
Overview

The San Bernardino County Department of Aging and Adult Services – Public Guardian (DAAS-PG) Age Wise program in collaboration with Lifestyle Medical in Redlands, CA, submits this Request for Proposal for the Learning Collaborative: *Community Partnership to Improve Depression Care*.

Programs

Age Wise is a community-based mental health program for older adults, age 59 and over, who benefit from behavioral health, wellness services, and resources to help meet and sustain an independent lifestyle. Services include in-home and telehealth counseling services, case management, peer and family advocacy, and support and education groups provided throughout San Bernardino County. The goal of the Age Wise program is to help individuals maintain the best possible behavioral and physical health in order to increase the ability to sustain independent living and well-being. Referrals and consultation are available 24 hours a day, 7 days a week to individuals, families, and agencies working with older adults.

A unique and innovative feature of the Age Wise Program is the collaborative efforts between San Bernardino County Aging and Adult Services – Public Guardian and Behavioral Health Department that allow behavioral health services to be imbedded within the San Bernardino County Area Agency on Aging (AAA) as well as Adult programs (i.e., Adult Protective Services, In-Home Support Services, and the Office of the Public Guardian). The addition of the Age Wise program has created a fully comprehensive service approach in addressing the complex and specialized needs of senior consumers. The documented efforts of the Age Wise program can be found within the [Mental Health Services Act annual updates](#), with the most recent version published for [fiscal year 2019/2020](#).

Lifestyle Medical is a value based primary care clinic that starts with a new foundation of care based on the principles of Lifestyle Medicine. Specifically, Lifestyle Medical works on building and balancing four pillars of wellness - nourishment, movement, resilience (sleep and stress) and connectedness (horizontal and vertical) in patients. This gives patients the core health aspects needed for their bodies to prevent and overcome chronic diseases and other health challenges.

Having started these efforts six years ago, Lifestyle Medicine is now considered to be a leader in the Lifestyle Medicine movement nationwide. The vision includes recognizing the significance of depression, anxiety and other mental health challenges in patients' overall health landscape, and prioritizing group care as well as individual coaching and counseling as foundational for patients. These efforts are intended to improve the current medical model of care and focus on treating root causes with the intention to attempt to reverse chronic disease and improve overall treatment outcomes.



REQUEST FOR PROPOSAL: LEARNING COLLABORATIVE

**Applicant
Contact Person**

Krystle Rowe, PhD, LMFT, MBA
Mental Health Program Manager II
Department of Aging and Adult Service – Public Guardian
Krystle.Rowe@pg.sbcounty.gov
Phone: (909) 798-8572 Cell: (909) 556-0384

Resume of detailed experience attached

**Collaborative
Team Members**

Age Wise Program:

- Glenda Jackson, MSW; Deputy Director/ Chief Deputy Public Guardian
- Krystle Rowe, PhD, LMFT, MBA; Mental Health Program Manager II
- Ruben Robles, MS, LMFT; Mental Health Program Manager I

Lifestyle Medical (Redlands):

- Wayne S. Dysinger, MD, MPH; Physician, Founded and Chair
- Amaranta Scorzelli, MSW; Associate Clinical Social Worker

Leadership members identified above from within each entity will be present and will participate in the execution of the collaborative learning goals to enhance patient care and reducing mental health disparities.

Individuals' relevant experience with wellness learning collaboratives include the following:

- Two of the primary participants shared a learning collaborative experience from 2003-2014. Dr. Dysinger, MD, Director, Family & Preventive Medicine Residency, Loma Linda University and Mr. Robles, LMFT, Senior Associate Dean of Student Life, previously worked together to provide student wellness and medical care through the Student Health Center for the University of Redlands. The goal of the collaborative was to ensure proper medical attention was being provided for the undergraduate population.
- Beginning in 2013, Mr. Robles, LMFT has served as the Mental Health Clinical Advisor for the Riverside Free Clinic (RFC) and is now the Co-Administrative Advisor (riversidefreeclinic.com). RFC is a nonprofit organization which provides free interdisciplinary health and wellness care to the underserved, homeless, and uninsured populations of the Inland Empire. The volunteer partnership of six professional schools (Medical, Dental, Pharmacy, Nursing, Psychiatry and Psychology) provides an effective training environment for collaborative and holistic care, especially for future healthcare professionals and leaders dedicated to serving the Inland Empire.

Partnership

The partnership between the Age Wise program and Lifestyle Medical group is a first time, innovative collaboration between the County of San Bernardino and a new community-based partner. The mission of the learning collaborative allows these two organizations to expand and further efforts towards the holistic treatment of older adults throughout the county, especially those who may suffer with symptoms of depression or clinical diagnoses thereof. The goal of the partnership is to provide comprehensive wraparound services to ensure the highest quality of care. As documented in the Letter of Support, Lifestyle Medical agrees to partner with the Age Wise program to further the County mission: *Working in partnership to promote and improve health, wellness, safety and quality of life in San Bernardino County.*

In anticipation of a successful collaboration in advancing the treatment of San Bernardino County senior adults, the partnership is intended to continue beyond the timeframe noted by the Learning Collaborative. Older Adults identified by Age Wise as having medical evaluations and treatment needs may continue to be referred to Lifestyle Medical. Similarly, Lifestyle Medical patients identified as having a need for a behavioral health assessment and/or intervention may continue to be referred to the Age Wise program. In both instances, continued partnership is expected with the objective of delivering improved depression care to older adults in the surrounding communities by means of evidence-based treatment modalities currently being utilized along with those acquired throughout the length of the learning collaborative.

One of the goals of the Age Wise program is to “Reduce the subjective suffering from serious mental illness” and to “Increase a network of community support services” by increasing the number of identified collaborative partners and to increase coordination of care. The awarding of this grant will improve these efforts for Age Wise. Lifestyle Medical has focused their efforts predominantly towards senior adults working to establish “primary care that empowers...” and “with a mission to empower people to make healthy lifestyle choices.” Lifestyle Medical promotes a philosophy of holistic care in stating:

Working through your feelings and thought patterns is part of what we do as your primary care doctor, since your physical and mental health are intrinsically connected. Our total mind and body health approach is geared to building resilience and support systems that will get you back to feeling like yourself again.

The partnership between Age Wise and Lifestyle Medical will enhance and expand the clinic’s current behavioral health efforts, which are being provided by medical staff and a part-time master’s level social worker. By gaining access to the knowledge and efforts of the established Age Wise team (ten Clinicians, five mental health paraprofessionals, and a Licensed Occupational Therapist), Lifestyle Medical’s resource base will also increase. Lifestyle

Partnership
(Continued)

Medical is currently seeking to expand behavioral health services with a focus on decreasing the costs associated with treatment, improving clinical outcomes and reported client satisfaction with treatment. Age Wise will benefit by having the expertise of Licensed Medical Doctors specializing in treating the physical and medical needs of geriatric patients. The collaboration of patient care in order to meet the complex biopsychosocial needs of our aging population, will benefit both professional agencies and most importantly, older adult consumers.

Population Served

The Age Wise program serves the entire County of San Bernardino, including rural mountain and desert regions, with locations in San Bernardino and Hesperia. During fiscal year 2019/2020, Age Wise in Hesperia served a total of 105 consumers. A total of 42% of consumers presented with primary diagnosis of a Depressive Disorder. During the same fiscal year, Age Wise in San Bernardino served a total of 148 consumers; 56% of these consumers presented with primary diagnosis of a Depressive Disorder. Beyond this, additional consumers reported depressive symptoms that either did not meet criteria for a Depression Diagnosis but were noted throughout treatment, or that resulted in a secondarily diagnosed Depressive Disorder. A total of 88% of those served within the program were 60 years or older at the time of intake, and 15% were between the ages of 57 and 59.

Lifestyle Medical (Redlands) serves patients of all ages, but works primarily with the older adult population. The following ranges and respective percentages represent the average patients served by age as a demographic: Age 50 and below (20%), ages 51-58 (10%) and age 59 and older (70%). Lifestyle Medical strives to provide holistic care and supports the collaboration between medical and behavioral health interventions, recognizing this as essential to the treatment of patients' overall health landscape.

Quality Improvement Methods

Age Wise strives for continued quality improvement and demonstrates this effort through both internal and external measures. Age Wise treatment practices and the documentation thereof are held to the standards set forth in the San Bernardino County [Department of Behavioral Health Outpatient Chart Manual](#). The program is subject to monthly internal quality assurance reviews as well as formal audits conducted by the Department of Behavioral Health in accordance with [Title 9. California Code of Regulations](#) published by the [Department of Health Care Services](#).

Under these conditions, the program is responsible for reporting monthly statistics in relation to client demographics, services provided, treatment goals and outcomes by means of the Data Collection and Reporting system which collects Full Service Partnership data statewide. Statistics are later released in the annual Mental Health Services Act report to support program transparency.

