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EDUCATION

PhD, Public Health	2008
University of Illinois at Chicago, School of Public Health. Chicago, IL. Department of Community Health Sciences <u>Dissertation</u> : <i>Mental health: understanding its role in type 2 diabetes management within the context of Latino culture.</i> <u>Advisor</u> : Noel Chavez	
MPH, Community Health and Health Promotion	2001
University of Texas Health Science Center at Houston, School of Public Health. El Paso, TX. Division of Health Promotion and Behavioral Sciences <u>Thesis</u> : <i>The association between acculturation, coping, social support, health care utilization, and type 2 diabetes management among individuals residing along the US/Mexico border.</i> <u>Advisor</u> : Theresa Byrd	
BS, Health Psychology (Honors)	1997
University of Texas at El Paso, El Paso, Texas. Department of Psychology <u>Thesis</u> : <i>The effects of repeated occlusion measurements on blood pressure and pulse rate during a mental stressor.</i> <u>Advisor</u> : Joe Tomaka	

HONORS AND AWARDS

NIMH Summer Research Institute in Geriatric Mental Health (SRI) Scholarship	2014
Martha Bruce, director. Weill Cornell Medical College, Department of Psychiatry Held at the University of California at Los Angeles	
Scrimshaw Latino Health Scholarship	2006
University of Illinois at Chicago, School of Public Health	
Illinois Public Health Research Program CDC pre-doctoral fellowship	2005-07
University of Illinois at Chicago, School of Public Health	
Paso del Norte Health Foundation Collegiate Research Scholarship	2000
Paso del Norte Health Foundation, El Paso TX.	
Minority Faculty Association Scholarship	2000
University of Texas Health Science Center, School of Public Health.	
Psi Chi National Honor Society (Vice-President),	1996-97
University of Texas at El Paso, Department of Psychology	

ACADEMIC AND POST-DOCTORAL POSITIONS

Assistant Professor Department of Public Health Sciences University of Texas at El Paso, College of Health Sciences. El Paso, TX	2016-pr.
Post-doctoral Fellow Department of Family Medicine and Population Health, Division of Epidemiology Virginia Commonwealth University, School of Medicine. Richmond, VA	2013–06
Post-doctoral Fellow Department of Health Services University of Washington, School of Public Health and Community Medicine, Seattle, WA.	2008-09

ACADEMIC TEACHING EXPERIENCE

Course Instructor Substance Abuse, University of Texas at El Paso College of Health Science, Department of Public Health Sciences	2016
Guest Lecturer Introduction to Public Health, Virginia Commonwealth University School of Dentistry, Richmond, VA. Presented the top ten achievements of public health and the role of data in public health.	2013-15
Instructor and Co-Director Hubert H. Humphrey Fellows Program and Workshop Virginia Commonwealth University, Richmond VA Co-facilitated workshop on “How to Obtain Data to Inform Policy and Practice” and “Community Mapping” as a tool for public health research to international professionals.	2014-16
Guest Lecturer Epidemiology of psychiatric and substance use disorders, Virginia Commonwealth University, School of Medicine and Population Health, Richmond, VA. Presented topics on culture and cross-cultural studies in psychiatric epidemiology.	2013-15.
Teaching Assistant Behavioral Sciences in Public Health. University of Illinois at Chicago School of Public Health, Chicago, IL. Lectured on implementing culturally competent health interventions by using surface and deep-structure dimensions of culture. Facilitated online discussion board for students	2005-06
Instructor University of Texas at El Paso, Department of Psychology, El Paso, TX. Instructor for General Experimental Psychology Laboratory	1997-98

