Dear Faculty and Staff,

I am delighted to share with you the latest updates from our vibrant Department of Medicine. Our plan is to make this a quarterly communication to keep everyone apprised of ongoing changes and events.

There has been a lot of activity, with a mix of exciting developments and some challenges that we are facing together. I am thrilled to welcome our Vice Chairs to their new roles in the Department! After a rigorous committee selection process, we have appointed excellent faculty who will bring fresh perspectives and leadership to our team. Their expertise and dedication will undoubtedly contribute to the continued success of our department.

We are pleased to introduce the newest members of our faculty and staff who have joined us recently. Their diverse backgrounds and areas of expertise will enrich our department and enhance our ability to provide outstanding patient care, education, research and administrative support. Our recent residency match results were exceptional, with a high number of talented medical graduates choosing to join our program. I am confident that they will thrive under the mentorship of our dedicated faculty members and make significant contributions to the department and school.

Alongside our successes, we are also facing some challenges. Upcoming budget cuts as a result of state deficits have presented us with some tough decisions and necessitate careful planning to ensure that we can continue to deliver high-quality care and education.

As we navigate both the highs and lows together, I am confident in our ability to overcome challenges and seize opportunities for growth and innovation. Your dedication and hard work are what make our department truly exceptional, and I am grateful to be part of such a talented and resilient team. Sadly, we bid farewell to some valued colleagues who have chosen to retire at the end of this academic year. We acknowledge their many contributions to the department’s success over the years, and we wish them all the best in their future endeavors.

Thank you for your continued commitment to excellence in patient care, education, and research. I look forward to our continued collaboration and success in the months ahead.

Warm regards,

Zea

Zea Borok, MD
Helen M. Ranney Professor
Chair, Department of Medicine
Meet the Department of Medicine Vice Chairs

**Jess Mandel, MD**
Executive Vice Chair

**Francis Gabbai, MD**
Executive Vice Chair
Faculty Affairs

**Joachim Ix, MD, MAS**
Vice Chair of Clinical Affairs

**Atul Malhotra, MD**
Vice Chair of Research

**Dena Rifkin, MD**
Vice Chair of Education

**Daniel Bouland, MD**
Vice Chair of Clinical Quality Initiatives

**Luis Castellanos, MD, MPH**
Vice Chair of Justice, Equity, Diversity, and Inclusion

**Colin Thomas, MD**
Vice Chair of Veterans Affairs
Meet the 2024 - 2025 Internal Medicine Residents!

UCSD Internal Medicine Categorical Track

- Geocorno Adonecchi, MD, MS, Louisiana State Univ
- Harneet Arand, MD, Albert Einstein
- Shreya Barrejje, MD, UC San Diego
- Jessica Bethelmay, MD, UC Irvine
- Alejandro Castaneda, DO, AT Still University
- Callie Cuff, MD, UC Los Angeles
- Andrew Cuyugkeng, MD, UC Irvine
- Aldo Domiguez, MD, U Missouri-KC
- Simran Gidwani, MD, UC San Diego
- Anshat Kumar, MD, UT Houston
- Oscar Levine, MD, Northwestern Univ
- Vanessa Liu, MD, UT Medical Branch
- Patrick Leahy, MD, MPH, UC San Diego
- Nathan Lundquist, MD, Creighton Univ
- Charles Macaulay, MD, UC San Francisco
- Nolan Martin, MD, Eastern Virginia MS
- Annalisa McDonald, MD, MBA, Tufts Univ
- Matthew Moldenhauer, MD, UC Irvine
- Michael Najem, MD, Kaiser Permanente
- Arjune Nijjer, MD, MS, U Vermont
- Justice Parian, MD, UC San Diego
- Krupal Patel, MD, U Virginia
- Tushar Patel, MD, MPH, Northwestern Univ
- Saruchi Ramamurthy, MD, Case Western
- Ernesto Rivera, MD, UC Davis
- Laura Roulstebueh, MD, Northwestern Univ
- Nirja Shah, MD, U Florida
- Kyle Shen, MD, UC San Francisco
- Benjamin Stolz, MD, Texas A&M
- Miriam Sollman, MD, Wright State
Meet the 2024 - 2025 Internal Medicine Residents!