Quality Improvement Methods (Continued)

In addition, Age Wise works to improve the quality of care by supporting ongoing staff education, emphasizing the use of evidenced-based practices and offering ongoing training opportunities in the mental health field.

Lifestyle Medical practices quality improvement through use of a three aim approach, measuring clinical outcomes, overall cost of care, and reported patient satisfaction. Data is collected through the application of the [Centers for Medicare and Medicaid Services \(CMS\) Five-Star Quality Rating System](#), Annual Health Assessments, and a Connectivity Index used to assist with identifying any significant presenting risks in order to build a thorough treatment plan to address all areas of functioning and need.

Focus & Mutual Goals

Age Wise fiscal year 2019/2020 key program outcome results for the two Age Wise clinics located in San Bernardino and Hesperia include the following, respectively: 73%/78% of clients maintained low or reduced risk of mental health suffering, 71%/51% are deemed stable and able to access their own necessary resources for wellbeing, only 5%/1% of consumers experienced psychiatric hospitalization as the program reduced high utilizer emergency services, 100% were linked to a primary care provider, and 100% of clients remained in safe housing and avoided homelessness. The Age Wise program will continue to focus on these goal areas.

Lifestyle Medical agrees to work in collaboration with Age Wise to expand the cooperative efforts between medical and mental health professionals within San Bernardino County. This collaboration significantly minimizes the barriers present in accessing care for older adults by reducing the number of external referrals, dependency on outside providers, and prevents unnecessary extra steps for sometimes fragile and reliant senior consumers.

Collaborative goals further include the following concentration:

- Increasing the ease and efficiency of referring consumers engaged in other aging related services to behavioral health treatment as the need is identified
- Increasing patient engagement and commitment to identified treatment goals
- Improve treatment outcomes with a goal of maintaining progress
- Improve wellness services patient satisfaction
- Reducing costs associated with older adult patient care
- Increase the number of older adults engaged in wellness services throughout the County of San Bernardino, especially those in rural mountain and desert communities
- Target treatment towards the increased symptoms of depression and social isolation experienced by older adults during the pandemic

GLENDA JACKSON
222 Brookside Avenue
Redlands, CA 92373
(909) 798-8528

EDUCATION

University of Michigan, Ann Arbor, MI, Master of Social Work

Mississippi Valley State University, Itta Bena, MS, Bachelor of Social Work, Certificate of Gerontology

PROFESSIONAL EXPERIENCE

Deputy Director/Chief Deputy Public Guardian - San Bernardino County Department of Aging and Adult Services / Office of the Public Guardian, Redlands, CA - September 2010 to Present

Responsible for the planning and administration of the Office of the Public Guardian including formulating budget recommendations, researching and interpreting statutes and case law and writing policies and procedures. Consults with other departments and public agencies to resolve mutual problems and coordinate processing of guardianship and conservatorship cases or decedent estates. Represents the Public Guardian in court and acts for the Public Guardian in signing legal documents. Field Instructor for Bachelor of Social Work and Master of Social Work students.

*Social Service Practitioner – San Bernardino County Department of Aging and Adult Services
San Bernardino, CA – February 1994 to September 2010*

Education and Special Projects Coordinator – responsible for student interns, volunteers, manage grant, staff development and executing projects under the direction of the Director. Work with Community Based Organizations and Universities in creating partnerships and collaborations and in-service trainings. Also, investigate allegations of elder and dependent adult abuse.

*Social Service Practitioner – San Bernardino County Department of Children Services
Rancho Cucamonga, CA – June 1987 to February 1994*

Worked with law enforcement and the county system in meeting legal mandates for providing protective services on behalf of minors. Taught parenting classes, served as a lead worker.

*Social Worker/Social Service Coordinator – Abraham Lincoln Center
Chicago, IL – January 1987 to June 1987*

Maintained a client service caseload, provided individual, family, and group therapy. Provided group sessions within the public school settings and maintained statistical reports for the agency.

PROFESSIONAL MEMBERSHIP

California Association of Public Administrators, Public Guardians and Public Conservators – Board Member, Past President

National Association of Nutrition and Aging Services Programs – Member

Krystle Rowe, PhD, LMFT, MBA

P: (909) 815-9553 | E: KrystleRowe@ymail.com | R: Lake Mathews, CA 92570

SUMMARY

Licensed mental health professional with ten years of supervisory experience across three industries, including senior level management and the provision of children, adult and older adult services. Demonstrated ability to manage large projects and complex programs while maintaining high team morale, consumer satisfaction and quality assurance. Excels in the strategic delivery of programmatic and administrative responsibilities as well as increasing the focused productivity of staff in providing services with the strongest of ethics and care.

SKILLS & EXPERTISE

Program Management • Full-scope Supervisor to Large Team • Quality Improvement • Public Speaking
Staff Development • Accounting & Budget • Experienced Researcher • Licensed Marriage & Family Therapist

EXPERIENCE

County of San Bernardino, Department of Aging and Adult Services/ Public Guardian – Age Wise | San Bernardino, CA

Mental Health Program Manager II

March 2020 – Present

- Senior Manager for a multimillion-dollar annual budget for Age Wise and Office of the Public Guardian.
- Monitor and enforce contract compliance with productivity and budget to ensure proper service provision.
- Assist Executive Management with the creation and provision of COVID-19 related policies and procedures.

Private Practice, Krystle Rowe, PhD, CHT, LMFT | Riverside, CA

Business Owner/ Sole Proprietor

March 2012 – Present

- Administrative and clinical oversight of daily operations including delivery of outpatient client care and the documentation thereof, quality assurance standards, scheduling, billing and fiscal transactions.
- Clinical care of individuals by means of Evidenced-Based Treatment and Comprehensive Case Management.
- Sustain contracts with Employee Assistance Programs, Insurances and Victim Compensation Board (CalVCB).

County of Riverside, Crisis Support System of Care | Riverside, CA

Behavioral Health Services Supervisor

December 2019 – February 2020

- Leader of three crisis service programs being delivered in all three regions throughout the entire county.
- Full-scope administrative and clinical supervisor to the mobile crisis teams and programs that were the recipient of the California State Association of Counties 2019 Challenge Award for Most Innovative Program.
- Act as a liaison and representative to program and county stakeholders to ensure collaborative relationships.

County of Riverside, Outpatient Quality Improvement | Riverside, CA

Senior Clinical Therapist

July 2018 – December 2019

- Ensure County compliance with California Code and Regulations, specifically Title 9 and Title 22.
- Developed the first Short-Term Residential Therapeutic Program (STRTP) training curriculum and auditing measures for the County of Riverside. Providing ongoing staff training for county and contract employees.
- Strong familiarity with Riverside County Avatar system Electronic Medical Records database.
- Execute procedures for Medi-Cal chart reviews, site certifications and recertifications for all providers.

Family Service Association | Moreno Valley, CA

Clinic Director

October 2017 – June 2018

- Directed mental health programs including Riverside County System of Care and San Bernardino County Older Adults program, across six clinic locations as a full-scope supervisor to approximately 75 clinic staff.
- Achieved successful program startup of IEHP and expanded the CalVCB Victim of Crime program.
- Monitored a half-million dollar annual budget, supervising unit production, staffing patterns and expenditures. Assembled agency and state required reports showing analysis of program statistics.
- Oversaw billing procedures and assisted fiscal in recovering lost funds from the previous fiscal year.

Krystle Rowe, PhD, LMFT, MBA

P: (909) 815-9553 | **E:** KrystleRowe@gmail.com | **R:** Lake Mathews, CA 92570

- Member of the Continuous Quality Improvement (CQI) team which completed a monthly review to update or create agency and program objectives, policies, and standard operating procedures.
- Assisted Executive Management with a successful Council on Accreditation (COA) reaccreditation.

Department of Veterans Affairs | Corona, CA

Licensed Marriage and Family Therapist, Readjustment Counseling

March 2012 – November 2015

- Provided individual, family and group outpatient services to veterans of different war eras, including leading the Older Adult Vietnam Veterans support group. Regularly exceeded direct productivity quota of 75%.
- Integrative Case Management efforts with Veterans Hospitals, VA Benefits Department, Housing Services, Client Care Specialists, and educational and private agencies for client linkage to community resources.
- Collected donations for Homeless Veterans in the local community. Outreach efforts included travel to community sites to assess needs, the development of individual case plans, and linkage to services.

Family Service Association | Moreno Valley, CA

Program Manager

September 2008 – March 2012

- Program Manager for the Older Adults Community Services and Family Caregiver Support programs through San Bernardino County as well as the Child Abuse Treatment program through Riverside County.
- Supervised staff providing care to a diverse population of minors and adults in home and in the field. Service delivery included transportation, education, therapy, medical screenings, caregiver respite and linkage.
- Teamed with Probation Department to provide rehabilitative care to juveniles on informal probation.
- Maximized in full an annual multi-program budget of more than a half-million dollars.
- Administrative Supervisor to a large team of multidisciplinary clinical and case management staff. Oversaw case intakes, assessments, treatment plans, interventions and discharge procedures.
- Developed and led Clinic Staff Appreciation Subcommittee, resulting in increased staff retention.
- Full-scope supervisor tasks including 24/7 on-call availability for telephone crisis consultations.
- Honored with the new employee of the year and manager of the year awards.