ACADEMIC RESEARCH EXPERIENCE

Research Associate Midwest Latino Health Research, Training, and Policy Center University of Illinois at Chicago, Jane Addams School of Social Work. Chicago, IL. <ul style="list-style-type: none">▪ Conducted a quantitative and qualitative evaluation of the Diabetes Empowerment Education Training Program and co-authored manuscripts from this evaluation	2006-07
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Qualitative Coordinator and Analyst Northeast Illinois Community Food Assessment, Department of Community Health University of Illinois at Chicago, School of Public Health, Chicago, IL. <ul style="list-style-type: none"> ▪ Developed focus-group protocol, training guides, and created a mock focus group training video for research team ▪ Coordinated, conducted, and analyzed key informant interviews and focus groups on food insecurity issues 	2003-05
Research Associate and Qualitative Analyst Social Capital Project, Department of Community Health University of Illinois at Chicago, School of Public Health, Chicago, IL. <ul style="list-style-type: none"> ▪ Applied community based participatory research (CBPR) to qualitatively examine how a Puerto Rican grassroots organization utilized social capital to raise HIV/AIDS awareness. 	2001-03
Research Associate Cervical Cancer Screening Project University of Texas Health Science Center at Houston, School of Public Health, El Paso, TX. <ul style="list-style-type: none"> ▪ Designed and developed household surveys, translated psychosocial surveys, data management and analysis 	2000-01
Research Assistant Psychophysiology Laboratory, Department of Psychology University of Texas at El Paso, El Paso, TX. <ul style="list-style-type: none"> ▪ Assisted with experimental studies examining mental stressors on cardiovascular reactivity and blood pressure 	1995-98

COMMUNITY RESEARCH AND EXPERIENCE

Research Consultant Diabetes Collaborative Care and Pharmacotherapy CrossOver Healthcare Ministry, Richmond, VA. <ul style="list-style-type: none"> ▪ Designed and led focus groups to examine cultural health beliefs among Latino diabetes patients at federally-qualified health center in collaboration with VCU School of Pharmacotherapy and Outcomes Science faculty Dr. Sallie Mayer ▪ Presenter at Promotora de Salud (Health Promoter) workshop series on diabetes and mental health related topics 	2013-14
Research Consultant Diabetes Wellness Program YMCA of the Greater Richmond Area, Richmond, VA <ul style="list-style-type: none"> ▪ Consultant and collaborator to the Greater Richmond YMCA Diabetes Control Program ▪ Designed a process evaluation tool for the Diabetes Control Program ▪ Developed NIMHD grant proposal to support community-engaged diabetes research 	2014
Public Health Consultant Diabetes Prevention and Control Program (DPCP) New Mexico Department of Health, Santa Fe, NM. <ul style="list-style-type: none"> ▪ Designed and conducted diabetes management resource and needs assessment for New Mexico Hispanic populations, including a community mapping system of diabetes management programs ▪ Made recommendations for the implementation of diabetes prevention programs based on interviews with federally qualified health clinic stakeholders and key informants 	2013

Program Manager**2010-12**

HABITS for Life Initiative

Project HOPE, Albuquerque NM.

- Managed a \$4.5 million 3 year state wide telemedicine diabetes, obesity, and cardiovascular health screening and education program, including the administration, writing internal and funder reports, budgeting, staffing and program logistics
- Established partnerships with local agencies and organizations, including the development of partner agreements and contracts

Recruitment Director**2007-08**

Hispanic Community Health Study/Study of Latinos (HCHS/SOL)

Midwest Latino Health Research, Training and Policy Center

University of Illinois at Chicago, Jane Addams School of Social Work. Chicago, IL

- Implemented recruitment process for the Hispanic Community Health Study/Study of Latinos
- Supervised, trained, and mentored the HCHS recruitment team

COMMUNITY TEACHING EXPERIENCE**Interpreter for Spanish speaking patients****2014-15.**

CrossOver Healthcare Ministry, Richmond VA

- Interpreter for Diabetes Collaborative Pharmacotherapy Program

Invited Speaker**2014-15**

CrossOver Healthcare Ministry Promotora de Salud Workshop, Richmond VA

Presented workshop series titled “La conexión entre la diabetes y la depresión”
(The connection between diabetes and depression)

Invited Speaker**2014**

Community Health Education Center

Virginia Commonwealth University Medical Center, Richmond VA.

