

## Child and Adolescent Services Clinical Staff

### **Lindsey Bruett, PhD** <sup>[1]</sup>

Dr. Bruett is an assistant clinical professor of psychiatry at UCSF School of Medicine and is an attending psychologist in the Eating Disorders Program at Langley Porter Psychiatric Hospital and Clinics, and Zuckerberg San Francisco General Hospital and Trauma Center (ZSFG). At Child and Adolescent Services at ZSFG, Dr. Bruett leads the Eating Disorders Service and is a primary supervisor for doctoral interns. She has extensive experience in the assessment and treatment of youth and young adults with eating disorders, depression, anxiety, and disruptive behavior, and providing parent-related interventions. Dr. Bruett specializes in providing evidence-based treatments including family-based treatment (FBT), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), parent management training (PMT), and parent-child interaction therapy (PCIT). She received her PhD in clinical psychology, with an emphasis in developmental psychopathology, from Temple University. She completed her internship and postdoctoral fellowship at Stanford University.

### **Jessica Flores, LCSW**

Ms. Flores is a bilingual, bi-cultural, licensed clinical social worker at CAS. She received her BA in political science from the University of Illinois at Urbana-Champaign and completed her master's in clinical social work at New York University. Prior to receiving her master's degree, Ms. Flores completed two AmeriCorps programs working with underserved communities in her hometown of Chicago. Prior to coming to CAS Ms. Flores worked as a Social Worker in New York City for seven years. She worked for several years in a city hospital in Queens, NY, providing individual and family psychotherapy for children and adolescents in the very diverse neighborhood of Jackson Heights. In addition, Ms. Flores coordinated a home-based crisis intervention program, providing in home case management services for children, adolescents, and their families in Queens. During her last couple of years in New York City she worked at the Mount Sinai Hospital's school-based health clinic working at a school in East Harlem providing individual, family, and group psychotherapy for children and adolescents. Ms. Flores utilizes a variety of treatment modalities and interventions including; cognitive behavioral therapy, motivational interviewing, mindfulness, and child-parent psychotherapy. She is passionate about working with children and adolescents, dealing with traumas, depression, anxiety, and ADHD. Ms. Flores has a strong interest working with youth who have been recently reunified with their families in this country.

### **Naomi Friedling, LMFT** <sup>[2]</sup>

Ms. Friedling is a bilingual, Spanish-speaking supervising clinician who began working at CAS in 2014. Prior to working at CAS, she worked as a therapist at Child and Adolescent Sexual Abuse Resource Center at ZSFG for five years specializing in the treatment of children and

adolescents who have experienced sexual abuse, and has also worked as a clinician for the County of San Mateo with children and adults. She received her Master's in Marriage and Family Therapy at San Francisco State University. Ms. Friedling works from a family-focused, strengths-based perspective. Goals of her work include helping children to overcome the acute symptoms of trauma while, in the process, helping them strengthen their inner resources and external support systems. Her work also focuses on improving family functioning, increasing client self-esteem and increasing individual and family resilience.

### **William Martinez, PhD** [3]

Dr. Martinez is an Assistant Professor in the Department of Psychiatry at UCSF and the Director of the Child and Adolescent Services program. He received his PhD in clinical-child psychology from DePaul University, and completed his APA-accredited internship in the Multicultural Clinical Training Program at UCSF/ZSFG. Dr. Martinez completed his clinical postdoctoral training through the Morrissey-Compton Educational Center and his research postdoctoral training through a NIH-funded postdoctoral fellowship in the School of Public Health at UC Berkeley. He is a licensed clinical psychologist, and a bilingual (Spanish) and bicultural son of immigrant parents. Dr. Martinez's primary clinical interests and expertise include bilingual psychological and psychoeducational evaluations of immigrant and second-generation youth, as well as the assessment and treatment of traumatic stress, anxiety, and depressive disorders among immigrant and second-generation Latinx youth. He approaches clinical assessment and treatment using cognitive-behavioral, multisystemic, and culturally-informed approaches. His research interests include examining how social determinants of health (e.g., neighborhood characteristics, cultural factors) impact the mental health and risk-taking behaviors of Latinx youth to inform implementation science efforts to reduce behavioral health disparities in this population.