UCSD Internal Medicine Physician-Scientist Training Pathway

UCSD Internal Medicine Primary Care Track

UCSD Medicine/Pediatrics Combined Program
It is with great pleasure that we announce the appointment of Dirk “DJ” Gaines, MD, as the new Director of Diversity for the UC San Diego Internal Medicine Residency Program. In this role, Dr. Gaines will lead the residency program’s efforts to advance diversity, equity, and inclusion, and help with the recruitment and retention of diverse medical professionals. We look forward to collaborating with Dr. Gaines in his new position.

Dr. Gaines is an HS Assistant Clinical Professor in the Department of Medicine. He completed his Internal Medicine residency at UC San Diego in 2021 and served as a Chief Resident from 2020-2021. He is currently an Academic Hospitalist at the VA San Diego Healthcare System and has served as a member of the Core Faculty and as the Assistant Director of Diversity for the UCSD Internal Medicine Residency Program. He has helped to implement and lead a longitudinal curriculum on Advancing Health Equity, Advocacy, and Diversity (AHEAD) for the residency program. Dr. Gaines is also a Senior Producer of the DEI Shift podcast (Click Here), honored by the American College of Physicians with a 2023 John Tooker Evergreen Award.

We want to take this opportunity to thank Luis Castellanos, MD, MPH for his many contributions as the Director of Diversity for the Internal Medicine Residency program from 2017-2024. In this role, Dr. Castellanos established the AHEAD program, an initiative to educate our residents on topics surrounding Diversity Equity and Inclusion, as well as the Residents in Solidarity with Emerging leaders (RISE) Mentorship program, a near-peer mentorship program pairing third-year medical students with residents across various programs. Dr. Castellanos led our program’s efforts in holistic review of applicants and established the Visiting Elective Scholarship Program to support 4th year medical students to do away rotations at UC San Diego. He has created a wonderful foundation for the advancement of Diversity Equity and Inclusion within the program and we are grateful for all of his efforts. Dr. Castellanos will continue to support the program and to lead the Department as Vice Chair for Justice, Equity, Diversity and Inclusion.

Please join me in thanking Dr. Castellanos and congratulating Dr. Gaines!

Simerjot K. Jassal, MD, MAS, MACP
Program Director
UCSD Internal Medicine Residency
Clinical Professor
Department of Medicine
sjassal@health.ucsd.edu
Recognitions & Awards

We want to take a moment to acknowledge all individuals that have received recognitions and/or awards during this past quarter. More details are below and congratulations to all!

2024 Health Sciences Women Leadership Award

Zea Borok, MD
Helen M. Ranney Professor and Chair
Department of Medicine

The Office of Faculty Affairs (OFA) recognizes the leadership and extraordinary accomplishments of women leaders with the annual Health Sciences Women Leadership Award.

Click HERE to read more

2023 Hartwell Individual Biomedical Research Award

Tiffany Amariuta-Bartell, PhD
Assistant Professor
Biomedical Informatics

The Hartwell Individual Biomedical Research Award recognizes early-stage, innovative and cutting-edge technology in Medicine and Biomedical Engineering, covering research areas that include Cancer, Medical Diagnostics, Infectious Disease, and Tissue Engineering.

Click HERE to read more

UC San Diego 2024 Cesar Chavez Community Award

Luis Castellanos, MD, MPH
Clinical Professor
Cardiovascular Medicine

The Cesar Chavez Community award recognizes individuals who uphold the legacy of Chavez by giving back to the community and advocating for the rights of the voiceless and underserved. The Cesar Chavez Committee identifies 3 recipients for each of the following categories: Staff & Faculty, Community, and Alumni.

Click HERE to read more
Recognitions & Awards

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**Castle Connolly’s 2024 Exceptional Women in Medicine**

Denise Kalmaz, MD, AGAF  
Clinical Professor  
Gastroenterology & Hepatology  

The Exceptional Women in Medicine list recognizes female Castle Connolly Top Doctors who have demonstrated outstanding leadership, expertise and dedication in their respective fields. Doctors that are selected have additional qualifications, including research and academic contributions, volunteer work within healthcare, training at top institutions, and innovations in their field of specialty.

Click [HERE](#) to read more

**2024 TWIN Award Nominee**

Elizabeth (Liz) Johnson  
Administrative Director  
UC San Diego HIV Institute, San Diego Center for AIDS Research, and PREPARE Institute  
Infectious Diseases & Global Public Health  

The TWIN Award highlights the work of exceptional women that have been nominated and honored by their firm’s executives, co-workers, families and friends and also recognizes the role of employers in providing advancement opportunities for women in the workplace.