EDUCATION

University of Redlands | Redlands, CA

Master of Business Administration

Summer 2019 – Spring 2021

Honors & Activities: 3.95 GPA, Delta Mu Delta Honor Society

San Diego University for Integrative Studies | San Diego, CA

Doctor of Philosophy in Transpersonal Psychology

Fall 2009 – Spring 2015

Honors & Activities: 4.0 GPA, 2015 Graduation Ceremony Student Commencement Speaker

California State University, Fullerton | Fullerton, CA

Master of Science in Clinical Psychology – Marriage and Family Therapy

Fall 2007 – Spring 2009

Honors & Activities: 3.66 GPA, Psi Chi and Phi Kappa Phi Honor Society, 2008 Psychology Department Award

RESEARCH

Rowe, K. L. (2015). A Strategic Approach to Stress Reduction: Application of the Community Resiliency Model for Stress Management

Rowe, K. L., & Blandon-Gitlin, I. (2009). Discriminating Among True, Suggested, and Fabricated Accounts of Events with the *Linguistic Inquiry and Word Count* Approach

LICENSE

Board of Behavioral Sciences | California

Licensed Marriage and Family Therapist (MFCC# 50964)

December 2011 – Present

AMARANTA SCORZELLI

1505 Kincaid Street
Redlands, CA 92373

Voice: (818) 517-3787
amascor@hotmail.com

EDUCATION

University of Southern California-School of Social Work
Master of Social Work (2019)

Pacific Oaks College
Bachelor of Arts in Human Development (2016)

California State University San Bernardino
Social Sciences and Behavioral Sciences Courses (2006-2008)

Southern California School of Interpretation
Certificate Program in Legal Interpretation (2001)

Glendale Community College
Emergency Medical Technician Training (2000)

Universidad del Salvador (Bs As Argentina)
School of Psychology (1990-1991)

CREDENTIALS

- Associate Clinical Social Worker (in process)
- California State Superior Court Certified Spanish Language Interpreter
- United States District Court Certified Spanish Language Interpreter

CERTIFICATE PROGRAMS AND TRAINING:

- Instructor Pa-kua Martial Arts Black Belt 2° (2003-present).
- Instructor Pa-Kua Chinese Yoga [Sintonia] (2005-present)
- Instructor Pa-kua Thai-Chi [Cosmodinamia]
- Chien Chi Kwa Level II (2009-present).
- E.M.T: County approved program GCC (2002).

PROFESSIONAL EXPERIENCE

INTERPRETATION & TRANSLATION (2001-present):

- **Superior Court of California: (Criminal-Civil)**, Trials, Witness prep, Jail Interviews, Workers Compensation Appeals Board, Depositions/EUO, Civil Litigation, Arbitrations/ Mediations, Medical Examinations. Conference Interpreting (LAUSD-Human Trafficking Task Force-),
- **Public Hearings:** (LAX Expansion-PG&E Hinckley Water Dispute) Language Access Plan For CA Courts, Telephonic Interpreting (State/US District Courts Unified School District PTA Conferences,
- **High Profile Criminal Cases:** (US –State Court) Drug Trafficking-Murder-Genocide, Crimes of violence, Gang related activity.
- **US District Courts: (Criminal –Civil)** Proffer interpenetration for AUSA; PFD client meeting assistance; All in Court Proceedings; US Marshall Lock up assistance.

Translating (2002-present):

- **Legal:** Contracts, Settlement Agreements, Waiver Forms, Form Interrogatories, Discovery Questionnaires, Agreements, and Notices.
Book: “Liga Internacional de Pakua” (Spanish into English).
Labor Law: Company Policies, Employee Handbook, and Training Material
Medical: Hospital Employee Manuals, Patient Education

PESONNEL MANAGEMENT EXPERIENCE:

General Manager: Gaucho Grill Restaurant [Glendale/Pasadena] (1992-1996).
Personnel Training: Pueblo Corporation Department of Customer Service/Quality Control [Call Center] (1998-1999).

SOCIAL SERVICE-CUMMUNITY EXPERIENCE:

Roots Down, Inc: President, Co- Founder of a Non Profit community based organization that serves survivors of domestic violence (2013-present).Case Management; Program development; Client Intervention; Client Advocacy

ChildHelp Foster Care and Adoption Agency:

Case Management; Clinical Intervention; Group Facilitator; Visitation Supervision. Internship Program Completed (1000 hours) in 2019.

Children Of The Night: Shelter and Referral Center for victim’s of sexual violence, assault, abduction and child prostitution: hot line operator providing rescue-emergency intake services as well as referral services; Outreach program; In House client care-supervision.(part-time 1997-200).

TEACHING EXPERIENCE:

Instructor: California State University, Northridge-College of Extended Learning Interpreting Program “Interpreting in Civil and Administrative Proceedings (2004-2005)

Instructor/Examiner: Southern California School of Interpretation-Mock Exam Program for State Certification Exam Candidates (2003-2004)

Master/Instructor: Women’s self defense class; Sintonia (Chinese Yoga) (2003-present).

Personnel Training: Pueblo Corporation (1998-1999).

PROCTOR

Metropolitan Interpreters and Translators (2004-2005). Proctoring exams for Translation/Interpreting Candidates for the D.E.A.

***References available upon request**

Curriculum Vitae

WAYNE S. DYSINGER, M.D., M.P.H.

Home Address: 11641 Anderson Street
Loma Linda, CA 92354

Cell Phone: (909) 855-3400

Work Address: Lifestyle Medicine Solutions
4368 Central Avenue
Riverside, CA 92506

Telephone: (951) 742-7324

E-mail: wayne.dysinger@lifestylemedical.com

Citizenship: United States Citizen

Date of Birth: March 28, 1961

Family: Wife – Heather Javaherian Dysinger, OTD
Children – Stephen Neil Dysinger (1992-2006), William Joel Dysinger (BD 11/2/97),
Ariyana Artemis Javaherian (BD 5/20/2006), Afshin Hamid Javaherian (BD 1/9/2008)

PROFESSIONAL EXPERIENCE

2015- Family and Preventive Medicine Physician – Lifestyle Medical
Chief Executive Officer – Lifestyle Medical
Medical Director – Lifestyle Medicine Institute – stopped 1/2020
Associate Professor – Loma Linda University

2003-2014 Preventive & Family Med Physician, Center for Health Promotion, Loma Linda, CA
Chair, Department of Preventive Medicine, Loma Linda University, Loma Linda, CA
Director, Family & Preventive Medicine Residency, Loma Linda University

1995-2003 Family & Preventive Medicine Physician, Capital Region Fam Hlth Cntr, Concord, NH
Faculty, NH-Dartmouth Family Medicine Residency, Concord, NH
Co-Founder, Dartmouth Hitchcock Leadership Prev Med Residency, Lebanon, NH

1992-1995 Family & Preventive Medicine Physician, Georgia Baptist Med Center, Atlanta, GA
Faculty, Georgia Baptist Family Medicine Residency, Atlanta GA

1989-1991 Family & Preventive Medicine Physician, Guam SDA Clinic, Tamuning, Guam

EDUCATION AND TRAINING

B.A.	1979-82	Southern College of Seventh-day Adventists Collegedale, Tennessee
M.D.	1982-86	Loma Linda University School of Medicine Loma Linda, California
M.P.H.	1986-90	Loma Linda University School of Public Health Loma Linda, California (off-campus program)
Family Medicine Residency	1986-89	Florida Hospital Orlando, Florida
Preventive Medicine Residency	1991-92	Loma Linda University Medical Center Loma Linda, California
Quality Improvement Certificate	1998	Advanced Training Program in Health Delivery Improvement Salt Lake City, UT

SPECIALTY BOARD CERTIFICATION

2017 to Present	Lifestyle Medicine
1994 to Present	Preventive Medicine
1989, 1995, 2001	Family Medicine

CURRENT ACADEMIC APPOINTMENTS

Associate Professor, Department of Preventive Medicine, Loma Linda University, July 2005 -
Departments of Preventive Medicine and Family Medicine – School of Medicine
Departments of Health Promotion and Health Administration – School of Public Health

PAST ACADEMIC APPOINTMENTS

Assistant Professor, Department of Preventive Medicine, Loma Linda University, 2003-2005
Assistant Professor, Department of Community and Family Med, Dartmouth University, 1995-2003
Assistant Professor, Department of Family Medicine, Medical College of Georgia, 1992-1995

MEDICAL LICENSES

California – 1991-94; 2003 – current
New Hampshire – 1995-2003, Georgia – 1992-1995, Guam – 1989-1991, Florida – 1987-1989
National Provider Identification (NPI) Number – 1023121837

