

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

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## PROFILE

*Birthplace* Los Alamitos, California  
*Citizen of* USA  
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## EDUCATION & TRAINING

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

## HONORS

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

## 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

## PROFESSIONAL ACTIVITIES

Bay Area Psychiatric <i>Private Practice of Psychiatry</i>	<i>San Francisco, CA</i>	2012–2021
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- Psychiatric evaluation and consultation; pharmacologic management inclusive of traditional and integrative medicine approaches, lifestyle and wellness coaching, and solution-focused psychotherapy with a client-focused, mental health recovery-oriented approach
- Specializing in mood, anxiety, and attention-deficit disorders, and their intersection with trauma, substance use, and sleep

Dore Urgent Care Clinic <i>Psychiatric Nurse Practitioner</i>	<i>San Francisco, CA</i>	2008–2015
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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 provided:

- Psychiatric evaluation, physical examination, and medication management for medically and psychiatrically complicated clients
- Management of an interdisciplinary team of licensed health care professionals and mental health counselors
- Referrals and arrangement for housing and health care resources
- Collaboration and coordination with San Francisco's diverse network of public and private health care organizations

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<p>Cara Hoepner Design  <i>Art direction, production design, and architectural services</i></p> <ul style="list-style-type: none"> <li>▪ Designed and supervised construction and installation of scenery for theatrical, television, film, and video productions</li> <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>▪ Administered 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> <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><i>Los Angeles, CA</i></p>	<p>1989–2002</p>
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**PUBLIC SERVICE**

<p>Depression Bipolar Support Alliance (DBSA)  <i>Medical Advisor</i>            Guidance and education in service of the board of directors of this peer-led advocacy organization</p>	<p><i>San Francisco, CA</i></p>	<p>2012–2021</p>
<p>National Alliance on Mental Illness (NAMI)  <i>Special advisor to the Board of Directors</i></p>	<p><i>San Francisco, CA</i></p>	<p>2009–2016</p>
<p>National Alliance on Mental Illness  <i>Member, Board of Directors</i>            Undertook program development for NAMI's family- and peer-focused community-based programs</p>	<p><i>San Francisco, CA</i></p>	<p>2005-2009</p>
<p>In Our Own Voice (IOOV) Speakers Bureau  <i>Director</i>            IOOV enables mental health consumers to share with the community their compelling personal stories of living with mental illness and achieving recovery</p> <ul style="list-style-type: none"> <li>▪ Established the program for NAMI's San Francisco affiliate</li> <li>▪ Oversaw training and management of speakers and arrangement of engagements</li> </ul>	<p><i>San Francisco, CA</i></p>	<p>2006-2009</p>

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**TEACHING**

<p>Samuel Merritt College  <i>Guest Instructor</i>            Facilitation of a twice-yearly seminar for undergraduate nursing students on the lived experience of mental illness</p>	<p><i>Oakland, CA</i></p>	<p>2011–2021</p>
<p>Baywell Psychiatric Group  <i>Clinical supervisor and consultant</i>            Interactive lecture and seminar series for the practice's psychiatrists on psychopharmacology</p>	<p><i>San Francisco, CA</i></p>	<p>2015, 2017</p>
<p>Langley Porter Psychiatric Institute            Bipolar Psychoeducation Group  <i>Lecturer</i>            Led interactive roundtable lecture and discussion sessions on topics including therapeutic alliance and sleep for this twice-yearly psychoeducation group</p>	<p><i>San Francisco, CA</i></p>	<p>2010–2011</p>
<p>OASIS – Office of Self Help  <i>Health Educator</i>            Led weekly mental and physical health education groups and held drop-in office hours at a peer-led community center</p>	<p><i>San Francisco, CA</i></p>	<p>2007–2008</p>

## AREAS OF INQUIRY

- Temperament, cognitive deficits, and subthreshold symptomatology as barriers to global interepisode functioning and as hallmarks of disease subtype in bipolar spectrum disorders
- Inflammation as a root cause underlying multisystem disease processes; bipolar disorder as a multisystem inflammatory disease; chronic inflammation as an outcome of childhood adversity
- Pathophysiology, neuroanatomy, and development of psychopathology in context of early trauma and neglect
- Neuroprotective value of lithium, omega-3 fatty acids, and n-acetyl cysteine
- Utility of low-dose naltrexone in treatment of rumination and autoimmune disease
- Foundational health habits and adaptogenic compounds: hormesis and immune system support as axes of influence in anxiety and cognition
- Addressing tolerance, length of therapeutic action time, and side effects of amphetamines with NMDA antagonists
- Oppositional tolerance: characterization and treatment of post-acute antidepressant withdrawal syndromes
- NMDAR as a therapeutic target for mood, cognition, impulsivity, and compulsivity

