

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

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## PROFILE

Birthplace Los Alamitos, California  
Citizen of USA  
Business Address Bay Area Psychiatric t | 415.967.3921  
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## EDUCATION & TRAINING

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

## LICENSURE & CERTIFICATION

National Board Certification, Adult Psychiatric Mental Health Nurse Practitioner 2009  
Nurse Practitioner licensure, California 2008  
Clinical Nurse Specialist licensure, California 2008  
Registered Nurse licensure, California 2005  
Nurse Practitioner Furnishing License 2008  
Drug Enforcement Administration license for controlled substances 2008

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## PROFESSIONAL ACTIVITIES

<p>Bay Area Psychiatric Private Practice of Psychiatry</p> <ul style="list-style-type: none"> <li>▪ 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 approach</li> <li>▪ Specializing in mood, anxiety, and attention-deficit disorders, and their intersection with trauma and substance use</li> </ul>	<p>San Francisco, CA</p>	<p>2012–2017</p>
<p>Dore Urgent Care Clinic Psychiatric Nurse Practitioner</p> <p>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:</p> <ul style="list-style-type: none"> <li>▪ Psychiatric evaluation, physical examination, and medication management for medically and psychiatrically complicated clients</li> <li>▪ Management of an interdisciplinary team of licensed health care professionals and mental health counselors</li> <li>▪ Referrals and arrangement for housing and health care resources</li> <li>▪ Collaboration and coordination with San Francisco's diverse network of public and private health care organizations</li> </ul>	<p>San Francisco, CA</p>	<p>2008–2015</p>
<p>Cara Hoepner Design Art direction, production design, and architectural services</p> <ul style="list-style-type: none"> <li>▪ Designed and supervised construction and installation of scenery for theatrical, television, film, and video productions <ul style="list-style-type: none"> <li>▫ Hired, coordinated, and supervised artists and design professionals on an eclectic array of projects</li> <li>▫ Met challenging schedules and budgetary restrictions consistently and effectively</li> <li>▫ Served a range of demanding clients with flexibility and with a focus on collaboration</li> <li>▫ Administrated business and office procedures, including accounting and database management. Designed and implemented department procedures</li> <li>▫ Recipient of a range of design awards, and a valued member of the theatrical community in Los Angeles</li> </ul> </li> <li>▪ Collaborative design of retail stores, exhibit/display design, themed entertainment projects</li> <li>▪ Architectural design services – remodels and additions for large number of private residences</li> </ul>	<p>Los Angeles, CA</p>	<p>1989–2002</p>

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## PUBLIC SERVICE

<p>Depression Bipolar Support Alliance (DBSA) Medical Advisor</p> <p>Guidance and education in service of the board of directors of this peer-led advocacy organization</p>	<p>San Francisco, CA</p>	<p>2012–2017</p>
<p>Exceptional Nurse Mentor</p> <p>Support, advice, and coaching for nurses and nursing students struggling with the impact of mental illness on their lives and careers</p>	<p>Online Forum</p>	<p>2004–2016</p>
<p>National Alliance on Mental Illness (NAMI) Special advisor to the Board of Directors</p>	<p>San Francisco, CA</p>	<p>2009–2016</p>

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National Alliance on Mental Illness Member, Board of Directors Undertook program development for NAMI's family- and peer-focused community-based programs	San Francisco, CA	2005-2009
In Our Own Voice (IOOV) Speakers Bureau Director IOOV enables mental health consumers to share with the community their compelling personal stories of living with mental illness and achieving recovery ▪ Established the program for NAMI's San Francisco affiliate ▪ Oversaw training and management of speakers and arrangement of engagements	San Francisco, CA	2006-2009
Mental Health Advocacy Group Nursing School Liaison Planned and produced educational outreach events and guest lectures at UCSF	San Francisco, CA	2004-2006
Redfield Group Founder and Hostess A monthly anonymous support group dinner for UCSF nursing students living with mental illness	San Francisco, CA	2004-2005
UCSF School of Medicine's Students Homeless Health Clinic Volunteer Clinician ▪ 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	San Francisco, CA	2004-2005
Helping Our Mentally Ill Experience Success (HOMES) Group Facilitator Taught symptoms management, social rhythms therapy, and life skills in a transitional housing program for severely and persistently mentally ill clients	Newport Beach, CA	2003-2004
Adapted Physical Education Program Orange Coast College Assistant Therapist Aided mobility and stretching for students with neurologic disorders and injuries	Costa Mesa, CA	2003-2004
The Women's Transitional Living Center, Inc. Client Advocate	Fullerton, CA	2003-2004

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## TEACHING

Samuel Merritt College Guest Instructor Facilitation of a twice-yearly seminar for undergraduate nursing students on the lived experience of mental illness	Oakland, CA	2011-2017
Baywell Psychiatric Group Clinical supervisor and consultant Monthly interactive lecture and seminar for the group's psychiatrists on psychopharmacology	San Francisco, CA	2015
Langley Porter Psychiatric Institute Bipolar Psychoeducation Group Lecturer Led interactive roundtable lecture and discussion sessions on topics including therapeutic alliance and sleep for this twice-yearly psychoeducation group	San Francisco, CA	2010-2011
OASIS – Office of Self Help Health Educator Led weekly mental and physical health education groups and held drop-in office hours at a peer-led community center	San Francisco, CA	2010-2011