- Co-presented on relationship between stress and type 2 diabetes and findings from the Stress and Sugar Study

Mental Health First Aid Instructor**2012-16**

Mental Health First Aid. National Council for Community Behavioral Healthcare.

- Interactive twelve hour Mental Health First Aid course to train and provide communities with the skills to provide initial help to people experiencing a mental health crisis

Health Ministry Member

St. Pius Catholic Church, El Paso, TX

1996-2000

- Participated in diabetes screenings and initiated a parish health needs assessment
- Wrote a grant on behalf of the parish for a nutrition education program “Que Sabrosa la Vida” (Awarded in 1999)

PUBLICATIONS

Concha JB, Mezuk B. (2015) Neighborhoods and diabetes risk: Person and place or Person in place. Letter to the Editor. *JAMA Internal Medicine*;175(12):2000. doi:10.1001/jamainternmed.2015.6686

Concha JB, Mayer SD, Mezuk B, Avula D. (2015) Diabetes causation beliefs among Spanish speaking patients. *Diabetes Educator*;42(1):116-125. doi:10.1177/0145721715617535.

Mezuk B, Li X, Cederin K, **Concha J**, Kendler K, Sundquist J, Sundquist K. (2015) Ethnic enclaves and risk of psychiatric disorders among first and second generation immigrants in Sweden. *Social Psychiatry and Psychiatric Epidemiology*, Advance online publication. doi:10.1007/s00127-015-1107-1.

Concha JB, Mezuk B, Duran B. (2015) Culture-Centered Approaches: The cultural relevance of assessing mental health in Latinos with type 2 diabetes. *BMJ Diabetes Research and Care*, 3:e000064 doi:10.1136/bmjdr-2014-000064.

Connolly N, **Concha J**, English J. (2013) Mobile Health is Worth it! Economic benefit and impact on health of a population based mobile screening program in New Mexico. *Telemedicine and e-Health*, Vol 20(1);18-23. doi: 10.1089/tmj.2013.0080.

Castillo A, Giachello A, Bates R, **Concha J**, Ramirez V, Sanchez C, Pinsky E, Arrom J. (2010) Community-based Diabetes Education for Latinos: The Diabetes Empowerment Education Program. *The Diabetes Educator*;36(4):586-94. doi: 10.1177/0145721710371524.

Concha JB, Kravitz HM, Chin MA, Kelley MA, Chavez N, Johnson TP. (2009) Review of Type 2 Diabetes Management Interventions for Addressing Emotional Well-Being in Latinos. *The Diabetes Educator*;35(6):941-58. doi: 10.1177/0145721709344125.

Kelley M, Molina A, **Concha JB**. (2003) The Chicago Puerto Rican community responds to the HIV/AIDS crisis. The ACOSA Update. *Association for Community Organization and Social Administration*;17(4):13-14.

Tomaka J, Palacios R, Schneider KT, Colotla M, **Concha JB**, Herrald MM. (1999) Assertiveness predicts threat and challenge reactions to potential stress among women. *Journal of Personality & Social Psychology*;76(6):1008-1021.

Tomaka J, Palacios R, **Concha JB**. (1998) The effects of repeated occlusion measurements on blood pressure and pulse rate. *International Journal of Psychophysiology*;30(3):353-358.

Palacios-Esquivel RL, **Concha JB**, Tomaka J. (1997) The effects of repeated occlusion measurements on blood pressure and pulse rate. *Psychophysiology*;34:S69.

MANUSCRIPTS UNDER REVIEW/IN PREPERATION

Mezuk B, Rafferty J, Concha JB, Abdou C, Lee H, Jackson J, Ratliff S. (Under review) Stress, self-regulation, and context: Evidence from the Health and Retirements Survey. *Social Science and Medicine*.

Concha JB, Mezuk B. (In preparation) Ethnic identity, socioeconomic status, and diabetes in aging Latinos: Evidence of ethnic identity as an underlying mechanism of the Latino health advantage. Intended to *AJPH*

Concha JB, Foutz J, Green T, Perrin P, and Mezuk B. (Under Review) Brief Report: Rationale and preliminary findings from the Stress and Sugar Study. *Health Psychology*.

