




NATIONAL HISPANIC HERITAGE MONTH 2022

September 15–October 15



In recognition of National Hispanic Heritage Month (September 15 to October 15), the Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellowship Program (MFP) at the American Nurses Association (ANA) is proud to highlight the contributions made to the nursing profession and mental health field by several MFP/ANA Scholars of Hispanic descent!



Irma G. Aguilar Coker
PhD, RN

Alumna Dr. Aguilar-Coker is a teacher, scholar, researcher, and leader in nursing with an expertise in mental health care. She has devoted much of her professional life to teaching young individuals who are interested in nursing, but more specifically, psychiatric mental health nursing. As a scholar and leader, she has pursued her passion in several Texas Universities, and the community college systems. At the University of Texas, Southwestern Medical Center, she accepted a fellowship and conducted research in the Sleep Study Unit, where she was able to expand her thinking and enhance her experiences

in this special area of research. In her program of research, she has studied sleep and insomnia, depression, cultural issues, chronic mental illness, death and dying, as well as other issues that are interrelated and may manifest differently across various ethnic minorities, as well as Caucasian groups. Her research article, "The Sleep Architecture of Clinically Depressed Caucasian, Hispanic, and African American People," is frequently cited in the scientific and clinical literature. Dr. Aguilar-Coker's focus on sleep research remains a scholarly focus as she continues to make contributions to nursing science. Dr. Aguilar-Coker is a consultant to numerous health programs including the Hospice of the Southwest;

Clinical Sleep Consultant; Southwestern Medical Center; and various other professional organizations. She participates in the Southern Nursing Research Society; serves as a Hospice Nurses Association National Board Member; is a member of the Association of Professional Sleep Societies; the American Nurses Association; as well as the Texas Nurses Association.

Dr. Aguilar-Coker has received numerous honors and recognitions for her contributions to nursing. She is a member of the Texas Hall of Fame; recipient of the Sleep Researchers Society Award; member, Delta Kappa Chapter of Sigma Theta Tau, Who's Who in American Women, and the Mexican American League for Defense and Educational Fund. Currently she is a professor of Nursing at Tarrant County College Department of Nursing, Trinity River Campus East. She recently received the Trinity River Award Celebrating Excellence (TRACE) Hallmark Award.



**Doris Hill
PhD, RN**

Alumna Dr. Hill is currently the Dean of the College of Nursing & Health Sciences at Metropolitan State University located in St. Paul, MN. Dr. Hill is a Hispanic, professional nurse and leader specializing in the health of ethnic minority populations, health disparities, mental health, diversity, equity and inclusion. She graduated with a PhD from the University of Minnesota in 2005 and completed a two-year post-doctorate in the School of Medicine at the University of Minnesota, Duluth. In 2020, Dr. Hill was appointed as one of four Chancellor Fellows by Chancellor Davinder Malhotra to work on the Minnesota State Colleges and Universities Equity 2030 initiative for its 33 colleges and universities. She is a member of the Metropolitan State University Equity, Inclusion and Anti-Racism Council, the Minnesota Statewide

Workforce Committee, and the Minnesota State Academic Equity Committee, in addition to relevant professional nursing organizations. Through a collaboration with the City of Minneapolis and a grant they received from the Office of Minority Health, Dr. Hill and the nursing department are working with marginalized populations to research their health literacy and health information needs.



**Daisy Lara
DNP CRNP FNP-BC PMHNP-BC**

Alumna Dr. Lara earned her doctorate from Wilmington University. Her DNP project focused on the integration of a Spanish speaking Psychiatric Mental Health Nurse Practitioner within a primary care office. She had the privilege to implement her DNP project at Penn Medicine New Garden and LCH Health and Community Services providing nurse practitioner led psychiatric mental health treatment. She is a double board-certified nurse practitioner (Family Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner) by the American Nurse Credentialing Center (ANCC). She has extensive advance practice nursing experience in both outpatient and inpatient settings. She has provided services to the adult, geriatric and adolescent populations. She also has experience treating individuals dealing with

eating disorders and substance use disorders. She provides evidenced based substance/mental health recovery services and medication assisted treatment (MAT). Dr. Lara has worked as a lead nurse practitioner providing care coordination within the hospital system providing psychiatric services, consultations, patient advocacy and support to those in need. She was a trailblazer in using telepsychiatry to further support surrounding community hospitals and their patients.

