

JESSICA L. LANGENHAN, MD, MBA, CHCQM

CURRENT EMPLOYMENT AND DESIGNATIONS

- Medical Director at Carelon Behavioral Health, a behavioral health insurance company acquired by Elevance (Anthem, Inc.), as one of its Diversified Business Groups (DBGs) (Costa Mesa, California). 30 hrs/wk. 11/2017 to Current. (Hours have shifted over time, ranging from 20hrs/wk up to 40hrs/wk.)
 - Areas of focus include Quality of Care/Quality Improvement; Utilization Review, including that for Applied Behavioral Analysis (ABA); Scientific Review Committee; and clinical education.
- Outpatient psychiatrist with Included Health (Doctor on Demand), a telemedicine service. 8-15 hrs/wk. 05/2018 to Current.
- Qualified Medical Evaluator (QME), providing psychiatric evaluations for the State of California Division of Workers' Compensation (DWC), as a contractor with Expedient Medicolegal Services. Up to 12 hrs/wk. 04/2026 to Current.
- Member of the Expert Reviewer Program for the Medical Board of California, per diem. 12/2016 to Current.
- Consultant for healthcare-related subject matter on an as-needed basis.
- Diplomate of the American Board of Psychiatry & Neurology: Certificate Number 61577. Granted 10/2010. Renewed 12/2020.
- Active Physician licensure granted by the following Medical Boards:
 - The Medical Board of California (8/11/2006). #A96827.
 - DEA number granted 8/31/2006.
 - The Hawaii Medical Board (2/1/2018). #19510.
 - The North Carolina Medical Board (1/7/2020). #2020-00027.
 - The State of New York Education Department (8/18/2020). #306906.
 - Washington Medical Commission (2/17/2021). #MD61124724.
 - The Oregon Medical Board (12/9/2021). #MD207723.
 - The Colorado Medical Board (6/22/2023). #DR.0071462.
- Certified in Health Care Quality & Management (CHCQM) through the American Board of Quality Assurance & Utilization Review Physicians (ABQAURP). As of 12/2018. Achieved Fellowship status January 2026.
- Certified in Level 1 Auricular Acupuncture for Pain & Trauma by Polaris Medical Institute of East West Studies. As of 01/2026.
- Certified in BLS (Adult/Child/Infant CPR & AED) and First Aid. Renewed 2022.
- Certified as Yoga Alliance Registered Yoga Teacher (RYT 200). As of 04/2018.
- Certified as a Vegan Lifestyle Coach & Educator by Main Street Vegan Academy. As of 04/2021.
- Certified as a Brain Longevity Specialist by Alzheimer's Research and Prevention Foundation (ARPF). As of 03/2023.

RELEVANT WORK HISTORY

- Supervising physician for Nurse Practitioners at Foresight Mental Health. Hours per week varied. 04/2022 to 06/2025.
- Outpatient psychiatrist with Mindful Health Solutions (Mission Viejo, California). 16hrs/wk. 12/2022 to 7/2023.
 - Certified in Transcranial Magnetic Stimulation (TMS).
- Contributor / instructor for Medmastery, an online continuing medical education platform. Hours per week varied. 11/2021 to 11/2022.
 - Development of course on depression & anxiety.
- Per diem outpatient tele-psychiatrist with Kaiser Permanente, through Virtual Medical Staff (VMS). 12 to 20 hrs/wk. 11/2018 to 02/2020.

