

# in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | Fall/Winter 2021

## DFMCH Hosts LGBTQ+ Fellowship

Program joins a robust list of fellowships sponsored or hosted by the department

The University of Wisconsin School of Medicine and Public Health (UW SMPH) has been selected by the American Medical Association Foundation as the inaugural institution for the National LGBTQ+ Fellowship Program aimed at transforming the health equity landscape for the LGBTQ+ community. The program will be housed in the UW Department of Family Medicine and Community Health (DFMCH) and will build on the school and health system's existing foundations of diversity, equity, and inclusion strategies that support affirming LGBTQ+ services and will accelerate education, research and clinical initiatives.

A total of \$750,000 in funding from the foundation over four years will establish an advanced fellowship clinical training program for early-career physicians in primary care – who are “first-contact” doctors for their patients’ medical needs – in ways to optimize the health of LGBTQ+ patients.

### LEADERSHIP AND SUPPORT



*Elizabeth Petty, MD*

The ultimate goal of the program is to ensure that all LGBTQ+ patients receive the highest standards of care, according to Dr. Elizabeth Petty, senior associate dean for academic affairs at the SMPH, and the principal investigator and program director for the interdisciplinary fellowship program.

“This funding provides a very exciting and critically important opportunity to integrate primary care and public health in highly innovative ways that will significantly accelerate needed change to optimize the health of LGBTQ+ and gender expansive individuals,” she said.

The first fellow will be recruited to begin their

training for the year-long clinically focused academic program in July 2022. Fellows will have opportunities to extend their training beyond one year to do additional scholarship to advance LGBTQ+ health equity. The program will accept one fellow each year thereafter, with a goal of recruiting three fellows per year annually by the fifth year.



*William Schwab, MD*

“We are delighted that the DFMCH will be the administrative home for this innovative fellowship,” said William Schwab, MD, DFMCH professor and vice chair of education. “It

is fully consistent with our department’s core missions of excellent clinical care for all people, dynamic education, meaningful community partnerships, and outstanding scholarship. We welcome this opportunity to collaborate with our primary care colleagues

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Department of Family Medicine  
and Community Health  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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Dear Friends,

**W**elcome to *In Our Family*.

Our lead story focuses on our new LGBTQ+ fellowship and the program leaders who have roots

in the DFMCH as either residency program alumni or faculty.

We also highlight the expansion of a respiratory disease study led by alumnus Dr. Jonathan Temte.

You'll find out where our newest graduates are practicing and meet a former primary care research fellow who recently moved to Chicago to continue her research in trauma informed care.

Finally, we catch up with the class of 2001, and learn how alumnus Dr. Andy Pasternak is using the lessons learned about community medicine to serve patients in Nevada.

As always, please stay in touch. We want to hear from you, too!

### David Rakel, MD

*Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health*



More news at: [fammed.wisc.edu/news](https://fammed.wisc.edu/news)

## News Briefs

### UW Health Physician Excellence Awards

**Seth Barudin, MD, and Jennifer Lochner, MD,** were awarded Leadership Awards for their significant and measurable contributions to UW Health and leadership excellence in institution-wide work.



### Fellow Receives Global Health Institute Award

**Dr. Tana Chongsuwat** received the 2021 Global Health Institute Clinical Research Award. This award will allow Dr. Chongsuwat to expand her research in understanding barriers to screening and treatment for cervical cancer in collaboration with the Ugandan organization Gulu Women Economic Development & Globalization.



### Alpha Omega Alpha Medical Honor Society Inductee

Third year resident **Dr. Morgan White** was inducted into the Alpha Omega Alpha Honor Medical Society. Dr. White is one of only six SMPH residents inducted into this year's class.



### Dr. Vincent Minichiello joins Education Scholarship Collaborative (ESC) Scholars Program

The ESC selected **Vincent Minichiello, MD,** for its one-year program that supports UW SMPH faculty in becoming national leaders in education scholarship. Dr. Minichiello applied to the program to help support his goals of publishing data collected from a mindfulness training program he co-created and facilitated with resident physicians and of evaluating the application of an equity lens to the current Integrative Health Fellowship curriculum.