HOSPITAL APPOINTMENTS

Resident, Family Medicine Service (and moonlighting in the ER), Florida Hospital, 1986-1989
Part Time Physician, Emergency Room, Flagler Memorial Hospital, Bunnell, Florida, 1988-1989
Physician, Family Medicine Service, Guam Memorial Hospital, Agana, Guam, 1989-1991
Part Time Physician, Emergency Room, Loma Linda Community Hospital, Loma Linda, CA, 1991-92
Attending, Family Medicine Service, Georgia Baptist Medical Center, Atlanta, GA, 1992-1995
Attending, Family Medicine Service, Clayton Regional Medical Center, Atlanta, GA, 1992-1995
Attending, Family Medicine Service, Concord Hospital, Concord, NH, 1995-2003
Chief, Preventive Medicine Service, Loma Linda University Med Center, Loma Linda, CA, 2003-2014
Attending, Preventive Medicine Service, Loma Linda University Med Center, Loma Linda, CA, 2015-

RECOGNITION AND AWARDS

Trailblazer Award, American College of Lifestyle Medicine – 2018
Ronald Davis Special Recognition Award, American College of Preventive Medicine - 2017
Loma Linda University Prev and Occ Med Residencies Faculty of the Year (2008-09 – Initial Award)
Marquis Who's Who in Medicine and Healthcare (Millennium Edition)
NH Dartmouth Family Practice Residency Family Practice Role Model (1997-98)
Lemmon Award for Outstanding Potential in Family Practice (1986)
Who's Who in American Colleges and Universities (1982)

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

International Board of Lifestyle Medicine
Founding Member and Chair, 2017 -
American Board of Lifestyle Medicine
Founding Member and Board of Directors, 2015
Chair, 2016 –
American College of Lifestyle Medicine
Founding Member and Board of Directors, 2003-08

President-Elect, 2008-2009
 President, 2009-2012
 Immediate Past President, 2012-2014
 Treasurer, 2014-2015
 Chair, Conference and Education Committee, 2010-2015
 Chair, Conference Planning Committee, 2013
 Fellow, 2015-
 American College of Preventive Medicine
 Member, 1989-
 Fellow, 2000-
 Quality Management Committee, 1994-95
 Conference Planning Committee, 1994-97, 2008-11 (Chair, 2006, Track Chair, 2008)
 Managing Care for Defined Populations, 1997-98 (Conference Chair)
 Graduate Medical Education Committee, 2002-04, 2007-13 (Chair, 2008-09)
 Lifestyle Medicine Taskforce, 2007 – 2015
 Board Member, 2013 – 2019
 Association of Prevention Teachers and Researchers
 Member, 1993-2014
 Board of Directors – Foundation, 1994-96
 Board of Directors, 2003-06
 Conference Chair, 2005-06
 Society of Teachers of Family Medicine
 Member, 1993-2013
 American Academy of Family Physicians
 Member, 1985-2003
 Fellow, 2001-
 American Medical Association
 Member, 1987-
 Healthier Life Steps™ Advisory Panel, 2007-08
 Family Medicine Interest Group, Loma Linda University School of Med, Founder/President, 1985-86
 Student Missions Club, Southern College of Seventh-day Adventists, President, 1981-82

ACADEMIC AND ADMINISTRATIVE ACTIVITIES AT LOMA LINDA

Loma Linda University Medical Center
 Chair, Department of Preventive Medicine, 2003 – 2014
 Medical Executive Committee, 2003 – 2014
 Preventive Medicine Residency Advisory Committee, 2003 –
 Occupational Medicine Residency Advisory Committee, 2003 –
 Family and Preventive Medicine Residency Advisory Committee, 2006 –
 Loma Linda University School of Medicine
 Curriculum Committee, 2003 – 2014
 Clerkship Director's Committee, 2003-2011
 Integrative Medicine Taskforce, 2005
 Promotions Committee, 2010 – 2014
 Continuing Medical Education Committee, 2010 – 2014
 Loma Linda University School of Public Health
 Administrative Committee, 2003 – 2014
 Preventive Care Committee, 2005-2010, 2014
 Loma Linda University
 Leadership Committee, 2005 – 2014
 Lifestyle Medicine Institute Oversight Committee, 2009 – 2014
 Lifestyle Medicine Institute Administrative Committee, 2009 – 2014
 Lifestyle Medicine Institute Working Committee, 2009 – 2014
 Director, Lifestyle Medicine Institute, 2009 – 2011
 Loma Linda University Adventist Health Sciences Corporation, Executive Board, 2010 – 2014

Loma Linda University Health
Primary Care Collaborative, 2013-14

JOURNAL AND OTHER PROFESSIONAL REVIEW ACTIVITIES

Journals

American Journal of Preventive Medicine, Peer Reviewer, 1998-
American Journal of Managed Care, Peer Reviewer, 1998-89
Journal of Clinical Epidemiology, 2003-2004
American Journal of Lifestyle Medicine, Book Editor, 2013-

Grants

Health Resources and Services Administration, Grant Reviewer
Graduate Training in Family Medicine, 1997
Graduate Training in Preventive Medicine, 2001
Centers for Disease Control and Prevention, Scientific Reviewer- Prevention Panel, 2004
Cancer Prevention and Research Institute of Texas, Grant Reviewer, 2012

Other

Georgia Baptist Medical Center, Institutional Review Board, 1992-95
Cigna Health Plan of Georgia, Pharmacy and Therapeutics Committee Member, 1993-95
American Medical Student Association, Leadership Seminar Series Advisory Committee, 2003-05
California Health Benefits Review Program, Member, 2008-
Exercise is Medicine, Member Content Review Panel, 2008
Nutrition Education for Practicing Physicians, Advisory Panel, 2009
Lifestyle Medicine Consensus Panel, ACLM Representative, 2009-10
National Prevention Education Advisory Panel, 2010-

GRANTS

Dysinger WS, Hart K. Kenya SDA rural health services family planning project. Grant proposal for a family planning project for which \$350,000 was received from Family Planning Private Sector. July, 1985.

Dysinger WS. Community health development for the island of Pohnpei. Grant for which \$43,000 was obtained from ADRA to develop local health capabilities on a Micronesian island.

Dysinger WS, DonDiego FR. Family practice training grant. Grant for which \$285,000 was received to incorporate a community-oriented curriculum in a family practice residency. Jan, 1994.

Dysinger WS, Kenyon T, Senko C. Family practice training grant. Grant for which \$399,000 was received to incorporate innovative training for residents in new types of office and home visits for developmentally disabled children and families with substance abuse and/or domestic violence problems. April 2000.

Dysinger WS, Bleidt B, Hillman J. Senior Disease Prevention and Health Promotion Program. Grant for which \$64,000 was received to provide health screening services to seniors in the rural desert areas of San Bernardino County. March, 2004. (PI)

Dysinger WS, Osborn J. Preparing the Personal Physician for Practice (P4). Grant for which the Loma Linda University Family and Preventive Medicine Residency was chosen as one of 14 residencies nationwide to be studied as a model for future training of Family Medicine physicians. January, 2007.

Dysinger WS, Peterson AB, Chene Y. Interprofessional Prevention Education. Grant for which \$10,700 plus conference attendance was obtained for interprofessional prevention education activities at an underserved community clinic. July, 2007. (PI)

Dysinger WS, Tonstad S. A very high fiber diet versus a low-carbohydrate diet for weight loss in obese men and women with and without type 2 diabetes. Grant for which \$240,000 was obtained from Lifestyle Center of America for a clinical trial on fiber intake. July, 2009.

Dysinger WS, Baum M, Debay M. Using Nutrition Prescriptions and Promotores to Combat Childhood Obesity. Grant for which \$26,000 was obtained from the American Academy of Family Physicians AIM-HI Program. Nov 2011.

- Dysinger WS, Mitchell A, Debay M, Orlich M. The Loma Linda University Integrative Medicine Program. Grant for which \$150,000 was obtained from the HRSA for training Preventive Medicine Residents in Integrative Medicine. Oct, 2012.
- Dysinger WS. Incorporating the Full Plate Diet into Physician Practices. Grant for \$50,000 from Ardmore Institute for Health to develop Group Visit Intensive Therapeutic Lifestyle Change Programs for physician offices. Oct, 2012.
- Rose K, Dysinger WS. Wallowa Memorial Hospital Community CHIP Lifestyle Intervention Program. Grant for \$81,000 obtained from the Eastern Oregon Coordinated Care Organization to implement intensive therapeutic lifestyle change programs. March, 2014.
- Dysinger WS, Herzog S. Developing the American Board of Lifestyle Medicine. Grant for \$29,000 From Ardmore Institute for Health to develop the ABLM. Jan, 2016.

