



Train New Trainers Primary Care Fellowships

2026 ANNUAL REPORT

July 2025 – June 2026



UCI TNT Fellowships

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Contents

Message from Directors	4
Program Highlights	5
Demographics.....	6-7
Maps of Fellows.....	8-9
Publications & Awards.....	10
Presentations & Outcomes.....	11
Community Impact.....	12
Alumni & Fellow Spotlights	12-13
Negeen Foundation.....	14-15
Cohorts & Partnerships.....	16-19
Faculty Highlights.....	20-21
Open Mind Insights	22-23

Over a Decade of Impact:
The Next Era of Care

TNT Directors reflect on growth and the expanding role of behavioral health in primary care.



As Train New Trainers (TNT) Fellowships enters its second decade, the program continues to expand its impact as an internationally recognized model for integrating behavioral health into primary care. What began as a vision to equip frontline clinicians with practical behavioral health training has grown into a national and increasingly global educational initiative. Since the last Annual Report, TNT reached several milestones, including **record enrollment** in the Primary Care-Training and Education in Addiction Medicine (PC-TEAM) Fellowship and **expanded cohort partnerships** with the California Department of Health Care Access and Information (HCAI), Nevada Primary Care Association (NPCA), Tennessee Primary Care Association (TPCA), and L.A. Care Health Plan (L.A. Care).

TNT also **continued its international reach**, welcoming clinicians from the United Arab Emirates, and **strengthened collaborations** with partners, including the Negeen Foundation, along with **educational grants** from Boehringer Ingelheim, Janssen Scientific Affairs, and Otsuka.

Each TNT Fellowship provides continuing medical education through a flexible hybrid model that combines in-person intensives, interactive webinars, small-group mentorship, and case-based learning led by nationally recognized faculty. Fellows remain in practice throughout training, immediately applying new skills in their communities while extending their impact through TNT's train-new-trainers approach. For more than 10 years, TNT Fellowships have prepared clinicians to recognize, diagnose, and manage a broad spectrum of behavioral health conditions, including mood disorders, addiction, child and adolescent behavioral health conditions, and serious and persistent mental illness (SPMI). As demand for integrated behavioral health care continues to grow, TNT remains committed to strengthening the healthcare workforce and expanding access to high-quality behavioral health care where patients need it most.



Expanding Behavioral Health Access
Through Education and Innovation

From milestone cohorts to expanded training opportunities and workforce growth, TNT Fellowships continued to strengthen integrated behavioral health training across all three programs.

TNT Fellowships continued to expand their impact through new educational offerings, faculty growth, and milestone achievements across [Primary Care Psychiatry \(PCP\)](#), [Primary Care-Child & Adolescent Psychiatry \(PC-CAP\)](#), and [Primary Care-Training and Education in Addiction Medicine \(PC-TEAM\)](#) Fellowships.

The **PCP** Fellowship celebrated its tenth cohort, marking a decade of advancing behavioral health integration through primary care education, mentorship, and workforce development. PCP also launched a new asynchronous Motivational Interviewing course, giving fellows flexible, self-paced training to strengthen patient communication and promote behavioral change. PCP also added learner support through expanded Open Office Hours, including a new session focused on navigating grief in clinical practice led by Jennifer Levin, PhD.

Within **PC-CAP**, the Negeen Foundation increased access to specialized child and adolescent behavioral health training by sponsoring 12 fellows. PC-CAP also launched a new asynchronous Autism course and introduced Open Office Hours focused on Adolescent Substance Use Disorders.

In 2026, **PC-TEAM** welcomed its largest cohort to date with 365 fellows and expanded its faculty with the addition of Carla Marienfeld, MD, Cresta Jones, MD, Eleasa Sokolski, MD, and Kate McHugh, PhD. PC-TEAM's role in addressing addiction medicine workforce shortages through primary care education is highlighted in the program's first journal article, "Primary Care Training and Education in Addiction Medicine Fellowship: Expanding the Addiction Medicine Workforce."



