

CARA T. HOEPNER, MS, RN, CS, PMHNP-BC

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EDUCATION & TRAINING

University of California, San Francisco	MS, Nursing Minor, trauma studies	2005–2008
University of California, San Francisco	Masters Entry Program in Nursing	2004
Carnegie Mellon University, Pittsburgh, PA	BFA, Theatrical Design	1986–1990

HONORS

BFA, Theatrical Design, magna cum laude	Carnegie Mellon University	1990
Sigma Theta Tau, Nursing Honor Society	University of California, San Francisco	2005

RESIDENCY & CLINICAL ROTATIONS

Progress Foundation Urgent primary care, psychiatric care, and health counseling at Progress Foundation's social model residential treatment centers	San Francisco, CA	2005–2008
OMI Family Clinic Medication management and psychotherapy in a community outpatient setting	San Francisco, CA	2008
Veterans Administration Medical Center Psychiatric Intensive Outpatient Program Intake assessments and follow-up care, psychoeducation, and program referrals	San Francisco, CA	2008
OASIS—Office of Self Help Health education and mental health advocacy at a peer-operated, recovery model self help community center	San Francisco, CA	2008
San Francisco General Hospital Crisis Resolution Team Intake assessments and follow-up care, psychoeducation, and community treatment linkage	San Francisco, CA	2007
San Francisco General Hospital Psychiatric Emergency Services Intake assessments and disposition planning at an urban psychiatric emergency unit	San Francisco, CA	2007

PROFESSIONAL ACTIVITIES

Bay Area Psychiatric Private Practice of Psychiatry <ul style="list-style-type: none">Provision of psychiatric evaluation and consultation; pharmacologic management inclusive of traditional, complementary, and functional medicine approaches; lifestyle and wellness coaching; and solution-focused psychotherapy with a mental health recovery-oriented approachSpecializing in mood, anxiety, and attention-deficit disorders, and their intersection with trauma and substance use	San Francisco, CA	2012–2017
Dore Urgent Care Clinic Psychiatric Nurse Practitioner An alternate to traditional psychiatric emergency services, Progress Foundation's 24-hour social model psychiatric urgent care clinic provides treatment and respite to an urban population largely characterized by histories of chronic mental illness, trauma, and substance use. In my role I provide: <ul style="list-style-type: none">Psychiatric evaluation, physical examination, and medication management for medically and psychiatrically complicated clientsManagement of an interdisciplinary team of licensed health care professionals and mental health counselorsReferrals and arrangement for housing and health care resourcesCollaboration and coordination with San Francisco's diverse network of public and private health care organizations	San Francisco, CA	2008–2015

Cara Hoepner Design	Los Angeles, CA	1989–2002
Art direction, production design, and architectural services		
<ul style="list-style-type: none"> ▪ Designed and supervised construction and installation of scenery for theatrical, television, film, and video productions ▪ Collaborative design of retail stores, exhibit/display design, themed entertainment projects ▪ Architectural design services – remodels and additions for large number of private residences 		

PUBLIC SERVICE

Depression Bipolar Support Alliance (DBSA)	San Francisco, CA	2012–2017
Medical Advisor		
Guidance and education for this peer-led advocacy organization		
Exceptional Nurse	Online Forum	2004–2016
Mentor		
Support, advice, and coaching for nurses and nursing students struggling with the impact of mental illness on their lives and careers		
National Alliance on Mental Illness (NAMI)	San Francisco, CA	2009–2016
Special advisor to the Board of Directors		
National Alliance on Mental Illness	San Francisco, CA	2005-2009
Board of Directors		
Program development for family- and peer-focused community-based programs		
In Our Own Voice (IOOV) Speakers Bureau	San Francisco, CA	2006-2009
Director		
IOOV enables mental health consumers to share with the community their compelling personal stories of living with mental illness and achieving recovery		
<ul style="list-style-type: none"> ▪ Established the program for NAMI's San Francisco affiliate ▪ Oversaw training and management of speakers and arrangement of engagements 		
Mental Health Advocacy Group	San Francisco, CA	2004-2006
Nursing School Liaison		
Planned and produced educational outreach events and guest lectures at UCSF		
Redfield Group	San Francisco, CA	2004–2005
Founder and Hostess		
Anonymous support group for UCSF nursing students living with mental illness		
UCSF School of Medicine's		
Students Homeless Health Clinic	San Francisco, CA	2004–2005
Volunteer Clinician		
<ul style="list-style-type: none"> ▪ Offered cognitive behavioral group therapy and referred for adjunctive medications through a group smoking cessation program offered at urban residential hotels ▪ Provided evening urgent health care and education services to the indigent at Tenderloin AIDS Resource Center, St. James Infirmary, and 5th Street Clinic 		
Helping Our Mentally Ill		
Experience Success (HOMES)	Newport Beach, CA	2003–2004
Group Facilitator		
Taught symptoms management, social rhythms therapy, and life skills in a transitional housing program for severely and persistently mentally ill clients		

TEACHING

Samuel Merritt College	Oakland, CA	2011–2017
Guest Instructor		
Twice-yearly seminar for nursing students on the lived experience of mental illness		
Baywell Psychiatric Group	San Francisco, CA	2015, 2017
Clinical supervisor and consultant		
Interactive lecture and seminar series for the practice's psychiatrists on psychopharmacology		

