

Monica Chavira Urquieta

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EDUCATION

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| 09/2016- Present | Interdisciplinary Health Sciences Ph.D. Program The University of Texas at El Paso, College of Health Sciences |
| 06/2010 | M.A. Psychotherapy and Peace Studies Universidad Autónoma de Ciudad Juárez, Faculty of Psychology |
| 08/2001 | B.A. Linguistics, Minor: French The University of Texas at El Paso, College of Liberal Arts |

PROFESSIONAL EXPERIENCE

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| 05/2022- Present | <i>Program and Contract Administrator</i> Dona Ana County Health and Human Services <ul style="list-style-type: none">• Coordinate the Assisted Outpatient Treatment Program.• Coordinate the RISE (Reach, Intervene, Support and Engage) Reentry program.• Coordinate the Trauma Informed Care for Criminal Justice Systems trainings.• Teach Mental Health First Aid• Teach several workshops for behavioral health professionals (crisis intervention, health system interventions, coping skills among others).• Work closely with research evaluators to improved data collection and ensure data is informing improvements in program implementation. |
| 10/2021- 05/2022 | <i>Community Health Worker Coordinator</i> Dona Ana County Health and Human Services <ul style="list-style-type: none">• Supervise a team of 2 community health workers, 3 external consultants and 2 evaluators and support them in meeting program goals in a timely manner.• Create workplans by establishing and coordinating goals, objective, and performance measures with team members (evaluators and consultants).• Coach and mentor staff to help them reach their maximum potential following HR guidelines.• Write and submit reports to CDC (Centers for disease control and prevention) on <i>Agents of Change</i> project activities.• Coordinate and facilitate trainings for staff to assist them in their professional development. |
| 09/2020- 10/2021 | <i>Graduate Research Associate</i> The University of Texas at El Paso, College of Health Sciences <ul style="list-style-type: none">• Collected, interpret and analyze data disaggregated by SES, gender and race.• Provided evidence based educational resources in mindfulness for elementary students in El Paso County to improve self-efficacy.• Prepared and conducted 70 interviews and surveys with key participants to understand the perceived impact of COVID-19 on health of Hispanic/Latino older adults in subsidizing housing and help develop health literacy plans for this population.• Assisted with Mindtap assignments for Social Work classes and co-teaching. |

- Developed mindfulness workshops and conducted sessions for students and their parents at RL elementary school where we explored effective techniques based on meditation and self-awareness to reduce tension and cope with stress.

10/2018-
10/2019

Monitoring and Evaluation Consultant

Pan American Health Organization (PAHO)/World Health Organization (WHO)/
Caribbean, Barbados Office

- Develop a monitoring and evaluation framework for Mental Health and Psychosocial Support (MHPSS) in disaster management in the Caribbean
- Guide the framework's implementations to stimulate on-going learning and necessary adaptations to capacity building and action planning MHPSS processes using a Theory of Change.
- Conducted focus groups and interviews with key stakeholders.
- Prepared Inception reports, technical monthly reports and revised results framework for staff and external stakeholders.

09/2017-
08/2018

Graduate Research Associate

The University of Texas at El Paso, College of Health Sciences

- Developed a scoping review on primary health care professionals' stressors and coping mechanisms.
- Prepared materials for IRB submission.
- Recruited 135 participants, collected data, conducted 135 interviews and surveys. Transcribed and translated interviews from Spanish to English to analyze.

10/2011-
10/2017

Mental Health Consultant

PAHO/WHO/Washington, D.C., Latin America

- Build capacity in primary health care by training and supervising over 5,000 mental health professionals in the World Health Organization (WHO) Mental Health Gap and Action Program (mhGAP) 2.0 training guide, Psychological first Aid, posttraumatic stress disorder, grieving process, sexual abuse, stress management, self-care, psychosocial support in crisis and emergencies, and suicide prevention in the US-Mexico border region, Central America, the Caribbean and South America and target medically underserved groups, minorities, and migrant population.
- Taught Virtual Course in Mental Health Management for Central America and North America Mental Health Leaders, helped participants developed sustainable networks with key institutions and governmental agencies as well as develop their contingency and emergency plans and mental health plans for their countries.

09/2013-
05/2017

Mental Health Management Consultant

Dona Ana County Health and Human Services, Las Cruces, NM

- Developed a mental health self-care training curriculum "Nuestras Emociones" for community mental health agents.
- Trained and supervised over 100 Community Health workers in Mental Health, stress reduction, self-care strategies, motivational interviewing, mental health, B.R.A.V.I.N.G, Nuestras emociones, SBIRT, Psychological First Aid and Substance Use.

Publications

Organización Panamericana de la Salud. **Chavira, M.** (2013). Salud Mental: Guía del Promotor Comunitario. Retrieved January 29, 2016, from http://pdf.usaid.gov/pdf_docs/PA00JKW7.pdf

Jabar, A., Fong, F., **Chavira, M.**, Cerqueira, M. T., Barth, D., Matzopoulos, R., & Engel, M. E. (2019). Is the introduction of violence and injury observatories associated with a reduction in violence-related injury in adult populations? A systematic review and meta-analysis. *BMJ open*, 9(7), e027977.

Chavira, M., & Durá, L. (2019). Mental Health/Global Mental Health: Prevention and Promotion with the Inclusion of Diversity and Gender—A Binational Integration Initiative. In *Diversity in Global Mental Health* (pp. 65-75). Springer, Cham.

Paat, Y. F., **Chavira, M.**, De La Hoya, R., & Yoshimoto, M. (2020). Immigrant family socialization: Perspectives from adult children of Mexican origin and their parents in the United States. *Journal of Comparative Social Work*, 15(1).

Instructor Certifications

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| 06/2023 | Mental Health First AID/ English and Spanish curriculum |
| 06/2023 | Mindfulness in Prison |
| 05/2023 | Trauma Informed Training |
| 02/2018 | WHO Mental Health Gap Action Program |

Conferences and Trainings

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| 10/2021 | National Strategy to Integrate Mental Health into Primary Health Care, Santiago, CL |
| 10/2019 | National Strategy to Integrate Mental Health into Primary Health Care, Santiago, CL |
| 10/2018 | TOT mhGAP UNAM, Mexico City, MX |
| 06/2018 | Suicide prevention, Little Bay, MS |
| 05/2018 | WHO Theory of Change for Equip project in Psychosocial interventions, Geneva, SZ |
| 03/2018 | WHO MhGAP 2.0 program to reduce the mental health gap TOT, Panama, PA |
| 12/2017 | Native American Council CHR Mental Health and SBIRT, Washington, D.C., US |
| 07/2016 | PAHO MhGAP program to reduce the mental health gap TOT, Mexico City, MX |
| 10/2015 | Border Health Commission, Community Health Workers in MH, San Diego, US |
| 09/2015 | Mental Health Services Conference for Latin America, San Jose, CR |
| 2013-2014 | Paso del Norte Health Foundation REALIZE program, El Paso, US |
| 05/2013 | XIII International Conference of Gestalt Therapy, Cartagena, CO |
| 2012-2013 | PAHO/WHO Latin-American Leaders in International Health Program (LIHP), Managua, NI |
| 05/2011 | XII International Conference of Gestalt Therapy, Piriapolis, UY |

05/2009

XI International Conference of Gestalt Therapy, Madrid, ES