

Meet My Team

Antioch Mental Health Training Program Bio's



Deborah Kaplan, Ph.D. is a clinical Psychologist on the Child/Family Team at Kaiser, Antioch and co-Training Director for the Post-Doctoral Residents at that site. She received a bachelor's degree in English from UCLA in 1989 and master's and doctoral degrees in Clinical Psychology from California School of Professional Psychology (CSPP) in 1996. Her internships in the course of her doctorate training were primarily child and family focused, internships at California Pacific Medical Center, Sunset Community Mental Health and a postdoctoral fellowship at a community-based program that specialized in family therapy. The first two years of being licensed, Dr. Kaplan worked as a Psychologist and unit coordinator at an inpatient county psychiatric hospital. This provided invaluable experience working in a hospital setting and with people with acute mental illness. Dr. Kaplan came to Kaiser Permanente in 2000 joining the Child/Family Team. She takes a collaborative approach in her work, valuing her patients' experiences and how they understand themselves and their children so that they work together to find the best treatment plans and strategies to address their concerns. Dr. Kaplan was clinical supervisor for Post-Doctoral residents and then became Training Director in 2004. This has provided an opportunity to work with and mentor clinicians in their last year of formal training, which has been very rewarding!

Mary Anne Beach, Ph.D. is a Clinical Psychologist and Supervisor on the Child Team at Kaiser Antioch. She is also the Site Co-Training Director. Dr. Beach graduated from the California School of Professional Psychology in 1996 and has been working at Kaiser Permanente since 1999. Her internships in the course of her doctorate training were at the Oakland VA and Berkeley Therapy Institute (forensic emphasis). Upon joining Kaiser Permanente, Dr. Beach lucked into the best job in Kaiser and has loved working as our Adolescent Intensive Outpatient Program Coordinator. She joined the training team in 2003 as a primary supervisor for the Child and Adolescent IOP resident position. Our clinic was the first to offer residents the opportunity to be trained in working with this very acute, yet very rewarding population. Dr. Beach enjoys working with residents in their last year of formal training and sees it as an opportunity to help residents embrace their strengths as clinicians and to help them feel competent and capable in any high risk clinical situation. In her spare time, she enjoys watching her kids play basketball, playing bocce, reading, cooking and watching baking shows with her daughter.

Alena Schabes, PsyD is a Clinical Psychologist and Supervisor on the Child Team at Kaiser Antioch. She also oversees opportunities for Community Partnership projects for residents in the training program. Dr. Schabes graduated from California School of Professional Psychology in 2005 and has been working in the Mental Health Department of KP Antioch since 2008. She has spent time on both the Adult and Child teams, so she is very familiar with a wide range of clinical populations that we serve in this department. Dr. Schabes loves to help residents develop clinical skills to work efficiently and effectively with a wide range of clinical problems. She finds it very rewarding to be part of the training program and to support residents to develop clinical skills and work habits through cases and

work opportunities that will serve towards long-term success in this profession. In her off-work hours, she loves chasing around her children, gardening, cooking, and participating in various activities in the community

Jared (Jay) Cozen, PsyD, LMFT, is a clinical psychologist and supervisor on the Intensive Outpatient Program and Case Management Team at Kaiser Antioch. Dr. Cozen practiced as a marriage and family therapist at Citywide Case Management for ten years helping vulnerable populations link with services and supports in the Tenderloin in San Francisco. He went back to obtain his doctoral degree in Clinical Psychology at James Madison University in Virginia. He completed his internship working as a Behavioral Health Consultant at a primary care clinic serving migrant farm workers in East Washington State and completed his post-doctoral residency at Kaiser Antioch on the IOP and Adult teams. Dr. Cozen views therapy as an integrative process addressing change at somatic, behavioral, relational and cognitive levels. He loves working collaboratively with his team on IOP/Case Management and with the post-doctoral residents. He is interested in Acceptance Commitment Therapy, Sensorimotor Psychotherapy, the Common Factors Model, and trauma work. He enjoys watching movies, going on hikes and going to the beach with his family.

Richard Freed, Ph.D., is a child and adolescent psychologist and clinical supervisor at Kaiser Permanente (KP), Antioch Mental Health. He joined KP in 1999 and has supervised child and family postdoctoral residents since 2003 which he enjoys immensely, learning from trainees who bring their own experiences to the program. He relies upon family systems, attachment, developmental, and cognitive/behavioral perspectives in his work. Receiving his training at the California School of Professional Psychology and completing his fellowship at Cambridge Hospital / Harvard Medical School, Dr. Freed now writes and speaks on the topic of how children's tech, screen, and phone use impacts their well-being and academic success. He incorporates this work into his clinical practice and training of residents. He is the father of two daughters.

Robert Park, PsyD is a clinical psychologist on the child and family team at Kaiser Permanente, Antioch. He serves as the post-doctoral training program's psychological assessment supervisor, having had this role since 2011. He graduated from the California School of Professional Psychology (Now Alliant International University) in 2003 and joined Kaiser Permanente as a post-doctoral resident. His experience in psychological assessment includes a predoctoral internship for psychological testing at the Guidance Clinic at Alameda County Juvenile Hall. Additionally, he was part of the psychological testing program as staff at Kaiser Permanente, Stockton from 2004 to 2007. He appreciates working with children, adolescents, and families presenting with a wide range of presenting problems and uses therapy approaches involving aspects of Solution-Focused Therapy, ACT, as well as family

systems approaches. When not at work he enjoys spending time with his family, including his two children, and enjoying hiking, mountain biking, and reading.

Rhodri Scantlebury, PsyD is a Clinical Psychologist and Supervisor on the Adult Team at Kaiser Antioch. Dr. Scantlebury provides individual psychotherapy to adult members and co-facilitates a CBT for Depression support group. Dr. Scantlebury co-developed the Adult ADHD clinic in Antioch and co-facilitates the Adult ADHD support groups. Dr. Scantlebury is an adjunct professor at the University of California, Berkeley – Extension Program and has taught Abnormal Psychology for the past several years to students enrolled in the Post-Baccalaureate Program for Counseling and Psychology Professions. Dr. Scantlebury graduated from John F. Kennedy University in Pleasant Hill, CA and completed his predoctoral internship at U.C.S.F./San Francisco General Hospital. He completed his postdoctoral fellowship with Contra Costa County Forensic Services and the Consultation & Assessment Team. There, he conducted forensic evaluations to individuals incarcerated in detention facilities in the Easy Bay as well as psychological assessments to children exposed to trauma/neglect. His theoretical orientations incorporate a blend of cognitive-behavioral therapy and psychodynamic/relational approaches.