

## Meet My Team

### Richmond Post Masters Mental Health Training Program Bio's

#### **Maggie Mullen, LCSW** **Co Training Director**

I am the co-Training Director for the Post Masters Fellows Program in Richmond and have worked at Kaiser Permanente since 2012. I work on the Clinical Case Management team serving adults with severe and persistent mental illness. I am also a member of our intensively trained Dialectical Behavioral Therapy team in Richmond, a program that helps people become more mindful as they simultaneously work on improving interpersonal relationships, tolerating distress, and regulating intense emotions.

I completed my MSW at the University of California, Berkeley. My pre-masters experience focused on community activism in areas such as criminal justice reform, ending rape culture, and stopping the institutionalization of people with disabilities. I'm the author of The Dialectical Behavior Therapy Skills Workbook for Psychosis and specialize in CBT for Psychosis, DBT, Prolonged Exposure for PTSD, psychoeducation groups, and culturally responsive services for the transgender and gender non-conforming community.

Being a clinical supervisor is one of the best parts of my job. I am committed to providing high quality, structured supervision to my trainees and enjoy helping them provide culturally aligned, evidenced-based treatments for their clients. I work collaboratively to shape supervision to fit my trainee's goals and help them integrate their own intersectional identities and personal limits into the work. I use humor and irreverence frequently and deeply value what each of my trainees brings to the table.

#### **Percy R. Castellanos, LCSW** **Co Training Director**

I identify as a queer, radical, sex-positive, poly-supporting therapist of color with a focus on body, mind, spirit approaches. I serve as Co-Director of the Post-Master's Training Program at Kaiser Permanente, Richmond Medical Center. I work as a Behavioral Medicine Consultant in the Department of Adult and Family Medicine where I provide brief consultation and treatment using an integrative model of care. In this role, I also train and supervise fellows in their behavioral medicine rotation.

My clinical specialties include crisis services, brief therapy, Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing (EMDR), treatment for people living with HIV/AIDS, and body, mind, spirit approaches. I began my career as a volunteer serving a variety of communities, including callers in crisis on the Suicide Prevention Center, survivors of domestic violence at the East Los Angeles Women's Center, people with chronic medical conditions at Project Angel Food, and elderly Deaf/Deaf-Blind

students at the Braille Institute of America. After my volunteer experience, I began working as a care coordinator and housing specialist with the severely mentally ill, chronically homeless population at Didi Hirsch Community Mental Health Center. I furthered my experience by volunteering as an HIV testing counselor for AIDS Healthcare Foundation. In 2009, I attended school at University of California, Berkeley, where I interned with hospitalized youth at Willow Rock Center, and later interned with the Latinx population in an outpatient clinic at La Clínica de la Raza. After graduating in 2011, I became the primary therapist treating people living with HIV/AIDS in the Ryan White Program at La Clínica de la Raza. In 2015, I was hired at Kaiser Permanente, Richmond Medical Center and worked in the adult program and behavioral medicine services. In 2017, I began my clinical supervision experience by participating in a year-long supervisor training program through Heart In Balance Counseling Center, and by starting to supervise fellows in the PostMaster's Training Program at Kaiser Permanente.

As a supervisor, I prioritize my supervisee's self-care and sustainability, as well as challenge them to enhance their personal and clinical skill. In supervision, I actively listen, teach clinical skills, highlight issues of countertransference, and actively problem-solving cases. I enjoy supporting my supervisees develop their therapist identity, and to find their voice, power, and place as a therapist in our diverse field.

## **Margaret Lamb, LCSW**

Hello! My name is Margaret Lamb and I am a primary supervisor for the post-MSW fellowship program. I was born and raised in the Bay Area, attended college in Oregon, and completed my graduate program at Columbia University 2005. I am a Licensed Clinical Social Worker and have enjoyed working in community-based mental health settings for the past 16 years. Outside of the US, I have also worked in a social work capacity in Nicaragua, Brazil, and on the US-Mexico border.

My clinical work has revolved mostly around trauma, specifically working with immigrants, refugees, and survivors of torture and war-related trauma. After moving back to the Bay Area, I spent 9 years at the UCSF/SFGH Trauma Recovery Center, and then started working on the Adult Team at Kaiser in 2015. Since then, in addition to trauma, I have been focusing more on specializing in Peripartum Mood Disorders and birth trauma. I facilitate the Peripartum Depression Group, and recently received a certification in Maternal Mental Health. I also facilitate a group for Spanish-speaking women who are seeking a safe space to discuss their struggles with mental health and psychosocial stressors. I'm an active participant in our department's specialized clinic for our Spanishspeaking members, where we have the opportunity to participate in weekly case consultations and discuss program development.

What I enjoy most about being a supervisor is watching the growth that trainees undergo over the course of the year here. Supporting the trainees, both professionally and personally, feels like an enormous privilege to me. Trainees have the opportunity to work with such a diverse group of patients, and it's amazing to see how much this prepares them to work in so many different types of settings after their time here!

## **Danielle Simien, LCSW**

Danielle Simien is a Licensed Clinical Social Worker in the Psychiatry Department at Kaiser Permanente Richmond. She earned her Master of Social Welfare from UC Berkeley and Bachelor of Psychology from Gonzaga University. She has 5 years of hospital-based mental health work in the Bay Area. Danielle is the founder and lead clinician of AFYA (Affirmations For Your Ancestors), which is an African American/Black clinical consultation and program development work group.

She is passionate about social justice and improving the wellbeing of the African American/Black community. Danielle completed two post-master's training years in Fremont and Richmond. She is very passionate about giving back to the training program and preparing new clinicians for a sustainable social work career. Outside of work, Danielle enjoys spending time with friends and family, watching the Lakers, hiking, and eating ice cream.

## **Natalie Collins, LCSW**

I am a Licensed Clinical Social Worker and secondary supervisor in the Department of Adult Psychiatry at Kaiser Permanente Richmond. I joined Kaiser Permanente in 2014 after completing a Post Masters Fellowship in Adult and Child and Family Services at Kaiser Permanente Fremont, and then was hired as an LCSW at Kaiser Permanente South San Francisco in Adult Psychiatry. I transferred to Kaiser Permanente Richmond in 2018, partly because of the excellent training program and reputation as a premier teaching clinic. Prior to joining Kaiser Permanente, I provided individual and group therapy in community mental health settings, as well as health education in a variety of public health issues. I received my Masters in Social Welfare at UC Berkeley in 2005.

As a clinical supervisor, I aim to foster a supervisory relationship of continuous learning, self-reflection, collaboration, and non-judgment. My clinical work is primarily grounded in cognitive behavioral therapy, dialectical behavior therapy (DBT), acceptance and commitment therapy, cognitive processing therapy, eye movement desensitization and reprocessing therapy, and brief therapy. I primarily treat anxiety and trauma-related disorders, work with monolingual Spanish speaking patients, and provide services on the crisis team. I also enjoy facilitating groups in DBT skills and social anxiety. I feel extremely fortunate to supervise trainees and be part of their clinical and professional growth.