## Stay in Touch!

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Editor: Laura Cruz

# Respiratory Disease Study Expands

Madison alumnus Dr. Jonathan Temte secures funding to study COVID-19

Since 2015, the Oregon Child Absenteeism Due to Respiratory Disease Study (ORCHARDS), has been helping Oregon, Wisconsin, families and schools track and understand seasonal influenza and other respiratory illnesses. With thousands of home visits under their belts and the trust of the community, they were primed to help monitor the spread of COVID-19 as well. Now, with a new three-year, \$3 million grant from the Centers for Disease Control and Prevention, ORCHARDS will have the opportunity to continue helping schools and families navigate COVID-19 and other illnesses. And they'll continue to learn about the spread of COVID-19 in children and their families outside of any visit to a hospital, which is understudied.

The researchers originally partnered with the Oregon School District in part because Temte, study manager Shari Barlow and other team members live in the district and their children have attended school there. The district has helped recruit families by sharing information about the study through mailings, emails and during annual registration. Now, anytime a parent calls in to report a child sick, they hear a message encouraging them to provide samples to the researchers.

Before COVID-19 forced a change in the ORCHARDS protocol, participating families received results of influenza testing — often within just a few hours — which they used to understand the risk to other members of the household. That information

helped families seek antiviral medication, which, if given early, could prevent the flu from spreading or make illness much milder. Currently, all family members are tested for influenza and SARS-CoV-2, which can help to guide isolation and quarantine — all without a trip to the clinic.

“What’s unique is that entry into the study is through the school district, not a doctor’s office,” says Temte. The system captures milder illnesses and doesn’t depend on parents having the ability to reach a clinic during the day. “What this provides us with is a more realistic view of what respiratory infections look like in the community.”

Participation in the study is open to all students and their families in the district, from 4K through 12th grade. In a typical school year, the research team makes about 500 home visits, in a district that enrolls roughly 4,000 students. Since the study began, they’ve made almost 3,000 visits.

To further encourage participation, the study has distributed more than \$130,000 in gift cards to local Oregon businesses to families since the research began. The school district has also earned \$172,000 for its help advertising the study and collecting key data. Added to the knowledge and resources provided from the testing itself, these tangible benefits have further cemented the study as an important contributor to the community.



*Dr. Temte says additional funding will help the team document what happens in terms of SARS-CoV-2, influenza, and other respiratory illnesses during this evolving pandemic period.*