### **Alex Quintanilla, LCSW** [4]

Mr. Quintanilla is a Spanish-speaking, bicultural clinical social worker at CAS. He received his BA in political science and history, and completed his master's in social work at UC Berkeley. Prior to receiving his master's degree, he worked in community-based organizations focusing on families who were homeless in the Bay Area. Alex provided case management services at Compass Family Services, Catholic Charities, and was the director of Compass SF HOME. Following his master's degree and prior to working at CAS, Alex worked at A Better Way, Inc. as a mental health clinician focusing on providing mental health services for families within San Francisco's child welfare system. Alex utilizes a variety of modalities and interventions including child-parent psychotherapy, the attachment, regulation, and competency treatment framework; motivational interviewing; cognitive behavioral therapy, mindfulness, and Circle of Security. Alex's personal history as an undocumented immigrant from El Salvador and a survivor of a home with domestic abuse as a child influences his work, interest, and his commitment to the field.

### **Jamie Salas, LMFT** [5]

Ms. Salas is a bilingual, bicultural, licensed marriage and family therapist and a licensed clinician with CAS. She has years of experience providing community based services in the Los Angeles and Bay areas with an emphasis on adolescent mental health. She received her BA in psychology from CSU Long Beach and her MSc in clinical psychology at San Francisco State University. Prior to joining CAS, Ms. Salas worked as lead clinician, educator and

mentor at Instituto Familiar de la Raza, Inc.'s youth program La Cultura Cura. She provided youth and parent groups, trauma-informed consultation, and therapy to Latino immigrant youth & families. Ms. Salas is trained in family-based treatment (FBT) and child-parent psychotherapy (CPP). She is passionate about family specific interventions for adolescents dealing with adjustment difficulties, traumas, depression, anxiety, and disordered eating.

### **Barbara Stuart, PhD** [6]

Dr. Stuart is a Clinical Associate Professor in the Department of Psychiatry at UCSF and Division of Infant, Child and Adolescent Psychiatry (ICAP) at ZSFG. She is the Director of the APA CAS Multicultural Training Program. Dr. Stuart received her doctorate in clinical psychology at UC Berkeley, where she studied emotional functioning in psychosis. Subsequently, she completed her internship at the San Francisco VA Medical Center and a postdoctoral fellowship at UCSF. Dr. Stuart is already well-known to our UCSF psychiatry community as she has been a staff psychologist at the UCSF Young Adult and Family Center (YAFC) since 2009 and was most recently the clinical director of the YAFC Multigenerational Trauma Clinic. Dr. Stuart specializes in providing evidence-based treatment to high-risk adolescents, young adults, and their families including for youth who are chronically depressed and engage in self-harm. Dr. Stuart has extensive expertise in dialectical behavior therapy and cognitive behavioral therapy as well as in assessment and treatment of early psychosis and serious mental illness. From 2009 to 2016, she served as the director of clinical training for the UCSF Department of Psychiatry Prodrome Assessment Research and Treatment Program. Dr. Stuart also has longstanding experience in training and supervising community-based mental health professionals in evidence-based clinical assessment and treatment for youth. She has a clear and strong commitment and dedication to integrating issues of diversity and multiculturalism in all aspects of her clinical work, teaching/mentoring and research.

### **Marina Tolou-Shams, PhD** [7]

Dr. Tolou-Shams is an associate professor in residence at the UCSF Department of Psychiatry and Director of the Division of Infant, Child and Adolescent Psychiatry (ICAP) at ZSFG. Dr. Tolou-Shams received her PhD in clinical psychology in 2004 from the University of Illinois at Chicago and completed her postdoctoral training at the Alpert Medical School of Brown University. She is trained as a pediatric and forensic psychologist and has many years of clinical experience in assessing and treating high-risk adolescents and their families. Her areas of clinical expertise and populations of focus include adolescent substance use/abuse, dual diagnosis (co-occurrence of psychiatric and substance use disorder), adolescent girls, family-based interventions, and juvenile justice/child forensic psychiatry.

