

# Kelsey Stefanik-Guizlo, MPH

## Curriculum Vitae

### BIOGRAPHICAL AND EDUCATIONAL INFORMATION

Email: Kelsey.I.Stefanik-Guizlo@kp.org  
Office: Kaiser Permanente Washington Health Research Institute  
1730 Minor Avenue, Suite 1600  
Seattle, WA 98101

### *Education*

June 2015 **Master of Public Health (MPH)**, Community Oriented Public Health Practice Program, Health Services, University of Washington, Seattle, WA  
Capstone project: “Building Community Capacity for Type 1 Diabetes Management in Schools—Creating a Leadership Council on Diabetes Management in Everett, WA”  
Advisors: Jessica Jensen, MPH, Seattle Children’s Hospital, and Hendrika Meischke, MPH, PhD, University of Washington

May 2011 **Bachelor of Arts (BA)**, Political Science, American University, Washington, DC  
Honors Capstone project: “Nature, Nurture, or that Fast Food Hamburger: Media Framing of Diabetes in the New York Times From 2000 To 2010”  
Advisor: Lauren Feldman, PhD, American University

### *Professional Training and Credentials*

2021 Credentialed Microsystem Coach – Level 1, The Team Coaching Program, University of New Hampshire

2021 Basic Certificate in Quality and Safety – Institute for Healthcare Improvement

2020 Research, Ethics, And Compliance Trainings – CITI Program

2014 Community Health Worker Core Competencies Training – Washington State Department of Health

### PROFESSIONAL POSITIONS

2022-Present **Collaborative Scientist II**, Kaiser Permanente Washington Health Research Institute, Seattle, WA

2020-2022 **Implementation and Evaluation Associate**, Kaiser Permanente Washington Health Research Institute, Seattle, WA

2019-2020 **Community Engagement Director**, Arthritis Foundation, Seattle, WA

2017-2018 **Region Director, Community Health Strategies**, American Diabetes Association, Seattle, WA

- 2016-2017 **Manager, Community Health Strategies**, American Diabetes Association, Seattle, WA
- 2015-2016 **Washington Community Engagement Manager**, American Lung Association, Seattle, WA
- 2012-2013 **Associate Government Relations Manager**, American Heart Association, Washington, DC
- 2011-2012 **Project Coordinator**, American Heart Association, Washington, DC

### PROFESSIONAL HONORS

- 2011 Phi Beta Kappa, American University
- 2011 Summa Cum Laude from American University
- 2010 Harry S. Truman Scholar (Ohio)
- 2007 Robert C. Byrd Scholar
- 2007 Tom Mooney Scholar
- 2007 Toyota Community Scholar (Ohio)

### MEMBERSHIPS AND ORGANIZATIONAL SERVICE

N/A

### OTHER PROFESSIONAL SERVICE

- 2020-2022 **Vice-Chair, Burien Human Services Commission Member**, Burien, WA
- 2019-2022 **Burien Human Services Commission Member**, Burien, WA

### SPECIAL NATIONAL RESPONSIBILITIES

N/A

### EDITORIAL RESPONSIBILITIES

N/A

### RESEARCH FUNDING

Current projects:

- |                                                                                                                                                                                       |                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| Vayu Health<br>R221046001 (Parchman)<br>Vayu Health Diabetes<br>Role: Collaborative Scientist (30% FTE)                                                                               | 10/15/2021-7/15/2023<br>\$153,777 (direct)  |
| Robert Wood Johnson Foundation<br>R220040.001 (Tobey)<br>Robert Wood Johnson Foundation<br>Delta Center for a Thriving Safety Net: Phase 2<br>Role: Collaborative Scientist (35% FTE) | 8/15/2021-8/14/2023<br>\$459,624 (direct)   |
| Kaiser Permanente Washington<br>No Grant # (Coleman/Lozano)                                                                                                                           | 6/1/2017-12/31/2023<br>\$6,404,202 (direct) |

Learning Health System Program  
Role: Collaborative Scientist (10% FTE)

Completed projects:

National Institute on Drug Abuse  
R01 DA047954 (Glass) 4/1/2019-2/29/2024  
\$2,206,153 (direct)

Digital Treatments for Substance Use Disorder (DIGITS) in  
Primary Care: A Hybrid Type-III Implementation Trial  
Role: Collaborative Scientist (30% FTE)

Kaiser Permanente Community Benefit 1/1/2021-12/31/2021  
No Grant # (Coleman)  
Virtual Care Innovation Network  
Role: Implementation and Evaluation Associate (5% FTE)

Robert Wood Johnson Foundation 10/1/2017-8/14/2021  
74899 (Tobey) \$476,821 (direct)  
Robert Wood Johnson Foundation  
Safety-Net Learning and Action Hub for Value-Based Payment and Care  
Implementation and Evaluation Associate (35% FTE)

## TEACHING AND MENTORING RESPONSIBILITIES

2021-2022 **Secondary Site Supervisor**, University of Washington Community  
Oriented Public Health Practice Program Practicum Student Brooke  
Satre, class of 2023.

