

# Family Medicine Residency Faculty

CCRMC residency program has over 50 faculty members that are directly involved with resident teaching. The faculty shown below are a selection of the eclectic group of teachers representing many disciplines throughout the residency program.

Program faculty are full-time employees of Contra Costa County. Our staff model of hiring allows maximal teaching and avoids conflicts observed when faculty salaries are largely derived from patient care revenues.

- 50 faculty teach residents at least one half-day per week.
- Each service has "registrars" - most are Family Physicians with additional training and experience such that they function as another specialist, whether OB, pediatrics, intensive care or surgery.
- Registrar system allows for teaching always through the eyes of a family physician.
- Simultaneously, the resident gets "expert" knowledge through the eyes of the "specialist."
- Faculty is culturally diverse.



**Fred Adler, MD**

*Assistant Program Director, Residency Leadership Group  
Emergency Department*

I came to Contra Costa in 2008 after many years of rural practice in Humboldt County and two years in Nicaragua in the early 1990's doing clinical teaching in the city of León. I am a graduate of the Merced Family Medicine Residency

and of Columbia University College of Physicians and Surgeons. At this stage of my medical career, my passion is clinical teaching and the style of teaching here is very congenial. We attract a great group of residents who are a pleasure to work with. I have been an Emergency Medicine Registrar since 2008 and member of the Residency Leadership Group and Associate Director of the Residency Program since 2011. After many years away from academic medicine it has been fascinating and satisfying to try and meet the challenges of this leadership role. I am a musician, pianist and composer of what for lack of a better expression can be called "modern classical" music. I am fortunate to have excellent collaborators in the Bay Area with whom to work on my music. I have two adult children who both live in the Bay Area, whose company I enjoy and whose activities inspire me.

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**Aneela Ahmed, MD**

*Inpatient and Outpatient Psychiatry*

I am a Geriatric Psychiatrist at CCRMC, the place I love. I graduated from Dow Medical College in Karachi, Pakistan and completed my Psychiatry residency and Geriatric Psychiatry fellowship at a renowned geriatrics program at UTSW in Dallas, Texas in 1999. I started my career at CCRMC in August 1999, thinking I would move to another job in CA soon thereafter. But almost 15 years later, I am still at CCRMC. I have great passion to serve the elderly in Contra Costa County. I love my job. What also keeps me so interested in CCRMC is the Family Practice Residency program. I am very lucky to work with dedicated, motivated, intelligent, empathic residents. Every day, I learn something from them. I enjoy teaching and interacting with residents - having fun, seeing patients with them and igniting a passion to care for the elderly. I am very lucky to be part of this strong residency program. In my fifteen years here, I have seen many residents bloom into extraordinary faculty members.

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**Karen Alingog, MD**

*Assistant Program Director, Residency Leadership Group  
Outpatient Family Medicine*

I completed my Family Medicine residency training at CCRMC in 2008. In 2009, I started precepting at Pittsburg Health Center and have enjoyed tremendously the opportunity to work closely with our amazing residents. I then joined the Residency Leadership Group (RLG) in 2010 and have learned various leadership, communication & interpersonal skills. I am currently the co-chair of the Ambulatory Curricular Group and in July 2011, became one of the Assistant Program Directors with a focus on faculty and resident development and support. I love spending time with family & friends, especially with my husband and my young son. I enjoy reading, dancing, hiking and became a certified instructor for women's kickboxing last year.

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**Pyra Arden, MD**  
*Emergency Department*

I've been at CCRMC since 2007 as an Emergency Medicine Attending. I am trained and certified in Emergency Medicine, trained in Upstate New York, worked in NYC, then moved to California, and have been enjoying the weather ever since. I have been long interested and active in wilderness medicine, search and rescue training, travel to and teaching students in Belize, supporting and teaching at a base camp at K2, and doing makeshift clinics in rural areas. I recently came back to the Emergency Department from maternity leave for my second set of twins.

