of Behavioral and Mental Health Services at Children's Primary Care Medical Group



Will Connor, MD
Outpatient Medical Director, Child and Adolescent Psychiatry at Rady Children's Hospital-San Diego

Congratulations Don Myers!



SAN DIEGO BUSINESS JOURNAL

2022 Most Influential Behavioral Healthcare Professionals Winner

What propelled Don Myers to win this honor is his tireless effort in reimagining mental wellness by focusing on a world-class patient experience.

Don Myers and his extraordinary team of professionals place emphasis on the diversity of mental health and the individual patient journey. By meeting people where they are in their process, the Behavioral Health Center at Palomar Health aids countless patients by strengthening their mental health and ability to manage their stressors. Don Myers is consistently committed to providing exceptional support, compassion and personalized care to each patient that chooses Palomar Health.

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GABRIEL RODARTE, MD
Behavioral Health Medical Director
Neighborhood Healthcare

Gabriel Rodarte, M.D. is Behavioral Health Medical Director at Neighborhood Healthcare. Dr. Rodarte graduated from the University of California San Francisco School of Medicine in 2002. He joined Neighborhood Healthcare in 2007 after graduating from the Combined Family Medicine and Psychiatry Residency Program at UC San Diego with an emphasis on addiction disorders. Dr. Rodarte is a Voluntary Assistant Clinical Professor in the Department of Psychiatry at UC San Diego supervising Addiction Psychiatry fellows. The San Diego County Medical Society named him a "Top Doctor" in psychiatry for eight consecutive years. Last year, Dr. Rodarte received board certification by the American Board of Preventative Medicine (ABPM) in Addiction Medicine. The accreditation covers the full spectrum addiction medicine practice.

Board Certification is voluntary and differs from the medical license process. Obtaining a medical license sets the minimum competency requirements to diagnose and treat patients; it is not specialty specific. Board Certification demonstrates a physician's exceptional expertise in a specialty and subspecialties of medical practice.



BERNADETTE ROSETE
Program RN, Tri-City Medical Center Behavioral Health Services, Intensive Outpatient Program
Tri-City Medical Center

Bernadette Rosete, BSN, RN is Program RN for the Tri-City Medical Center (TCMC) Behavioral Health Services, Intensive Outpatient Program, where she has worked since 2019. In this role, she collaborates with a multidisciplinary staff including Psychiatrists, Psychologists, Licensed Clinical Social Workers, Marriage and Family Therapists, Licensed Professional Clinical Counselors, Registered Nurses and other care providers who work together to guide patients toward a healthier future.

Over the course of her more than 31-year career, Rosete has held a variety of positions of progressive leadership including Assistant Nurse Manager and Administrative Supervisor and worked in numerous areas in the field of nursing including inpatient Behavioral Health, Intensive Care Unit (ICU), Telemetry and Medical/Surgical.

Rosete graduated with Bachelor's Degree in Nursing at Metropolitan Hospital College of Nursing, Manila Philippines and is Commission on Graduates of Foreign Nursing Schools (CG-FNS) Certified.



TAYLOR STEAD
Vice President of Regional Operations
Lightfully Behavioral Health

Taylor Stead is Vice President of Regional Operations for Lightfully Behavioral Health in San Diego. She is a Licensed Marriage and Family Therapist. She is passionate about providing excellent leadership in clinical care as well as training the next generation of therapists and leaders in the field. She is an expert in treating individuals and families struggling with persistent, severe mental illness and has extensive experience utilizing attachment-based modalities to treat schizophrenia spectrum disorders, trauma and borderline personality disorder. Through her clinical work, she also developed a passion for creating efficient operational systems that support excellent clinical care as well as a safe, welcoming environment for clients and staff alike. As she has transitioned into operational roles, her focus has been on combatting compassion fatigue for front line mental health workers.

She is currently overseeing operations for six new facilities opening in San Diego over the next year that will provide primary mental health care at the Residential and PHP/IOP levels for adults and adolescents.



CECILY THORNTON-STEARNES
Assistant Director, Chief Program Officer
County of San Diego Health and Human Services Agency,
Behavioral Health Services

Cecily Thornton-Stearns is Assistant Director, Chief Program Officer at Behavioral Health Services at the County of San Diego. She received her Master of Arts, Marriage and Family Therapy from the University of San Diego and her Bachelor of Science in Child Development at San Diego State University. She is licensed as a Marriage and Family Therapist. Thornton-Stearns has been with County of San Diego, Behavioral Health Services since 2013, and currently serves as the Assistant Director, Chief Program Officer overseeing the administration of contracted substance use and mental health services to individuals of all ages across the county, along with direct services within the County-operated outpatient, case management, juvenile forensics, and care coordination programs. Before coming to the County, she worked as a Program Director and Director for several community-based behavioral health services programs. She possesses a great depth of behavioral health expertise and is passionate about supporting the delivery of equitable and effective healthcare services to our diverse community.



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MENTAL HEALTH AWARENESS MONTH 2022



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CLEAR MIND COUNSELING
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