BOOKS, CHAPTERS, NEWSLETTERS

- Dysinger WS, Dysinger PW. Management of first level care and referral. Invited book chapter in Guidelines on Obstetric Emergencies. World Health Organization, Geneva. April 1993.
- Dysinger WS, Dysinger JN. Invited forward in Family Behavioral Issues in Health and Illness; Ed McBride L, July, 2004.
- Dysinger WS. Living Whole – Employee Wellness Newsletter – Loma Linda University; Quarterly column from Sept 2007 to present.
- Dysinger WS. Electronic Newsletter – American College of Lifestyle Medicine; Monthly column from Nov 2009 to Feb 2012.
- Dysinger WS. Adventists and health. Invited chapter in Health Smart: A Rational No-Nonsense Practical Approach to Health; Ed Thompson WC; Remnant Publications, Coldwater, MI; August, 2010.
- Dysinger WS. Invited forward in “Lifestyle Medicine: Managing Diseases of Lifestyle in the 21st Century” (the current best text on Lifestyle Medicine); Eds - Egger G, Binns A, Rossner S; McGraw Hill, Sydney, September 2010.
- Dysinger WS. Invited forward in “Mind Over Eating”; Eds – Ticknor P, Hunter R; Lifestyle to Wellness Publications, March 2011.
- Dysinger WS. Lifestyle Medicine: Competencies for Primary Care Physicians. *Virtual Mentor*. 2013; 15:306-310. <http://virtualmentor.ama-assn.org/2013/04/medu1-1304.html>.

PUBLICATIONS

- Fraser GE, Dysinger WS, Best C, Chan R. Ischemic heart disease risk factors in middle-aged Seventh-day Adventist men and their neighbors. *Am J Epid* 1987;126(4):638-46.
- Powell KE, Dysinger WS. Childhood participation in organized school sports and physical education as precursors of adult physical activity. *Am J Prev Med* 1987;33(5).
- Liang AP, Dysinger WS, Hersey JC, et al. Practicing preventive medicine: a national survey of general preventive medicine residency graduate – United States, 1991. *Amer J Prev Med* 1995;11(3)139-44.
- Dysinger WS. Preventive medicine training and managed care: current status and models for the future. *Amer J Prev Med* 1996;12(3)145-50.
- Dysinger WS. Combining an MPH and/or a Preventive Medicine Residency with Family Practice Training. *Fam Med* 2002;34(3)158.
- Shannon KS, Dysinger WS, Nelson E, Batalden PB. *The Office of the Future*. FP Essentials 295. American Academy of Family Physicians Home Study Self Assessment. December, 2003.
- Dysinger WS, Testerman J. The length of residency training – can we be flexible? *Fam Med* 2005;37(1)7.
- Foster T, Regan-Smith M, Murray C, Dysinger WS, et al. Residency Education, Preventive Medicine, and Population Health Care Improvement: The Dartmouth-Hitchcock Leadership Preventive Medicine Approach. *Academic Medicine*. 2008;83(4),390-399.
- Dysinger WS. Lifestyle medicine: an overview. *Primary Care Reports*. 2010;16(5),1-12.

- Lianov L, Johnson M. Physician competencies for prescribing lifestyle medicine. JAMA 2010;304(2) 202-3. (JAMA doesn't allow more than two authors for commentaries, but I contributed heavily and was listed in the acknowledgements).
- Dysinger WS, King V, Geffken D, Foster T. Incorporating Population Medicine into Primary Care Residency Training. Family Medicine. 2011;43(7),480-6.
- Dysinger WS, Pappas J. A fourth year medical student rotation in quality, patient safety and population medicine. Amer J Prev Med 2011;41(4)s200-5.
- Debay M, Dysinger WS, Crouse J, Osborn J, Darnell TA, Lee H. Global Health Residency Training at Loma Linda University: Capacity Assessment and Options for Family and Preventive Medicine Residents. Fam Med Digital Resources Library; 2011. Available at: <http://www.fmdrl.org/3522>.
- Rippe JM, Dysinger WS, Rust R, Frank A, Blair SN, Parkinson M. American College of Lifestyle Medicine Expert Panel Discussion: The Treat the Cause Movement. Am J Lifestyle Med, February 10, 2014 as doi:10.1177/1559827614521987.
- Morton D, Rankin P, Sokolies R, Diehl H, Dysinger W, Kent L. The effectiveness of the Complete Health Improvement Program (CHIP) in Canada for reducing selected chronic disease risk factors. Canadian J Dietetic Practice and Research. 2014;75(2)72-77. PMID 24897012
- Morton D, Rankin P, Kent L, Dysinger WS. The Complete Health Improvement Program (CHIP): History, evaluation and outcomes. Am J Lifestyle Med. Jan, 2014.
- Sagner M, Katz D, Egger G, Lianov L, Schulz K-H, Braman M, Behbod B, Phillips E, Dysinger W, Ornish D. Lifestyle medicine potential for reversing a world of chronic disease epidemics: from cell to community. Int Jnl of Clin Prac 2014;68(11) 1289-92.
- Dysinger W. Lifestyle Medicine Practice: Exploring Workable Models. Am J Lifestyle Med. 2016;10(5):345-347.
- Herzog S, Dysinger W. The American Board of Lifestyle Medicine. Am J Lifestyle Med, June, 2017. P 230, 231. Online Publication.
- Frates E, Morris E, Sannidhi D, Dysinger W. The Art and Science of Group Visits in Lifestyle Medicine. Am J Lifestyle Med, Sept, 2017. Online Publication

ABSTRACT AND POSTER PRESENTATIONS

- Dysinger WS. Preventive medicine training and managed care: current status and models for the future. PREVENTION '93. April, 1993.
- Dysinger WS. Preventive med training in a primary care residency. PREVENTION '94. March, 1994.
- Kahn AR, Yeazel MW, Dysinger WS. Putting prevention into family practice training. PREVENTION '95 & STFM annual meetings. March/May, 1995.
- Dysinger WS, Kenyon T, Eubank DF. Teaching population based medicine: using longitudinal blocks to make it work. 1996 STFM NE Regional Meeting, Washington DC, Oct 1996.
- Dysinger WS, Kenyon T, Fry L. Electronic Medical Records & Continuous Quality Improvement: Easy to Say, Hard to Do. 1997 STFM NE Regional Meeting, Pittsburgh PA, Oct 1997.
- Dysinger WS, Garr DR, Ambrose PW. Office Based Systems for Preventive Medicine – Using an Electronic Medical Record. PREVENTION 1998. San Francisco CA, April 1998.
- Dysinger WS, Ornstein S, Woodward K, Perlin J. Electronic medical records: current promise and future reality. Preventive Medicine 2001, Miami FL, Feb 2001
- Dysinger WS, Murray CL. Preventive Medicine in Graduate Medical Education. Teaching Preventive Medicine 2002. Washington DC. March, 2002.
- Dysinger WS, Taylor B, Melnick A. Joint Training in Family Practice and Preventive Medicine: Three Experiences. ATPM Annual Meeting, Albuquerque, NM, March, 2003.
- Dysinger WS, Melnick A, Taylor B, Gunn W. Joint Training in Family Practice and Preventive Medicine: Three Experiences. STFM Annual Meeting, Atlanta, GA, Sept, 2003.
- Dysinger WS, Jones K, Osborn J, et al. Lifestyle Medicine: Therapeutic Lifestyle Change in Family Medicine Training. STFM Annual Meeting, Chicago, IL, April, 2007.
- Lister Z, Malleri J, Berit-Peterson A, et al., Dysinger W. Loma Linda University Interprofessional Prevention Education Lab: Evaluating Attitudes and Perceptions of Collaborative Care for Students in 4 Healthcare Disciplines. Preventive Med 2009. Feb 2009.

Malleri J, Painter N, Lister Z, Dysinger W. Curriculum Innovations: Interprofessional Lab Among Students of Various Healthcare Disciplines. Am Assoc of Colleges of Pharm. July, 2009.

Rea B, Turner S, Wilson A, Dysinger W. Community based coronary health improvement project (CHIP). Poster presented at the AAMC Annual Meeting, November, 2009.

Dysinger WS, Pappas J, Penner D. Training Fourth Year Medical Students in Quality Improvement, Leadership, & Public Health. AAMC/CDC Public Health in Med Education Conference. Cleveland, OH. Sept, 2010.

Paris Pombo A, Montgomery S, Osborn J, Dysinger W. Integration of a Family and Preventive Medicine Residency: Novel use of the CDC 6 Step Evaluation Framework. Presented at Preventive Medicine 2011. San Antonio, TX. February, 2011.

Debay M, Dysinger WS, Crounse J, Osborn J, Darnell TA, Lee H. Global Health Residency Training at Loma Linda University: Capacity Assessment and Options for Family and Preventive Medicine Residents. Presented at STFM Global Health Conference. San Diego, CA. October, 2011.