RELEVANT WORK HISTORY, CONTINUED

- Attending psychiatrist at Riverside University Health System (RUHS) Emergency Treatment Services (ETS) (Riverside, California). *02/2018 to 06/2019.*
 - Assistant Clinical Professor, Dept. of Psychiatry & Neuroscience, U.C. Riverside School of Medicine. *04/2018 to 02/2020.*
- Per diem psychiatrist for Kern County Mental Health Services outpatient clinics (Bakersfield, California). *07/2017 to 11/2017.*
- Outpatient psychiatric private practice (medication-management and therapy, with a focus on cognitive-behavioral therapy) at South Coast Psychiatry (Costa Mesa, California). *08/2016 to 07/2017.*
- Interim Medical Director at Montage Recovery Solutions (Laguna Niguel, California), a start-up residential behavioral health treatment program for women. Providing administrative and clinical duties, including consultation on policies and protocols as program developed. *02/2017 to 07/2017.*
- Per diem psychiatrist at Mission Hospital Laguna Beach (Laguna Beach, California), for inpatient, consultation, and partial hospitalization program (PHP) coverage, including substance abuse programs. *09/2016 to 06/2017.*
- Associate Medical Director at Laguna Treatment Hospital (Aliso Viejo, California), a residential substance abuse treatment program under American Addiction Centers, providing administrative consultation on an as-needed basis. *07/2016 to 06/2017.*
- Associate Medical Director at Anthem, Inc., performing utilization reviews for behavioral health insurance claims. *04/2015 to 08/2016.*
- Attending psychiatrist at Royale Therapeutic Residential Center (TRC) (Santa Ana, California), covering 1 sub-acute inpatient unit with a caseload of 48 patients and taking shared overnight call. *08/2012 to 03/2016.*
- Outpatient psychiatrist, employed by Traditions Behavioral Health (TBH), for Telecare programs in Orange County. *02/2013 to 05/2015.*
- Attending psychiatrist, employed by TBH, at La Casa Mental Health Rehabilitation Center (MHRC) (Long Beach, California), covering 2 sub-acute inpatient units with a total caseload of 62 patients. *07/2011 to 01/2013.*
- Outpatient psychiatric private practice (medication-management and therapy, with a focus on cognitive-behavioral therapy) at SoCal Behavioral Health in Orange. *11/2009 to 06/2012.*
- Attending inpatient psychiatrist at Western Medical Center Anaheim, covering 10 to 25 acute patients and taking overnight call 2 to 3 times/wk. *07/2009 to 06/2011.*
- Volunteer faculty for UC Irvine Medical Center Dept. of Psychiatry & Human Behavior. *07/2009 to 02/2011.*
 - Led a cognitive-behavioral therapy teaching session (1 hr/wk) for 3rd-year residents.
- Associate staff psychiatrist at St. Joseph Hospital of Orange. *12/2009 to 05/2010.*
- Coverage for attending physician at Royale TRC while that physician was on maternity leave. *08/2009 to 10/2009.*
- Outpatient psychotropic medication-management for patients in the Orange County Mental Health Association (MHA). *07/2007 to 11/2009.*
- On-call and attending coverage for Royale TRC. (Approximately 1wk/month). *05/2007 to 07/2009.*
 - Resident coordinator for Royale TRC for 2008-2009 academic year. Duties included organizing schedule for other residents, communicating with Royale medical director. *06/2008 to 07/2009.*
- Elective work as 4th-year resident at UCLA's Intensive Outpatient Obsessive-Compulsive Disorder (OCD) Program. *07/2008 to 04/2009.*
- Psychotropic medication-management for patients in the workers' compensation system. *05/2007 to 06/2008.*

EDUCATION

- **T Colin Campbell Foundation Certificate Program in Plant-Based Nutrition (eCornell):**
Updated version: April 2023-May 2023. Previous version: Oct. 2011—Dec. 2011
Completed 6-week online course inspired by Dr. Campbell's work, *The China Study*, focused on plant-based, whole-food nutrition and related health approaches and policies.
- **Master Class in Plant-Based Clinical Nutrition (Online course): July 2020—Dec. 2020**
12-class course led by Michael Klaper, MD, as part of the PlantPure Communities Medical School Nutrition Education Initiative, Moving Medicine Forward.
- **UCLA Extension Course: Six Sigma Green Belt (Online course): June 2017—Sept. 2017**

EDUCATION, CONTINUED

- **UCLA Anderson School of Management Fully-Employed MBA (FEMBA) Program (Los Angeles, CA):** *Aug. 2013—June 2016*
MBA conferred June 2016. Graduated with honors (top 15% of class).
- **American Association for Physician Leadership (AAPL) Coursework (Online & Conference courses):** *Jan. 2012—Aug. 2012*
Completed 79 CME's worth of coursework that is considered pre-requisite for AAPL certification and/or pursuing a Master's degree with an AAPL-sponsored program.
- **The International Obsessive-Compulsive Disorder Foundation (IOCDF) Behavior Therapy Training Institute (Rogers Memorial Hospital—Wisconsin):** *June 2010*
Completed a 3-day intensive training in exposure and response-prevention (ERP) therapy for the treatment of OCD.
- **UC Irvine Medical Center Dept. of Psychiatry & Human Behavior Residency Program (Orange, CA):** *July 2005—July 2009*
Completed 4-year residency program in General Adult Psychiatry.
- **The Beck Institute Extramural Training Program (Bala Cynwyd, Pennsylvania):** *Oct. 2008—May 2009*
Completed a 6-month training program in Cognitive Behavioral Therapy (CBT).
- **The George Washington University School of Medicine (GWUSOM) (Washington, D.C.):** *Aug. 2001—May 2005*
M.D. conferred May 2005. Graduated with distinction. Clinical rotation honors in: OB-GYN, Internal Medicine, Psychiatry, Pediatric Neurology.
- **University of California at Los Angeles (Los Angeles, CA):** *Sept. 1997—June 2001*
B.S., Physiological Science, *summa cum laude*, with minor in Spanish Literature. Received Highest Departmental Honors in Physiological Science. Member of the College Honors Program.