Click [HERE](#) to read more

**April Medical Staff Physician Professionalism Award**

Kamyar Afshar, DO  
Associate Professor  
Pulmonology, Critical Care and Sleep, Physiology  

The Medical Professionalism Committee recognizes physicians who honor core values of quality, care, integrity, respectfulness, and teamwork while promoting a culture of safety.
Recognitions & Awards

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2024 Prebys Research Hero
Marygorret Obonyo, PhD, MS
Associate Professor
Infectious Diseases & Global Public Health

The Conrad Prebys Foundation is providing $1.5 million in total to support high-risk, high-reward medical research at UC San Diego. Dr. Obonyo has been awarded 500k to support her research focused on advance health care and medical discoveries.

Click HERE to read more

2024 Emerging Leader in Hospice and Palliative Care
Toluwalase Ajayi, MD, FAAP, FAAHPM
Clinical Professor
Geriatrics, Gerontology & Palliative Care

AAHPM seeks to recognize accomplished early career professionals and the next generation of hospice and palliative care leaders. This award recognizes new Emerging Leaders in recognition of their career accomplishments, involvement in the Academy, mentoring of residents and students, and participation in charitable work.

Click HERE to read more

Visionaries in Hospice and Palliative Care Award
Rabia Atayee, PharmD, BCPS, FAAHPM
Professor of Clinical Pharmacy
Geriatrics, Gerontology, and Palliative Care

Gary T. Buckholz, MD, HMDC, FAAHPM
Clinical Professor
Geriatrics, Gerontology, and Palliative Care

This award honors individuals who have made or are making exemplary contributions to the field of hospice and palliative care. All awardees had to be nominated by their peers and represent influential leadership and unparalleled advancement of the field.

Click Here to read more
Recognitions & Awards

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2024 AAHPM Gerald H. Holman Distinguished Service Award
Kyle P. Edmonds, MD, FAAHPM
Clinical Professor
Geriatrics, Gerontology & Palliative Care

This award recognizes outstanding and dedicated service to the American Academy of Hospice and Palliative Medicine. It is presented to an individual (or group) that has advanced the mission of the AAHPM in a significant and lasting way.

Click HERE to read more

VA Senior Clinician Scientist Investigator Award
Laura Crotty Alexander, MD
Associate Professor In Residence
Pulmonary, Critical Care and Sleep, Physiology

Receiving the VA Senior Clinician Scientist Investigator Award adds 4 years to her new VA Merit Award “Immunomodulation and Inflammation Caused by 4th-generation E-cigarettes in the Setting of Asthma”, making it 8 years of total funding.

Click HERE to read more

Eric and Wendy Schmidt AI in Science Postdoctoral Fellowship
Christian Harding, PhD
Postdoctoral Scholar
Pulmonary, Critical Care and Sleep, Physiology

The Eric and Wendy Schmidt AI in Science Postdoctoral Fellowship will seek to change how science is done by accelerating the incorporation of AI techniques into the natural sciences, engineering, and mathematical science (STEM), providing access to AI tools and training to the sharpest minds on the frontlines of scientific innovation.

Click HERE to read more
Recognitions & Awards

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**NIDDK Investigator Award**

Jesus Rivera-Nieves, MD  
Clinical Professor  
Gastroenterology & Hepatology

The objective of the Midcareer Investigator Award in Biomedical and Behavioral Research (K26) is to support investigators by providing them protected time to devote to their research and to serve as mentors and role models for junior investigators, thus enhancing their career progression to obtaining independent positions and successfully competing for their own research grants.

**2024 Japan Prize Recipient**

Ronald Evans, PhD  
Professor  
Gastroenterology & Hepatology

A longstanding collaborator with the Division of GI, Dr. Ronald Evans is a professor, the director of the Gene Expression Laboratory, and the March of Dimes Chair in Molecular and Developmental Biology at Salk. His receipt of the Japan Prize recognizes his groundbreaking discovery of nuclear hormone receptors—a large family of molecules that respond to various steroid hormones, vitamin A, and thyroid hormones.

**2023 Jawsome Shark Tank (JST) - Multidisciplinary Pilot Program**

Hannah Carter, PhD  
Associate Professor  
Genomics & Precision Medicine

Dr. Carter was identified as the winner of the Moores Cancer Center 2023 Jawsome Shark Tank (JST) - Multidisciplinary Pilot Project Program, which reviews proposals of Assistant and Associate Professors and awards up to $50,000 to the winner.

Click [HERE](#) to read more
Clinical & Research Highlights
Read below to find out about new leadership positions, funding, publications, among other accomplishments!