Jennifer Levin, PhD

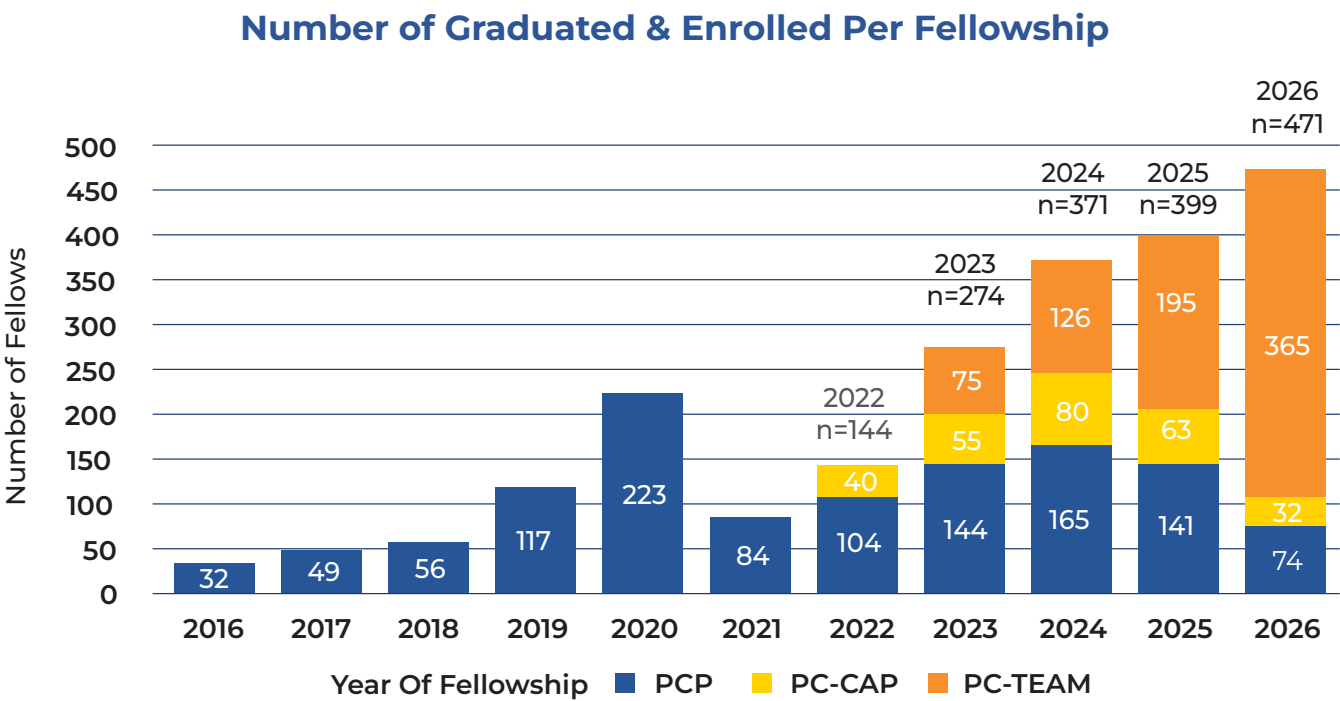


(Left to Right Top to Bottom) Jane Gagliardi, MD, MHS, Associate Director and Robert McCarron, DO, DFAPA, FAIHM, FAMP, Founding Director, PCP. Stephen Delisi, MD and Justine Welsh, MD, Co-Associate Directors, PC-TEAM Sarah H. Arshad, MD and Melissa Wagner, MD, PhD, PMHC, Co-Associate Directors, PC-CAP

