



Pilar San Juan PhD: MAT-POD Co-investigator is a licensed clinical psychologist and Associate Professor at the UNM School of Medicine, Department of Family and Community Medicine (FCM).

“My training and research have been focused on the intersection between alcohol/drug use and stress/trauma/stigma with a particular interest in perinatal mental health and the use of innovative assessment methods and interventions. I have conducted or been involved in mental health research since my undergraduate training and have

worked extensively and consistently in clinical and research roles with individuals with mental health struggles, especially substance use. I have broad experience with research involving mothers, stress, and mental health, including as a principal investigator on 4 NIH grants and 1 CDC grant, as well as serving as co-investigator bringing PTSD and perinatal mental health expertise to other projects. Of particular relevance, one of my current NIH grants is examining how prenatal PTSD symptoms are temporally associated with changes in prenatal bonding and subsequent substance use episodes. I am the Chair of the NM Chapter of Postpartum Support International and am the Continuing Education Content Psychology Expert: Improving Perinatal Health (IPH) UNM teleECHOProgram. I have also had substantial training and experience in clinical trials research. Clinically, I am trained in Mindfulness-Based Relapse Prevention, Prolonged Exposure Therapy for PTSD, Motivational Interviewing, Dialectical Behavioral Therapy, and Cognitive Behavioral Therapy. I am also trained as a Tai Chi instructor and have been practicing mindfulness through Tai Chi for 25 years with the International Yang Family Tai Chi Chuan Association. I am committed to developing and supporting interventions to help people who are managing substance use and other mental health challenges during pregnancy and parenting.”