Dr. Lara is as an ambassador for mental health recovery in her community. She is the President/founder of [Resilio Mental Health Solutions LLC](#) in Downingtown, Pa. Resilio focuses on patient centered care and providing a safe environment where her clients receive compassionate support. Their mission is to assist individuals in overcoming adversities. Services include initial psychiatric evaluations and medication management, when necessary. She incorporates other alternative services within her practice, to improve overall wellness.

Dr. Lara was an honoree for the Chester County Chamber of Business & Industry Women Influencing Business Rising Star Award in June 2022 for her entrepreneurship in the development of Resilio Mental Health Solutions. She is a member of the American Association of Nurse Practitioners (AANP), American Nurses Association (ANA), Pennsylvania Coalition of Nurse Practitioners Chestmont chapter, Sigma Theta Tau International Honor Society of Nursing. She was appointed Fellow for the Minority Fellowship Program for her leadership in mental health and substance use disorders, prevention, treatment recovery in nursing. She is also a member of the National Association of Hispanic Nurses (NAHN) and is the immediate past President of the Philadelphia Chapter.



Adrial A. Lobelo
PhD(c), DNP, RN

Alumnus Dr. Lobelo is a graduate of City University of New York's (CUNY) Hunter College, having earned a master's degree as a psychiatric/mental health nurse practitioner. He completed a bachelor's degree in nursing from State University of New York (SUNY) Health Sciences Center/Downstate Medical Center in Brooklyn, New York and a bachelor's degree in labor relations/organizational behavior from Cornell University in Ithaca, New York. Dr. Lobelo received his Doctor of Nursing Practice from Wilkes University in Wilkes-Barre, Pennsylvania. He currently is a PhD candidate at the University

of Massachusetts School of Nursing, Amherst. His research interests developed from his practice as a nurse practitioner and his deep investment in decreasing mental health disparities in minority populations. As part of his research, he partnered with an animal therapy service organization and social service providers to work on a pilot study with Hispanic older adults. Dr. Lobelo is strongly devoted to mental health research focused on vulnerable populations.

He has served for many years as president of the American Psychiatric Nurses Association, New York Chapter and is a very accomplished psychiatric mental health nurse practitioner.



Lisvel Alexandra Matos
PhD, RN, MSN, FNP-C, WHNP-BC

Current doctoral Fellow, Lisvel Matos is pursuing a PhD at Duke University School of Nursing, in Durham, NC. Her research area of interest is understanding the mental health, substance use, and HIV syndemic among Latinx LGBTQIA+, and developing multilevel interventions to address this syndemic. She is also interested in developing strategies to increase provider knowledge of the sociocultural factors that impact Latinx LGBTQIA+ health and to improve the quality of patient-provider interactions for these groups. Lisvel earned her Associates Degree in Nursing (ADN) in 2012 from Central Piedmont Community College, in Charlotte, NC. She began her career as a staff RN working with adolescents in a behavioral health facility while earning her Master of Science in Nursing (MSN) as a Women's Health Nurse Practitioner in 2016 and in 2019 her Post-Graduate Family Nurse Practitioner Certificate. Throughout her career,

she has worked in community-based settings as a provider and advocate for the Latinx community. Lisvel is a Margolis Health Policy Fellow at the Duke Margolis Center for Health Policy. She currently serves as a PhD Student Representative for Duke University School of Nursing.