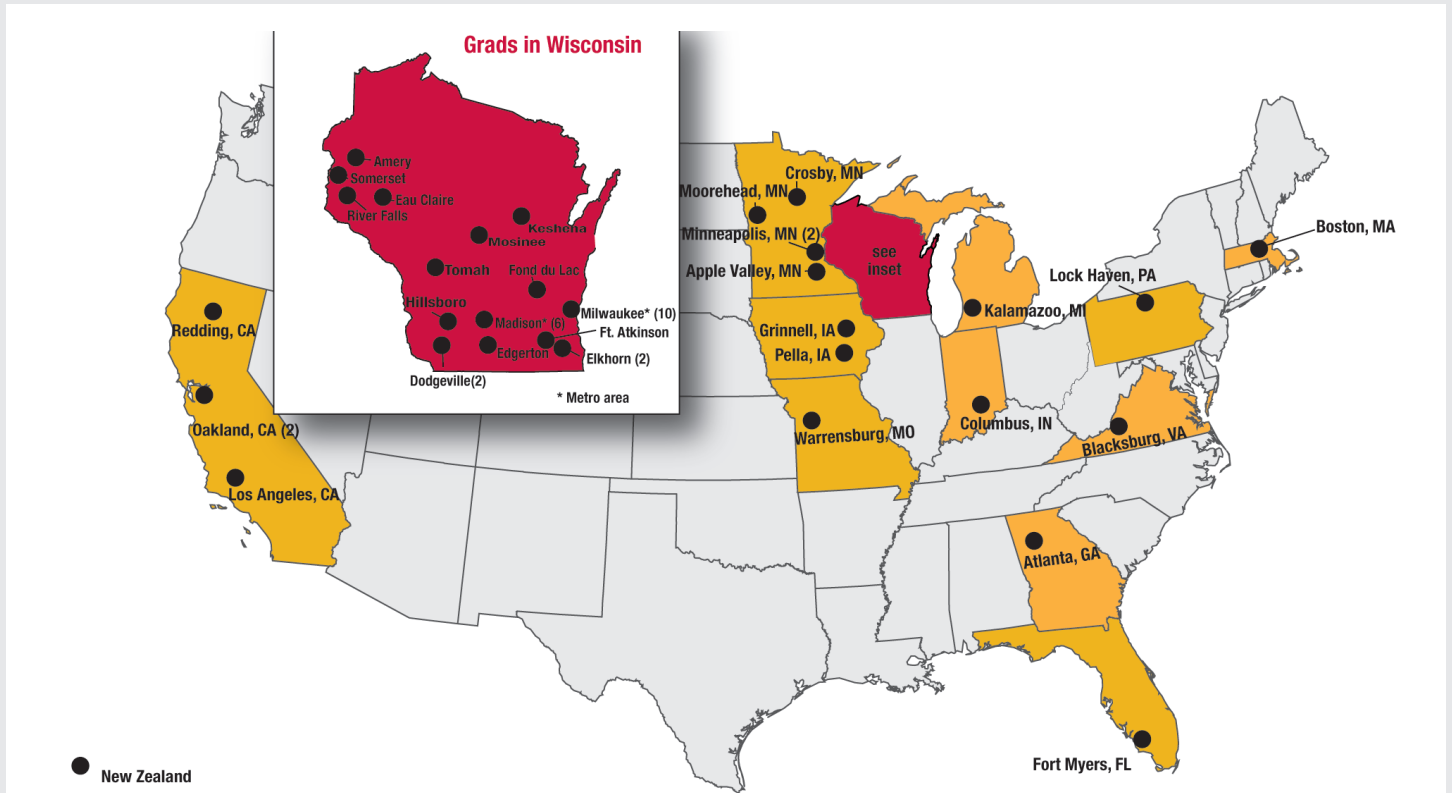
Originally, the researchers wondered whether they could predict the prevalence of flu based solely on school absentee data. Since schools already collect that information, a strong correlation could give public health officials timely information about respiratory infections in the community.

“And we’ve found that influenza can be identified with school data alone. Overall, these tools work quite well for influenza,” says Temte.

Over time, the study has grown to meet multiple goals. Several graduate students have trained with ORCHARDS. The team has been able to document unforeseen trends, like COVID-19 and the sudden disappearance of most respiratory diseases when schools closed during the pandemic. And families have grown more invested, learning about respiratory viruses and hygiene well before the pandemic made these issues a global concern.

“There have been all these unmeasured extra benefits from the study,” says Temte. “And it’s been so enjoyable to see them develop.”

# Meet the 2021 Graduates



DFMCH residents who graduated in 2021 are in 15 Wisconsin metro areas, 11 additional states and one other country. Is one near you?

## DFMCH-Sponsored Residency Programs

### BARABOO RTT



**Courtney Reynolds, MD**  
Upland Hills Hospital and Clinic (Dodgeville, WI)



**Sarah SchAAF, MD**  
Upland Hills Hospital and Clinic (Dodgeville, WI)

### MADISON RESIDENCY PROGRAM



**Megan Bartz, MD**  
DFMCH Integrative Health Fellowship (Madison, WI)



**Taylor Boland, MD**  
DFMCH Academic Fellowship (Madison, WI)



**Jonathan Christ, MD**  
Western Michigan Sports Medicine Fellowship (Kalamazoo, MI)

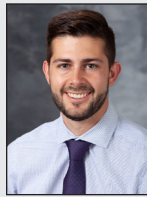


**Diana Cowdrey, MD**  
University of Minnesota Sports Medicine Fellowship (Minneapolis, MN)

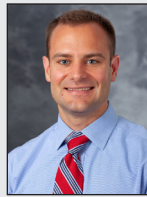
MADISON RESIDENCY PROGRAM CONT.



