

SAN DIEGO BUSINESS JOURNAL

# HEALTHCARE HEROES

AWARDS 2021

## A Salute to San Diego's HEALTHCARE HEROES

**Free Virtual Event**  
**Thursday, May 27, 2021**  
**2:00pm - 3:30pm**

Healthcare organizations recognizing their Healthcare Heroes who have gone above and beyond in the last year.

In support of Mental Health Awareness month, this event also includes a panel discussion from leading experts who will provide their insight, best practices, and available resources For San Diego companies and employees.

To Register go to  
**[www.sdbj.com/bizevents/](http://www.sdbj.com/bizevents/)**

Registration Information contact Shelley Barry  
p. (858)277-6779 | e. [sbarry@sdbj.com](mailto:sbarry@sdbj.com)

This event is generously brought to you by our sponsors



LONGFELLOW



MENTAL  
HEALTH  
SYSTEMS

neighborhood  
HEALTHCARE

Health Inside. Welcome In.  
truecare™

# HEALTHCARE HEROES AWARDS 2021

The San Diego Business Journal presents

## San Diego's Healthcare Heroes Panel Discussion

Experts will provide insights, best practices and available mental health resources in San Diego.

### MODERATOR



**Cathryn Nacario**  
CEO



Cathryn Nacario is the Chief Executive Officer of NAMI San Diego. She is passionate and dedicated to serving all those impacted by mental health challenges. Her fusion of nonprofit and for profit work is an excellent combination for bringing business acumen and compassion together for business growth and prosperity to serve more individuals and their caregivers living with mental health concerns.

### PANELISTS



**Yvette A. Aguayo, LMFT**  
Manager, Otay Mesa  
Psychiatry Clinic



Yvette began her career with Kaiser Permanente in 2013, and brings 20 years of behavioral health care experience to her current role. Yvette has hosted region-wide trainings on Behavioral Health Interventions for First Responders during COVID, training more than 300 mental health professionals. Yvette is a San Diego native and prides herself in keeping her community safe.



**Gabriel Rodarte, M.D.**  
Behavioral Health  
Medical Director



Dr. Gabriel Rodarte, MD is triple board certified in family medicine, psychiatry and addiction medicine. He is a graduate from Dr. Rodarte graduated from the University of California San Francisco School of Medicine in 2002 after completing his undergraduate degree at Harvard University. He joined Neighborhood Healthcare in 2007 after graduating from the Combined Family Medicine and Psychiatry Residency Program at UCSD with an emphasis on addiction disorders. The San Diego County Medical Society named him a "Top Doctor" in psychiatry for eight consecutive years.



**Wendy Broughton, PsyD**  
Chief Operating Officer



Dr. Wendy Broughton, COO joined MHS in 1998 overseeing budget and contract execution ensuring client-centered clinical services. She engages business development and profitable growth. She maintains CCAPP credentialing, and is committed to the guiding principles of People, Culture, and Growth.



**Shayna Walker, M.D.**  
Behavioral Health  
Clinical Director



Dr. Shayna Walker, MD has spent the last 14 years supporting and guiding individuals battling with mental health issues. She graduated from Albert Einstein College of Medicine of Yeshiva University in 2007 and started at TrueCare in 2013. She is also a board certified provider and a member of NCMS, AMP and APA.





## A healthier workforce creates a stronger business.

Get the tools you need to establish a healthier workplace culture, helping your employees manage stress, sleep better, and exercise more. Learn more at [kp.org/choosebetter](https://kp.org/choosebetter).

**Choose Better. Choose Kaiser Permanente.**



KAISER PERMANENTE® | Business





# IMPROVING LIVES

PROVIDED CRISIS STABILIZATION AND REASSURING COUNSELING AT THE CONVENTION CENTER TEMPORARY SHELTER DURING THE COVID CRISIS WITH COURAGE AND COMPASSION.

MHS HONORS OUR 2020 HEALTH CARE HEROES.

**RanDee McLain**, Program Manager, passionately guided the Courage to Call team at the Convention Center Counseling Corner serving homeless veterans, and medical staff collaboration.

**Veronica Aguilar**, Program Manager, contributed tireless oversight 7 days/week interventions, crisis support, and medication management.

**Delrena Swaggerty**, Vice President, provided amazing upbeat leadership and absolute glue for everyone at Convention Center temporary shelter.

**Dr. Laura Otis-Miles**, Senior Vice President, had an expert leadership demonstration at the Convention Center homeless shelter collaborating with key partners from Behavioral Health Services and Housing Commission.

**Laura Linton**, Dual Recovery Specialist, engaged Convention Center homeless in recovery groups and she coordinated 800 linkages to needed substance use disorder and mental health programs.

---

MENTAL HEALTH SYSTEMS

[mhsinc.org](https://mhsinc.org)





# We proudly salute our healthcare heroes

**We recognize our healthcare heroes for supporting our mission to provide quality, compassionate care for everyone regardless of situation or circumstance.**

As a private, non-profit community health organization, Neighborhood serves 278,000 medical, dental, and behavioral health visits for 78,000 people annually. We can do this because of our healthcare heroes!

We offer a range of programs and resources that address the unique barriers our patients face on their road to health and happiness. After all, we're Better Together.

### Services Offered

- |                     |                |
|---------------------|----------------|
| • Family Medicine   | • Dental       |
| • Pediatric Care    | • Podiatry     |
| • Women's Health    | • Chiropractic |
| • Behavioral Health | • Acupuncture  |







LONGFELLOW

## Known for remarkable results.

Have you ever noticed a bee's ability to navigate complex systems and produce gold? As the top life science provider across our markets, our focus is always on remarkable results. From investment, design and construction to managing properties and our best in class tenant experience, *Elevate*. Bring us your real estate needs, goals and dreams. We can build them out.

San Diego Market:  
±350,000 sf available

[info@lfrep.com](mailto:info@lfrep.com)  
[lfrep.com](http://lfrep.com)

San Diego • Bay Area • Research Triangle • Durham • Boston • New York City

Longfellow partners with leading universities, institutions and companies to deliver holistic real estate solutions for life sciences and technology organizations. We invest in and develop real estate assets to create transformational work environments. We provide leasing, facilities and property management services for our tenant partners.





is **transforming**  
lives through  
compassionate  
**healthcare**

**It's Mental Health Awareness Month**  
and our behavioral health experts are  
here to offer a welcoming place where  
you can feel safe, respected and valued.



**Virtual Visits**  
by Telephone or  
Video Available!

**Medical / Women's Health / Dental / Behavioral Health / Chiropractic**

**(760) 736-6767 / [truecare.org](https://truecare.org)**

**#healthforall**