MAJOR TEACHING RESPONSIBILITIES

Undergraduate Medical Education

2003 – 11 Director, Preventive and Community Medicine, Loma Linda Univ School of Medicine
Completely revamped a required 4 week rotation from an ambulatory medicine curriculum into a population based patient safety/quality improvement curriculum resulting in enhanced student rotation evaluations

Graduate Medical Education

1993 – 95 Director, Preventive Medicine and Research, Georgia Baptist Medical Center
Family Medicine Residency

1995 – 03 Director, Preventive Medicine and Research, New-Hampshire Dartmouth
Family Medicine Residency University

2000 – 03 Co-Director and Founder, Dartmouth Hitchcock Leadership Preventive
Medicine Residency

2006 – 14 Director, Family and Preventive Medicine Residency, Loma Linda Univ Med Center
An innovative residency training program now being emulated by Johns Hopkins, UCSD, and Tulane

2008 – Interim Director, Occupational Medicine Residency, Loma Linda Univ Med Center
Received 5 year accreditation in 2008 with NO citations

2010 – 11 Director, Global Health Education Concentration, Loma Linda University
Developing elective curriculum for all GME programs at LLU

2011 – Director, Lifestyle Medicine Education Concentration, Loma Linda University
Developing elective curriculum for all GME programs at LLU

Graduate Studies

2005 – 06 Director, Division of Preventive Care, School of Public Health, Loma Linda Univ
Coordinated 3.1 FTE Faculty and 58 doctoral students

Continuing Medical Education

1998 Planning, implementing & evaluating population-based Interventions. With Snedecor
& W Gunn at Managing Care for Defined Populatns. Washington DC.

2000 Assess, Plan, Implement, Evaluate – tools for population based interventions.
With V Fonseca and T Lewis. PREVENTION 2000, Atlanta GA.

2001 Quality Improvement Institute: Action rooted in data. A 6 hr skill builder done with P
Batalden and S Plume at Preventive Medicine 2001, Miami FL.

2002 Quality Improvement Institute: A focus on measurement. A 7 hr skill builder done
with E Nelson and T Wilson at Preventive Med 2002, San Antonio TX.

2005 Teaching population medicine through a rapid cycle quality improvement project.
Presented at Preventive Medicine 2005. Washington DC.

2006 Combined training in Preventive Medicine. Presented at Preventive Medicine 2006.
Reno, NV.

2009 Lifestyle medicine education for physicians. Presented at Healthy People 2009.
Loma Linda, CA.

- 2010 Clinical Preventive Medicine. Presented at Preventive Medicine 2010. Crystal City, VA.
- 2010 Moving lifestyle medicine forward: updates and challenges – a nutrition focus. Presented at Healthy People 2010 Conference. Loma Linda, CA.
- 2011 Lifestyle medicine prescriptions. Presented at Preventive Medicine 2011. San Antonio, TX.
- 2012 Clinical preventive medicine. Presented at Preventive Medicine 2012. Orlando, FL.
- 2013 The Loma Linda University Integrative Medicine Program. Presented Preventive Medicine 2013. Phoenix, AZ.
- 2013 Lifestyle medicine and patient empowerment. Presented at the New Hampshire Academy of Family Medicine annual meeting. White Mountain, NH.
- 2013 Lifestyle medicine competencies. Presented for the Integrative Medicine in Preventive Medicine Education. National Webinar.
- 2013 Lifestyle medicine: true health care reform. Presented at the Institute for Lifestyle Medicine CME series. Harvard University, Boston, MA.
- 2013 Lifestyle and diabetes AND Lifestyle medicine overview. Presented for Thedacare. Appleton, WI.
- 2013 Making intensive therapeutic lifestyle change financially work in your practice. Presented at Lifestyle Medicine 2014. Washington, DC.
- 2013 The Lifestyle medicine landscape: application for your practice. Presented at the Personalized Lifestyle Medicine Summit. Anaheim, CA.
- 2014 Implementing group visit training in a preventive medicine residency. Presented at Preventive Medicine 2014. New Orleans, LA.
- 2014 Integrating Lifestyle Medicine Health Care Systems: A Population Health Strategy. Presented at Lifestyle Medicine 2014. San Diego, CA.
- 2015 How to take a nutrition history and provide evidence based nutrition prescriptions. Presented at Preventive Medicine 2015. Atlanta, GA
- 2016 Lifestyle Medicine – Making it work clinically and financially. Presented at Lifestyle Medicine 2015. Nashville, TN.
- 2017 Lifestyle Medicine Group Visits. Presented at Lifestyle Medicine 2016. Naples, FL.
- 2018-20 See under “Invited Lectures and Presentations”

Invited Lectures and Presentations (selected)

- 2001 Health Risk Assessment. Sanaa University School of Medicine, Sanaa, Yemen
- 2002 Meaning in Medicine. Presented at the New Hampshire Academy of Family Practice Annual Meeting. Whitefield, NH.
- 2005 – Evidence Based Public Health Decision Making. Presented at the Paul Ambrose Scholars Program. Washington DC. 2003, 04, 05, 07, 08, 09,10, 11.
- 2008 The Electronic Residency Application System. Presented at the Preventive Medicine Residency Directors Annual Meeting. Austin, TX.
- 2008, 2009 Medical Epidemiology (2 week course). Zhejiang University School of Medicine Hangzhou, China
- 2009 Does Lifestyle Effect Cancer? Designs for Health LLBN Television Presentation. Loma Linda, CA.
- 2010 Profiles in Leadership. Designs for Health LLBN Television Presentation. Loma Linda, CA.
- 2011 Lifestyle as Medication *and* The Lifestyle Medicine Landscape, presented at the Health Ministries Conference, South Pacific Division, Sydney, Australia
- 2011 The Strength of Broken Communities *and* The Adventist Health Study *and* Advanced Glycated End Products presented at the annual Fall Weekend, Greenlake SDA Church, Seattle, WA.

- 2011 Lifestyle Medicine from Here to Where *and* Diabetes Reversal: Is It Possible? Presented at the Australian Lifestyle Medicine Association Meetings, Sydney, Australia
- 2012 Lifestyle Medicine and Patient Empowerment. Presented at the Patient Empowerment Conference, Pasadena, CA.
- 2012 Updates: Nutrition, Lifestyle Medicine and the Adventist Health Study. Presented at the National CHIP Conference. Cohutta Springs, GA.
- 2013 Lifestyle Medicine and Occupational Therapy: A Different Approach to Health and Wellness. Presented at the Association of Occupational Therapy Annual Meeting. San Diego, CA.
- 2013 Lifestyle medicine updates: unprocessed, diabetes and more. Presented at the CHIP Annual Summit. Tucson, AZ.
- 2014 Lifestyle medicine: roots, growth, sky. Presented at the Stanford University Medical School Lifestyle Medicine Interest Group. Palo Alto, CA.
- 2014 Optimizing Lifestyle Medicine Practice. Presented at the American Congress of Rehabilitation Medicine. Toronto, CA.
- 2014 Lifestyle medicine: tracking the chronic disease epidemic. Presented at the Western Occupational & Environmental Medicine Association. San Diego, CA
- 2015 Lifestyle medicine and breast cancer. Presented at the I SIMPOSIO cancer de Mama ecancer. Lima, Peru
- 2015 Lifestyle medicine overview, history and competencies. Presented at the ECD Lifestyle Medicine Higher Education Consultancy. Kigali, Rwanda.
- 2016 The strength of broken communities, Finding balance when you're out, Diabetes and LM, Cancer and LM. Presented at Union College. Lincoln, NE
- 2016 Lifestyle medicine: making it work clinically and financially. Presented at the Alumni Postgraduate Convention. Loma Linda, CA.
- 2016 Lifestyle medicine topics. Series of four presentations on orientation, nutrition, diabetes and cancer. South Korea.
- 2016 Lifestyle medicine practice, and lifestyle medicine and diabetes. Two sessions at the Australasian Society for Lifestyle Medicine. Melbourne, Australia.
- 2017 Lifestyle medicine practice and lifestyle medicine nutrition. Two sessions at the Asian Society for Lifestyle Medicine. Taipei, Taiwan.
- 2018 International Lifestyle Medicine Conferences in Australia, Costa Rica, Mexico, Philippines x 3, Qatar, Fiji, and Solomon Islands. Multiple Presentations.
- 2018 National Lifestyle Medicine Presentations in Indianapolis (ACLM), Loma Linda (APC), Pasadena (OTAC), Chicago (ACPM), and Rio Grand Valley. Multiple Prsntr.
- 2019 International Lifestyle Medicine Conferences in Australia, Fiji, Samoa, Korea, Lebanon, Mexico, Qatar x 2, and Saudi Arabia. Multiple Presentations.
- 2019 National Lifestyle Medicine Presentations in Orlando (ACLM), Oakland (PBNHC), Loma Linda (SDAGC), and San Diego (WOEMA). Multiple Presentations.
- 2020 International Lifestyle Medicine Conferences in Qatar x 3, Fiji x 2, Australia (Virtual). Multiple Presentations.

