

## **Meet My Team**

### **Maternal Infant Resiliency Consortium Bio's**

### **Postdoctoral Residency**



**Margot Green, PhD**  
**Consortium Director**  
**Training Director**

I am thrilled to be helping launch this exciting training opportunity at Kaiser Permanente! I have been involved with all levels of mental health training for Kaiser Permanente for more than 10 years. The ongoing connection for me to all the trainees, their supervisors and training directors in the East Bay and broader Region is energizing.

My own professional background began on the East Coast, where I earned my doctorate in Psychology at Temple University after an undergraduate degree at Smith College. These were early years for the practice of Health Psychology, and in collaboration with Primary Care Medicine. Back then, I was curious about how best to prepare patients for medical and surgical procedures. It came as no surprise that there was an individualized way to improve patient outcomes!

Health Care Systems now are eager to embrace integration of mind and body into clinical practice. Bringing psychological expertise and intervention to medical applications, and preventive health care are my professional passions. My own work in the Gastroenterology Department includes patient consultations and supervising our post docs' program evaluations on strategies or interventions for improving outcomes for patients with functional GI disorders. I also have supervised post docs conducting their program evaluations in the Departments of Women's Health and Pediatrics. I am honored to be working at Kaiser Permanente in these exciting times!

Psychology residents bring a level of new expertise and curiosity to our everyday practice. Their energy and openness to novel ideas is inspiring. Working with

resident and other trainees is truly a pleasure, shaping and reflecting my own personal and professional values.

**Carey Watson, MD, FACOG**

Hi! I joined Kaiser Permanente as an Obstetrician Gynecologist in 2010 after eight years of medical school and residency training at Los Angeles County – University of Southern California. This unique program, caring for the poorest of the poor in Los Angeles, helped me understand the broader social determinants of health before this was a commonly used phrase. I am also passionate about the ways we can provide better health care when we recognize and support patients who experience these social determinants of health, especially violence in relationships and at home. In the first year that I joined Kaiser Permanente, I became a site leader for Family Violence Prevention and this year I became the Regional Leader for this program. I firmly believe that we can help interrupt the generational cycle of Adverse Childhood Experiences (ACEs) through use of screening for and education about ACEs and Resilience in prenatal care and pediatric care. I am leading several pilot projects and contributing to research on these subjects. Having embedded mental/behavioral health specialists will add much needed support for our patients and families. I am excited about what psychology postdoctoral residents will add to our program and patient care.

**Michele Evans, MD, MHS**

Dr. Michele Evans attended UC Berkeley and majored in Ethnic Studies and Molecular and Cell Biology. Prior to attending medical school at the University of Southern California, Dr. Evans received her master's degree at John Hopkins School of Hygiene and Public Health in the Department of Population and Family Dynamics. Dr. Evans completed her internship and residency at the Los Angeles County and University of Southern California Medical Center. As an Assistant Professor in the Department of Pediatrics, her primary role was in the Violence Intervention Program with Dr. Astrid Heger, where she conducted evaluations for suspected child physical and sexual abuse and neglect. In this role, she worked closely with mental health professionals, child protective services, law enforcement and legal advocates. Dr. Evans has an interest in vulnerable

populations and multidisciplinary efforts to meet the needs of those populations. She joined The Permanente Medical Group in 2012 with the vision of improving the evaluation and follow up of children with suspected or confirmed maltreatment and strengthening community ties. For her work in Northern California, Dr. Evans has received Kaiser Permanente (KP)'s Sidney Garfield Exceptional Contribution Award, the community service award from the KP African American Professional Association, as well as recognition as part of the Sacramento Kings DREAM All Star Class of 2017. She is currently the Northern California Regional Medical Director of the KP Child Abuse Services and Prevention (CASP) program and works with over 60 physician champions to improve child abuse services to leverage KP's integrated systems to strengthen families, and to ensure a brighter future for at risk children and families. She also serves as the Chair of the Sacramento County Child Death Review Team and the co-lead for the TPMG ACEs/Trauma and Resilience Informed Care Physician Advisory Council.

**Priya Batra, PsyD**

Hello! I have been a licensed psychologist since 2000. I am originally from the East Coast and have been living in Sacramento, CA for 18 years. My job at Kaiser Permanente is what brought me to Sacramento, and I am thrilled to be a Women's Health psychologist embedded in a large OB/GYN department of over 120 medical providers. My colleague and I are very excited to supervise a new postdoctoral resident in psychology and to oversee your health psychology and trauma work (clinical, research, program development).

I have been working together with a pediatrician and psychiatrist for over 2 years now on the Maternal Infant Resiliency project and we are eager for the next steps. The postdoctoral residency will allow for cutting edge operationalization of ACEs science and allow for unique opportunities to work with Obstetricians/Gynecologists and Pediatricians.

My theoretical framework is eclectic and very much rooted in social and family systems models. I have a BA from Boston College (Psychology and Sociology) and received my PsyD from Wright State University in Dayton, Ohio. I did a

predoctoral internship at Miami Veterans Administration Hospital and a postdoctoral fellowship at Dartmouth Medical School.

### **Jackie Shiels, PsyD**

Dr. Jackie Shiels is a clinical psychologist at Kaiser Permanente Antioch where she serves as the eating disorder specialist on the child and family team, seeing patients with a variety of medical co-morbidities such as pediatric obesity, diabetes and IBS. Dr. Shiels earned her doctorate degree in clinical psychology from Alliant International University/CSPP in San Diego and undergraduate degree from University of California, Davis. She completed an APA accredited Postdoctoral Fellowship at UCSD Rady Children's Hospital/Eating Disorders and served simultaneously within the Department of Gastroenterology's Multidisciplinary Weight and Wellness Clinic. She completed her Predoctoral Internship in Health Psychology at Highland Hospital in Oakland, California, specifically in neurology, gastroenterology, and primary care clinics. Dr. Shiels is passionate about integrated care and behavioral medicine, and her primary focus has been a multidisciplinary, family-based approach for the treatment of patients managing medical conditions, obesity and eating disorders. Dr. Shiels relishes the opportunity to work with our trainees, and to collaborate and deliver evidence-based care to our members.

### **Lisa Regev, PhD**

After completing her undergraduate degree at The City University of New York, Brooklyn, Dr. Regev pursued her doctoral training in Clinical Psychology at The University of Nevada, Reno. In addition to broad and general clinical training, Dr. Regev focused on couples' therapy, empirically supported behavioral therapy approaches, and treatment for sexual dysfunction. She also completed specialized training in Behavioral Medicine and Neuropsychology at the Reno VA Medical Center. She completed her doctoral internship and a post-doctoral residency in Behavioral Medicine at the VA Palo Alto Health Care System, an affiliate of Stanford University School of Medicine. At Palo Alto VA, she was trained in Primary Care and in specialized medical clinics, such as Cardiology, Oncology, and Chronic Pain.

Dr. Regev then joined a team of two other psychologists at Kaiser Permanente in Stockton, developing a new Behavioral Medicine Specialist (BMS) program in Primary Care. Now on the Adult Services Mental Health team at Kaiser Pleasanton, Dr. Regev has enjoyed working with a wide range of patients, including pregnant and postpartum women. She is certified as a “Bringing Baby Home” educator, an empirically supported program designed to help couples’ transition to parenthood. Dr. Regev embraces a collaborative approach in supervision, and finds it extremely rewarding to join with emerging professionals as they transition into autonomous practice.