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**Gerard Bland, MD**  
*Emergency Department*

I have not been able to tear myself away from the wonderful family at CCRMC. I completed my residency here 1996 and have since been a full time member of the Emergency Department. I came here because of the residency's strong reputation for providing great 'hands on learning' that has prepared me well for the world of medicine. My other enjoyment is time spent with my wife and two children, coaching middle school basketball and traveling.

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**Judy Bliss, MD**

*Chief, OB/Gyn Department*

*HIV Medicine*

I have been at CCRMC since 1989 working primarily in obstetrics, gynecology, and HIV medicine. I enjoy working all the time, especially with the residents delivering babies. I have spent time recently working in Indonesia and Tanzania and I support the residents spending time overseas during residency. In my free time, I enjoy hiking with my colleagues – we recently did the John Muir Trail.

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**Kenneth Brooks, MD**

*Outpatient Family Medicine*

Growing up in Vallejo, I was thrilled and privileged to be able to return to the Bay Area, joining the residency program in 1995. After graduation and a short period on staff, I returned to the Vallejo area in private practice until 2013. I am thrilled to be able to return to the CCRMC family, working at Pittsburg Health Center. Most of my free time is spent with my children and grandchildren, with some occasional golf mixed in. Cooking and watching cooking shows has also become one of my favorite past-times.

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**Stuart Forman, MD**

*Medical Director of the ICU*

*Gastroenterology*

*Inpatient Family Medicine Surgery Service*

Stuart Forman graduated from the CCRMC Family Medicine Residency in 1993 and never left. Before his daughter was born he did everything from C-sections to debriding gunshot wounds, but he's settled down since and now is the Medical Director of the ICU. He also is a part time Gastroenterology Registrar doing full spectrum GI procedures and is a Family Medicine Surgery Registrar. His special interests are procedural medicine, including ultrasound, and critical care medicine. He is the founder of the Society of Teachers of Family Medicine Group on Hospital Medicine and Procedural Training, and has published two articles on procedural training in Family Medicine

residencies in the Family Medicine Journal. A geek in every sense of the word, he is an avid amateur astronomer and he knows his way around a 20-sided die.

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**Kim Haglund, MD**

*Inpatient Family Medicine Surgery Service*

*Inpatient Informatics*

I went to University of Michigan for medical school and have been at CCRMC since 2001. I started as an attending in the Surgery Department after graduating in 2004. After doing full-spectrum Family Practice and inpatient Family Medicine Surgery Service for 8 years, I gave up my family practice clinic to take on my half-time Inpatient Informatics role in February 2013. In that role, I focus on tweaking ccLink, our electronic health record (Epic-based), so that review of patient information and workflows for hospital staff are as streamlined as possible. I still do a lot of inpatient clinical work and have a special interest in wound care. If you want to learn how to do a toe amputation, I can teach you. Outside of work, I spend a lot of time in the summer up in the mountains with my dog and friends.

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**Estela Hernandez, MD**

*Emergency Department*

I spent a month at CCRMC as med student, completed my residency here and stayed on as faculty in the Emergency Department. I also continued my family practice clinic and worked on Labor and Delivery. After having two lovely kids, I now see patients in the Emergency Dept. I enjoy working with an underserved population, love that I speak Spanish daily with 50% of my patients. I love procedures, teaching residents and the flexibility of shift work. I also enjoy working with the Residency Program, particularly with recruiting new residents.

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**Neil Jayasekera, MD**

*Residency Leadership Group  
Global Health Fellowship Director  
Emergency Department*

I was hooked on Contra Costa after I did a surgery Sub-I. I finished my residency in Family Medicine at Contra Costa in 1997 and I have never left home. As an Attending in the Emergency Department, I enjoy teaching residents evidence based medicine, procedural skills, principles of Global Health and bedside, point-of-care ultrasound. I am the Global Health and Ultrasound Director for the Residency. (See our [Global Health](http://cchealth.org/residency/mgh-fellowship/) ([/web/20140827002057/http://cchealth.org/residency/mgh-fellowship/](http://cchealth.org/residency/mgh-fellowship/)) page on the Residency website). Outside of work, I enjoy austere/disaster medicine and I have been an expedition doctor for the Juneau Ice field Research Program as well as a long term member of Oakland FEMA Urban Search and Rescue Team, Fremont Disaster Medical Team, and Relief International. As a physician member of these disaster medical teams I have been deployed to hurricanes, tsunamis, earthquakes, and other disasters both nationally and internationally. I believe in community service and I am the Team Leader of the Contra Costa Medical Reserve Corps. My training at Contra Costa has been perfect for doing all of the above!! My biggest joy in life is my family and I love to hang out with my beautiful wife, Leah, and my two girls, Sophia and Audrey. I relax and find solice in pretty much anything that gets me outdoors with my family.