**Robert Freidel, MD**  
UW Health Fitchburg  
Clinic  
(Fitchburg, WI)



**Parker Hanson, DO**  
University of Minnesota  
Sports Medicine  
Fellowship  
(Minneapolis, MN)



**James Ircink, MD**  
UW Health Yahara Clinic  
and The American Center  
(Madison, WI)



**Allison Jenness, MD**  
Locum Tenens  
(New Zealand)



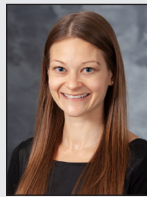
**Mark Matusak, DO**  
Kaiser Permanente  
Sports Medicine  
Fellowship  
(Los Angeles, CA)



**Samantha Mayhew, MD**  
Columbus Regional Health  
(Columbus, IN)



**Carly Salter, MD**  
Fond du Lac Regional  
Clinic  
(Fond du Lac, WI)



**Stacey Schley, MD**  
Emory University Sports  
Medicine Fellowship  
(Atlanta, GA)



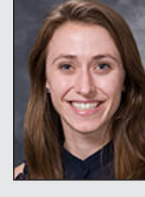
**Nicholas Squires, MD**  
Kaiser Permanente  
(Oakland, CA)



**Andrea Suarez, MD**  
Kaiser Permanente  
(Oakland, CA)



**Alexandra Wolf, DO**  
Menomonee  
Tribal Clinic  
(Keshena, WI)



**Alyssa Bruehlman, MD**  
UW DFMCH Addiction  
Medicine Fellowship  
(Madison, WI)

Fellowships



**Kelli Heinrich, MD**  
Northwestern Medical  
Group  
(Evanston, IL)



**Glenn Kauppila, DO**  
Mayo Clinic Health  
System  
(Eau Claire, WI)



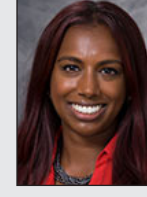
**Kathryn Schmit, MD**  
UW Department of  
Pediatrics Infectious  
Disease Fellowship  
(Madison, WI)



**Phillip Sasser, MD,  
MSc**  
Aurora Orthopedics  
(Milwaukee, WI)



**Alyssa Tilhou, MD, PhD**  
Boston University  
Department of Family  
Medicine (Boston, MA)



**Lashika Yogendran, MD**  
UW Department of  
Family Medicine and  
Community Health  
(Madison, WI)

Congratulations to the Class of 2021 Graduation Award Winners!

DFMCH-SPONSORED PROGRAMS

Baraboo RTT

- **Chief Resident Leadership Awards:** Courtney Reynolds, MD, and Sarah Schaaf, MD

Madison Residency Program

- **Chief Resident Leadership Awards:** Samantha Mayhew, MD, Allison Jenness, MD, Diana Cowdrey, MD, and James Ircink, MD
- **Resident Teacher Award:** Samantha Mayhew, MD, Alexandra Wolf, DO, and Robert Freidel, MD

ACADEMIC PARTNER PROGRAMS

Wausau Residency Program

- **Clinical Excellence Award:** Mariam Shetab, MD
- **Dr. Russell Clayton Esprit de Corps Award:** Joseph Fitz, MD
- **Excellence in Compassion:** Marcus Powers, MD
- **Outstanding Teaching Award:** Jessa Swartz, MD
- **Scholarship Award:** Eileen Riley, MD

Milwaukee Residency Program

- **Heip Trieu Memorial Award for Patient Dedication:** Leart Neziri, MD
- **Golden Find Award:** Patrick Foss, MD, Morgan Lively, DO, and Keyonna Taylor-Coleman, MD

- **Len and Jeannine Perushek Award:** Morgan Lively, DO
- **Service to the Residency Award:** Morgan Dunkin, MD
- **Chief Residents Award:** Steven Wipi-jewski, DO, and Keyonna Taylor-Coleman, MD
- **STFM Certificate:** Keyonna Taylor-Coleman, MD

