

# Kelsey Stefanik-Guizlo, MPH

## Curriculum Vitae

### EDUCATIONAL AND BIOGRAPHICAL INFORMATION

#### *Degrees*

- 2015 MPH, University of Washington  
Community Oriented Public Health Practice Program
- 2011 BA, American University  
Political Science, Summa Cum Laude, Phi Beta Kappa

#### *Training*

- 2021 Level 1 Credentialed Microsystem Coach, Team Coaching Program,  
University of New Hampshire
- 2021 Basic Certificate in Quality and Safety through the  
Institute for Healthcare Improvement

### 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

- 2023 Kaiser Permanente Washington Health Research Institute Spot Award
- 2021 Kaiser Permanente Washington Health Research Institute Spot Award
- 2011 Phi Beta Kappa, American University
- 2011 Summa Cum Laude, American University
- 2010 Harry S. Truman Scholar (Ohio)

## MEMBERSHIPS

2023-Present AcademyHealth

## ORGANIZATIONAL SERVICE AT KPWHRI

2023-Present KPWHRI EID Champions Group

2023-Present KPWHRI Health Equity Special Interest Group

2023 **Project Lead**, KPWHRI well-being strategic pillar project

2021-Present KPWA Health Equity and Action Team (HEAT)

## OTHER PROFESSIONAL SERVICE

2021-Present HCSRN Patient Engagement in Research Special Interest Group

2020-2022 Vice-Chair, Burien Human Services Commission,  
Burien, WA

2019-2022 Member, Burien Human Services Commission, Burien, WA

2017-2018 Member, Community Advisory Board, University of Washington  
Health Promotion Research Center, Seattle, WA

2017-2018 Member, Community Worker Engagement Committee,  
American Diabetes Association, nationwide

2016-2018 Member, Washington State Department of Health Diabetes Network  
Leadership Team, Olympia, WA

2016-2018 Member, Washington State Department of Health World Diabetes Day  
Planning Committee, Olympia, WA

## SPECIAL NATIONAL RESPONSIBILITIES

N/A

## EDITORIAL RESPONSIBILITIES

2023-Present Peer reviewer, *Health Communication*

## RESEARCH FUNDING

Current projects:

Vayu Health 8/15/2023-2/14/2025  
R223081001 (Lozano) \$203,331 (direct)

Vayu Health 2.0  
Role: Collaborative Scientist (30% FTE)

Robert Wood Johnson Foundation 11/1/2023-10/31/2024  
R223088001 (Tobey) \$102,118 (direct)

Robert Wood Johnson Foundation  
Delta Center 2.0 Extension  
Role: Site PI (35% FTE)

Kaiser Permanente Washington 6/1/2017-3/31/2024  
No Grant # (Coleman/Lozano) \$6,404,202 (direct)

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

## Completed projects:

Vayu Health R221046001 (Parchman) Vayu Health Diabetes Role: Collaborative Scientist (30% FTE)	10/15/2021-8/14/2023 \$153,777 (direct)
Robert Wood Johnson Foundation R220040.001 (Tobey) Robert Wood Johnson Foundation Delta Center for a Thriving Safety Net: Phase 2 Role: Site PI/Collaborative Scientist (35% FTE)	8/15/2021-10/31/2023 \$459,624 (direct)
National Institute on Drug Abuse R01 DA047954 (Glass) Digital Treatments for Substance Use Disorder (DIGITS) in Primary Care: A Hybrid Type-III Implementation Trial Role: Collaborative Scientist (30% FTE)	4/1/2019-2/29/2024 \$2,206,153 (direct)
Kaiser Permanente Community Benefit No Grant # (Coleman) Virtual Care Innovation Network Role: Implementation and Evaluation Associate (5% FTE)	1/1/2021-12/31/2021
Robert Wood Johnson Foundation 74899 (Tobey) Robert Wood Johnson Foundation Safety-Net Learning and Action Hub for Value-Based Payment and Care Implementation and Evaluation Associate (35% FTE)	10/1/2017-8/14/2021 \$476,821 (direct)

## TEACHING AND MENTORING RESPONSIBILITIES

2021-2022	<b>Secondary Site Supervisor</b> , University of Washington Community Oriented Public Health Practice Program Practicum Student Brooke Satre, class of 2023.
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## PUBLICATIONS

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

1. Parchman ML, **Stefanik-Guizlo K**, Penfold RB, Holden E, Shah AC. Improving diabetes control in a Medicaid managed care population with complex needs. *Perm J.* 2023 Dec 20;1-6. doi: 10.7812/TPP/23.106. Epub ahead of print. PMID: 38115756.
2. Singer AR, Coleman KF, Mahmud A, Holden E, **Stefanik-Guizlo K**. Assessing the feasibility of an empathic inquiry approach to social needs screening in 10 federally qualified health centers. *Perm J.* 2023 Dec 15;27(4):136-142. doi: 10.7812/TPP/22.178. Epub 2023 Oct 13. PMID: 37830869; PMCID: PMC10723089.
3. Glass JE, Dorsey CN, Beatty T, Bobb JF, Wong ES, Palazzo L, King D, Mogk J, **Stefanik-Guizlo K**, Idu A, Key D, Fortney JC, Thomas R, McWethy AG, Caldeiro RM, Bradley KA. 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). *Implement Sci.* 2023 Feb 1;18(1):3. doi: 10.1186/s13012-022-01258-9. PMID: 36726127; PMCID: PMC9893639.