Mezuk B, **Concha JB**, Green T, Perrin P (Under Revision). Reconsidering the role of context in diabetes prevention to address disparities. *AJPH*

PROFESSIONAL REPORTS

Concha JB. (2013) Adult Diabetes Management Program Resource Assessment for our Hispanic Communities New Mexico Department of Health Diabetes Prevention and Control Program. Santa Fe, NM

Concha JB. (2009) The Una Mano Amiga project in South-west New Mexico. Qualitative analysis of cancer patient focus groups and key informant interviews, and needs assessments for training promotoras as patient navigators. Seattle, WA.

Concha JB (2007). Depresión - Depression, do they mean the same thing? Using Rasch to test the validity and item functioning of the Spanish and English versions of the CES-D short form. Mt. Sinai Urban Institute, Chicago, IL.

Concha JB. (2005) The Construction and Assessment of an Acculturation Index for Hispanic Respondents of the Sinai Urban Health Institute Community Health Survey. Mt. Sinai Urban Institute, Chicago, IL.

PRESENTATIONS AT SCIENTIFIC MEETINGS

Concha JB, Mezuk B, Kelly K. (November 2015) Ethnic Identity, Education, and Diabetes in Adult Latinos: Evidence of Ethnic Identity as an Underlying Mechanism of the Latino Health Advantage. 2015. 143rd American Public Health Association Annual Meeting, Chicago, IL. (Talk)

Concha JB, Mayer SD, Avulla D, Mezuk B. (November 2015) Diabetes Causation Beliefs among Latinos with Type 2 Diabetes: "That's the key to a little bit of understanding between the doctor and the patient". 143rd American Public Health Association Annual Meeting, Chicago, IL. (Talk)

Mayer SD, **Concha JB**, Avulla D, Bunn K. (September 2015) Interprofessional Education to Promote Culturally Competent Diabetes. Collaborating Across Borders V Conference V: The interprofessional journey: Advancing integration and impact, Roanoke NC. (Talk)

Mezuk B, **Concha JB**, Foutz J, Rice K, Perrin P, Green T. (November 2014) Stress and Coping among African Americans at risk for type 2 diabetes mellitus. 142nd APHA Annual Meeting, New Orleans LA. (Poster)

Concha JB, Mezuk B. (November 2014) Ethnic identity, socioeconomic status, and diabetes in aging Latinos: Evidence of ethnic identity as an underlying mechanism of the Latino health advantage. The Gerontological Society of America's 67th Annual Scientific Meeting, Washington DC. (Talk)

Concha JB, Mezuk B, Duran B. (June 2014) Mental health assessment of Latinos with type 2 diabetes and why it's relevant. 74th American Diabetes Association, San Francisco CA. (Poster)

Concha JB, Mezuk B, Foutz J, Rice K, Perrin P, Green T. (June 2014) Stress and coping among African Americans at risk for type 2 diabetes mellitus: A conceptual application of the Environmental Affordance Model using preliminary findings from the Stress and Sugar study. 14th International Conference on Social Stress Research, Vancouver BC. (Talk)

VanNess R, Zamora G, Nemeth S, McGrew E, Nguyen S, Harding E, Colleran K, **Concha J**, Bauman W, Soliz P. (May 2012) Retinal Screening in New Mexico and South Texas: Investigating Three Different Delivery Models. ARVO Translation Research, Seeing the Possibilities. Fort Lauderdale FL.

Connolly-Brown N, **Concha, JB**, (April 2012) Mobilizing technology for community wellness. American Telemedicine Association, San Jose, CA (Poster).

Concha JB, Duran B. (June 2009). Are physicians asking adult Latinos with diabetes about emotional problems? NRSA Trainees Conference. Chicago, IL (Poster).