**Director of the Stein Institute for Research on Aging**

Alison Moore, MD, MPH, FACP
Professor of Medicine
Chief, Geriatrics, Gerontology & Palliative Care

Dr. Alison Moore has been named as Director of the Stein Institute for Research on Aging at UC San Diego, effective January 1, 2024. As director, Dr. Moore will advance the institute’s mission by guiding initiatives that create greater synergy, serve as a catalyst for interactive, collaborative programs, and address local, regional, and national issues on aging research.

Click [HERE](#) to read more

**Assistant Vice Chancellor of Clinical and Translational Research**

Davey Smith, MD, MAS, FACP, FIDSA
Professor of Medicine
Chief, Infectious Diseases & Global Public Health

Dr. Davey Smith has been named the new Assistant Vice Chancellor of Clinical and Translational Research at the Altman Clinical and Translational Research Institute. As part of this role, Dr. Smith will lead a team of scientists to tackle difficult biomedical challenges while trying to understand how to overcome scientific and medical roadblocks.

Click [HERE](#) to read more

**UCSD Health’s Chief AI Officer**

Karandeep Singh, MD
Associate Professor
Biomedical Informatics

Dr. Singh will serve as the Joan and Irwin Jacobs Endowed Chair in Digital Health Innovation at the UCSD School of Medicine. His position will focus on implementing change that advances safety and health outcomes in acute and ambulatory settings, including leading organizational approaches that integrate AI into clinical workflows, reduce documentation time, and improve efficiencies and patient experience.

Click [HERE](#) to read more
Clinical & Research Highlights

Read below to find out about new leadership positions, funding, publications, among other accomplishments!

- Hannah Carter, PhD, was published in Nature Computational Science: Predicative analysis of regulatory sequences with EUGENe and highlighted in UC San Diego Today, Introducing EUGENe: An Easy-to-Use Deep Learning Genomics Software

- Jill Mesirov, PhD, Lukas Chavez, PhD, and Hannah Carter, PhD, were published in Nature Genetics: Circular extrachromosomal DNA promotes tumor heterogeneity in high-risk medulloblastoma

- Alon Goren, Ph.D., and Melissa Gymrek, Ph.D., were published in Cell Genomics: Polymorphic short tandem repeats make widespread contributions to blood and serum traits

- Lukas Chavez, Ph.D., and Jill Mesirov Ph.D., A study of newly created databases of medulloblastoma has found that patients with tumors containing circular extrachromosomal DNA -- loops of DNA found outside of regular chromosomes -- are twice as likely to relapse and three times as likely to die within five years of diagnosis: "DNA loops" in pediatric brain tumors double relapse risk

- Lukas Chavez, Ph.D., received $3.2 million from the National Institutes of Health to study how unique DNA circles found in cancer cells drive deadly pediatric brain tumors.

- Lukas Chavez, Ph.D., is leveraging the latest technology to take a never before-seen-look at ependymoma, one of the deadliest pediatric brain tumors.

- Drs. Gabe Wardi, Atul Malhotra, Bob Owens, and their research collaborators published a paper in Nature's NPJ Digital Medicine about a UCSD-built clinical support algorithm that showed a 1.9% absolute decrease in-hospital sepsis-related mortality. This finding represents, to our knowledge, is the first instance of prospective use of a deep-learning model demonstrating an association with improved patient-centered outcomes in sepsis.” Click HERE to access their paper.

- Congratulations to Drs. Kamyar Afshar, Aarya Kafi, Chris Lin, Gordon Yung, and the entire lung transplant team on their latest round of patient outcomes! Based on the UNOS Benchmark Analysis, the UC San Diego Program transplants patients with very extreme medical conditions compared to the national average. Despite the higher risk profile, the UC San Diego lung transplant program is ranked second in the nation for 3-year graft and patient survival based on SRTR.

- UCSD has been reaccredited as a World Allergy Organization Center of Excellence for the 2024-2028 term. Many thanks to Praveen Akuthota, who spearheaded this, and to everyone in the asthma program who has made us world class!

- Congratulations to our Interventional Pulmonology team! The Interventional Pulmonology program has been selected as a recipient of the 2023 Patient Experience Highest Achievement Award. This award recognizes clinics and units with the highest Likelihood to Recommend Percentile Ranks in 2023.
Clinical & Research Highlights

Read below to find out about new leadership positions, funding, publications, among other accomplishments!