4. **Stefanik-Sidener K.** Nature, nurture, or that fast food hamburger: Media framing of diabetes in the New York Times from 2000 to 2010. *Health Commun.* 2013;28(4):351-8. doi: 10.1080/10410236.2012.688187. Epub 2012 Jul 2. PMID: 22746222.

#### ***Under review/in preparation***

1. **Stefanik-Guizlo K,** Allen C, Brush S, Mogk J, Canada S, Peck M, Ramos K, Volpe K, Lozano P. Long-term patient engagement in a virtual context: Benefits, successes, and challenges. *Res Involv Engagem.*
2. Mogk J, Allen C, Levitz C, **Stefanik-Guizlo K,** Bourcier E, Trapp Petty M, Lozano P. Using virtual practice facilitation to implement interdisciplinary opioid safety committees: Feasibility, acceptability, fidelity. *J Gen Intern Med.*
3. Allen C, Mogk J, **Stefanik-Guizlo K,** Brush S, Lozano P. Using a model-driven, multistakeholder approach to develop, implement, and evaluate an intervention to reduce high-dose opioid prescribing in a learning health system. *J Gen Intern Med.*
4. Palazzo L, Dorsey C, Mogk J, Beatty T, King D, **Stefanik-Guizlo K,** Key D, Shea M, Caldeiro RM, McWethy AG, Wong ES, Idu AE, Glass JE. Formative evaluation of the implementation of Digital Treatments for Opioids and Other Substance Use Disorders in Primary Care (DIGITS Trial). *Imp Sci Comms.*
5. Mogk J, Idu A, Key D, Bobb J, Beatty T, Palazzo L, **Stefanik-Guizlo K,** Dorsey C, Mcwethy AG, Caldeiro R, Wong E, Glass J. Evaluation of a pilot implementation: Digital Therapeutics for Substance Use Disorder in Primary Care. *J Med Internet Res.*

#### ***Non-refereed papers, articles, and toolkits***

1. Parchman M, **Stefanik-Guizlo K,** Shah A, Glaseroff A, Holden E, Bertko J, Zúñiga R. [How to identify and support emerging risk Medi-Cal members with complex social and behavioral needs: A diabetes case study.](#) California Health Care Foundation. 2024.
2. **Stefanik-Guizlo K,** Singer A. [What PCAs and BHSAs can do to understand the social health landscape in their states.](#) Delta Center for a Thriving Safety Net. 2023.
3. **Stefanik-Guizlo K,** Brush S, Ramos K, Volpe K, Canada S, Peck M, Mogk J, Lozano P. [Toolkit for Managing Persistent Pain.](#) Center for Accelerating Care Transformation, Kaiser Permanente Washington. 2022.
4. **Stefanik-Guizlo K,** Rodriguez A, Hooper M, Coleman K. [key lessons on meaningful consumer and family engagement from North Carolina.](#) Delta Center for a Thriving Safety Net. 2022.

#### ***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. In *Unpacking the challenges of conducting embedded, learning health system research: The winning entries of a Challenge Contest sponsored by AcademyHealth.* *Learn Health Syst.* 2022 Oct 17;6(4):e10346. doi: 10.1002/lrh2.10346. PMID: 36263265; PMCID: PMC9576245.
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. In Greenlee RT. *Partnering to advance health equity and a welcome opportunity to gather: Proceedings from the 28th Annual Conference of the Health Care Systems Research Network.* *J Patient Cent Res Rev.* 2022 Jul 18;9(3):193-195. doi: 10.17294/2330-0698.1994. PMID: 35935518; PMCID: PMC9302911.
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. In Greenlee RT. Partnering to advance health equity and a welcome opportunity to gather: Proceedings from the 28th Annual Conference of the Health Care Systems Research Network. J Patient Cent Res Rev. 2022 Jul 18;9(3):193-195. doi: 10.17294/2330-0698.1994. PMID: 35935518; PMCID: PMC9302911.

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

1. **Stefanik-Guizlo K.** [5 insights on patient and family engagement](#). Center for Accelerating Care Transformation. 2022.
2. **Stefanik-Guizlo K,** Coleman K. [Miller Fund inspires clinical innovation in residency](#). Center for Accelerating Care Transformation. 2022.
3. **Stefanik-Guizlo K,** Arthurs J, Rodriguez A, Hooper M, Coleman K. [a collaborative approach to consumer engagement in North Carolina video series](#). Delta Center for a Thriving Safety Net. 2022.