PROFESSIONAL MEMBERSHIPS

- **Alzheimer's Research and Prevention Foundation (ARPF)** *(as of March 2023)*
- **American Board of Quality Assurance and Utilization Review Physicians (ABQAURP)** *(as of March 2018)*
- **International Obsessive-Compulsive Disorder Foundation (IOCDF)** *(as of August 2016)*
- **Physicians Committee for Responsible Medicine (PCRM)** *(as of October 2014)*

RESEARCH, ACADEMIC, & VOLUNTEER ACTIVITIES

- **Volunteer for The Vegetarian Resource Group (VRG)** *May 2021 to Dec. 2024*
This non-profit educates the public on vegetarianism/veganism and interrelated issues including nutrition, ecology, and global hunger. Volunteer activities include contributing to the online restaurant guide for vegan and vegan-friendly establishments.
- **Member of Scientific Review Committee at Celson Behavioral Health** *As of Sept. 2019*
This committee reviews new behavioral health treatments as well as issues such as treatment guidelines and medical necessity criteria, using evidence-based medicine and other expert standards, in order to provide recommendations to decision-making bodies within the company. Served as interim committee chair March 2020 to June 2020.
- **Member of Physicians Association for Nutrition (PAN)** *June 2019 through Dec. 2021*
This international organization works to educate healthcare providers, policymakers, and the general public about the benefits of a plant-based diet. Volunteer activities included producing fact sheets that clinicians can use for patient care and education.
- **Volunteer for Loveland Farm Sanctuary** *2018*
This vegan-inspired non-profit organization was founded to raise awareness and funding with the ultimate goal of opening a farm animal sanctuary in Orange County, California. Volunteer activities included fundraising and assisting with event planning and execution.
- **Volunteer Contributor for NutritionFacts.org** *Jan. 2017 through June 2017*
NutritionFacts.org, founded by Michael Greger, MD, is a resource for plant-based nutrition and health. Responsibilities included writing topic summaries to help organize information and provide search engine optimization (SEO).
- **Naturalist for Newport Bay Conservancy** *Sept. 2016 to ~2018*
Completed a 3-month course in order to be qualified as a volunteer naturalist for the Conservancy, which works to preserve, protect, and educate the public about the endangered wetlands of Newport Bay.

RESEARCH, ACADEMIC, & VOLUNTEER ACTIVITIES, CONTINUED

- **Participant in Net Impact Consulting Challenge** Feb. 2014 & Feb. 2015
 Group leader of consulting team of students in competition that matches MBA students with non-profit organizations in order to solve consulting challenge over a 3-week period, culminating in a final presentation before a judging panel.
- **Physician Member of HealthTap** Oct. 2013 to ~2019
 HealthTap was an online service that aimed to provide medical information in a non-clinical setting, allowing patients to post questions to a forum for physician members to answer.
- **Member of On-Line Psychiatric Focus Group** June 2013 through Sept. 2013
 Participant in focus group-style discussion evaluating treatments for schizophrenia.
- **Panel Physician in the National Disease & Therapeutic Index (NDTI)** July 2012 through April 2019
 Participant in quarterly reporting of patient demographics, diagnoses, and related treatments in order to contribute to NDTI's database, which tracks epidemiological and treatment patterns among U.S. physicians. Also provided reports when applicable on interactions with pharmaceutical representatives.
- **Independent Study Project: Cultural Psychiatry: Mary's Center for Maternal & Child Care** Nov. 2004
 Spent a month observing and working at Mary's Center, an organization in Washington, D.C., that provided a wide range of medical and social services to the poor, underserved of the city. Culminated in paper entitled *Mary's Center for Maternal & Child Care: A Community-Based Model for the Study of Cultural Psychiatry*.
- **Research Assistant with Physicians Committee for Responsible Medicine (PCRM)** Nov. 2003 to Nov. 2004
Neal Barnard, MD
 Examined demographics of participants involved in a study of diet and diabetes-management, with the aim of determining correlations between (a) demographics and prior nutritional/diabetes education; (b) education received and extent of control of diabetes upon entry into the study. Culminated in paper (medical school senior thesis) entitled *Health Education & Demographics: An Analysis of Disease-Related Education in Adult Type 2 Diabetes*.
- **Laboratory Assistant: UCLA Center for Human Nutrition** Oct. 2000 to April 2001
Diane M. Harris, PhD
 Explored effects of estrogens and anti-estrogens in cells *in vitro*, for use in further study of the effects of various phytoestrogens. Culminated in honors thesis for Physiological Science.
- **Research Assistant UCLA Department of Psychiatry & Biobehavioral Science** Sept. 1999 to Dec. 1999
Susan Smalley, PhD
 Reviewed and organized data collected for genetic study of ADHD.