## PROGRAM HIGHLIGHTS

### Academic Partner Residency Programs

#### AURORA LAKELAND RURAL TRAINING TRACK PROGRAM



**Heather Cloum, MD, MPH**  
Lakeland Rural Family  
Medicine Residency  
(Elkhorn, WI)



**Nicole Hammes, MD**  
Aurora Urgent Care  
(Elkhorn, WI)

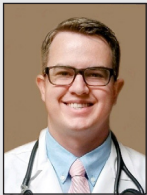


**Karlee LaFavor, MD**  
Cuyuna Regional  
Medical Center  
(Crosby, MN)



**Anna Mirer, MD, PhD, MPH**  
Aurora Good Hope  
Clinic  
(Milwaukee, WI)

#### EAU CLAIRE RESIDENCY PROGRAM



**J. Owen Beck, DO**  
Western Missouri  
Medical Center  
(Warrensburg, MO)



**Cody Howe, DO**  
Amery Hospital and Clinic  
and Clear Lake Clinic  
(Amery, WI)



**Kiesha Onyeneho, MD**  
Essentia Moorehead Clinic  
(Moorehead, MN)



**Yuliya Perepelitsa, MD**  
Eau Claire Medical  
Clinic  
(Eau Claire, WI)



**Clayton Wagner, MD**  
Health Partners Clinic  
(Apple Valley, MN)

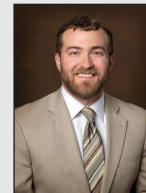
#### LA CROSSE RESIDENCY PROGRAM



**Jacob Ball, MD**  
Stillwater Medical  
Group  
(Somerset, WI)



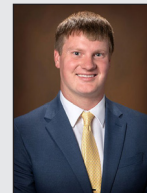
**Cassandra Lanning, DO**  
Pella Regional  
Health Center  
(Pella, IA)



**Chris Laylan, MD**  
Gundersen Tomah Clinic  
(Tomah, WI)



**Mark McCabe, MD**  
UW Health Fitchburg  
Clinic  
(Fitchburg, WI)



**Zach Meyer, MD**  
Gundersen St. Joseph's  
(Hillsboro, WI)



**Ian Stock, DO**  
UnityPoint Health  
(Grinnell, IA)

MILWAUKEE RESIDENCY PROGRAM



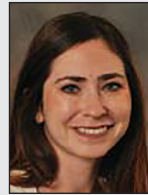
**Chella Bhagyam, DO**  
VCOM Sports Medicine  
Fellowship  
(Blacksburg, VA)



**Mary Dunkin, MD**  
Aurora 6 Points Clinic  
(West Allis, WI)



**Patrick Foss, MD**  
Aurora Health Care  
(South Milwaukee, WI)



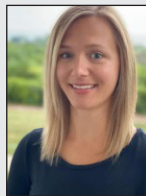
**Anna Karst  
Anderson, DO**  
Aurora Health Care  
(New Berlin, WI)



**Morgan Lively, DO**  
SSM Health Dean  
Medical Group  
(Stoughton, WI)



**Leart Neziri, MD**  
Aurora Health Care  
(Edgerton, WI)



**Kristen Randa, DO**  
Florida State University  
Global Health Fellowship  
(Fort Meyers, FL)



**Keyonna  
Taylor-Coleman, MD**  
Aurora Sinai  
Medical Center  
(Milwaukee, WI)



**Steven Wipijewski, DO**  
Fenway Health  
(Boston, MA)

WAUKESHA RESIDENCY PROGRAM



**Sara Berry, DO**  
Ascension  
(Cedarburg, WI)



**Richard Dao, MD**  
ProHealth Care  
(Waukesha, WI)



**David  
Leinweber, MD**  
DFMCH Addiction  
Medicine Fellowship  
(Madison, WI)



**Abigail Miller, MD**  
Black River  
Memorial Hospital  
(River Falls, WI)



**Bria Prosoki, MD**  
Aurora Health Care  
(Oak Creek, WI)



**Blaine Stott, DO**  
ProHealth Care  
(Waukesha, WI)

WAUSAU RESIDENCY PROGRAM



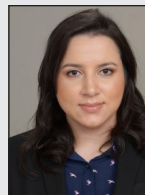
**Joseph Fitz, MD**  
Waukesha Memorial  
Hospital  
(Waukesha, WI)



**Marc Powers, MD**  
UPMC Lock Haven  
Family Medicine Clinic  
(Lock Haven, PA)



**Eileen Reilly, MD**  
Ft. Atkinson  
Memorial Hospital  
(Ft. Atkinson, WI)



**Mariam Shetab, MD**  
Mercy Medical Center  
(Redding, CA)



**Jessa Swartz, MD**  
Aspirus Kronnenwetter  
Clinic  
(Mosinee, WI)

# Andy Pasternak, MD, MS

Creating a community in Reno, Nevada

**W**hen **Andy Pasternak, MD, MS**, was a resident at DFMCH, he admits he wasn't as open minded as he is today.

"To this day I look at some of my faculty and **John Frey**, who was chair, and appreciate all of the knowledge they shared that didn't always resonate with me at the time," said Pasternak.