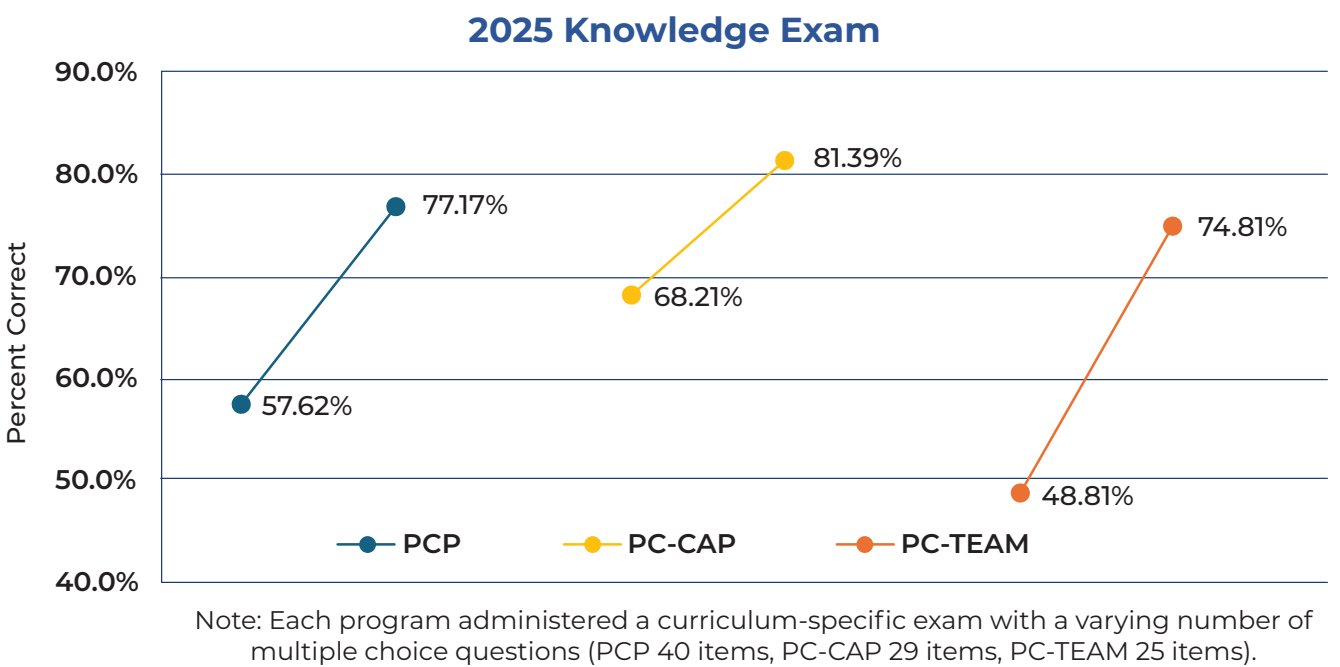
2025 Cohort
Demographics

Demographics Per Fellowship						
Sex	PCP n=151 fellows		CAP n=64 fellows		TEAM n=218 fellows	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
F	95	62.91%	53	82.81%	153	70.18%
M	53	35.10%	11	17.19%	59	27.06%
Age Category	Frequency	Percent	Frequency	Percent	Frequency	Percent
25-34	43	28.48%	12	18.75%	53	24.31%
35-44	55	36.42%	27	42.19%	72	33.03%
45-54	29	19.21%	16	25.00%	57	26.15%
55-64	10	6.62%	8	12.50%	23	10.55%
65+	10	6.62%	1	1.56%	9	4.13%
Declined	4	2.65%	0	-	4	1.83%
Discipline	Frequency	Percent	Frequency	Percent	Frequency	Percent
MD	56	37.09%	36	56.25%	72	33.03%
DO	21	13.91%	7	10.94%	16	7.34%
NP/RN/DN	46	30.46%	18	28.13%	86	39.45%
PA	27	17.88%	3	4.69%	41	18.81%
PharmD	0	-	0	-	3	1.38%
ND	1	0.66%	0	-	0	-
Specialty (Multiple Selections Allowed)	Frequency	Percent	Frequency	Percent	Frequency	Percent
Family Medicine/PCP	112	74.17%	30	46.88%	154	70.64%
Internal Medicine	32	21.19%	2	3.13%	41	18.81%
Pediatrics	7	4.64%	32	50.00%	9	4.13%
OB/GYN	4	2.65%	2	3.13%	9	4.13%
Emergency/Urgent Care	2	1.32%	0	-	6	2.75%
Psychiatry/ Psychiatric Mental Health	0	-	2	3.13%	11	5.05%
Pharmacy	0	-	1	1.56%	10	4.59%
Other	17	11.26%	2	3.13%	14	6.42%