**Brian Johnson, MD**

*Associate Program Director, Residency Leadership Group  
Inpatient Medicine Services  
Director of the UCSF Northern California Faculty Development Fellowship*

A native of Seattle, Washington, and graduate of UW School of Medicine, I did my training at the University of New Mexico, completing my family medicine residency in 2009. In 2010, I joined the Department of Internal Medicine at CCRMC to become one of the medicine registrars where I have had the great opportunity to work with and train our dynamite residents. My broader interests in medicine include Global Health and Health Professional Education.

I joined the Residency Leadership Group in 2011 and currently assist the Global Health and Inpatient Transitional Care Curricular Groups. Beyond CCRMC, my wife and I spend our evenings and weekends with Rainier, our daughter, and Cassie, our patient chocolate lab, on long slow walks around the block.

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**Ken Katzman, MD**

*Division Head, Martinez Department of Family Medicine  
Outpatient Family Medicine*

I graduated from the UCSF-Fresno Family Medicine Residency in 1995 and served an additional year on faculty before moving to Contra Costa in 1996. I completed the UCSF Faculty Development Fellowship in 1997 while working at the Richmond Health Center, then moved my primary care site to Martinez Health Center in 1998. I served on the Faculty Leadership Group from 2005-2011 and have served as chief of the Central Division Department of Family Medicine since 2009. My passions are Maternal/Child and Adolescent Health. My wife, Lisa, and I have two children Zachary and Ariella, who were born at CCRMC in 1998 and 2000. I've played French Horn since 1971 and enjoy backpacking and sailing.

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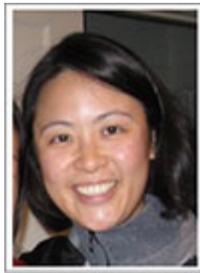


**Dan Lee, MD**

*Inpatient Family Medicine Surgery Service  
Chief of Gastroenterology*

I used to live in San Jose, Santa Cruz, and Oakland before medical school in Philadelphia. Now, I'm back home in the East Bay working with incredible colleagues who amaze me every day with their dedication and kindness. You can find me working with residents on the Inpatient Family Medicine Surgery service, in the GI lab, or working in various clinics around the county. Outside of work, I enjoy spending time with my wife and son.

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**Rebecca Lee, MD**

*Inpatient Family Medicine Surgery Service*

*ICU Medicine*

*Outpatient Family Medicine*

I am a New Jersey native and grew up dividing time between a neighborhood fruit farm and weekends in Manhattan. I ventured north to Dartmouth College, and later south to Georgetown for more schooling where I happily learned about CCRMC from a student who matched here. I graduated from our program in 2011 and divide my time between Family Medicine Surgery, ICU, and clinic at our West County Health Center. Aside from teaching, my practice includes continuity deliveries, curriculum development, and working with the Residency Leadership Group on resident recruiting. Over time, I hope to provide more international/austere medical care, aside from what I have already had the privilege to do. Outside of work, I enjoy making things from scratch, rock climbing, traveling, and eating good food with family and friends.

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**Tom McCoy, DO**

*Chief, Emergency Department*

Dr. McCoy is a native Californian who had the pleasure of growing up in a small Midwestern town of 4000 people before eventually finding his way back home to the West Coast. Dr. McCoy completed his residency training at Contra Costa Regional Medical Center where he is the current Chief of the Emergency Department. He continues to play an active role in residency training and teaches point of care ultrasound courses to both residents and attending physicians. When not working, Dr. McCoy enjoys fly fishing, camping and spending time with his beautiful wife, two amazing children and lovable dog.