She is a member of the American Nurses Association (ANA), the American Association of Nurse Practitioners (AANP), National Association of Hispanic Nurses (NAHN), and Sigma Theta Tau International (STTI). Recently she successfully defended her dissertation proposal, "Sexual health promotion among Latinx Sexual and Gender Minorities." In May she graduated from the Margolis Scholars Program and presented her first podium presentation at the NAHN conference in July.



Caesar Rangel
MSN, RN

Alumnus Caesar Rangel graduated in August from the Psychiatric Mental Health Nurse Practitioner (PMHNP) program at Walden University School of Nursing, in Minneapolis, MN. He is dedicated to working with intergenerational and culturally diverse groups, with an emphasis on advocating for individuals in underserved communities. His primary professional goal is to be a transformational leader and make positive changes within the mental health community and healthcare profession. It is also Mr. Rangel's mission to be a lifelong learner, provide exceptional patient care, and to become the best Psychiatric Mental Health Nurse Practitioner he can be. Caesar made the decision to explore psychiatric mental health

nursing after working in medical-surgical, telemetry, and trauma Intensive Care Units (ICU). Here he discovered his passion for the mental health and substance use community. He currently serves on an interdisciplinary team as a F/ACT (Forensic Assertive Community Treatment Care) bilingual nurse in Phoenix, AZ. Prior to his enrollment at Walden University, Caesar completed both a certified nursing

assistant (CNA) and a Licensed Practical Nurse (LPN) program. He completed his Bachelor of Science in Nursing at Grand Canyon University, earning Deans and Presidents list recommendations, which supported his induction into the Sigma Theta Tau International Honor Society of Nursing.

Caesar previously served as the Nominations Chair on the National Association of Hispanic Nurses (NAHN), Phoenix chapter board of directors. Serving in this leadership role has allowed him to further his commitment to close the gap in healthcare disparities. Caesar has also had the privilege of using his musical talent to perform the National Anthem at several Major League Baseball spring training games. In 2017, he performed at the opening of NAHN's Annual Conference in Phoenix, AZ.



Ester Ruiz
PhD, RN, PMHNP-BC

Dr. Ruiz began her career at Arizona State University (ASU), College of Nursing & Health Innovation (CONHI) in 1981 as adjunct faculty, then as Director of Student Services, Minority Student Advisor, Assistant Professor and as Professor until her retirement in 2010. For many years, she was only one of a few Hispanic nurses in the western United States to have earned a PhD. Dr. Ruiz co-founded both the Nursing Students for Cultural & Ethnic Diversity at ASU and the National Association of Hispanic Nurses, Phoenix Chapter in 1991. Dr. Ruiz has made her clinical and education career unique and worthy of recognition for her tireless efforts and countless volunteer hours in providing mental services to the uninsured and low-income community. Dr. Ruiz was involved in many research studies focused on

the quality of mental health care in the Hispanic community and narrowing health care disparities. Dr. Ruiz's impact on the Hispanic community, nursing students, and nurse colleagues has been monumental. She has taught nurses how to integrate and provide mental health nursing skills in our patient care and has also provided leadership and mentorship to students advancing in their practice by serving as an advisor on their theses and applied projects.

She is an alumna of the SAMHSA Minority Fellowship Program at the American Nurses Association, 'c'94. View Dr. Ruiz' recorded interview after receiving the Latino Excellence in Health and Sciences Award and learn more about the organizations Dr. Ruiz co-founded and their impact at <https://profiles.valledelsol.com/profile/dr-ester-ruiz>.