- Dr. Benjamin Han quoted in article in Washington Post "Seniors are embracing marijuana, which offers relief — and risk" Read it here.

- Dr. Khai Nguyen is a co-author on "Cohort for Alzheimer's Disease (ACAD) pilot study on genetic and non-genetic risk factors for Alzheimer's disease among Asian Americans and Canadians." To learn more about the Asian Cohort for Alzheimer's Disease (ACAD) study and the work that Dr. Nguyen and others here at UC San Diego are doing, read here.

- Dr. Benjamin Han's article in The New York Times “Why Some Seniors are Choosing Pot Over Pills” Read it here.

- Dr. Ian Neel is co-author on a paper published as part of the HALT-AD trial, entitled: “Developing the Healthy Actions and Lifestyles to Avoid Dementia or Hispanos y el ALTo a la Demencia program”. This paper was published in Alzheimer's & Dementia: Translational Research & Clinical Interventions. To find out more about the HALT-AD study, read here.

- Dr. Kadee Winters was a special guest on Southern Caregiver Resource Center's “Let’s Talk Caregiving” podcast "Episode 60: Understanding Palliative Care." Listen here.

- Dr. Aladdin Shadyab has co-authored a publication in JAMA Psychiatry entitled "Longitudinal Associations Between Optimism and Objective Measures of Physical Functioning in Women." Read it here.

- Another paper co-authored by Dr. Aladdin Shadyab has been published in Annals of Internal Medicine entitled "Long-Term Effect of Randomization to Calcium and Vitamin D Supplementation on Health in Older Women: Postintervention Follow-up of a Randomized Clinical Trial." Read it here.

- A new publication of Drs. Benjamin Han and Alison Moore’s research can be found in the Journal of General Internal Medicine entitled "Experiences of Aging with Opioid Use Disorder and Comorbidity in Opioid Treatment Programs: A Qualitative Analysis." Read it here. Dr. Tala Al-Rousan is featured in UC San Diego’s "Ask Away!" Blog series. Read it here.

- UCSD School of Medicine has been awarded the first ARPA-H award for any UC campus, with $9.5 million toward aiding researchers to develop ways to prevent and mitigate ransomware attacks. Dr. Christian Dameff and Dr. Jeff Tully who were awarded this ARPA-H grant now co-direct the newly established Center for Healthcare Cybersecurity at UC San Diego. Read it here.

- UCSD School of Medicine has received a $5 million, five-year grant from the Agency for Healthcare Research and Quality (AHRQ) to establish a Center for Learning Health Systems Science. Ming Tai-Seale, PhD serves as the PI for the new award, and will be leading the Administrative Core of the center. Michael Hogarth, MD, will be leading the Research Data and Analytics Core. Read it here.
Clinical & Research Highlights

Read below to find out about new leadership positions, funding, publications, among other accomplishments!

- Congratulations to Drs. Becky Colman, Tim Rodwell, Tony Catanzaro, and the rest of our TB diagnostics group! Specifically, based on our UCSD group’s work, the WHO handbook has been revised and recommendations changed:

  - “In people with bacteriologically confirmed rifampicin-resistant pulmonary TB disease, targeted NGS technologies may be used on respiratory samples to diagnose resistance to isoniazid, fluoroquinolones, bedaquiline, linezolid, clofazimine, pyrazinamide, ethambutol, amikacin and streptomycin rather than culture-based phenotypic drug susceptibility testing.”

  - Tim continues, “This is a long time coming and is about as strong an endorsement for a brand new class of diagnostics for TB that you can get! While our team played no role in the writing of this WHO guideline – our entire group, led by Becky’s achievements and expertise in tNGS, played a substantial role in building the case for tNGS as a culture-free diagnostic for DR TB – from our pioneering work on the genomics of TB resistance back with the GCDD project, through Becky’s groundbreaking work on tNGS direct from sputum, through our work with FIND, leading the first global, multicenter diagnostic trial of tNGS for DR TB Dx, to our current R01 for development of faster, cheaper more efficient tNGS assays for DR TB Dx. Now that is bench-to-policy-to-bedside science – from crazy idea to WHO endorsement of a new class of diagnostic for TB - in about 9 years.”

8th Annual Southern California Fellows EBUS Course

Congratulations to our Interventional Pulmonary team on hosting the 8th Annual Southern California Fellows EBUS Course at UCSD’s Center for the Future of Surgery on Saturday. They created an interactive, hands-on, and fun course for pulmonary fellows visiting from throughout the region and from as far away as Buffalo, NY.
The Department of Medicine celebrated its 2nd Annual Research Day on Wednesday, May 1st. The focus of this year’s research was on new therapeutic targets in obesity and metabolism, with an all-star lineup of speakers joining us to share their expertise.