## PUBLICATIONS

### *Published papers in peer-reviewed journals*

1. **Stefanik-Sidener K.** (2013). Nature, nurture, or that fast food hamburger: media framing of diabetes in the New York Times from 2000 to 2010. *Health communication*, 28(4), 351–358.

### *Accepted peer-reviewed papers in press*

N/A

### *Non-refereed papers/articles*

1. Rodriguez A, Hooper M, **Stefanik-Guizlo K**, Coleman K. Key lessons on meaningful consumer and family engagement from North Carolina. 2022.  
<https://deltacenter.jsi.com/resources/key-lessons-meaningful-consumer-and-family-engagement-north-carolina>.

### *Published abstracts from professional conferences*

1. Allen C, Lozano P, Mogk J, Bourcier E, Levitz C, **Stefanik-Guizlo K**. Engagement strategies to support adaptation and implementation of an evidence-based program to reduce unsafe opioid prescribing. *Learning Health Systems*. 2022; 6(4), e10346.
2. **Stefanik-Guizlo K**, Mogk J, Allen C, Brush S, Canada S, Peck M, Ramos K, Volpe K, Lozano P. Making patient engagement more meaningful and inclusive in learning health system research: applying the Valuing All Voices Framework. *J Patient Cent Res Rev*. 2022 Summer; 9(3): 232.
3. Palazzo L, Dorsey, C, Beatty T, Garza McWethy A, Caldeiro R, Mogk J, **Stefanik-Guizlo K**, King D, Wong E, Key D, Bradley K, Glass J. Digital therapeutics for substance use

disorders in primary care: evaluation of a quality improvement pilot for the DIGITS implementation trial. *J Patient Cent Res Rev*. 2022 Summer; 9(3): 214.

### ***Digital and other novel forms of scholarship***

1. Arthurs J, Rodriguez A, Hooper M, **Stefanik-Guizlo K**, Coleman K. A collaborative approach to consumer engagement in North Carolina video series. 2022. <https://deltacenter.jsi.com/resources/collaborative-approach-consumer-engagement-north-carolina-video-series>.
2. **Stefanik-Guizlo K**. 5 insights on patient and family engagement. Center for Accelerating Care Transformation blog. 2022. <https://www.act-center.org/news-events/recent-news/5-insights-patient-and-family-engagement>.
3. **Stefanik-Guizlo K**, Coleman K. Miller Fund inspires clinical innovation in residency. 2022. <https://www.act-center.org/news-events/recent-news/miller-fund-inspires-clinical-innovation-residency>.

## **PRESENTATIONS**

### ***Invited Presentations***

N/A

### ***Oral Presentations***

1. Mogk J, **Stefanik-Guizlo K**, Allen C, Lozano P. Technology and strategies for overcoming challenges in virtual practice facilitation. North American Primary Care Research Group International Conference on Practice Facilitation (Savannah, GA), September 8, 2022.
2. Mogk J, **Stefanik-Guizlo K**, Brush S. Integrated Pain Management pilot – patient partner engagement. Health Care Systems Research Network Patient Engagement in Research Special Interest Group (Virtual), July 27, 2021.
3. **Stefanik-Guizlo K**. Become a Diabetes Ambassador for your community. Washington State Community Health Worker Conference (Lynnwood, WA), April 12, 2018.
4. **Stefanik-Guizlo K**. Diabetes in the workplace. Pacific Medical Centers Workplace Wellness Symposium (Seattle, WA), June 22, 2017.
5. **Stefanik-Guizlo K**. Diabetes 101. Washington State Department of Social and Health Services Caregiver Conference (Tukwila, WA), June 5, 2017.
6. **Stefanik-Guizlo K**. Becoming a Diabetes Ambassador for your community. Washington State Community Health Worker Conference (Pasco, WA), April 7, 2017.
7. **Stefanik-Guizlo K**. Safe at School: Keeping kids with type 1 diabetes safe and healthy at school. TypeOne Nation Summit (Redmond, WA), October 22, 2016.
8. **Stefanik-Guizlo K**. Safe at School training. Seattle Children’s Hospital Family Link (Seattle, WA), August 10, 2016.
9. **Stefanik-Sidener K**. Building community capacity for type 1 diabetes management in schools—creating a leadership council on diabetes management in Everett, WA. Community Oriented Public Health Practice Capstone Presentation (Seattle, WA), June 9, 2015.
10. **Stefanik-Sidener K**. A model for chronic disease community health worker training: demand for CHW training in Seattle and proposed training outlines. Community Oriented Public Health Practice Practicum Presentation (Seattle, WA), June 2, 2014.
11. **Stefanik-Sidener K**. Nature, nurture, or that fast food hamburger: media framing of diabetes in the New York Times from 2000 to 2010. American University Honors Capstone Conference, May 2011.

