

Meet My Team Richmond Pre-Masters Mental Health Internship Program Bio's

Maggie Mullen, LCSW, DBT-LBC (they/them)

Training Director

I am the co-Training Director for the Pre-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 recently passed the rigorous process to become a DBT-Linehan Board of Certification, Certified Clinician.

I was born and raised in Texas and moved to the Bay Area when I turned 18. I completed my BA at the University of San Francisco and 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 nonconforming community.

Being a clinical supervisor is one of the very best parts of my job. I'm committed to providing high quality, structured supervision to my trainees and enjoy helping them provide culturally aligned, evidence-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.

Margaret Lamb, LCSW, PMH-C (she/her)

Training Director

Languages: English & Spanish

Hello! My name is Margaret Lamb, and I am the co-Training Director of the Pre-Masters Training Program. I was born and raised in the Bay Area, attended college in Oregon, and completed my graduate program at Columbia University in 2005. I am a Licensed Clinical Social Worker and have enjoyed working in mental health settings for the past 18 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 transitioned to the Adult Team at Kaiser Richmond in 2015. Since then, I have become a certified perinatal mental health therapist (PMH-C), which means I have extensive training and experience in supporting women and birthing people who face challenges with their emotional health during their pregnancy and postpartum period. In that capacity, I provide individual therapy and co-facilitate a Peripartum Support Group. In 2019, we developed the Perinatal Wellness Program (PWP) which offers individual and group therapy to Kaiser's community of birthing people, a weekly consultation for the PWP clinicians, and fosters collaborative relationships with other Kaiser providers who work with this population. I'm also an active participant in La Clínica, our department's specialized clinic for Latinx members, where we have the opportunity to participate in weekly case consultations and discuss program development and the culturally-specific needs of this population.

I began supervising Pre-MSW students in 2006 and have continued being a clinical supervisor every year since then. I often say that supervising is one of the brightest spots of my week! What I enjoy most about being a supervisor (and being a part of our training program in general) is witnessing the tremendous growth that trainees undergo over the course of their time here. It feels like an enormous privilege to provide support to students who are not only passionate about social work but are so dedicated to learning how to support people through the hardest times of their lives. I view mental health and wellness through a social justice lens that is attentive to issues of race, culture, gender identity, sexual orientation, and spirituality, and I'm dedicated to incorporating a Post-Colonial and Resilience-Based framework into my supervisory relationships, while prioritizing my supervisee's self-care and wellness. I feel proud that our training program shares these same values.

Marina Soto, LCSW (she/her)

My name is Marina Soto, I identify as Latinx, Bicultural and Bilingual Licensed Clinical Social Worker. I am a daughter of immigrants, first generation Mexican American. I was born in the United States and spent my formative years in Mexico. I attended the University of California, Riverside, majoring in Sociology, and earned my Master's Degree in Social Work from Columbia University in NYC. I completed field placements both at the New York State Psychiatric Institute providing individual and group psychotherapy to Latinx adults diagnosed with severe mental illness and at Mott Haven Academy Charter School where I supported children in the Foster Care System.

After graduate school, I made my way back to California and spent 5 years at Instituto Familiar de La Raza, Inc providing Community Mental Health Services to the Chicanx and Latinx community in San Francisco. I joined the Adult Team in the Department of Psychiatry at Kaiser Richmond in November of 2019. I provide brief psychotherapy in both English and Spanish. I primarily focus on Peripartum Mood disorders and Birth Trauma. I facilitate a Peripartum Support group for BIPOC Birthing people. My clinical interests include Perinatal mental health, depression, anxiety, trauma, problems related to immigration, and intergenerational conflicts

I am currently a secondary supervisor for the Post-Masters Fellowship Program. As a supervisor, I strive to co-create a safe space for exploration and growth. I hope to share my knowledge while also learning from my supervisees. I am interested in helping supervisees develop their clinical skills and their identity as a therapist. My goal is to help supervisees create a practice of self-preservation, one that honors and prioritizes their wellness—so they can be better equipped to support others.

Saba Omidvar, LMFT (she/her)

Hello! My name is Saba and I am a Marriage and Family therapist at Kaiser Richmond. My primary role is on the Clinical Case Management Team, providing intensive services to adults with severe and persistent mental illness. I also am a part of the Teen Intensive Outpatient Program, primarily serving youth who are experiencing symptoms of psychosis. Additionally, I am a member of the intensively trained Dialectical Behavioral Therapy team at Kaiser Richmond, which aids people in using mindfulness as a tool to help improve their emotional regulation, distress tolerance, and interpersonal relationships.

I did my graduate work at Palo Alto University, and in that time the practicums I held were focused on serving clients who had contact with the criminal justice system. I was a member of the UCSF Citywide forensics team, where I worked with clients while incarcerated at San Francisco County jail, or supported them with reintegration into their communities. I also spent time working at the CA Department of Rehabilitation as well as an adolescent inpatient eating disorder treatment center. Prior to pursuing clinical work, I volunteered at San Quentin State prison, providing reentry services to people nearing their release dates and also worked with both Alameda and San Francisco County jail, conducting interviews to determine eligibility for own-recognizance release for people being held in jail before charged with a crime.

As a person who did extensive pre and post masters training at Kaiser Richmond, I am thrilled to be a part of this incredible training program and support the next generation of clinicians in developing their clinical skills and building a therapeutic identity that is both personally and professionally fulfilling.

Emily Eliash, LCSW (she/her)

Hello! I am a Licensed Clinical Social Worker on the Clinical Case Management Team at Kaiser Richmond. I grew up in the Los Angeles area, went to college at UC Santa Cruz, and later received my MSW at UC Berkeley in 2018. Happily, I've been living in the Bay Area ever since! My clinical specialties include working with people experiencing Peripartum Mood and Anxiety disorders and I co-facilitate one of our Peripartum Support Groups. I'm also passionate about working with adults with chronic and persistent mental illness, providing group treatment and case management for those with psychotic spectrum disorders. I am a member of our intensively-trained Dialectical Behavioral Therapy team which allows me to utilize DBT skills to treat individuals with Borderline Personality Disorder and PTSD.

I joined Kaiser Richmond Psychiatry in 2017 as a Pre-Masters intern myself and went onto complete a Post-Masters Fellowship before joining the department as a staff clinician. My two consecutive training years at Kaiser were paramount learning experiences in my development as a clinical social worker and I am more than excited to join the Training Program as a

supervisor. I see supervision as a place to grow professionally and personally, as well as a time to lay the foundation for a sustainable career in social work. I'm dedicated to providing a supervision space that is collaborative and will support a trainee in enhancing their clinical skills as they explore and develop their therapist identity.

Ngozi Ojukwu, LMFT (she/her)

Hello! I am a licensed Marriage & Family therapist on the Adult Team in Kaiser Permanente, Richmond Psychiatry. I earned my masters in Counseling Psychology from University of San Francisco. I've been providing therapy at Kaiser Richmond since March of 2021. Here at Kaiser, I work with the Work Stress Recovery Program helping patients reduce and manage overwhelming work-related anxiety. I also facilitate process groups supporting patients in building community and group support through group therapy interventions.

As a supervisor, my goal is to foster a supportive environment where trainees can deepen their clinical understanding by challenging themselves. I encourage trainees to advocate for themselves and their patients, while practicing how to balance therapeutic modalities with culturally affirming interventions.

Natalie Collins, LCSW (she/her)

Languages: English & Spanish

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.