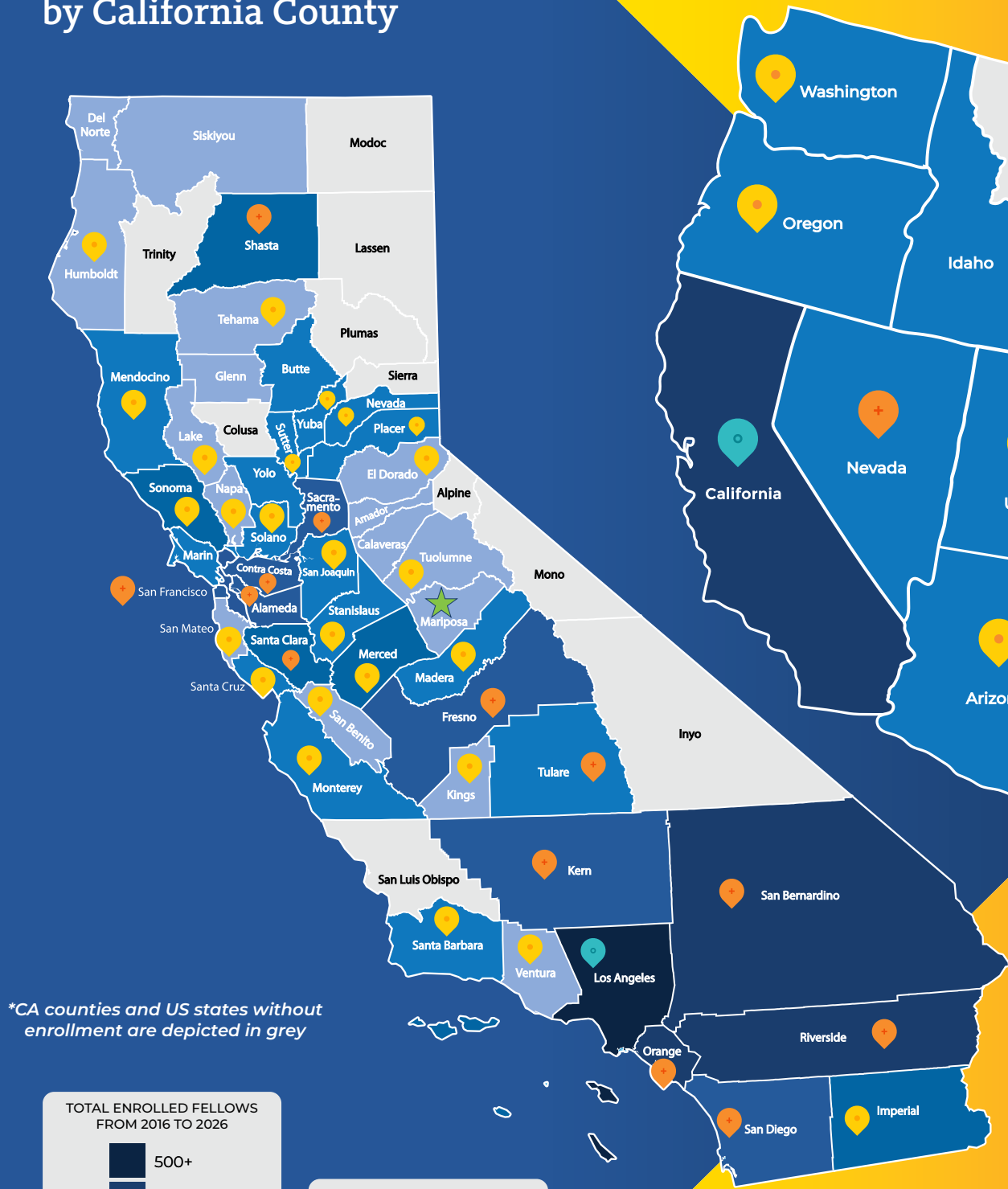
2025 Cohort
Demographics



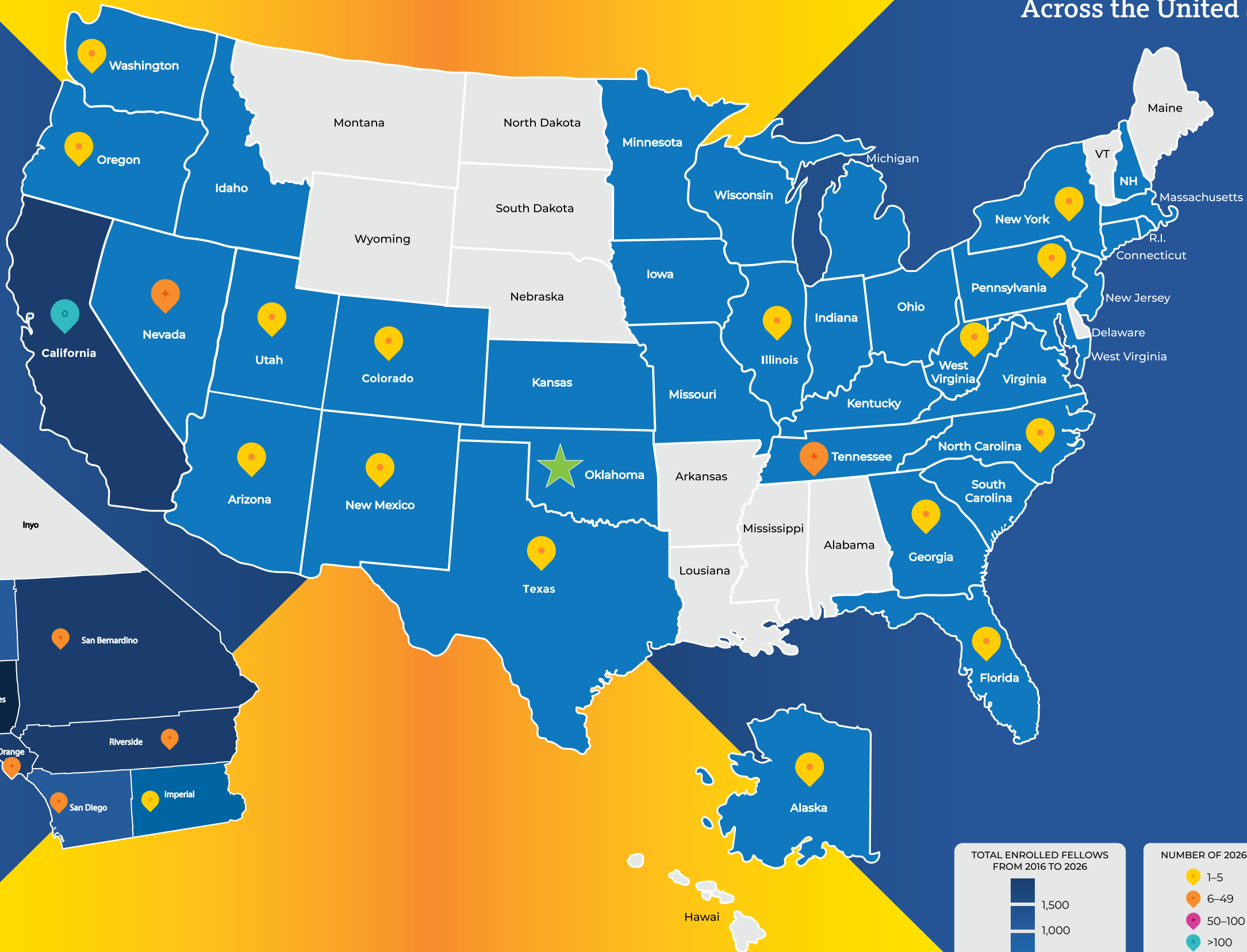
2025 Knowledge Exam Scores Before and After Fellowship