## 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		2005–2021
<ul style="list-style-type: none"> <li>▪ A Good Night's Sleep</li> <li>▪ Inflammation and Depression: A Biopsychosocial Challenge</li> <li>▪ Evidence-Based Medicine and Psychotherapies for Bipolar Disorders</li> <li>▪ Infusing Recovery into Mental Health Treatment</li> <li>▪ Work With Me, Not On Me: Therapeutic Alliance and Partnership</li> <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>		
National Association for Continuing Education	<i>San Francisco, CA and Seattle, WA</i>	2017
Making a Difference in ADHD: Screening and Treating for Primary Care		
National Alliance on Mental Illness	<i>San Francisco, CA</i>	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	<i>San Francisco, CA</i>	2006–2010
<i>Speakers Bureau</i>		
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	<i>San Francisco, CA</i>	2006
<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 Department of Public Health	<i>San Francisco, CA</i>	2005

*Expert Panel*  
Forums on Proposition 63 and Unmet Need

## PUBLICATIONS

### Books

- Hoepner CT, Zetin M. Depression and Dysthymia. In Aminoff MJ, Daroff RB, ed. *Encyclopedia of the Neurological Sciences, 2nd ed. Oxford*. Cambridge, MA: Academic Press; 2014.
- Zetin M, Hoepner CT, Kurth J. *Challenging Depression: the Go-To Guide for Clinicians and Patients*. New York, NY: W. W. Norton & Company; 2010.

### Refereed Journal Articles

- Hoepner CT, McIntyre R, Papakostas G. Impact of Supplementation and Dietary Management on Pathogenic Processes of Mood Disorders: A Review of the Evidence. *Nutrients*. 2021;13(3):767-792
- Hoepner CT. OTC Agents for Depression, Anxiety, and Insomnia. *The Carlat Psychiatry Report*. 2013;11(7):1-3.
- Zetin M, Hoepner CT. The Patient with Depression, Part One: Real-World Treatment Options for Unipolar Major Depression; Category 1 CME. *Psychiatr Times*. 2008;(10)7:30-39.
- Zetin M, Hoepner CT. The Patient with Depression, Part Two: Real-World Treatment Options for Bipolar Depression; category 1 CME. *Psychiatr Times*. 2008;(10)7:19-29.
- Zetin M, Hoepner CT. Relevance of Exclusion Criteria in Antidepressant Clinical Trials. A Replication Study. *J Clin Psychopharmacol*. 2007;27(3):295-301.
- Zetin M, Hoepner CT. Rational Antidepressant Selection: Applying Evidence-Based Medicine to Complex Real-World Patients. *Psychopharmacology Bull*. 2006;39(1):38-104.

### Non-Refereed Articles

- Alva G, Bera RB, Hoepner CT. Diagnostic and Management Considerations in Women with Bipolar Depression. *Current Psychiatry*. 2018;20(1).
- 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;18(6).
- Hoepner CT, Maheady D. Success Strategies for Nursing Students with Mental Illness. *Minority Nurse*. 2013;1(1). <https://minoritynurse.com/success-strategies-for-nursing-students-with-mental-illness/>. Accessed August 8, 2013.

## INDUSTRY

Eisai Co., Ltd. <i>Consultant</i>	2020–2021
Ironshore Pharmaceuticals <i>Speakers Bureau</i>	2019–2020
Shire Pharmaceuticals <i>Speakers Bureau, Consultant</i>	2016–2018
Sunovion Pharmaceuticals, Inc. <i>Speakers Bureau, Consultant</i>	2016–2018
Takeda Pharmaceuticals U.S.A., Inc. and Lundbeck LLC <i>Consultant</i>	2017

**SCIENTIFIC MEETING ATTENDANCE (past 5 years)**

Integrative Medicine for Mental Health, Annual Conference	2017–2021
US Psych Congress	2011–2021
Nevada Psychiatric Association Psychopharmacology Update	2011, 2015–2021
American Psychiatric Association Annual Meeting	2013–14, 2016–21
American Professional Society of ADHD and Related Disorders (APSARD)	2017, 2019
Academy for Eating Disorders	2017
Institute of Functional Medicine Annual International Conference	2017
LDN Conference, LDN Research Trust	2017
Alliance for Addiction Solutions – Addiction and Nutrition	2017
Evolution of Psychotherapy	2014, 2017

**MEMBERSHIPS**

American Professional Society of ADHD and Related Disorders (APSARD)	2017–2020
Depression and Bipolar Support Alliance	2003–2020
National Mental Health Association (NMHA)	2009–2020
National Alliance on Mental Illness	2004–2020
Neuroscience Education Institute	2006–2013
Art Directors’ Guild Local 876,	1995–2003
International Alliance of Theatrical and Stage Employees (IATSE)	
United Scenic Artists Local 829 (IATSE)	1994–2000

**INTERESTS**

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