Audrey Strock
DNP, RN, MSN

Dr. Strock is a Colorado native. She has been affiliated with the SAMHSA MFP/ANA program since 2015 as a fellow, mentor and presently as a National Advisory Committee member. She has had a long academic career focusing on both physical and mental healthcare. She earned a bachelor's degree in Clinical Social Work with a Minor in Spanish from the Colorado State University, a bachelor's degree in Nursing from Regis University, graduating with Honors Magna Cum Laude, and a Master's of Nursing from the University of Colorado, Colorado Springs as an Adult/Gerontology Nurse Practitioner, and a Post Master's from the University of Colorado, Anschutz Medical Campus as a Psychiatric Mental Health Nurse Practitioner. In 2019, she received her Doctor of Nursing Practice degree from the University of Colorado, Anschutz Medical Campus. Dr. Strock

Colorado, Anschutz Medical Campus. Dr. Strock is Board Certified through the ANCC. Being dually board certified, her interest is in both physical and mental health and more the integration of both. She is passionate about integrative healthcare and filling gaps between the physical health and mental health systems. She also has extensive experience with substance use disorders and works closely with the Colorado Department of Corrections offering medication assisted treatments. She treats patients across the lifespan, treating patients as young as 5 years old.

Dr. Strock is a MFP/ANA Masters and Doctoral Fellow Alumna, 'c19. She was the recipient of the University of Colorado DNP Excellence Award in 2019 for her quality improvement project titled "Achieving Opioid Reduction or Remission Using Craving Assessments and Referral: A Quality Improvement Project." In 2019 she was the recipient of the Faye A. Gary MFP Leadership Scholarship.

Dr. Strock is the founder and owner of [Strock Medical Group](#) Psychiatry with offices in both Denver and Boulder Colorado. She is proud to have 6 MFP fellows on staff in her practice. She also loves to teach and plans to join the faculty at University of Colorado, Anschutz Medical Campus this year.

Podcast S2 Ep5

Ms. Matos' research was not just fueled by her identity ...

The second season of "Mental Health Trailblazers, Psychiatric Nurses Speak Up," episode 5 isn't afraid to ask the hard questions. This week, our host, Indrias Kassaye, digs into the life and research of the forward-thinking Duke University School of Nursing PhD candidate, Lisvel Matos.

Hear her full interview [here](#)

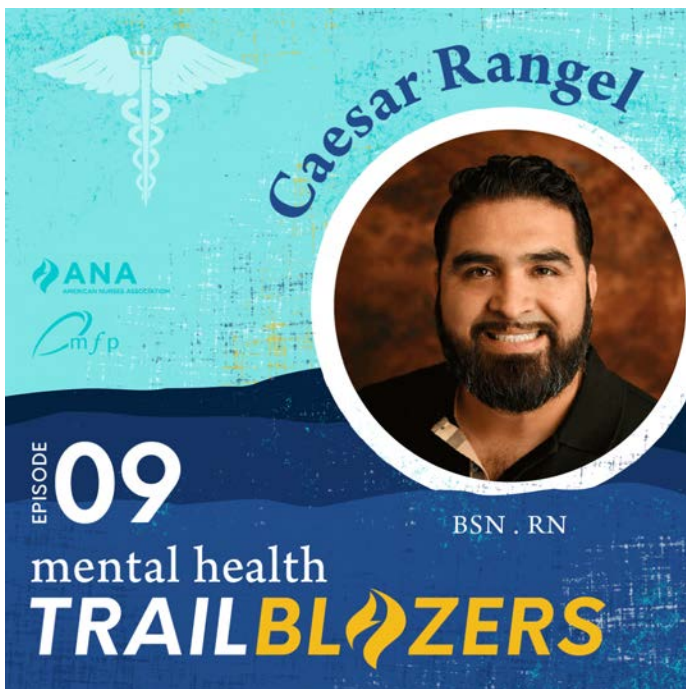


Podcast S1 Ep 9

Caesar discusses pathways to correcting misrepresentations, the benefits of being a male nurse, and specifically how being a male nurse in psychiatric mental health has impacted him on a deeper level.

Continuing onward within the first three-part conversation of "Mental Health Trailblazers, Psychiatric Nurses Speak Up," where our host Indrias Kassaye will be connecting with three current MFP fellows to discuss the crucial role and representation of men in nursing.

Hear his full interview [here](#)



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