TNT Fellowships Enrollment by California County



TNT Fellowships Enrollment Across the United States



PUBLICATIONS & AWARDS

Journal of General Internal Medicine Publishes Paper Demonstrating Association Between TNT Training and Decreased Mental Health Stigma

Researchers from the TNT Fellowships program published findings in the *Journal of General Internal Medicine* examining how mental health stigma in primary care is associated with participation in behavioral health training programs. The study highlights the importance of education and integrated behavioral health training in strengthening clinician confidence and expanding access to care.

TNT Founding Director Dr. Robert McCarron Is Recognized with the AMP President’s Award

At the 2025 Annual Meeting of the Association of Medicine and Psychiatry, Robert McCarron, DO, received the President’s Award, recognizing his leadership in integrated behavioral healthcare, workforce development, and advancing primary care psychiatry through TNT Fellowships.

TNT Faculty Are Recognized as Physicians of Excellence

Rimal Bera, MD, John Luo, MD, and Robert McCarron, DO, were named Orange County Medical Association 2026 Physicians of Excellence for their clinical leadership and contributions to behavioral health care.

TNT Advances Behavioral Sleep Medicine Education

Katharine Simon, PhD, Ivy Y. Chen, PhD, and TNT colleagues published “Bridging the Educational Gap in Behavioral Sleep Medicine” in the *Behavioral Sleep Medicine* journal, emphasizing the importance of behavioral sleep medicine education within primary care practice. tinyurl.com/TNTSleep



PC-TEAM Publishes Inaugural Journal Article on Expanding the Addiction Medicine Workforce

Justine Welsh, MD, Stephen Delisi, MD, and colleagues published “Primary Care Training and Education in Addiction Medicine Fellowship: Expanding the Addiction Medicine Workforce” in *BMC Medical Education*, highlighting PC-TEAM’s role in strengthening addiction medicine workforce development. tinyurl.com/TNTAddictionMedicine



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PRESENTATIONS & OUTCOMES

Research Presented at IAPHS Conference

Graduate Student Researcher Shutong Huo, MPH, presented a poster at the 2025 Interdisciplinary Association for Population Health Science Conference on Reducing Benzodiazepines and Enhancing Antidepressant Prescribing following a Primary Care Psychiatric Training Program.

TNT PC-CAP Research is Presented at AAP National Conference

Melissa Wagner, MD, and Junior Research Specialist Dylan Barry presented PC-CAP research at the 2025 American Academy of Pediatrics National Conference, highlighting the TNT PC-CAP Fellowship: A Mental Health Certificate Program for PCPs, which equips clinicians to lead psychiatric care and behavioral health education for pediatric patients.

TNT Faculty Lead TCPA Lunch and Learn Training

The TCPA hosted a Lunch and Learn featuring Dave Marcovitz, MD, presenting Navigating Difficult Conversations with Opioid Use Disorder, offering practical communication strategies to support clinicians caring for patients with substance use disorders.

TNT Faculty Teach at the American College of Physicians

TNT presented Primary Care Psychiatry: Everything Practicing Internal Medicine Physicians Need to Know at the American College of Physicians Internal Medicine Meeting in San Francisco, providing practical behavioral health tools for recognizing, diagnosing, and managing psychiatric conditions in primary care settings.

Left to Right: Drs. Michael Lang, Jane Gagliardi, and Robert McCarron at the ACP Internal Medicine Meeting Pre-Conference Training in San Francisco.

