

## Meet My Team

### Fresno Post Masters Mental Health Training Program

#### Bio's



**Janet Flanagan, LCSW**  
**BMS Behavioral Manager II**

Hi there! My name is Jan Flanagan, LCSW and am delighted to be the training director for the Post Master's program in Fresno. This will be our first year hiring interns and we are excited to have you join our treatment team. The APA program has been successful for years, incorporating a training rotation for the Psychology interns in the Mental Health and Behavioral Medicine Service.

I have been the manager for the Behavioral Medicine Service under the Department of Psychiatry for the last 24 years. I was hired to develop the Behavioral Medicine Services (BMS) in the Primary Care/specialty areas, working closely with all the MDs in the outpatient medical center.

BMS provide counseling for members who are dealing with medical conditions or life circumstances which may trigger symptoms of depression, stress or anxiety. Our services also offer educational programs and support groups to improve our members' mind-body health.

In addition to my management and clinical work, I am the Co-Champion for the MOOD program (Monitoring Optimum Outcomes for Depression). I am also a Communication Consultant for the facility, which provides one-on-one support to physicians to strengthen their communication skills for optimum delivery of patient care. Furthermore, I am an active member of the Well Being committee which assists our physicians who may be struggling to manage their own personal distress.

Over the years, I was an Adjunct Instructor at Alliant University where I taught and prepared students for a rotation in Behavioral Member Services. We had at least 25 students who did

their rotation through the BMS program. I currently supervise MSWs from other departments who are accruing hours towards their professional license.

Originally from Philadelphia, I earned my undergraduate degree in Health Science from Arizona State University. I came to Fresno after working a summer at Yosemite National Park, completing my Master's degree in Clinical Social Work in 1990 and obtained my LCSW certification in 1993. I have worked within diverse treatment settings that offered inpatient care for psychiatric disorders, substance abuse and eating disorders. I also maintained a private practice for many years and facilitated numerous outpatient programs for addictions.

While happily engaged in my busy professional life, I enjoy many outdoor hobbies. Living in Fresno has provided opportunities to enjoy an active lifestyle outdoors, hiking and cross-country skiing at Yosemite and Kings Canyon. I am an avid cyclist and participates in many of the biking events in the community.



**Michael A Nunes, LCSW**

**Addiction Medicine and Recovery Services Behavioral Manager II**

My name is Michael Nunes. I am a Licensed Clinical Social Worker and have been licensed since 1997. I have worked at Kaiser Permanente since 1997. See below for information regarding my education, training, and experience.

I received my Master of Social Work in 1994 from California State University, Fresno. I have an advanced certification from the world-renowned Albert Ellis Institute in New York, and from Christine Padesky, Ph.D. in Cognitive Therapy through the Center for Cognitive Therapy in Huntington Beach California. I am an Associate Fellow with the Institute and certified to practice Rational Emotive Behavior Therapy (REBT) and Cognitive Behavioral Therapy (CBT). In addition, training in Dialectical Behavior Therapy (DBT), Motivational Interviewing, substance abuse treatment, eating disorders, and couples' therapy. This is only a partial list of my continued education.

I have been a licensed clinical social worker since 1997 and have been at Kaiser Permanente Addiction Medicine & Recovery Services Department and Mental Health Department since 1997. In 2004, I became the Program Director in the Addiction Medicine and Recovery Services. I have worked in private practice since 1995, working with various mental health issues and addictive behaviors. I also taught Cognitive Behavioral Therapy at California State University, Fresno in the Department of Social Work Education from 2001 to 2004.



**Kathy Kubo, LCSW**  
**BMS Team**

I obtained my bachelor's degree in communication studies with a minor in psychology from Cal Poly – San Luis Obispo before earning my doctorate degree at John F. Kennedy University in Pleasant Hill, CA. I completed my predoctoral internship at California Department of State Hospitals – Vacaville, then completed a two-year postdoctoral fellowship in neuropsychology at Patton State Hospital. I joined Kaiser Fresno in 2017 and have served as an assessment supervisor for psychology interns since then.

As an assessment supervisor, i enjoy helping interns expand their knowledge of various psychological tests and understand how testing results can inform ongoing treatment. Interns' testing experiences may range from minimal to extensive, and i try to meet them where they are and build upon the skills they possess. Each year, i hope to learn from interns and to help them develop greater confidence in understanding testing data as well as their skills as evaluators as they grow into professionals.



**Sarah Esparza, LMFT**  
**Addiction Medicine and Recovery Services**

I am a licensed marriage and family therapist who has been practicing in the Central Valley for the past 12 years. I truly believe that mental health is key to our overall health and quality of life. Taking care of our emotional being assists in maintaining our physical being.

**Roles and Responsibilities**

As a therapist I aim to help my patients achieve their best quality of emotional life. That looks different for everyone, and the journey is finding each individual's emotional health. I practice using techniques from a number of different theories, including cognitive behavioral therapy and psychodynamic theory. I genuinely enjoy walking alongside my patients in their journey.