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University of Southern California Film Department Guest Lecturer Presentations and Q&A session for freshman designers on developing the business side of art	Los Angeles, CA	2003
American Association of University Women Brighter Horizons – Careers in Math and Science Presenter <ul style="list-style-type: none"> <li>▪ Held workshops in commercial and residential architecture and design, for students grades 6 to 12</li> <li>▪ Reviewed functions and activities of designers; skills and education required to enter the field. Participants drew their own preliminary plans for a store, restaurant or home addition and viewed design portfolios</li> </ul>	Los Angeles, CA	2002–2003
Art Center College of Design Guest Instructor <ul style="list-style-type: none"> <li>▪ Taught elements of design to first and second year undergraduate directing students in the film department, with emphasis on application to script analysis and collaborative work with designers</li> <li>▪ Reviewed and critiqued filmed work in progress and portfolio development of third year students</li> </ul>	Pasadena, CA	2001
Los Angeles County Department of Education Substitute Teacher <ul style="list-style-type: none"> <li>▪ Worked with adolescents challenged with a variety of psychiatric, learning, and emotional disabilities, substance abuse, and histories of early trauma</li> <li>▪ Designed curricula and material for and taught classes to adolescents age 13–20 at various correctional facilities: camp schools, juvenile hall, and placement day schools</li> <li>▪ Taught and conducted workshops in diverse subjects such as self care, AIDS awareness and cultural diversity; emphasized personal written expression and classroom discussion</li> <li>▪ Counseled students privately regarding their academic and personal growth</li> </ul>	Los Angeles, CA	1994–1995

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## AREAS OF INQUIRY

- Recovery-oriented treatment: roles of client education and therapeutic alliance in development of self-advocacy and efficacy, locus of control, global functioning, and life enjoyment in people with serious mental illness
  - Temperament, personality subtype and traits, comorbidity, and subthreshold symptomatology as barriers to global interepisode functioning and as hallmarks of disease subtype in bipolar disorders I and II
  - Principles of functional medicine in service of depression treatment: inflammation as the link between underlying multisystem disease processes
  - Pathophysiology, neuroanatomy, and development of psychopathology in context of early trauma and neglect
  - Neuroprotective values of lithium, omega-3 fatty acids and sodium channel-gated anticonvulsants
  - NMDAR as a therapeutic target for mood, impulsivity, and compulsivity
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## 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
- 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

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<ul style="list-style-type: none"> <li>▪ Wellbeing and Recovery: a whole-person approach to achieving wellbeing while living with mental illness</li> <li>▪ Recovery from Depression: a whole-person approach to achieving wellbeing while living with Depression</li> <li>▪ When a Loved One Lives with Mental Illness</li> <li>▪ Medication, Self-medication, or None of the Above – Why 50% of us Mess with our Meds</li> <li>▪ Mental Health Q&amp;A: Meds, Therapy, Lifestyle and more</li> </ul>	2011
National Alliance on Mental Illness Interview with Liz Saint John of CBS Local on NAMI, and the epidemiology, diagnosis, and treatment of mental illness	San Francisco, CA
National Alliance on Mental Illness 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	San Francisco, CA 2006–2010
Langley Porter Residency Training Program <ul style="list-style-type: none"> <li>▪ Utility of Omega 3 Fatty Acids in Mood Disorders</li> <li>▪ Light Therapy for Mood and Eating Disorders</li> </ul>	San Francisco, CA 2006
San Francisco Department of Public Health Expert Panel Forums on Proposition 63 and Unmet Need	San Francisco, CA 2005

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## 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*, 2<sup>nd</sup> 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.

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, 2010.

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, 2010.

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

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.

### 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).

## INDUSTRY

Shire Pharmaceuticals	2016–2017
Speakers Bureau	
Scientific and clinical advisory boards, binge eating disorder and ADHD	
Sunovion Pharmaceuticals, Inc.	2016–2017
Speakers Bureau	
Consultant	

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## SCIENTIFIC MEETING ATTENDANCE (past 5 years)

American Psychiatric Association Annual Meeting	2009, 2013–14, 2016
Neuroscience Education Institute (NEI) Global Conference	2008, 2010, 2012
Psych Congress	2009, 2011–16
Las Vegas Psychiatric Society Psychopharmacology Update	2010, 2012
Nevada Psychiatric Association Psychopharmacology Update	2011, 2015–16
Evolution of Psychotherapy	2014

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## MEMBERSHIPS

Neuroscience Education Institute	2006–present
American Psychiatric Nurses Association	2003–present
Depression and Bipolar Support Alliance	2003–present
National Mental Health Association (NMHA)	2009–present
National Alliance on Mental Illness	2004–present
Cognitive Neuroscience Society	2004–2006
Art Directors' Guild Local 876,	1995–2003
International Alliance of Theatrical and Stage Employees (IATSE)	
United Scenic Artists Local 829 (IATSE)	1994–2000

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## INTERESTS

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