Paws for a Break

Therapy Dogs Bring Comfort to Essentials in Addiction Medicine Conference

During the **Essentials of Primary Care Addiction Medicine Conference** in March, attendees were joined by therapy dogs from **OC Animal Allies**, providing a welcome moment of calm during a weekend of intensive learning. Between sessions, fellows spent time with therapy dogs Kali, Maple, Daisy, Freddie, Noodles and Duke, accompanied by their volunteer handlers. The visits offered an opportunity to pause and recharge. The therapy dogs helped reduce stress, foster a sense of community and support TNT Fellow's well-being throughout the conference. The experience also highlighted the role animals can play in promoting emotional health. OC Animal Allies partners with organizations throughout Orange County to bring trained therapy dogs to schools, hospitals, senior living communities, libraries, courts and other settings where comfort and connection are needed. To learn more about OC Animal Allies and its community programs, visit ocanimalallies.org.



ALUMNI AND FELLOW SPOTLIGHTS

From One Clinician to Hundreds of Patients

Alumni and Fellows share how TNT training expands access and improves behavioral health care in real-world practice.

Emily Shipley, MD
Primary Care Psychiatry Fellow, 2026 Cohort
Nevada Primary Care Association Cohort

At Nevada Health Centers in Carson City, Nevada, **Emily Shipley, MD**, is helping address one of rural health care's greatest challenges: access to behavioral health services. A board-certified physician in internal medicine and pediatrics, she cares for patients of all ages at a federally qualified health center serving underserved and uninsured communities. In many rural areas, primary care is often the only point of access for behavioral health care. For Shipley's patients, the nearest referral option may be hours away, requiring primary care clinicians to manage psychiatric conditions directly. To strengthen her skills, Shipley joined the **TNT PCP Fellowship** through an **NPCA Scholarship**. Through case-based learning, mentorship and practical training, she is building confidence in diagnosing and treating behavioral health conditions. As part of the NPCA cohort, Shipley is helping expand behavioral health capacity across Nevada through collaboration, education and shared learning. Learn more at tntopenmind.org/dr-emily.



Swetang J. Shah, MD
Primary Care Psychiatry-Child and Adolescent Psychiatry
Track Alumni, Class of 2022

Swetang J. Shah, MD, a 2022 alumnus of the **TNT PCP-CAP Track**, is using his training to expand behavioral health care in a resource-limited federally qualified health center serving vulnerable populations. Through the Fellowship, Shah developed a family-centered approach to pediatric mental health that emphasizes developmental influences on well-being. He now applies those principles in primary care settings where access to specialty behavioral health services is often limited.

His work has earned recognition from the Santa Clara County Medical Association for service to underserved communities. Shah also presented on adverse childhood experiences and trauma-informed care at the 2024 California School-Based Health Alliance conference and co-authored the publication, "Trauma-Informed Leadership in Primary Care Health Centers: A Quality Improvement Study." Shah serves as the clinical director at Bay Area Community Health and as the area director for the American Academy of Pediatrics, California Chapter 1.



Gail Reilly, MD
Primary Care-Training and Education in Addiction
Medicine, Class of 2025, Tennessee Primary Care
Association Cohort

Gail G. Reilly, MD, a board-certified family physician and Navy veteran, did not set out to specialize in addiction medicine. Her path changed after she inherited a medication-assisted treatment program at a federally qualified health center serving underserved communities in Appalachia. Working with patients with opioid use disorder, Reilly witnessed the impact of medications such as buprenorphine.

She also learned that successful treatment depends on trust and long-term relationships. One patient, after years in the prison system, initially struggled to trust her. Over time, that relationship became a critical part of his recovery and reinforced Reilly's belief that effective addiction treatment is both clinical and relational. An alumnus of the 2025 TNT **PC-TEAM Fellowship**, supported by the **TPCA**, Reilly strengthened her expertise in evidence-based addiction treatment and integrated behavioral health care. Learn more about Reilly's journey at tntopenmind.org/dr-gail-reilly.



From Loss to Legacy: Turning Grief into Purpose

Guity Javid channels personal grief into action for the next generation



For **Guity Javid**, philanthropy is rooted in service, resilience and personal loss. After losing her daughter Negeen in 2020, Javid established the **Negeen Foundation** to honor her memory and support youth mental health.

A financial professional, 35-year Rotarian, and two-time cancer survivor, Javid focuses the Negeen Foundation on advancing research, early intervention, and access to care for anxiety among children, adolescents, and young adults ages 7 to 25. Through the Foundation, she supports efforts to improve understanding of anxiety and help young people receive timely care before symptoms become more severe.



Javid partners with evidence-based programs, including the UC Irvine TNT Fellowships, to strengthen the behavioral health workforce. A key initiative is the **Negeen Foundation Scholarship** within the **TNT PC-CAP Fellowship**, which supports clinicians receiving specialized behavioral health training.