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**Sarah McNeil, MD**

*Lead Preceptor, Education Director of the Martinez Clinic  
Outpatient Women's Health  
Labor and Delivery*

Like many CCRMC folks, I grew up on the East Coast, came out here for a Sub-I, and now, might never leave! My path actually wasn't that straight forward. The only thing I really loved about medical school was my involvement in Medical Students for Choice where I was drawn to the awesome mix of primary care, social justice, and public health. I applied to both OB/Gyn and Family Medicine, but kept on coming back to the fact that family docs are just "my people." I'm so happy to report that this philosophy has served me well; this place is full of "my people." Since graduating in 2012, I stayed on as faculty - teaching residents at Planned Parenthood, on OB, in Family Medicine Clinic, and for consults on the Inpatient Palliative Service. I couldn't ask for a better job!

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**Kristin Moeller, MD**

*Program Director, Residency Leadership Group  
Inpatient Family Medicine Surgery Service*

Originally from the East Coast, I arrived at CCRMC in June 2000 for three years of Residency - and I'm very happy to be here still. I enjoy working with the amazing and dedicated people at Contra Costa to train the next generation of Family Physicians. I started my staff career here as a teacher and Surgical Registrar, then helped create an Inpatient Division of Family Medicine, supervising resident teaching services. I am now thrilled to be Program Director. Away from work I enjoy gardening, cooking, sailing, camping, and playing music with my family.

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**Jamie Pehling, MD**

*Outpatient Family Medicine  
HIV Medicine*

Jamie Pehling graduated from the UC Berkeley-UCSF Joint Medical Program in 2003 and was a resident at CCRMC from 2003 to 2006. Since then he has practiced family and HIV medicine at Richmond Health Center, which is now the West County Health Center. He serves on the Residency Leadership Group Selection Committee and the Pharmacy and Therapeutics Committees. His interests include health informatics, science fiction, and sustainable living.

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**David Pepper, MD**

*Outpatient Family Medicine*

Dr. Pepper has worked in UCSF Residency Education for over 20 years - with CCRMC since 2007. He loves decision-making, case/problem based learning and challenging cases. Rooted deep in the faculty and resident clinic, he often looks over shoulders, offers tons of opinions, encourages actually listening to the patients, and approaches clinic as a part of the community. He is active with the American Lung Association and works on both Air Quality and Climate Change on local, state and national levels. He's a bike commuter, backpacker, father of four, and gardener in his spare time. He enjoys music, community and connections.

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**Lisa Quinones, MD**

*Chair, Lead Preceptor Group  
Outpatient Family Medicine*

I went into medicine with an interest in global health and am grateful that I have the opportunity to practice full-spectrum medicine that is both meaningful to me now and gives me the opportunity to keep up skills that will serve me when I go overseas in the future. I graduated from UCSF Medical School in 2005 and finished residency at CCRMC in 2008. I am the Chief of the Lead Preceptor Group, which focuses on outpatient teaching. My passions are enjoying the outdoors, foreign languages and cooking, although with two young children at home, I spend a lot more time playing with robots and stuffed animals - but I am having just as much fun! I speak some Russian and fluent Spanish, which pales in comparison with my husband who speaks 6 languages and has studied over a dozen.

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**Tai Roe, MD PhD**

*Residency Leadership Group  
Chair, Department of Family Medicine  
Lead Preceptor  
Outpatient Family Medicine*

I stayed at Contra Costa County after graduating from this residency in 2005. I have been a Lead Preceptor since 2007. From 2010 until June 2013, I was the Associate Program Director of the Residency, but resigned to become the Chair of Family Medicine Department. I remain a member of our Residency Leadership Group. Before becoming a doctor, I studied physics in college and then got a Ph.D. in Molecular and Cellular Biology. Outside of work, my beautiful wife and my darling, winsome son (born in 2008), are the center of my life. I don't have much free time between all of this, but I enjoy running, gardening, board games, reading and listening to books, and watching lectures on all kinds of topics.