Langley Porter Psychiatric Institute		
Bipolar Psychoeducation Group	San Francisco, CA	2010–2011
Lecturer		
Led interactive roundtable lecture and discussion sessions on topics including therapeutic alliance and sleep for this twice-yearly psychoeducation group		
OASIS – Office of Self Help	San Francisco, CA	2010–2011
Health Educator		
Mental and physical health education groups and counseling at a peer-led, recovery-oriented community center		
Los Angeles County Department of Education	Los Angeles, CA	1994–1995
Substitute Teacher		
Designed curricula and taught classes for incarcerated youth challenged with psychiatric and learning disabilities, substance abuse, and early trauma		

INVITED PRESENTATIONS

Talks given for several organizations including NAMI and DBSA chapters and affiliates, American Mensa’s national and regional gatherings, and the UCSF School of Nursing		
		2005–2017
<ul style="list-style-type: none"> ▪ A Good Night’s Sleep ▪ Inflammation and Depression: A Biopsychosocial Challenge ▪ Evidence-Based Medicine and Psychotherapies for Bipolar Disorders ▪ Infusing Recovery into Mental Health Treatment ▪ Work With Me, Not On Me: Therapeutic Alliance and Partnership ▪ Wellbeing and Recovery: a whole-person approach to achieving wellbeing while living with mental illness ▪ Recovery from Depression: a whole-person approach to achieving wellbeing while living with Depression ▪ When a Loved One Lives with Mental Illness ▪ Medication, Self-medication, or None of the Above – Why 50% of us Mess with our Meds ▪ Mental Health Q&A: Meds, Therapy, Lifestyle and more 		
National Association for Continuing Education	San Francisco, CA and Seattle, WA	2017
Making a Difference in ADHD: Screening and Treating for Primary Care		
National Alliance on Mental Illness	San Francisco, CA	2011
Interview with Liz Saint John of CBS Local on NAMI, and the epidemiology, diagnosis, and treatment of mental illness		
National Alliance on Mental Illness	San Francisco, CA	2006–2010
Speakers Bureau		
Educating consumers, families, clinicians, law enforcement, faith communities, students and educators, and community/civic organizations on the lived experience of mental illness and recovery		
Langley Porter Residency Training Program	San Francisco, CA	2006
<ul style="list-style-type: none"> ▪ Utility of Omega 3 Fatty Acids in Mood Disorders ▪ Light Therapy for Mood and Eating Disorders 		
San Francisco Department of Public Health	San Francisco, CA	2005
Expert Panel		
Forums on Proposition 63 and Unmet Need		

PUBLICATIONS

Books

Zetin M, Hoepner CT, Kurth J. Challenging Depression: the Go-To Guide for Clinicians and Patients. New York: W. W. Norton & Company; 2010.

Hoepner CT, Zetin M. Depression and Dysthymia. In: Aminoff MJ, Daroff RB, editors. Encyclopedia of the Neurological Sciences, 2nd ed. Oxford: Academic Press; 2014.

Referreed Journal Articles

Zetin M, Hoepner CT. Rational Antidepressant Selection: Applying Evidence-Based Medicine to Complex Real-World Patients. *Psychopharmacology Bull.* 2006;39(1):38:104.

Zetin M, Hoepner CT. Relevance of Exclusion Criteria in Antidepressant Clinical Trials. A Replication Study. *J Clin Psychopharmacol.* 2007 Jun;27(3):295-301.

Hoepner CT. OTC Supplements for Depression, Anxiety, and Insomnia. *The Carlat Psychiatry Report.* 2013 Aug.

Zetin M, Hoepner CT. The Patient with Depression, Part One: Real-World Treatment Options for Unipolar Major Depression; Category 1 CME. *Psychiatric Times.* Accepted for publication, 2016.

Zetin M, Hoepner CT. The Patient with Depression, Part Two: Real-World Treatment Options for Bipolar Depression; category 1 CME. *Psychiatric Times.* Accepted for publication, 2016.

Bera RB, Burt VK, Cohen SA, Hoepner CT, Knoblich PJ, Maguire GA. Collaborative Care in Bipolar Depression: Thought Leaders Report From the Pacific Region of the United States. *Current Psychiatry.* 2016 June.

Alva G, Bera RB, Hoepner CT. Diagnostic and Management Considerations in Women with Bipolar Depression. *Sunovion LATUDA Newsletter.* 2018 January.

Non-Refereed Articles

Phoenix B, Nadler-Moodie M, Hoepner CT. Mentoring. *APNA California Chapter Monthly.* 2003(9).

Hoepner CT. Beyond Symptomatology: The unique, distinctive complexity of living with bipolar disorder. *Nurses World Magazine.* 2007.

Hoepner CT, Maheady D. Success Strategies for Nursing Students with Mental Illness. *Minority Nurse.* 2010(2).

MEMBERSHIPS

Alliance for Addiction Solutions 2017

American Professional Society of ADHD and Related Disorders (APSARD) 2017

Neuroscience Education Institute 2006–present

Depression and Bipolar Support Alliance 2003–present

National Mental Health Association (NMHA) 2009–present

National Alliance on Mental Illness 2004–present

American Psychiatric Nurses Association 2003–2014

Cognitive Neuroscience Society 2004–2006

INTERESTS

Theatre, jazz and classical music, urban hiking, travel, San Francisco restaurants