Through philanthropy and lived experience, Javid is transforming loss into action and helping families access support sooner. Learn more at tntopenmind.org/guity-javid.



2026 Negeen Scholarship Recipients

- Yasaman Ahmadi, DO
- Kimberly Allen, MD
- Mayra Jones-Betancourt, DO
- Janelle Bohl, MD
- Kenneth Huang, MD
- Jeanne Lovett, MD
- Michael O'Halleran, MD
- Varshita Pande, MD
- Natalie Robiou, MD
- Ansley Schulte, MD
- Narinder Singh, MD
- Dana Marie Smith, DO

“There’s a lot of sympathy for cancer survivors, but there is zero sympathy with somebody who has mental health issues.”

— Guity Javid



Expanding Access Through Strategic Partnerships

Through scholarship-supported cohorts and community partnerships, TNT Fellowships continued to expand behavioral health education across urban, rural, and underserved communities in the United States and internationally. These collaborations equip frontline clinicians with practical, integrated care skills while increasing access to behavioral health services in the communities where they are needed most.



L.A. Care Cohort

Support from L.A. Care Health Plan expanded access to TNT Fellowship training for clinicians working in street medicine and serving vulnerable populations across Los Angeles County. Fellows received practical behavioral health education focused on integrated care, strengthening access to primary care-psychiatry support for patients experiencing homelessness and complex care needs.

NPCA Cohort

Through scholarship funding from the Nevada Primary Care Association, clinicians across the state participated in TNT Fellowships to strengthen behavioral health integration in primary care. The cohort supports providers serving rural and underserved communities, expanding access to practical training in behavioral health throughout the state.



TPCA Cohort

Scholarship support from the Tennessee Primary Care Association expanded access to TNT Fellowships for clinicians serving rural and underserved communities across Tennessee.

Fellows gain practical behavioral health training they could immediately apply in practice, strengthening access to integrated behavioral health care throughout the state.



UAE Cohort

Reflecting the growing global demand for integrated behavioral health education, clinicians from the United Arab Emirates', Emirates Health Services joined TNT Fellowships through scholarship support.

The cohort strengthened international collaboration while equipping frontline clinicians with practical behavioral health skills applicable across diverse healthcare systems and patient populations.



Meet TNT Faculty

Highlighting clinical experts helping primary care clinicians integrate behavioral health care into everyday practice.

Y. Pritham Raj, MD PCP Faculty

Y. Pritham Raj, MD, brings a multidisciplinary perspective to behavioral health care that bridges internal medicine and psychiatry. As chief medical officer of Active Path Mental Health in Portland, Oregon, and an associate professor at Oregon Health & Science University, Raj focuses on advancing integrated, evidence-based mental health care. He also serves as faculty in the **TNT PCP Fellowship**.

Raj's interest in psychiatry began during a clinical rotation in the United Kingdom, leading him to pursue combined training in internal medicine and psychiatry at Duke University Medical Center. Today, Raj is recognized for his work in transcranial magnetic stimulation, or TMS, for treatment-resistant depression. He also founded Dark to Light, a nonprofit supporting children navigating divorce. Learn more at tntopenmind.org/dr-pritham-raj.



Lin Lu, MD, PhD PC-CAP Faculty

Lin Lu, MD, PhD, brings a human-centered approach to psychiatry shaped by personal experience, scientific training and a belief in the power of connection. An ABPN board-certified child, adolescent and adult psychiatrist, Lu is an associate professor at Rosalind Franklin University, a psychiatrist at LifeStance Health in Chicago and faculty with the **TNT PC-CAP Fellowship**.

Growing up in China, Lu recalls struggling to understand her sister's mental illness, an experience that shaped her approach to patient care. Today, she emphasizes seeing patients as people first, not diagnoses. Her guiding philosophy, "Connection before correction, connection before direction," reflects her belief that trust is the foundation of effective care. In 2021, Lu received the Leonard Tow Humanism in Medicine Award for her commitment to compassionate, patient-centered care. Learn more at tntopenmind.org/dr-lin-lu.



Elizabeth McCord, MD PC-TEAM Faculty

Elizabeth McCord, MD, brings an integrated approach to addiction treatment shaped by dual training in internal medicine and psychiatry. As faculty for the **TNT PC-TEAM Fellowship**, she helps train clinicians to address substance use disorders in real-world practice.

McCord completed combined residency training in internal medicine and psychiatry at Emory University, followed by a Fellowship in addiction psychiatry. She now serves on the faculty in Emory's Department of Psychiatry and leads the Emory Addiction Consult Service.