HONORS AND AWARDS

- **Chief Resident for UC Irvine Medical Center Dept. of Psychiatry & Human Behavior** July 2008—July 2009
 Chief Resident for General Adult Psychiatry program at UCI Medical Center for 2008-2009 academic year. Duties included managing call-schedule, addressing resident concerns, and overseeing outpatient sector of the program.
- **UCIMC Dept. of Psychiatry & Human Behavior Resident of the Year** June 2007
- **GWUSOM Tauber Scholarship** November 2004
- **Alpha Omega Alpha, GWUSOM chapter (Medical honor society)** October 2004
- **The Betty Ford Center Summer Institute for Medical Students Experiential Program** April 2004
- **The Outstanding Senior of the Year (Awarded by the UCLA Dept. of Physiological Science)** May 2001
- **UCLA Chancellor's Service Award** May 2001
 Awarded in recognition of service activities performed throughout college career.
- **Mortar Board, UCLA chapter** 2000—2001
 National senior honor society. Served as Chairperson for community-service activities.
- **UCLA Alumni Association Scholarships** 1997 & 1999

PRESENTATIONS AND SELECTED PUBLICATIONS

- Publication of clinical “Pearl” entitled *Polypharmacy: When might it make sense?* in July 2019 *Current Psychiatry*.
- Presented, on behalf of Beacon Health Options, at L.A. Care Quality Improvement in Primary Care Conference in September 2018. Presentation entitled *ADHD in Children & Adults*.
- Contributor to *Beacon Lens*, a blog that had been run by Beacon Health Options.
- Publication of poetry in Sept./Oct. 2015 edition of AAPL *Physician Leadership Journal's* “Art of Medicine.”
- Presented at Future in Humanity mental health education panel in May 2014. Presentation entitled *A Medical Perspective on Mental Illness*.
- Presented at International Obsessive-Compulsive Foundation (IOCDF) 17th Annual Conference in July 2010. Served as panelist for session entitled *How Does It Work in Real Life? Ask the Experts About Practical Approaches to CBT & Medications*.
- Presented at IOCDF 16th Annual Conference in August 2009. Presentation entitled *Integration of Group-Based Cognitive Therapy with Exposure & Response-Prevention Therapy*.
- Member of the Resident Advisory Board for *Hospital Physician*, a journal that served residents in all medical specialties, for the 2008-2009 academic year.
- Edited book-in-progress on treatment-resistant depression. Book written by Mark Zetin, MD, who served as volunteer Clinical Professor of Psychiatry at UC Irvine Medical Center.
- Publication of poetry in 2004 *Blood & Thunder: Musings on the Art of Medicine*, a student-run literary and artistic journal published yearly by the University of Oklahoma.

PROFESSIONAL INTERESTS

- Nutrition/diet and exercise and their roles in both mental and physical health.
- Integrative Medicine.
- Medical Management & Administration, including Operations, Best Practices, Quality Assurance & Improvement, and Compliance.
- Public/Population Health.
- Medical Education.
- Obsessive-Compulsive Disorder.
- Adult ADHD.
- Treatment-Resistant Depression.
- Psychopharmacology.
- Cognitive-Behavioral Therapy.
- Child & Adolescent Mental Health, including Autism Spectrum Disorder (ASD).
- Mindfulness, meditation, and yoga therapy.

LANGUAGES

- Conversational in Spanish and proficient in reading and writing basic Spanish.
- Student of American Sign Language (ASL).