## **PRESENTATIONS**

### ***Oral presentations***

1. Mogk J, **Stefanik-Guizlo K,** Allen C, Levitz C, Glass J, Lozano P. Keeping Track of What We are Doing: Successes and Challenges in Tracking Practice Facilitation Activities and Outcomes. North American Primary Care Research Group International Conference on Practice Facilitation (Portland, OR), August 29, 2023.
2. Mogk J, **Stefanik-Guizlo K,** Allen C, Brush S, Levitz C, Bourcier E, Trapp Petty M, Lozano P. Using Virtual Practice Facilitation to Implement a Multilevel Intervention to Reduce High Dose Opioid Prescriptions: Feasibility, Challenges, and Engagement Strategies. AcademyHealth Annual Research Meeting (Seattle, WA), June 26, 2023.
3. 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.
4. 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.
5. **Stefanik-Guizlo K.** Become a Diabetes Ambassador for Your Community. Washington State Community Health Worker Conference (Lynnwood, WA), April 12, 2018.
6. **Stefanik-Guizlo K.** Diabetes in the Workplace. Pacific Medical Centers Workplace Wellness Symposium (Seattle, WA), June 22, 2017.
7. **Stefanik-Guizlo K.** Diabetes 101. Washington State Department of Social and Health Services Caregiver Conference (Tukwila, WA), June 5, 2017.
8. **Stefanik-Guizlo K.** Becoming a Diabetes Ambassador for Your Community. Washington State Community Health Worker Conference (Pasco, WA), April 7, 2017.
9. **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.
10. **Stefanik-Guizlo K.** Safe at School Training. Seattle Children’s Hospital Family Link (Seattle, WA), August 10, 2016.
11. **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.

12. **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.
13. **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 (Washington, DC), May 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. Eastern Communication Association Undergraduate Scholars Conference (Arlington, VA), April 16, 2011. *Top paper award.*
15. **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 (Ithaca, NY), March 31, 2011.
16. **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 (Washington, DC), March 2011. *Best presentation in health policy session and best overall junior/senior project.*

### **Poster presentations**

1. Paul K, Nguyen J, Wei A, Park J, **Stefanik-Guizlo K.** Addressing Disparities in BP Control Through Quality Improvement: Implementation of a Home Blood Pressure Monitor Loaner Program. Society of Teachers of Family Medicine Annual Spring Conference (Los Angeles, CA), May 2024.
2. **Stefanik-Guizlo K,** Bourgoin A, Maxwell J, Tobey R. Delta Center Evaluation Results: Strengthening the Safety Net Through Policy and Practice Change. AcademyHealth Annual Research Meeting (Seattle, WA), June 25, 2023.
3. **Stefanik-Guizlo K,** Allen C, Mogk J, Brush S, Canada S, Peck M, Ramos K, Volpe K, Levitz C, Bourcier E, Trapp-Petty M, Lozano P. Patient Engagement to Co-Design and Implement an Intervention to Reduce High-Dose Opioid Prescribing in a Large Integrated Delivery System. AcademyHealth Annual Research Meeting (Seattle, WA), June 25, 2023.
4. Mogk J, **Stefanik-Guizlo K,** Allen C, Brush S, Levitz C, Bourcier E, Trapp-Petty M, Lozano P. Using Virtual Practice Facilitation to Implement a Multilevel Intervention to Reduce High Dose Opioid Prescriptions: Feasibility, Challenges, and Engagement Strategies. AcademyHealth Annual Research Meeting (Seattle, WA), June 26, 2023.
5. **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.
6. **Stefanik-Sidener K.** Impact of Chronic Illness on Opinions Towards Universal Health Care. American University School of Public Affairs Research Symposium (Washington, DC), April 2009. *Best overall freshman/sophomore poster.*

### **TRAININGS AND PROTOCOLS**

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. *Led development.*
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. *Led development.*

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. *Supported development.*
4. Mogk J, **Stefanik-Guizlo K**, King D. DIGITS Practice Facilitation Manual. An implementation guide for the facilitation arm of the DIGITS study. Kaiser Permanente Washington Health Research Institute. 2021.

## **PRACTICE FACILITATION**

1. DIGITS study, 2021-2022 - Kaiser Permanente Washington
  - a. Kendall Yards Medical Center
  - b. Northgate Medical Center
  - c. Olympia Medical Center
  - d. Puyallup Medical Center
  - e. Smokey Point Medical Center
2. Integrated Pain Management program, 2021-2022 - Kaiser Permanente Washington
  - a. Kendall Yards Medical Center
  - b. Puyallup Medical Center
  - c. Steele Street Medical Center