12. **Stefanik-Sidener K.** Nature, nurture, or that fast food hamburger: media framing of diabetes in the New York Times from 2000 to 2010. Eastern Communication Association Undergraduate Scholars Conference (top paper award), April 16, 2011.
13. **Stefanik-Sidener K.** Nature, nurture, or that fast food hamburger: media framing of diabetes in the New York Times from 2000 to 2010. National Conference on Undergraduate Research, March 31, 2011.
14. **Stefanik-Sidener K.** Nature, nurture, or that fast food hamburger: media framing of diabetes in the New York Times from 2000 to 2010. American University School of Public Affairs Research Symposium (best presentation in health policy session and best overall junior/senior project), March 2011.

### **Poster Presentations**

1. **Stefanik-Guizlo K,** Mogk J, Allen C, Brush S, Canada S, Peck M, Ramos K, Volpe K, Lozano P. Making patient engagement more meaningful and inclusive in learning health system research: applying the Valuing All Voices Framework. Health Care Systems Research Network Annual Conference (Pasadena, CA), April 13, 2022.
2. **Stefanik-Sidener K.** Impact of chronic illness on opinions towards universal health care. American University School of Public Affairs Research Symposium (best overall freshman/sophomore poster), April 2009.

## **UNDER REVIEW/IN PREPARATION**

### **Publications**

1. Glass J, Dorsey C, Beatty T, Bobb J, Wong E, Palazzo L, King D, Mogk J, **Stefanik-Guizlo K,** Idu A, Key D, Fortney J, Thomas R, Garza McWethy A, Caldeiro R, Bradley K. Study protocol for a factorial-randomized controlled trial evaluating the implementation, costs, effectiveness, and sustainment of digital therapeutics for substance use disorder in primary care (DIGITS Trial). Under review by Implementation Science.
2. Singer A, Coleman K, Mahmud A, **Stefanik-Guizlo K,** Holden E. Empathic Inquiry case report. In preparation for submission to The Permanente Journal.

### **Presentations**

N/A

## **CARE DELIVERY TOOLS**

1. 2022. Empathic Pain Conversations Brief Training. This condensed training, developed in coordination with the Practice and Leadership Development group with input from care teams and patients, was designed to give medical center teams a brief introduction to Empathic Pain Conversations and provide opportunities to practice using these skills.
2. 2022. reSET/reSET-O training for PCPs. This training video (adapted from a training for social workers) and supplementary materials (job aid and FAQ) about the reSET/reSET-O apps for substance use disorder provides a streamlined training to allow primary care providers to prescribe the apps to their patients.
3. 2021. Huddle card series – confronting bias, stigma, and racism in care for patients with chronic pain. This 6-part series was created to support clinic teams to reduce bias, stigma, and racism in care for patients with chronic pain and was developed in response to patient feedback about their care experiences.

## **PRACTICE FACILITATION**

1. 2022, DIGITS study, Kendall Yards Medical Center.
2. 2022, DIGITS study, Puyallup Medical Center.

3. 2022, DIGITS study, Smokey Point Medical Center.
4. 2021-2022, Integrated Pain Management program, Kendall Yards Medical Center.
5. 2021-2022, DIGITS study, Northgate Medical Center.
6. 2021-2022, DIGITS study, Olympia Medical Center.
7. 2021, Integrated Pain Management program, Steele Street Medical Center.
8. 2021, Integrated Pain Management program, Puyallup Medical Center.

### **OTHER PRODUCTS**

1. 2021. Self-management toolkit for people with persistent pain. This 66-page toolkit aims to empower KPWA patients with persistent pain to be active self-managers.