Dr. Tolou-Shams is also an active clinical researcher who focuses on developing evidence-based mental health, substance abuse, and HIV risk reduction interventions for court-involved, non-incarcerated juvenile offenders. She has multiple peer-reviewed publications on the topic of substance use and abuse among juvenile justice youth. She is currently the principal investigator of two large-scale National Institute on Drug Abuse-funded studies aimed toward improving behavioral health (substance use and mental health) outcomes and reducing health disparities for juvenile justice youth—particularly adolescent girls.

### **Gladys Vilchez, LCSW** [8]

Ms. Vichez is a bilingual, bi-cultural, licensed clinical social worker at CAS, and is the current

CAS intake coordinator. She received her BA in Latin American Studies and a Master's in Social Welfare from the University of California, Berkeley. Prior to obtaining her master's degree, Ms. Vilchez provided case management services to survivors of domestic violence with young children who were recent immigrants from Latin America at Instituto Familiar de la Raza, Inc. Ms. Vilchez later completed her post-master's training at the UCSF Child Trauma Research Program and practiced child-parent psychotherapy (CPP) with a diverse set of families who had experienced traumatic events. Later, Ms. Vilchez provided individual psychotherapy, case management services, co-facilitated the Intensive Outpatient Program, and co-facilitated a multifamily group for patients with schizophrenia and their family members at Kaiser Permanente. Ms. Vilchez utilizes a variety of treatment modalities and interventions including: motivational interviewing, cognitive behavioral therapy, mindfulness, and child-parent psychotherapy. Ms. Vilchez is passionate about serving children and families who are overcoming challenges with trauma, anxiety, and depression.

## **Austin Yang, PsyD** [9]

Dr. Austin Yang is a licensed clinical psychologist with the UCSF Department of Psychiatry, Division of Infant, Child and Adolescent Psychiatry at Zuckerberg San Francisco General Hospital. Dr. Yang received her BA in psychology from Emory University. She obtained her MA in Clinical Psychology and Doctorate in Psychology with a child/adolescent concentration from The Chicago School of Professional Psychology. She completed her clinical training through a postdoctoral fellowship at the Fetal Alcohol Syndrome (FAS) Clinic at the Marcus Autism Center of Children's Healthcare of Atlanta/Emory University School of Medicine, and an internship at The Help Group in the Los Angeles area. Dr. Yang has extensive training in psychological assessment and treatment of diverse children, adolescents, and their families in various settings. She has experience working with a wide range of children and adolescents with complex presenting issues, including a history of prenatal substance exposure, complex trauma, foster care, and adoption (domestic and international). Dr. Yang is involved in the APA CAS Multicultural Predoctoral Training Program in her role overseeing and supervising CAS psychological assessments as well as providing clinical supervision for treatment cases.

Contact Us  
Psychiatry Intranet  
UCSF Webmail  
UCSF Main Site

© 2021 The Regents of the University of California

---

**Source URL (modified on 02/21/2019 - 2:18pm):** <https://psychiatry.ucsf.edu/zsfg/cas/staff>

### **Links**

- [1] <https://profiles.ucsf.edu/lindsey.bruett>
- [2] <https://directory.ucsf.edu/people/search/id/35630>
- [3] <http://profiles.ucsf.edu/william.martinez>
- [4] <https://directory.ucsf.edu/people/search/id/89152>
- [5] <https://directory.ucsf.edu/people/search/id/137074>
- [6] <http://profiles.ucsf.edu/barbara.stuart>
- [7] <http://profiles.ucsf.edu/marina.tolou-shams>
- [8] <https://directory.ucsf.edu/people/search/id/90592>
- [9] <https://directory.ucsf.edu/people/search/id/134825>