

## Meet My Team

### Roseville Mental Health Training Program

### Post Masters Mental Health Fellowship Bios

Henry Collier, LCSW

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Nestor Davila, LCSW

**Nestor Davila, LCSW**

Nestor Davila is a License Clinical Social Worker with the Department of Mental Health and Wellness (Adult Services) with Kaiser Permanente, Roseville. Mr. Davila completed both his B.A and M.A in Social Work with an emphasis on behavioral health from California State University of Sacramento in 2014. Mr. Davila commenced his career with Kaiser Permanente in 2013 as an MSW II intern in the Adult Mental Health Clinic, Roseville. In 2014 he continued his work as Associate Clinical Social Worker and form part of our Adult Out-Patient Team where he completed all his pre requirements for licensing with the BBS. Mr. Davila obtained his LCSW in 2017 and has continue to work in the Adult Out-Patient Clinic in Roseville throughout his career. Mr. Davila provides individual and group therapy to patients as a generalist practitioner and serves a population that is 18-years and older. Mr. Davila started the Roseville Clinic EMDR services in 2016 which provides treatment for a population diagnosed with PTSD, as well as utilizes his advance training in Dialectical Behavior Therapy to help support the Managing Complexity Program (MCP) team in Roseville. Currently Mr. Davila is the Feedback Informed Care and Achieving Clinical Excellence lead representative for the Roseville clinic.



**Gabriela Gutierrez, PhD, LMFT**

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Dr. Gabriela Gutierrez is a Licensed Marriage and Family therapist in the Department of Mental Health and Wellness, Roseville for Adult Psychiatry. Dr. Gutierrez completed her Masters degree at San Diego State University in Marriage and Family Therapy, and continued on to complete her Ph.D. at Loma Linda University in Families, Systems, and Couples with sub-specializations in Medical Family Therapy and Oncosexology (sex therapy for those and their loved ones, living with cancer). Dr. Gutierrez worked as an integrated team member at LLUMC’s Center’s Cancer Center for 6 years, where she developed her passion and expertise in holistic and collaborative care. While there, she started a sex therapy program for individuals and couples with chronic illness, as well as co-founded a biopsychosocial breast clinic alongside a breast cancer surgeon.

Further, Dr. Gutierrez has a passion for lifelong learning and supervision. She enjoys helping budding therapists develop their preferred therapist identities through a Narrative and developmental lens. Dr. Gutierrez began supervising in 2016, and became accredited by AAMFT in 2019. Currently, Dr. Gutierrez is transitioning into her new role as Kaiser Roseville’s couple’s therapist.



**Tiffany Hoffman, MFT**

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Tiffany began her career in helping families and children in 2006 shortly after earning her Bachelor's degree in Criminal Justice from CSU Sacramento. While working for a non-profit agency, providing case management and referral services to families in need, Tiffany began to see the overwhelming need for more mental health clinicians. She spent the majority of her time while working there in the homes of the families she was serving, gaining experience working within a family system. She returned to school for her Graduate work, earning a Master's degree in Psychology from the University of San Francisco in December 2014. This program focuses on an emphasis in Marriage and Family Therapy and prepared Tiffany for clinical work. Tiffany then joined Placer County’s innovative approach to the Child Welfare system and worked as an ongoing social worker assisting families with reunification and preservation for nearly two years. Tiffany learned and

became experienced in using Safety Organized Practice (SOP) to assist families in working with the CWS department to develop strong natural support systems and creative ways of planning for crisis. Tiffany then transitioned to a newly developed team within the Placer County Sheriff's and Probation Departments to assist law enforcement with collaborative approaches at assisting homeless adults. Tiffany moved from this team to Whole Person Care in August 2017 and has developed skill and experience in completing biopsychosocial assessments, treatment plans with measurable goals and partnering with other agencies to assist the community's most vulnerable population. Tiffany completed her Associate hours and earned her License in Marriage, Family Therapy in 2018.

Tiffany has since gained significant skill and knowledge working with clients who have faced unspeakable trauma and utilizes a combination of attachment theory and Motivational Interviewing to partner with her clients in making changes. Tiffany enjoyed collaboration with partner agencies and building relationships with other homeless advocates for nearly 4 years before moving to the Placer County Adult Crisis Team. Tiffany assisted in providing crisis evaluations to hospital emergency rooms and in the field partnered with law enforcement. Tiffany then moved to a full-time clinical role with Kaiser and continues to develop skill in treatment areas focusing on attachment and trauma. Tiffany uses a combination of Acceptance & Commitment Therapy as well as research based Cognitive Behavioral Therapy techniques to assist her clients in growing and healing.



**Maleeha Iqbal-Hofmeister, LCSW**

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Maleeha is a Licensed Clinical Social Worker at the Roseville Adult Psychiatry Clinic, where she has been working as an Intake Assessment Clinician since 2019. Maleeha completed her Masters in Social Work degree from the University of Illinois at Urbana-Champaign. After graduating, Maleeha worked with domestic violence survivors, and in recent years has worked in programs throughout the Sacramento area, such as Turning Point Community Programs. This included a full-system partnership program serving severely mentally ill adults, and a collaborative program housed in Dignity Health

Hospitals that connected those with acute mental health and substance use struggles to necessary community resources. She's passionate about advocating for marginalized populations and supporting survivors of violence. She additionally has extensive experience in crisis intervention in outpatient and hospital settings. Maleeha currently appreciates providing a trauma-informed lens to the fast-paced, clinical diversity that intake assessments offer.

Reflecting on the vast benefits having a good clinical supervisor had on her, Maleeha looks forward to helping new clinicians develop their own professional identity and interests. She facilitates weekly group supervision for pre-/post-Masters trainees, where she aims to hold space for growth and communal support. Outside of work, Maleeha enjoys spending time with her husband, playing board games, trying new foods, traveling, and hiking.

**Lisa Uribe, LMFT**

**Lisa Uribe, LMFT**

I am a Licensed Marriage and Family Therapist since June 2013. I work for Roseville Outpatient Adult Psychiatry Department and have been with the clinic since 2017. My previous experience includes being Program Supervisor for Substance Use Services, AB109 working in collaboration with Probation and the courts and Ongoing Adult Team (2015-2017). I worked for Turning Point Community Programs from 2009-2015 ending my time as a Program Director for MHS funded Coloma Center- a full-service partnership program serving severely mentally ill adults in the Placer region. I graduated from Biola University- BA Psychology in 2007 and Alliant International University- MA in Marriage and Family Therapy in 2009. I currently enjoy teaching DBT weekly and the introductory trauma/ BPD coping skills class. Outside of work I enjoy spending time with my family- two kids and husband. I also enjoy being outdoors and being active in biking and walking.

**Sarah Woods, LCSW**

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