After over 16 years running his own practice, Silver Sage Center of Family Medicine in Reno, Nevada, Pasternak added a new role as president of the Nevada State Medical Association. He believes his experience at DFMCH—and mentors like **Jon Temte, Pat McBride, and Mike Fleming**—set the tone for his commitment to community medicine.

## A COMMUNITY-CENTERED PRACTICE

Pasternak and his wife JoAnn, an anesthesiologist, fell in love with the Reno, Nevada, area after a visit with a

friend and decided to make the move west. Over the years, Pasternak has built a practice that includes family, travel, and sports medicine.

"Putting the patient and community first has been a passion of mine since my days doing research at the Wingra Clinic," added Pasternak, who spent many hours at Wingra while completing his master's in epidemiology.

He also believes in being personally involved in the community he serves—regularly participating in local running and cycling events. Pasternak is a pro member of the Medicine of Cycling Society and is medical director for the Tahoe Rim Endurance Trail Races and the Western States 100, the oldest 100-mile race in the world.

"Staying involved in the community and promoting physical and mental benefits of exercise is at the core of my practice," shared Pasternak.



*Andy Pasternak, MD, MS, credits his experience as a DFMCH resident for laying the groundwork for a career in community medicine.*

## IMMUNIZE NEVADA

A strong vaccination program is a key component in Pasternak's community health focused approach. He currently serves as chair of the vaccination advocacy committee for Immunize Nevada—a non-profit aimed at eradicating vaccine-preventable disease throughout Nevada.

When the first doses of the Moderna vaccine for COVID-19 arrived on the weekend Pasternak and his wife planned to celebrate their 25th anniversary, they both rolled up their sleeves and marked the occasion by giving out 200 doses the first day.

"We couldn't think of a better way to celebrate our anniversary then by giving back to the community we love so much," said Pasternak.

## NEVADA STATE MEDICAL ASSOCIATION

That community first attitude is one of the many reasons Pasternak was elected president of the Nevada State Medical Association, an organization devoted to advocating for high quality health care for the people of Nevada. He takes the role seriously and is working to ensure access to excellent care including health insurance and immunizations.



*Andy and JoAnn Pasternak take an active role in their community.*



## FELLOWSHIP (continued)

to develop an exceptional model of advanced medical education to enhance the health of LGBTQ+ individuals.”

Drs. Petty and Schwab will work with Fellowship Champions and Faculty Mentors **Ronni Hayon, MD** (DFMCH), **Elizabeth Trowbridge, MD** (Medicine), and **Britt Allen, MD** (Pediatrics). **Christina Swords, PhD**, is the fellowship administrator.

Physician fellows will undergo clinical and classroom training in LGBTQ+ health care and will engage in research, teaching, mentoring, community collaborative partnership efforts and other scholarly endeavors.

Several studies show that LGBTQ+ individuals experience higher rates of depression, increased suicide risk and reduced access to appropriate and timely preventative health care for chronic diseases such as cancer and heart disease. Dr. Ronni Hayon, DFMCH associate professor, understands the challenges and complexities facing her community.



*Ronni Hayon, MD*

“LGBTQIA+ individuals are a part of a diverse and beautiful community, but one thing we have in common with one another is that we experience health inequities in multiple areas of physical and emotional health which are

rooted in complex systems of stigmatization and oppression,” she said. “What I love about this fellowship is that it will help train physicians to provide care that is more than just ‘competent.’ Graduating fellows will be able to go on to provide truly affirming care and advocate for change so that LGBTQIA+ folk and their families can thrive.”