In alignment with the department’s research mission, DOM Research Day:
- Showcased local diverse talent with a view towards fostering multidisciplinary collaborations,
- Promoted team building and networking opportunities,
- Connected clinicians and junior members to potential research mentors or laboratories,
- Inspired trainees to see the excitement of an academic career.

With poster presentations from the Department of Medicine and from the Internal Medicine Residency Program, a career development panel focused on women, and a talk from our keynote speaker Dr. Leroy Hood, we can say that this year’s Research Day was a success!

Below are some photos from the event and we hope you join us next year as well!
Announcements & Upcoming Events

Department of Medicine Quarterly Meeting
Save the Date for our next DOM Quarterly Meeting, scheduled for June 13th, 2024. In this meeting, Dr. Zea Borok will provide departmental updates, Dr. Shapiro will join us to share wellness updates, and additional topics to follow.

Stay tuned for more details and we hope to see you there!

O-K Review Mock Study Sections
The Center for AIDS Research offers a mock study section program for early stage investigators submitting NIH K, F, R01, and R21 applications. Faculty and postdocs from the Department of Medicine are invited to participate in this process. For more information on the O-K Review program, please email cfar@ucsd.edu or visit their website HERE.

Upcoming Retirement Workshops
In addition to presentations for faculty who may be considering retirement in the next 1-5 years, VCHS Academic Administration is now including sessions for early/mid-career faculty based on their respective retirement tier. A flyer with agenda and active registration links can be found HERE. Department administrators are welcome to attend.

• Retirement Ready Faculty Workshop
  - For those who are considering retirement in the next 1 – 5 years.
    - Thursday, June 13, 2024; 12 – 1:30PM

• Early/Mid-Career Retirement Faculty Workshop:
  - For faculty who plan to retirement in 7 – 10+ years.
    - Thursday, May 30th, 2024; 7 -8AM (2013 & 2016 Retirement Tier)

If you have any questions regarding Clinical Trainee Transition or Retirement Workshops, please reach out to Christine Mata (VCHS Academic Administration Faculty Advisor) at: cmata@health.ucsd.edu
Announcements & Upcoming Events

Clinical Trainee to MSP Transition Info Sessions
The VCHS Academic Administration is offering 4 workshops for Clinical Trainees (house staff) who will transition to MSP Staff Physician or Faculty. The session includes an overview of the Change in their status, benefits, retirement eligibility, onboarding, required training, and general resources. Click on the link below to register for the date you wish to attend:

Thursday, May 23rd; 8:30 - 9:30am
Tuesday, June 4th; 4 - 5pm
Mental Health Awareness Month

May is Mental Health Awareness Month, so we would like to take this moment to highlight resources and events that are designed to help UC San Diego students, faculty, and staff.

Mental Health Resources for Students

- The **988 Lifeline** is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. This is available 24/7 in the United States and can be accessed by calling or texting 988.

- Counseling and Psychological Services (CAPS) provides mental health support for students in-person and via telehealth options (video and telephone).
  - Contact CAPS at 858-534-3755 or visit their website to get more information or schedule an appointment.
  - In-person, same-day crisis services are available 8am - 4pm (Monday - Friday)

- Students can also get in-person and virtual support on campus from **Triton CORE** mobile response team, available Monday through Friday from 10am - 10pm. Triton CORE provides compassionate intervention to enrolled students experiencing a behavioral health crisis.

- Health Promotion Services (HPS) provides workshops on stress management, resilience building, health coaching, among other services. For more information and a full list of services, please visit their website.

Mental Health Resources for UC San Diego Health Staff and Faculty

- **LiveandWorkWell** is an Employee Assistance Program (EAP), administered by Optum, that is available to UC San Diego Health staff and faculty. To access these services, please call 866-808-6205 or visit their website and use the company code UCSDMC.

- The **Healer Education, Assessment and Referral (HEAR)** Program offers anonymous and confidential online assessment, personalized referrals and community resources for UC San Diego Health physicians and health team members. To read more about this and access their services, click or email them at hear@health.ucsd.edu.

- Additional resources are being developed to support the mental health and well-being of all members of the UC San Diego workforce. You can access them here: Physicians | All Health Team Members.