Concha JB. (March 2008) A Comparison of Two Models Examining the Relationship between Psychological Distress, Health Behaviors, and Weight Status Across Mexican and White Chicago Residents. Dr. Jose Cañive-mentor. Critical Issues in Latino Mental Health, National Institute of Mental Health, Santa Fe, NM. (Poster).

Kelley MA, Molina AL, **Concha JB**, Chavez N, Delgado J. (November 2003) Social Capital and HIV prevention in a Puerto Rican community: A participatory assessment of the Vida SIDA project. Paper presented at the annual meeting for the American Public Health Association, San Francisco, CA (Poster).

Concha JB, Molin, AL, Kelley MA, Chavez N. (February 2003) Social Capital and HIV Prevention in a Puerto Rican Community: The Vida SIDA Project. Paper presented at the 9th International Qualitative Health Research Conference, Guadalajara, Mexico (Talk).

Concha JB, Byrd T, Ortiz M, Bright T. (October 2001) The association between coping strategies, social support, diabetes health care utilization and Type 2 diabetes management among individuals residing along the US/Mexico border. The American Public Health Association, Atlanta, GA (Talk).

Concha JB, Byrd T, Ortiz M, Bright T. (May 2001) The association between coping strategies, social support, diabetes health care utilization and Type 2 diabetes management among individuals residing along the US/Mexico border. Paper presented at the annual meeting for United States-Mexico Border Health Association, Las Cruces, NM. (Poster)

Palacios RL, **Concha JB**, Tomaka J. (March 1998) Assertiveness predicts threat and challenge reactions to potential stress among women. Paper presented at the Society of Behavioral Medicine, New Orleans, LA. (Talk)

Palacios-Esquivel RL, **Concha JB**, Tomaka J. (October 1997) The effects of repeated occlusion measurements on blood pressure and pulse rate. Paper presented at the annual meeting of Society for Psychophysiological Research, Cape Cod, MA. (Poster)

ADDITIONAL TRAINING

APA Advanced Training Institute (ATI) Research Methods with Diverse Racial and Ethnic Groups Frederick Leong, director. Michigan State University	2014
Cultural Consensus Analysis John B. Gatewood, Lehigh University	2013
NIMH Mentorship and Education Program (MEP) Joel Yager, director University of New Mexico, Department of Psychiatry Held at the University of New Mexico	2009
Community Mapping Intervention Kay Bartholomew, University of Texas Health Science Center at Houston	1999
NIMH Minority Research and Training Program (MRTP) University of California at San Francisco	1997

ASSOCIATION MEMBERSHIPS AND CERTIFICATIONS

Mental Health First Aid Certified	2012 – pr.
American Telemedicine Association	2010 – pr.
American Association of Diabetes Educators	2010 – pr.
American Public Health Association	1998 – pr.
Diabetes Empowerment Education Training DEEP certification	2004
American Psychological Association	2005-08

MANSUCRIPT PEER-REVIEWER (2012 – present)

Journal of Psychosomatic Research	Molecular Psychiatry
American Journal of Geriatric Psychiatry	
Diabetes Research and Clinical Practice	
Psychological Medicine	

FUNDED GRANTS

Title: Stress, self-regulatory behaviors, and diabetes

Submitted: April 2015

Dates: 4/1/2016 - 3/30/2019

Sponsor: American Diabetes Association

Role and Effort: Co-I

PI: Mezuk

Objective: To explore the intersection of stress reactivity and self-regulatory coping behaviors on progression of metabolic risk in a sample of adults with pre-diabetes.

Title: Evaluation of the Diabetes Wellness Coach Program

Submitted: January 2016

Dates: 1/11/2016 - 5/30/2016

Sponsor: CrossOver Healthcare Ministry Free Clinic

Role and Effort: Co-I

Co-I: Sallie D. Mayer

Objective: To evaluate the impact of the Diabetes Wellness Coach Program on patients' diabetes knowledge, self-management empowerment, medication adherence, and body mass index (BMI), blood pressure, and hemoglobin A1C outcomes.