COMMUNITY SERVICE

- 1990 – 92 Director, Adventist Development and Relief Agency (ADRA)
Guam-Micronesia Adventist Mission; Guam and Micronesia
- 1992 – 98 Executive Director, Development Services International, Health Planning/Evaluation
Included 2 week consultancy in Tashkent, Uzbekistan
- 1996 – 97 Member, Community Health Institute Advisory Board
A non-profit NH community health consulting agency, Concord, NH
- 1998 –13 Medical Director, Adventist Frontier Missions,
Global Seventh-day Adventist Missions Organization
- 2007 –12 Trustee/Board Member, Ardmore Institute of Health DBA Lifestyle Center of America
An endowed foundation focused on Lifestyle Medicine, Ardmore, OK
- 2008 –12 Volunteer, SACHS Evening Student Clinic
Precept students as they see underserved primary care patients

- 2012 – 14 Volunteer and Interim Medical Director for 4 months, Loma Linda Street Medicine
Precept students as they participate in healthcare for the homeless
- 2013 Volunteer, SIMS Mission Trip, Valle de Angeles and Utila, Honduras for 2 weeks.

OTHER NONSENSICAL ACCOMPLISHMENTS

- Ironman Triathlons – Completed Vineman 70.3 (California) in July, 2008.
Completed Panama City 140.6 (Florida) in November, 2009.
Completed Wildflower 70.3 (California) in May, 2010.
- Marathons and Ultras – Completed Shadow of the Giants 55K (California) in May, 2009.
Completed Ridgecrest 50K (California) in December, 2008 and 2010.
Completed LA Marathon (California) in March, 2007, 2008, 2012 and 2013.
Completed Catalina Conservancy Marathon in March, 2014.
- Half Marathons – Completed Holiday Classic, December 2008, 2009, 2011, 2013, 2014, 2015

June, 2020

Relevant Experience

Licensed mental health professional with over 17 years of supervisory experience across multiple disciplines (Student Health, Counseling, Student Conduct, Academic Support, and Student Life services) to ensure efficient service and assess measurable outcomes. Implemented various data collecting programs to support resource budgetary decisions. Extensive experience and training in Higher Education Laws (e.g., FERPA, HIPAA, ADA, Title IX policies and investigations, etc.), California Mental Health, and Medical laws and practices. Conducted the training modules for Riverside County Behavioral Health new Employees, new County Contract Providers, and new Clinical Mental Health staff. Over eight years of teaching experience at the college, graduate, and professional school levels.

Professional Experience

San Bernardino County, Department of Aging and Adult Services - Public Guardian - Age Wise Program

Program Manager I, October 2020 to present

Responsible for the direction and management of the program components, planning, and organization for two full service (FSP) behavioral health clinical programs, aging adults 59+ (tier three level diagnosis). Prepares, monitors, and enforces contracts with behavioral health service providers. Has full supervisory responsibility for a staff of licensed/pre-licensed clinical therapists (8), paraprofessionals (6), clerical staff (3), a Clinical Supervisor, and a Program Analyst.

Departmental Involvement

- Ensures therapeutic treatment is in compliance with Medi-Cal standards (medical necessity) via chart audits of the Clinical Assessments, Client Resource Plans, and Progress Notes. Ensures the therapeutic treatment is within the scope of practice of the licensed/pre-licensed and paraprofessional staff – review treatment plans and therapeutic techniques utilized.
- Act as a resource (consultation) for the clinical staff regarding specific treatment of cases or types of cases.
- Participates in hiring, training, and disciplinary action. Evaluates work performance and signs performance evaluations.
- Recommend, revise, and implement new policies, procedures, and clinical changes for the clinics.

InlandPsych Redlands, Inc.

Private Practitioner, February 2018 to present

Clinical care for adolescents, young adults, adults, couples and families by means of Evidence-Based Treatment and Comprehensive Case Management. Specializing in developmental, relational, interpersonal, and personal mental health challenges. Cleared by nine different Medical Insurance boards.

School of Medicine, University of California, Riverside

Adjunct Faculty, August 2017 to present

The Doctoring I course is designed to assist in the education of healthy behaviors, human development, and medical morals/ethics and apply this knowledge to patient care via the doctor-patient interaction. Increase the interpersonal and communication skills of the medical student to effectively strengthen the doctor-patient relationship. Co-Instructor: Rebeca Gavan, M.D., Health Sciences Asst. Clinical Professor – Family Medicine

Riverside University Health System – Behavioral Health Quality Improvement- Outpatient Department

Senior Clinical Therapist, July 2018 to October 2020

Responsible for auditing mental health clinics (county and private contractors) throughout Riverside County to ensure compliance with California Code and Regulations, specifically Title 9 and Title 22. Items thoroughly reviewed, by a Senior Clinical Therapist, are the clinical Assessments (adult/child), the design and implementation of Client Care Plans, and Individual and Group therapy Progress Notes. Case difficulties range from average to very complex, especially given the client's diagnosis, needed care, and out-sourced services.

Departmental Involvement

- Provide the New Employee training for all newly hired county Clinicians, Behavioral Health Specialists, and Peer Support Specialists on Clinical Assessments, Client Care Plans, Medical Necessity, and Progress Notes.
- Provide the clinical training for private contracted providers for clinical and behavioral health staff.
- Facilitate Q/A meetings with clinic Supervisors regarding the QI Quarterly Audit Summary Report.
- Strong familiarity with Riverside County Avatar System Electronic Medical Records database.

University of Redlands, July 2000 to January 2018

Senior Associate Dean of Student Life, July 2014 to January 2018

Reported to the Vice President/Dean of Student Life until July 2017. August of 2017, reported to the University Dean of Student Affairs (new position). Provided leadership, support, and supervision to the Student Life Division during tenure, with intermittent periods of “acting Dean” in the absence of the VP/Dean of Student Life. With some variation due to occasional reorganization, the areas of direct supervision included: Student Health Center, Student Counseling Center, the Office of Recreation and Outdoor Programs, Residence Life and Housing, and the Office of Student Conduct. Position included supervision of up to 20 full-time professional and 7 graduate Interns, along with 3 Administrative Staff and 5-7 student staff members. Additionally, Served on the following teams/committees: Academic Success Team, CARE Team, University’s Check-in Team, New Student Orientation, and Men’s Committee. Fiscal responsibilities included oversight for approximately \$2.9 M in operational, personnel, and student fee funds.

Institutional Involvement

- WASC Accreditation Committee – served as the Student Life representative to assure co-curricular learning outcomes were established, assessed, and met the accreditation criteria.
- Responsible for the assessment, maintenance, and negotiation of the University Supplemental Student Insurance plan. Collaborated with Summit America (Insurance provider) for 12 years; Aetna 2 years.
- Title IX Committee – assisted in the development and implementation of the University’s Title IX policy, procedures, and investigation process, as well as the educational aspects for the University population. Title IX Investigator I and II trained/certified.
- Student Life compliance – with federal, state and local laws affecting students and coordinated the management of ADA, FERPA, VAWA, Clery, Title IX, and Confidentiality laws and regulations related to the Student Health and Student Counseling Services (HIPAA).
- Assisted Admissions with screening process to identify strong and challenged applicants. Offer suggested recommendations for challenged applicants and followed up with said applicants once admitted.

Selected Achievements

Commuter Lounge – in collaboration with two undergraduate students, acquired a 25k grant to build a safe space for commuter students which offered: A Kitchenette, food storage, lockers, and study area.

Haven House – established and supervised the operations of a residential treatment program for students managing their recovery from addiction disorders – alcohol and other substances.

Student Life Assessment Committee – facilitated the establishment of co-curricular learning outcomes and the measurement/assessment of these outcomes using dashboards and impact reports. Assisted the eleven departments within the Student Life Division with this endeavor.

Associate Dean of Student Life, July 2005 to June 2014

Reporting to the Vice President/Dean of Student Life, responsible for developing, assessing, and maintaining a comprehensive student service program which included the professional areas of: Student Health Center, Student Counseling Center, Academic Support and Student Development (ADAAA), Career Development, Student Employment, Residence Life and Housing, and the Office of Student Conduct. Position included supervision of 12 professionals and 5 graduate Interns, three Administrative Staff and nine student staff members. Budget oversight for approximately \$1.3 M in operational, personnel, and student fee funds.

Institutional Involvement

- Co-Chaired University’s Retention Committee – worked collaboratively with numerous University departments and Academic Affairs to correct and/or eliminate barriers hindering student’s progress toward degree completion. Detected early several warning signs and intervened appropriately. New Student retention rates rose to a high of 91%, with a three-year average of 87%.
- Students of Concern Committee – formalized a weekly working group of nine essential Administrators, across the University, which have high touch points with students. Early student intervention (academic, social, personal, etc.) and assistance was coordinated through this committee.
- Risk Management – assisted with the developed and revision of the University’s Emergency Preparedness Plan which included sections on earthquakes, pandemics (Asian Flu, Swine Flu), infectious diseases (TB, Meningitis, Mumps) and active shooter response.

Selected Achievements

College Persistence Questionnaire – implemented in the First Year Seminars which allowed for individual student assessments, highlighting nine different areas of concern. Negative scores on Institutional Commitment (IC) lead to individual meetings to address student concerns.