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**Michel Sam, MD MS**

*Lead Preceptor  
Outpatient Family Medicine*

Before pursuing a medical career, I spent several years designing prosthetic feet for landmine survivors in low-income countries. I then graduated from the UC Berkeley-UCSF Joint Medical Program in 2008 and came to CCRMC for

residency because I knew it would give me the best training to work with the underserved. I have loved working here ever since. I became a lead preceptor in 2013 and greatly enjoy teaching our stellar residents. I am also appreciative of the breadth of opportunities that CCRMC offers: in addition to a very diverse family practice panel at West County Health Center, I also provide outpatient minor procedures and work in South East Asian language clinics. Outside of work I treasure spending time with my beautiful wife and beautiful baby (who was born at our hospital), as well as surfing, windsurfing, or snowboarding.

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**Jessica Selvin, PsyD**

*Clinical Psychology, Residency Leadership Group*

I am a Clinical Psychologist, born and raised in the Bay Area with a strong interest in underserved populations. At CCRMC, I help our talented residents to provide thoughtful care to all of their patients. I am also concerned with resident well-being and hope to help them with all the joys and challenges of residency. I enjoy music and reading novels as well as baking (sometimes for the residents!).

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**Nishant Shah, MD MPH**

*Public Health*

*Outpatient Family Medicine*

*Ob/Gyn, Labor and Delivery*

Nishant Shah graduated from CCRMC Family Medicine Residency in 2008 and has been a faculty member working in Family Medicine Clinic, obstetrics and public health. As a public health physician, I am the Medical Director of Healthcare for the Homeless, and consult for various public health programs including TB, communicable diseases, family maternal child health, and public health nursing. I am interested in global health, women's health and abortion care, public policy and community health. I love living in the Bay Area and absolutely love living in Martinez. I keep myself busy working, traveling, parenting and gardening.

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**Alan Siegel, MD**

*Lead Preceptor*

*Outpatient Family Medicine*

I have been at Contra Costa since 1999 after training at University of Virginia. I have been involved with resident education and teaching, faculty development, and med staff education. Presently, I am a Lead Preceptor, helping to oversee outpatient resident education and our UCSF medical student program. I also lead our Art of Health and Healing program, bringing the arts into our healthcare system. When not at work, I help keep up with my amazing toddler. I've also have been leading a band as the guitarist over the last 5 years.

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**Felicia Tornabene, MD**

*Hospitalist Medical Director*

*Inpatient Medicine Service*

Dr. Felicia Tornabene, a physician who has worked at Contra Costa Health Services since coming here for her residency in 2003, is CCRMC's Hospitalist Medical Director. Dr. Tornabene plays a key role in CCRMC's ongoing efforts to improve patient care and safety. Dr. Tornabene, who grew up in San Mateo, is from a family that has produced doctors for four generations. As family lore has it, her great grandfather was a family doctor in Chicago where he was known to be paid in wine and chickens.

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**Ori Tzvieli, MD MS**

*CCRMC Medical Staff President*

*Outpatient Family Medicine*

I have been around since I started here as an intern in 2000. (I did my medical school across the Bay at UCB/UCSF JMP). After years in the inpatient realm, these days I do mostly clinic, precepting and administrative work. I am interested in motivational interviewing and motivating behavior change, integrative medicine, acupuncture, urban farming (beekeeping chickens, and probiotics), storytelling, meditation and Buddhist study.

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**Sergio Urcuyo, MD**

*Chief of Inpatient Division, Inpatient Medicine Service*

The path leading me here was a bit circuitous. I studied business economics and accounting before working as a business and technology consultant. Then a case of appendicitis and a sense that I was meant for something more meaningful pulled me into medicine. I spent much of medical school intending on becoming a surgeon of some sort, but ultimately, I was drawn to the broad scope and close interpersonal connections that Family Medicine fosters. And then I found CCRMC, which is where I found so many others who feel like I do: that everyone deserves excellent healthcare. Here, I learned how to take care of patients in many different arenas, and I learned that some training and a can-do attitude gets you a long way in this field. I stayed on after residency to teach on the inpatient services where I enjoy working with residents and honing my hospital and critical care skills. In my spare time I enjoy running, skiing, music, and spending time with my friends and family.

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