

# Takeo Toyoshima, MD, MRO, FAPA

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## Education and Training

- 2019-2020      **UCSF Forensic Psychiatry Fellowship**, San Francisco, CA
- 2018-2019      **UCSF Addiction Psychiatry Fellowship**, San Francisco, CA
- 2014-2018      **UCSF Adult Psychiatry Residency Training Program**, San Francisco, CA
- 2010-2014      **David Geffen School of Medicine at UCLA**, Los Angeles, CA  
Doctor of Medicine
- 2004-2008      **Yale University**, New Haven, CT  
B.S. in Biomedical Engineering, with Distinction in the Major

## Work Experience

- 2021-present      **Medical Director, Drug and Alcohol Treatment Clinic, San Francisco VA Medical Center**  
Lead and supervise physicians, other prescribers, and trainees including medical students, residents, and fellows in the provision of medical care within the Drug and Alcohol Treatment Clinic. Administrative and leadership responsibilities in addition to those as a general and addiction psychiatrist.
- 2022-present      **Associate Director, Addiction Psychiatry Fellowship, UCSF**  
Administrative and educational oversight for both San Francisco VA and San Francisco Kaiser Permanente-based rotations and experiences for the addiction psychiatry fellows
- 2021-present      **Assistant Clinical Professor, Department of Psychiatry, UCSF**  
Teach, mentor, and supervise UCSF medical students, residents, and fellows in their clinical and educational endeavors throughout the UCSF healthcare system
- 2020-2022      **VA Site Director, Addiction Psychiatry Fellowship, UCSF**  
Leadership role within Addiction Psychiatry Fellowship involving administrative and educational oversight of San Francisco VA-based rotations and experiences for the fellows and participation in VA-wide site director meetings
- 2020-2021      **General and Addiction Staff Psychiatrist, San Francisco VA Medical Center**  
Treat veterans for psychiatric and substance use disorders in the General Psychiatry Outpatient Service and the Drug and Alcohol Treatment Clinic, working with therapists, nurses, social workers, and other non-physician team members to provide collaborative and multidisciplinary care. Supervise medical students, residents, fellows, and non-physician trainees in the provision of patient care. Teach and mentor trainees in formal and informal didactic settings including lectures and case conferences.
- 2020-present      **Forensic Psychiatrist, Forensic Psychiatric Associates Medical Corporation**  
Conduct forensic psychiatric examinations and provide verbal and written expert witness testimony.

- 2020-2022     **Clinical Instructor, Department of Psychiatry, UCSF**  
Teach, mentor, and supervise UCSF medical students, residents, and fellows in their clinical and educational endeavors throughout the UCSF healthcare system
- 2018-present   **Private Practice General, Addiction, and Forensic Psychiatrist**  
Provide psychiatric and addiction-related medication management and psychotherapy for mental health and substance use disorders, with an additional area of focus of Japanese and Asian-American patients. Conduct forensic examinations for the courts and attorneys including verbal and written expert witness testimony. Serve as a probation monitor for the Medical Board of California.
- 2015-present   **Outpatient, Inpatient and Emergency Psychiatrist**  
Evaluate, diagnose, and treat psychiatrically hospitalized patients in various outpatient, inpatient and emergency settings. Medical privileges at the San Francisco Veterans Affairs Hospital; San Francisco General Hospital and San Francisco County Jail through UCSF. Prior work at UCSF/Langley Porter, San Francisco, CA; Alta Bates Summit Medical Center, Berkeley, CA; Kaiser Permanente, San Francisco, CA; Marin County Jail, San Rafael, CA; and San Quentin State Prison, San Quentin, CA.
- 2008-2010     **Post-Graduate Research Associate, Nitabach Lab, Yale School of Medicine**  
Researched novel neurotoxins to better understand neuronal control of sleep behaviors using the circadian circuitry of *Drosophila melanogaster* as a model system

### **Licensure and Certifications**

- 2021-present    Board Certified in Forensic Psychiatry, American Board of Psychiatry and Neurology
- 2021-present    Medical Review Officer, Medical Review Officer Certification Council
- 2020-present    Board Certified in Addiction Psychiatry, American Board of Psychiatry and Neurology
- 2018-present    Board Certified in Psychiatry, American Board of Psychiatry and Neurology
- 2016-present    DATA 2000 Buprenorphine Waiver (100 patients), Drug Enforcement Administration
- 2015-present    Active California Medical License
- 2015-present    Active Drug Enforcement Administration License