Outcome Questionnaire – implemented to track both a student’s clinical treatment progress and the effectiveness of the therapist. This was especially helpful for Clinical Supervisors and the Graduate Student Interns working in the Counseling Center.

Summer Bridge – co-designed a successful transition program for first generation, low-income, underrepresented, and students from low preparatory High Schools. Ninety three percent of the students who participate in the program obtain their bachelor’s degree in four years. Summer Bridge remains a preferred practice for retention.

Assistant Dean of Student Life, August 2000 to June 2005

Reporting to the Dean of Student Life, responsible for developing, assessing, and maintaining a comprehensive student service program which included the professional areas of: Student Health Center, Student Counseling Center, Academic Support and Student Development (ADA), Career Development, and Student Employment. Position included supervision of eight professional and three graduate Interns, two Administrative Staff and four student staff members. Budget oversight for approximately \$ 350 K in operational and personnel funds.

Institutional Involvement

- Student Assessment and Retention – Analyzed data from the CIRP Freshmen Survey and the College Student Survey (CSS) to make strategic recommendations for Student Life programs, engagement, and wellbeing. The CIRP and CSS allows for student comparisons both locally and nationally. To improve degree completion rates, worked with Admissions to study internal data to identify any possible variations in retention among various student populations.
- Core Survey – implemented a strong and successful social norming campaign with the use of the Core Survey and the National Student Survey on Engagement (NSSE). Students high level of alcohol related incidents were significantly reduced in the three years the program functioned.

Selected Achievements

Off Campus policy – data analysis revealed students living off campus were at significant risk for not completing their degree in four years. Established new criteria (Cumulative GPA of 3.0 or higher) for the off-campus petition process.

Peer Education – developed a nationally recognized Peer Education program which engaged in health promotions ranging from 5k Turkey Trot Races, National Presentations at the BACCHUS & GAMMA conference, to a guided menu of health-related programs for Residence Life and Housing. Four of the seven Peer Educators (undergraduate students) went on to earn master’s degrees in Public Health.

Cross-campus collaboration – worked closely with Admissions, Faculty Advisors, Residential Life, Financial Services, Integrated Technologies, and the Registrar’s Office, on retention efforts for new/transfer students: low-income, first generation, men (of color and Caucasian), and student-athletes.

Somerset Educational Services, Riverside, CA

Dean of Student Affairs, July 1996 to July 2000

Managed educational development (Individualized Educational Program-IEP, transition plans to Public School), curriculum, and disciplinary process of Emotionally Disturbed (ED) Elementary, Junior High and High School Students. Developed High School curriculum and advised the faculty and staff.

Directed the Behavioral Intervention Case Management (BICM) team, which actively developed Functional Analysis treatment plans to facilitate student learning and eventual transition to Public School. Conducted trainings in Conflict Resolution, Substance Abuse, Classroom Behavioral Management, and Communication Skills.

Loma Linda University Preventive Medicine Medical Group, Loma Linda, CA

Contracted Marriage and Family Therapist (Intern), September 1995 to June 2000

Provided short-term counseling, psychotherapy, and workshops for individual students and couples, at the University of Redlands. Conducted workshops and lectures for Student Life Division and Counseling Staff, including Assertiveness Training, Crisis Management, Relationship Dynamics and Men’s Aggression-Rape Prevention.

University of Redlands, Redlands CA

University Counselor, September 1992 to June 1995

Provided short-term counseling and psychotherapy to individual students and couples. Co-facilitated a Men’s group to develop a greater self-awareness and enhance relationships with men. Conducted Men’s Aggression-Rape Prevention Workshops, Dream Analysis, Stress Management and Interpersonal Relationship workshops for Fraternities, Sororities, Resident Hall staff, and Student Life departments.

University Instruction & Faculty Experience

- **Clinical Supervisor, CMHC** - Graduate students, Riverside Free Clinic, September 2013 to December 2017
Provided clinical supervision (observed sessions in-person), reviewed student intake process and case notes (SOAP notes), as well as assisted the students in the development of the treatment plans for the patients seen at the clinic.
- **Relationships in College**, Summer Bridge Workshop, Summer 2005 to Summer 2017
University of Redlands
An undergraduate workshop designed to help diverse/first-generation/low-income new students adjust to college life and learn how to manage personal relationships with one’s peers. Students could openly explore all aspects of a relationship: communication, sexuality, intimacy, family dynamics, goals and outcomes.
- **Counseling Law and Ethics**, CMHC 613, Summer Semester 2016
School of Education, University of Redlands
Offered in-depth exploration and examination of legal, ethical, and professional issues facing today’s counseling profession. Students reviewed, discussed, and developed a grounded interpretation and application of legal and ethical issues encountered in practicum and future practice.
- **Crisis and Trauma Intervention Counseling**, CMHC 692, Winter Semester 2013 to 2016
School of Education, University of Redlands
The course focused on expanding the development of counseling skills, with emphasis on the knowledge, skills, and awareness needed to work effectively with clients who are in crisis and suffer from traumatic

events. This course placed a high priority on the student's ability to develop a greater sense of self-awareness and introspection, especially with countertransference, and coping with vicarious trauma.

- **Student Mental Health and Campus Risk Management**, Academic Impressions, June 2012 to June 2014
Contracted to lead three-day conference trainings; assisted colleges and universities in the development and management of their behavioral intervention teams (BIT). Improved team recognition and intervention through comprehensive and integrated assessment of campus policies, practices, protocols and procedures related to students with mental health issues.

Education

Master of Science in Psychology – Clinical/Counseling, June 1993
California State University, San Bernardino

Bachelor of Science in Psychobiology, June 1988
University of California, Riverside

License & Professional Membership

Licensed Marriage and Family Therapist, LMFT 39978
NPI:1720586175 CAQH Provider ID:14200686

California Association of Marriage and Family Therapist (CAMFT)

Certified Clinical Telemental Health Provider (Cert. 524865)

Administrative & Advising Awards

Faculty Teaching Award – Doctoring I, UC, Riverside School of Medicine 2021

Advisor of the Year, Clinical Mental Health Counseling, 2015

Advisor of the Year, Clubs & Advisory Board, ASUR (Beta Lambda Sorority), University of Redlands, 2010

Presidential Award for Outstanding Service, University of Redlands, 2006

Advisor of the Year, BACCHUS & GAMMA, National Peer Education Network, 2004

Advisor of the Year, Clubs & Advisory Board, ASUR (Peer Education), University of Redlands, 2004

Committee Memberships & Volunteer Positions

Riverside Free Clinic, Co-Operational Advisor, March 2018 to present

Riverside Free Clinic, Board of Director, Member, 2014 to present

YMCA of the East Valley, Redlands Board Member, 2006 to present

YMCA of the East Valley, Executive Board Member, 2009 to 2018



May 9, 2021

To Whom It May Concern:

Lifestyle Medical is excited about working with Age Wise and San Bernardino County around the care for our seniors.

Lifestyle Medical is a value based primary care clinic that starts with a new foundation of care based on the principles of Lifestyle Medicine. Specifically, we work on building and balancing our four pillars - nourishment, movement, resilience (sleep and stress) and connectedness (horizontal and vertical) in our patients. This gives them the core health aspects needed for their bodies to prevent and overcome chronic diseases and other health challenges.

We are leaders in the Lifestyle Medicine movement nationwide, currently focusing primarily on Medicare Advantage populations. Starting in 2022 we will also be working through a Direct Contracting Entity (DCE) and the Centers for Medicare and Medicaid (CMS) and the CMS Center for Innovations (CMMI) to provide value based care for Medicare B populations. This collaborative is with practices in Austin, Texas and Wilmington, Delaware.

Because Lifestyle Medical is value based and lifestyle medicine flavored, we have since inception (ie, 6 years) had behavioral health staff as part of our care team. We recognize the significance of depression, anxiety and other mental health challenges in our patients' overall health landscape. We prioritize group care as well as individual coaching and counseling as foundational for our patients. We have gradually progressed our expertise and time in this arena, with our current collaboration being with a part time Masters in Social Work provider. We also have joined forces with a specialist in the importance of trauma and chronic disease. But we feel we need more.

The importance and timing of the opportunity to work with the Age Wise program is perfect. Together we can expand the cooperation that we currently have with mental health professionals. As we affiliate nationally and continue to build our innovative Lifestyle Medicine flavored model of primary care, we envision this grant opportunity as a key component of helping us to clarify the best ratios, schedules and connections for primary care and behavioral health in future Lifestyle Medicine flavored primary care practices. Not only will this grant help us day to day as we take care of patients, we trust it will also assist in creating a new and much needed improved model of care that focuses on treating root causes and actually reversing chronic disease.

We would be happy for further dialogue and opportunities to answer questions.

Sincerely,

A handwritten signature in black ink, appearing to read "Wayne S. Dysinger".

Wayne S. Dysinger, MD, MPH
Physician, Chair