GRANTS UNDER REVIEW

Title: Tailoring diabetes care in a community-based organization to reduce disparities (subproject within U54 Transdisciplinary Collaborative Center for Health Disparities Research Focus on Precision Medicine)

PI: Mezuk

Role: Co-I

Submitted: May 2016

Dates: 4/1/2016 - 3/30/2021

Sponsor: National Institute for Minority Health & Health Disparities

Objective: To identify modifiable determinants of engagement and diabetes care outcomes in the Richmond Area YMCA community-based diabetes self-management program.

COMPLETED RESEARCH SUPPORT

K01-MH093642-A1

Mezuk (PI)

8/2013-pr

Title: Depression, inflammation, and diabetes: Exploring shared etiopathology

Sponsor: National Institute of Mental Health (K01-MH093642-A1)

Role: Project Coordinator/Postdoctoral fellow (Mentor: Briana Mezuk)

Objectives: To evaluate environmental and genetic contributions, and their interaction, of the relationship between major depression and type 2 diabetes in later adulthood; examine the influence of depressive symptoms on expression of immune-related genes and glucose metabolism.

VCU Community Engagement Grant

Mayer (PI)

6/2013 – 6/2014

Title: Development and Implementation of a Chronic Care Model in an underserved population: Collaboration between VCU School of Pharmacy and CrossOver Health Center

Sponsor: Virginia Commonwealth Center for Community Engagement

Role: Research Collaborator

Description: To develop community engaged scholarship based upon the activities of the a previously funded project to expand the educational initiatives and clinical care at the Richmond Area High Blood Pressure Center to include high-risk patients with both hypertension and diabetes. Faculty, students, and residents worked together to develop and implement self-management skills and nutrition education programs for patients and RAHBPC clinic staff.

RC3EY02749

Soliz (PI)

9/2010 – 3/2013

Title: Retinal Screening in New Mexico and South Texas: Investigating three different delivery models.

Sponsor: NIH National Eye Institute

Role: co-PI

Description: The goal of this project was to provide a retinal evaluation service. This service is designed to eliminate barriers to retinal screening for underserved populations of Hispanics and Native Americans in urban and rural areas of New Mexico (NM) and South Texas (TX).

T01 CD000189-01

Sokas (PI)

3/2005 – 3/2008

Sponsor: Centers for Disease Control and Prevention

Role: Pre-doctoral fellow

Description: Mental Health, Understanding its role in type 2 diabetes management within the context of Latino culture. The goal of this study was to investigate the relationship between Hispanic diabetes health beliefs, social determinants of health, and the progression of adult type 2 diabetes.

Sponsor: Centers for Disease Control and Prevention

T32 HS013853-06

Martin (PI)

9/2008 – 9/2009

Title: Are medical doctors screening for mental health problems in people with type 2 diabetes?

Sponsor: Agency for Healthcare Research and Quality

Role: Post-Doctoral Fellow

Description: The goal of this project is to investigate if 1) people with type 2 diabetes are more likely to report mental health problems than those without the disease and 2) to investigate if medical doctors are screening for emotional problems in people with type 2 diabetes.

SUBMITTED BUT NOT FUNDED

K99/R00-PA-15-083

Concha (PI)

2//2016

Title: Culturally-enhancing physician communication with Hispanic/Latino patients with type 2 diabetes.

Sponsor: National Institute on Minority and Health Disparities (K99/R00-PA-15-083)

Role: Primary Investigator

Submitted: February 12, 2016

Description: The overarching goal of the K99/R00 Award is to provide a foundation upon which the candidate can become a leader and independent investigator with expertise in patient-physician communications research, particularly as it relates to the cultural beliefs of Hispanic/Latino patients with type 2 diabetes. As a vehicle of this K99 training, the candidate will develop a brief cross-cultural communications skills training workshop aimed at improving medical residents' cultural knowledge and communication skills, which will be evaluated in a randomized clinical trial in the R00 phase. The proposed research aims to address the substantial recurring disparities in diabetes clinical outcomes for the growing U.S. Hispanic/Latino population.