The award marks the first chapter in the foundation’s nationwide effort to train hundreds of fellows and to foster development of multi-disciplinary standards of care for LGBTQ+ individuals. The goal is to establish a workforce of physicians fluent in LGBTQ+ health care as well as a rich body of medical knowledge about best practices in caring for LGBTQ+ patients that can be disseminated throughout the academic medicine community.

In a stringent peer-reviewed process, the AMA Foundation selected the SMPH for the award due to its extensive multidisciplinary network of institutional and community leaders with expertise in LGBTQ+ health.

“I am deeply grateful to the AMA Foundation for their recognition of the urgent need to address these important health equity issues,” Petty said. “I look forward to working with them as well as our amazing team of champions for LGBTQ+ health equity in Wisconsin and beyond.”

In addition to the LGBTQ+ fellowship, the UW-DFMCH sponsors several clinical and research fellowship programs.

**Academic Fellowship:** This fellowship provides educational and professional experiences to enhance family physicians’ teaching, clinical, scholarly, and leadership skills.

**Addiction Medicine Fellowship:** This fellowship, created in 2010, is one of the first programs in the country that provides training to family physicians with an interest in becoming Board Certified in the newly recognized specialty of Addiction Medicine.

**Integrative Health Fellowship:** This fellowship—one of the few worldwide that combines both academic and Integrative Health interests into one overall experience—prepares individuals to become national and international leaders in Integrative Health.

**Primary Care Sports Medicine Fellowship:** This fellowship provides clinical, teaching, and research experiences to train primary care physicians to care for sports-related problems in children, adolescents, and adults.

### Research Fellowship

**Primary Care Research Fellowship:** This fellowship provides opportunities to individuals aiming for careers in medical research related to the organization, delivery, or effectiveness of primary health care and preventive medicine.

## LGBTQ+ FELLOWSHIP

- Applicants must hold an MD or DO degree.
- Applicants must have completed residency in family medicine, internal medicine, pediatrics or med-peds and must be anticipating an academic or clinical career in primary care.
- Applicants may apply while completing their final year of residency.
- Applicants must be a United States citizen or a lawful permanent US resident with a resident alien permit or green card. The fellowship is not able to sponsor J-1 or other visas.
- The UW School of Medicine and Public Health has a deep and profound commitment to diversity both as an end in itself and as a valuable means for eliminating health disparities. As such, we strongly encourage applications from candidates who foster and promote the values of diversity and inclusion.
- For more Information and to apply: <https://www.fammed.wisc.edu/fellowships/lgbtq/>

# Catching Up: The Class of 2001

## Eau Claire

**Lainie Cox, MD**, is currently practicing at Yakima Valley Farm Workers Clinic in Spokane, Wash.



*John Allhiser was all about getting the nuts and bolts of medicine and procedures right, with a sense of humor, and a pervasive love of everyone. He was super into detail, and genuinely liked by everyone. Great role model.*

—David Jarvis, MD

**Scott Hadden, MD**, works for a small hospital-based group of clinics in semi-rural Oregon. He started the first hospital owned clinic in 2001 along with Dr. Tanie Hotan. They just celebrated 20 years of working together. He feels blessed for the years he spent at the UW Health Verona Clinic and appreciates the amazing mentorship of **Drs. James Damos, William Scheibel, Paul Smith, and John Beasley**.

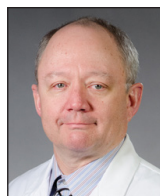


*Working at the same clinic for 20 years providing what I think is excellent care and still having fun and raising two kids is my biggest accomplishment.*

—Scott Hadden, MD

## Fox Valley

**David Jarvis, MD**, practiced full spectrum family medicine for 11 years before accepting a position as a hospitalist with SSM Health St. Clare in Baraboo, Wis. He enjoys teaching residents and giving quality care to people in the community.



**Daniel Tseng, MD, MS**, is in private practice as part of The Permanente Medical Group in Northern California. He currently serves as chief of medicine at Campbell Medical Center in Campbell, Cal. Tseng sites **Dr. Khin Mae Hla** as an important mentor during his fellowship.