### **Professional and Leadership Activities**

- 2023-present    **President-Elect, Northern California Psychiatric Society**
- 2022-present    **Chair, California State Association of Psychiatrists**
- 2022-2023      **Vice President, Northern California Psychiatric Society**
- 2021-2022      **Councilor at Large, Northern California Psychiatric Society**
- 2020-present    **Professional Standards Board, San Francisco VA Medical Center**
- 2020-2022      **Chair, 2021 Annual Conference, California Society of Addiction Medicine**  
Selected by the executive board to oversee the annual conference, on average attended by over 500 physicians per year

- 2020-2022 **Member, Education Committee, California Society of Addiction Medicine**
- 2020-2023 **Member, Government Affairs Committee, Northern California Psychiatric Society**
- 2020-present **Area VI Co-director, American Academy of Addiction Psychiatry**  
Serve as co-director representing AAAP members in California, Alaska, and Hawaii
- 2019-present **Member, Committees on Addiction, Government Policy, Early Career, American Academy of Psychiatry and the Law**
- 2019-2020 **Board Member, 2020 Annual Conference Planning Committee, California Society of Addiction Medicine**
- 2019-present **Patient Safety Committee and Rapid Response Committee, UCSF**  
Conduct morbidity and mortality and rapid response case conferences for past and ongoing psychiatry cases. Ad hoc member since 2020.
- 2019 **American Psychiatric Association Position Statement: Civil Commitment for Adults with Substance Use Disorders**  
Reviewed and provided feedback for American Psychiatric Association position statement
- 2019 **American Psychiatric Association Position Statement: Pharmaceutical Marketing to Justice Entities regarding Medication Treatment for Substance Use Disorders**  
Reviewed and provided feedback for American Psychiatric Association position statement
- 2019 **Citywide Alcohol Use Disorder with Severe Mental Illness Treatment Protocol**  
Quality improvement project based on San Mateo County's MAT-ICM program, implementing regular MAT for alcohol use disorder within UCSF-SF DPH's Citywide Intensive Case Management program
- 2018-2019 **Board Member, 2019 Annual Conference Planning Committee, California Society of Addiction Medicine**
- 2018-2019 **Member, Risk Management Committee, UCSF**  
One of two fellow members to review policies and medical-legal cases including malpractice claims
- 2018 **San Francisco Veterans Affairs Mental Health Services Map**  
Created organizational chart detailing all mental health services, for purposes of trainee orientation, to better understand available resources, and develop treatment plans; protocols in place for keeping this a live document
- 2018-2019 **Chief Resident, Emergency, Inpatient, and Consult-Liaison Services, UCSF**  
Trained and mentored residents, actively soliciting feedback to improve patient care and resident experience  
*Additional committees:* Clinical Rotations Committee, Didactic Curriculum Committee, Program Evaluation Committee, Resident Selection Committee
- 2018-2019 **Founder, Finance Interest Group, UCSF**  
Started and co-leading an interest group focused on addressing financial health and increasing financial literacy
- 2016-2018 **Co-leader, Addiction Resident Interest Group, UCSF**  
Planned educational and networking events to help residents explore fields and careers in Addiction Psychiatry

- 2016-present **Member, NichiBei Care**  
Plan community outreach events and educational talks on mental health topics targeting the Japanese community in the Greater Bay Area
- 2015-present **Member, UCSF Japanese Medical Doctors Network**  
Collaborative of permanent and visiting Japanese doctors and researchers
- 2015-2018 **Participant, Cultural Psychiatry Area of Distinction, UCSF**  
Co-planned the 2017 UCSF Cultural Psychiatry Workshop by inviting speakers and panelists, designing a workshop focused around racial bias in forensic psychiatry
- 2012 **Internal Medicine Chief's Fellowship, Department of Medicine, UCLA**  
Conducted a retrospective chart analysis on IVIG for chronic antibody-mediated rejection of renal transplants
- 2011-2012 **Co-founder/Co-coordinator, Integrative Medicine Interest Group, UCLA**  
Co-founded group to learn and promote Integrative Medicine, which seeks to blend the benefits of Western and Eastern/non-traditional modalities of medicine such as Tai Chi, acupuncture, Ayurvedic medicine
- 2011 **Programming Chair, National Student Conference on Integrative Medicine**  
Planned with the UCLA Center for East-West Medicine the first national, student-organized conference focusing on Integrative Medicine, with over 200 students and faculty in attendance from across the US