Her clinical work focuses on patients with substance use and co-occurring mental health conditions, applying a holistic approach that addresses both medical and psychiatric needs. Through TNT's PC-TEAM Fellowship, McCord helps expand access to evidence-based addiction treatment by preparing primary care clinicians to integrate behavioral health and addiction medicine into everyday practice.



Jeremy DeMartini, MD PCP Faculty

Jeremy DeMartini, MD, brings a practical, integrated approach to behavioral health shaped by his commitment to underserved communities. As faculty for the **TNT PCP Fellowship**, he helps advance behavioral health integration in primary care.

DeMartini completed combined residency training in internal medicine and psychiatry at the University of California, Davis, where he now serves as faculty and training director of the Internal Medicine-Psychiatry Residency Program.

His clinical work focuses on integrated psychiatry in primary care, while his teaching and mentorship prepare clinicians to manage behavioral health conditions in real-world settings. Through TNT's PCP Fellowship, DeMartini helps clinicians build confidence in delivering behavioral health care directly within primary care.



Open Mind Insights: Conversations Shaping the Future of Mental Health

Now in its second season, the **TNT Open Mind Insights** video series features more than 60 interviews with leaders in behavioral health, bringing together voices from clinical care, research, policy and advocacy to explore solutions for expanding access, strengthening systems and improving community care.

Cultural Curiosity and Innovation: Madhuri Jha on Bridging Care and Equity

Madhuri Jha, MPH, LCSW, approaches mental health care through both clinical practice and systems-level research. As a clinical social worker and epidemiologist, her work focuses on behavioral health, policy and health equity. In **TNT's Open Mind Insights** series, Jha discussed how patients often cycle through emergency departments without long-term improvement, reflecting gaps in the continuum of care rather than individual behavior. She also highlighted the disconnect that can exist between policymakers and frontline providers, leaving patients trapped in cycles of crisis care. Jha advocates for "cultural curiosity" rather than "cultural competence," encouraging clinicians to approach patients with openness and humility. "The patient is the expert," she says. Founder of Thriving For All LLC and former director of the Kennedy-Satcher Center for Mental Health Equity at Morehouse School of Medicine, Jha's work reflects a growing movement in mental health care that prioritizes trust, equity and collaboration. Learn more at tntopenmind.org/madhuri-jha.



Bridging the Gaps: Le Ondra Clark Harvey on Fixing Fragmented Behavioral Health Care

Le Ondra Clark Harvey, PhD, approaches behavioral health through both clinical and policy lenses. As chief executive officer of the California Behavioral Health Association, she leads a statewide network of providers delivering services across the continuum of care. A psychologist by training, Clark Harvey transitioned into advocacy and policy work focused on expanding access to behavioral health services. She advocates for integrated care models that improve coordination among providers, policymakers and community organizations. Her work reflects a broader movement toward whole-person care and stronger behavioral health systems that improve access, continuity and outcomes for patients across California. Learn more at tntopenmind.org/dr-le-ondra-clark-harvey.



Self-Compassion in Elite Performance: Stephen Hauschka on Facing Fear

Stephen Hauschka built a career in one of professional sports' most mentally demanding roles. A Super Bowl champion who played for the Seattle Seahawks, Buffalo Bills and Minnesota Vikings, he learned that success does not eliminate fear or pressure.

After missing a game-winning kick early in his career and being released, Hauschka developed a mental performance approach grounded in mindfulness, breathwork, visualization and self-awareness.

He also spent six years working with performance psychologist Michael Gervais to strengthen his resilience under pressure. Over time, Hauschka discovered that self-compassion, rather than self-criticism, improved performance. Today, he works as a performance consultant, helping athletes, teams and organizations build resilience, focus and confidence.

His message is simple: sustained performance comes not from eliminating fear, but from learning how to work with it. Learn more at tntopenmind.org/stephen-hauschka.

"I learned early on that fear would keep coming up. It's not going away anytime soon. And I've got to find a process to work with it."

-Stephen Hauschka



CARE Court and the Patients Behind the Policy: Sen. Tom Umberg on Mental Health Reform

California State Sen. Tom Umberg brings both professional and personal perspectives to mental health policy. A retired U.S. Army colonel and former federal prosecutor, he has spent decades working at the intersection of public safety and behavioral health.

A key focus of his work is CARE Court, a statewide initiative designed to connect individuals with severe mental illness to treatment, housing and support services. Umberg believes earlier intervention and stronger accountability can improve outcomes for individuals and families in crisis. His work reflects a broader effort to build more coordinated, responsive mental health care systems across California. Learn more at tntopenmind.org/senator-tom-umberg.

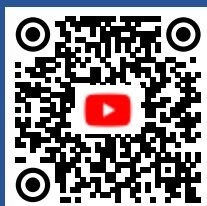




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