## Madison

**Daniel Paulson, MD**, joined Springfield Family Physicians in Springfield, Ore, in 2001. As a medical director for the group, he supervises and trains physician assistants and coordinates with fully integrated clinical pharmacists and psychologists. He is also the local director of the Oregon Health Sciences University primary care rotation and mentors 4-5 medical students annually. Paulson credits **Dr. Jonathan Temte** with teaching him the value of good research-based evidence in delivering high quality primary care.



*Jeff Patterson put it all together in a way that somehow made not just our clinic and department better, but the world too. The lessons given by each of these folks and many more at DFMCH help me every day.*

—David Rabago, MD

**David Rabago, MD**, practiced at the UW Health Northeast Family Medicine Center in Madison until 2019 when he accepted a position as vice president of faculty development at the Penn State Department of Family and Community Medicine in Hershey, Penn. A trained researcher, he also conducted several successful clinical trials during his time at UW. He credits **Susan Golz, LPN**, with teaching him about big-hearted, community-oriented family medicine and counts **Drs. John Beasley, Lou Sanner, Bruce Barrett, Mike Fleming, and Jeff Patterson** among his most important mentors.



**STAY IN TOUCH!**

Got news or updates? Share them at: [fammed.wisc.edu/alumni/alumni-form](http://fammed.wisc.edu/alumni/alumni-form)

# Ellen Goldstein, MFT, PhD

## Advancing trauma-informed health care education and research

While completing her dissertation on patient preferences for discussing childhood trauma at the Betty Irene Moore School of Nursing, University of California-Davis, **Ellen Goldstein, MFT, PhD**, found a passion for research in this emerging field.

She discovered the UW DFMCH Primary Care Research Fellowship was a perfect fit to continue her work and advance the science of adverse childhood experiences (ACEs), toxic stress, and resilience in vulnerable and disadvantaged populations.

### ACES AND PUBLIC HEALTH

ACEs are common across all populations and are a root cause for numerous chronic mental and physical health conditions including the leading causes of morbidity and mortality in the U.S. They can include experiences such as physical and emotional abuse, neglect, caregiver mental illness, and household violence.

“Primary care is often the first point of contact for individuals who have experienced traumatic events,” said Goldstein.

Her research has taken steps to demonstrate that it is feasible to deliver ACEs screening and brief intervention services within primary care practices serving patients at high risk for health inequities.

### PRIMARY CARE RESEARCH FELLOWSHIP

A principal objective of the DFMCH Primary Care Research Fellowship is to train primary care physicians and PhD scientists interested in careers in health care

research related to the organization, delivery, or effectiveness of primary health care and preventive medicine. Dr. Goldstein credits the fellowship with allowing her protected time and resources to apply for and obtain grants, collect primary data, present at conferences, and build a robust publication portfolio.

“The fellowship connected me to exceptional mentorship, which has since evolved into meaningful collaborative partnerships that continue to provide invaluable support, guidance, and direction,” added Goldstein.

Her body of work includes publications on topics ranging from psychological interventions for post-traumatic stress disorder to trauma informed care training and interventions. In 2018, she co-founded the National Collaborative on Trauma Informed Health Care Education and Research (TIHCER) <https://tihcer.weebly.com>—a national group of health professionals working to advance trauma-informed medical education and research.

### MOVING FORWARD

Dr. Goldstein will join the faculty in the Department of Population Health Nursing Science in the College of Nursing at the University of Illinois at Chicago in January 2022. She plans to continue her work as a co-investigator on the Healthy Brain and Child Development (HBCD) Study, which is focused on the recruitment and retention of pregnant women into a 10-year longitudinal, observational study that will contribute to the understanding of the associations of



*Ellen Goldstein, MFT, PhD, is grateful to the DFMCH for the opportunity to develop a substantive program of research.*

adverse environments and socioeconomic disadvantage with the development of brain and behavior from the prenatal period throughout early childhood.

“My long-term research goal is to develop a trauma-informed approach for prenatal care to improve maternal and child health outcomes,” added Goldstein. “Through my research, I am developing, implementing, and evaluating a trauma-specific prenatal intervention to improve emotional regulation for women with maternal ACEs, which will enhance secure attachment and subsequent well-being and healthy development for the next generation.”



# Department of Family Medicine and Community Health

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