### **Teaching**

- 2021-present **Longitudinal Advisor, Psychiatry Residency Training Program, UCSF**  
Provide mentorship to assigned resident physicians over their 4-year residency
- 2021-present **Anchor Attending, Psychiatry Residency Training Program, UCSF**  
Provide individual clinical and professional mentorship to an assigned resident over their 6-month VA experience
- 2019-2020 **Supervising fellow, Forensic Psychiatry Fellowship, UCSF**  
Supervise UCSF medical students in various forensic clinical settings and provide mentorship on forensic topics
- 2018-2019 **Lecturer and supervising fellow, Addiction Psychiatry Fellowship, UCSF**  
Gave several talks to residents, medical students, and nurse practitioner residents on addiction and mental health topics; supervised UCSF, Kaiser, and San Mateo County residents and UCSF medical students in various clinical settings; organized site tours to local homeless shelters, residential treatment programs, and psychiatric respites
- 2017-present **Supervising psychiatrist, Psychiatric Emergency Services, San Francisco General Hospital**  
Mentor medical students during their emergency psychiatry experience within their psychiatry block
- 2017-2018 **Organizer, Intensive Services Joint Lecture Series, UCSF**  
Organized and ran a multi-site, weekly educational conference with local psychiatric experts
- 2017-2018 **Lecturer, Medical Student Psychiatry Clerkship Seminar, UCSF**  
Taught medical students on psychiatry and addiction; received highest performance score of lecturer cohort

- 2017-2018 **Senior Resident, Addiction Longitudinal Clinical Experience Clinic, SFVAMC**  
Supervised and mentored junior residents; organized weekly talks, near-peer teaching activities and journal clubs; and drafted new protocols and documents to smoothly run an addiction-focused clinic, while continuing to see my panel of medication management and psychotherapy cases
- 2016 **Senior Resident, Adult Inpatient Program, UCSF**  
Functioned as junior attending, leading multidisciplinary rounds while overseeing second-year resident caseloads. Developed talks and taught residents and medical students on select psychiatry topics
- 2015 **Senior Resident, Acute Inpatient Unit, San Francisco General Hospital**  
As above, overseeing first-year residents and medical students
- 2013 **4<sup>th</sup>-year Fellow, Problem Based Learning, UCLA**  
Directed a didactic group of eight second-year medical students during the Psychiatry and Neuroscience Block
- 2008-2009 **Japanese Language Partner, Yale Fields Language Program**  
  
Accepted to program as a mentor; created personalized weekly lessons for advanced-level Japanese students

### Presentations

- 2023 **“Urine Drug Screens”**  
Invited as speaker for Oregon Health and Sciences University’s Addiction Medicine and Addiction Psychiatry Joint Didactics in April 2023
- 2023 **“Urine Drug Screens”**  
Invited as speaker for UCSF/ZSFG Joint Intensive Services didactics in April 2023
- 2023 **“Ketamine”**  
Invited as a discussant to talk about ketamine from an addiction psychiatry perspective at the 2023 Annual Conference of Northern California Regional Organization of Child and Adolescent Psychiatry
- 2022 **“Cannabis”**  
Invited speaker at the California Society of Addiction Medicine Annual Conference’s Test Taking Track to help physicians prepare for the addiction medicine board examination
- 2022 **“Forensic Pearls for General and Addiction Psychiatrists”**  
Talk provided to the San Francisco VA Medical Center’s Faculty-Fellows Substance Use Disorder Seminar
- 2022 **“The Nuts and Bolts of Disability Evaluation: A Practical Primer”**  
Talk provided to UCSF 3<sup>rd</sup>-year psychiatry residents for orientation to outpatient psychiatric care
- 2022 **“Private Practice”**  
Talk provided to multidisciplinary trainee audience as a part of the San Francisco VA Medical Center’s Trainee Education Hour
- 2022 **“Laboratory Testing in Substance Use Disorders”**  
Talk provided to the San Francisco VA Medical Center’s Faculty-Fellows Substance Use Disorder Seminar

- 2022 **“Post-Residency Career Options”**  
Invited speaker for UCSF Psychiatry Residency Association
- 2021 **“Cannabis Use Disorder” / “Medications for Opioid Use Disorder”**  
Talk provided to UCSF 3rd-year psychiatry residents as a part of their longitudinal didactics
- 2021 **“The Importance of Mental Health as a Parent [title in Japanese]”**  
Invited speaker for a public seminar organized by the Consulate General of Japan in Los Angeles and Little Tokyo Service Center
- 2020 **“Starting a Private Practice”**  
Invited speaker for UCSF Psychiatry Residency Association
- 2020 **“Cannabis and Kratom: Safe as They Say?”**  
Invited Grand Rounds speaker for Marin County Behavioral Health and Recovery Services
- 2019 **“Cannabis and Cannabis Use Disorder”**  
Invited speaker at San Francisco Department of Public Health’s Advanced Practice Provider Biannual Conference
- 2019 **“Addiction Epidemiology”**  
Invited speaker at California Society of Addiction Medicine’s 2019 annual conference
- 2019 **“Urine Drug Screens and Interpretations”**  
Talk for San Francisco VA Prescription Opioid Safety Team and Addiction Consult Team on common misunderstandings and accurate interpretation of urine drug screens
- 2019 **“Kratom: Safe as They Say? / Alcohol Use Disorder Pharmacotherapy for Harm Reduction Purposes”**  
Two-part talk provided as part of UCSF/VA Psychiatry Resident Addiction Seminar
- 2019 **“Screening and Treating Substance Use Disorders in the General Medical Setting”**  
Invited speaker for CME purposes at St. Rose Hospital in Hayward, CA
- 2019 **“Financial Health, Financial Literacy, and Mental Health”**  
Talk provided for San Francisco VA Addiction Seminar’s attending and trainee attendees
- 2018 **“Evidence-based Medications for Substance Use Disorders: A Primer for Non-prescribers”**  
Invited speaker at Citywide Intensive Case Management for case managers
- 2018 **“Suboxone, Adverse Drug Reactions, and Hypersensitivities”**  
Talk provided at UCSF Addiction Medicine Buprenorphine Case Conference
- 2018 **“Financial Health, Financial Literacy, and Mental Health”**  
Talk provided for Kaiser Addiction Medicine Recovery Services’ clinical staff and administrators
- 2018 **“The Importance of Mental Health as a Parent [title in Japanese]”**  
Talk to educate and destigmatize mental health for local Japanese parents, as a part of a mental health awareness day through NichiBei Care and the Japanese Consulate
- 2018 **“Financial Health, Literacy, and Impact on Mental Health”**  
Residency senior talk exploring the bidirectional relationship between financial health/literacy and mental health
- 2018 **“Naloxone and Naltrexone Prescribing in Same-Day Clinic and PES”**  
Educational talk at the San Francisco VA on naloxone and naltrexone, current prescribing patterns in services

- 2017-2018 **Quality Improvement Project: Improving Direct Supervision and Feedback Using DI-SCOs**  
Created protocols and culture for regular utilization of a standardized clinical assessment tool on UCSF's inpatient and consult-liaison services, to improve direct attending supervision and feedback for resident education
- 2017 **"Urine Drug Screens and Interpretations"**  
Educational talk at Citywide Intensive Case Management on common misunderstandings and accurate interpretation of urine drug screens
- 2015 **"The Angry Veteran: Uh Oh, Am I Safe?"**  
Case conference on countertransference with hostile/threatening patients, and introduction to Veterans Treatment Court; co-presented with Dr. Jull-Patterson, PhD

### Publications

- 2023 Schonfeld A, McNiel DE, **Toyoshima T**, Binder RL. **Cyberbullying and Adolescent Suicide**. Journal of American Academy of Psychiatry and the Law. 51 (1): 112-119. 2023.
- 2021 Yanase M, **Toyoshima T**. **Eating Disorders and Criminality**. Psychiatry. 38 (3): 262-269, 2021 (In press).
- 2020 **Toyoshima T**, Chamberlain JR. **Second and Fourth Amendment Considerations for a Warrantless Seizure and Retention of Firearms in a Mental Health Crisis**. Journal of American Academy of Psychiatry and the Law. (In press).
- 2020 **Toyoshima T**, McNiel DE, Schonfeld A, Binder RL. **Medications for Opioid Use Disorder in U.S. Jails and Prisons: Clinical, Ethical, and Legal Considerations under the 8<sup>th</sup> Amendment and ADA**. Journal of American Academy of Psychiatry and the Law. 49: 545-52. 2021.
- 2013 **Toyoshima T**, Ramirez S (co-first authors). **One psychiatrist, millions of patients: the odds against psychiatrists in low and middle-income countries**. American Journal of Psychiatry Residents' Journal. 8 (10): 3-6. Oct 2013.

### Honors and Awards

- 2022 **Fellow, American Psychiatric Association**
- 2018 **American Society of Addiction Medicine Ruth Fox Scholarship**
- 2018 **American Academy of Addiction Psychiatry Regional Travel Award**
- 2012-2013 **Letters of Distinction in Psychiatry, Neurology, Family Medicine, and Surgery, UCLA**
- 2011 **Internal Medicine Chief's Fellowship, UCLA**
- 2008 **Distinction in the Major, Yale**
- 2007 **Summer Fellowship in Japan, Yale**
- 2007 **Richter Fellowship, Yale**
- 2006 **Richard U. Light Fellowship, Yale**

**Professional Affiliations**

American Psychiatric Association  
Northern California Psychiatric Society  
American Society of Addiction Medicine  
California Society of Addiction Medicine  
American Academy of Addiction Psychiatry  
American Association of Psychiatry and the Law

**Languages**

Native Japanese and English

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