

Curriculum Vitae

Austin De La Cruz, Pharm.D., BCPP

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Houston, TX 77204-5039

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Academic Appointments

Clinical Assistant Professor- Psychiatry September 2016- Present
Department of Pharmacy Practice and Translational Research
University of Houston College of Pharmacy
Houston, TX

Clinical Pharmacy Specialist- Psychiatry January 2017-Present
Michael E. DeBakey Veterans Health System
Houston, TX

Clinical Instructor- Psychiatry October 2017- Present
Baylor College of Medicine
Houston, TX

Adjunct Professor- Psychiatry August 2018- Present
University of St. Thomas- Carol and Odis Peavy School of Nursing
Doctor of Nursing - Psychiatric-Mental Health Nurse Practitioner Program
Houston, TX

Instructor October 2016- Present
Methodist Hospital Family Practice Residents
Houston, TX

Instructor May 2019- Present
The Harris Center for Mental Health and Intellectual and Developmental Disabilities
Houston, TX

Education

Doctor of Pharmacy August 2010- May 2014
Texas Tech University Health Sciences Center
School of Pharmacy, Class of 2014
Dallas, TX

Pre-Pharmacy Prerequisites August 2007- May 2010
Texas Tech University
Lubbock, TX

Post-Doctoral Training

- PGY2 Psychiatric Pharmacy Residency** June 2015- June 2016
North Florida/South Georgia Veterans Health System
Gainesville, Florida
Program Director: Karrie Jones, Pharm.D., BCPS, BCPP
- PGY1 Ambulatory Care Focused Pharmacy Residency** July 2014- June 2015
North Florida/South Georgia Veterans Health System
Gainesville, Florida
Program Director: Jacob Tillmann, Pharm.D., BCPS

Licensure and Certification

- Board Certified Psychiatric Pharmacist (ID No. 911496)** July 2017- Present
Board of Pharmacy Specialties
- Pharmacy Preceptor** June 2017- Present
Texas State Board of Pharmacy
- QPR Suicide Training** February 2018
University of Houston College of Pharmacy
- Teaching Certificate Program** December 2014- June 2015
North Florida/South Georgia Veterans Health System
- Veteran's Health System Patient Assistance Program- Sterling Spoon** October 2015
- American Heart Association Basic Life Support for Healthcare Providers** February 2015- Present
- Texas State Board of Pharmacy Pharmacist (License No. 55364)** August 2014- April 2018
- Texas State Board of Pharmacy Intern (License No. 27217)** June 2011- August 2014
- Accreditation Council for Pharmacy Education** June 2011- May 2014
Certified Student Pharmacy Intern Immunizer
- Texas State Board Certified Pharmacy Technician** June 2008- August 2011
Certificate Number: 4901-0701-0026-066

Professional Pharmacy Practice Experience

- Clinical Pharmacy Specialist- Outpatient Psychiatry** March 2017- Present
Michael E. DeBakey VA Medical Center
Houston, Tx
- PGY2 Psychiatric Pharmacy Residency** June 2015- June 2016
North Florida/South Georgia Veterans Health System
Gainesville, Florida

Program Director: Karrie Jones, Pharm.D., BCPS, BCPP

PGY1 Ambulatory Care- Focused Pharmacy Residency July 2014- June 2015
North Florida/South Georgia Veterans Health System
Gainesville, Florida
Program Director: Jacob Tillmann, Pharm.D., BCPS

Pharmacist Intern June 2011- August 2011
Ortiz Pharmacy
San Antonio, TX 78237
Supervisor: Alejandra Ortiz, Pharm.D.

Teaching Assistant- Anatomy Lab Instructor January 2010- May 2010
Texas Tech University- Human Anatomy 2403
Supervisor: Lauren Gollahon, Ph.D., M.S., B.A.

Awards

Rho Chi Teaching Excellence Award October 2018
University of Houston College of Pharmacy

Faculty Preceptor of the Year Award May 2018
University of Houston College of Pharmacy

Phi Lamda Sigma Upsilon Chapter Faculty Inductee March 2018
University of Houston College of Pharmacy

Course Facilitator

Integrated Neurology Module- PHAR 5335- Course Coordinator August 2020- Present
University of Houston College of Pharmacy

Integrated Psychiatry Module- PHAR 5368- Course Coordinator March 2021- Present
University of Houston College of Pharmacy

Module Related Skills Lab- PHAR 5268 August 2020- Present
University of Houston College of Pharmacy

Module Related Skills Lab- PHAR 5169 January 2021- Present
University of Houston College of Pharmacy

Integrated Men's and Women's Health Module- PHAR 5228 January 2021- Present
University of Houston College of Pharmacy

Patient Assessment- PHAR 4265 February 2019- Present
University of Houston College of Pharmacy

Therapeutics III- PHAR 5582 January 2017- May 2020
University of Houston College of Pharmacy

Therapeutics III Skills Lab – PHAR 5582 University of Houston College of Pharmacy	January 2017- May 2020
Therapeutics II- PHAR 5581 University of Houston College of Pharmacy	September 2016- May 2020
Therapeutics II Skills Lab – PHAR 5581 University of Houston College of Pharmacy	September 2016- May 2020
Pharmacy Practice VI- PHAR 5274- Course Coordinator University of Houston College of Pharmacy	January 2020- May 2020
Pharmacy Practice V- PHAR 5275- Course Coordinator University of Houston College of Pharmacy	August 2017- May 2020
Pharmacy Practice II- PHAR 4271- Course Coordinator University of Houston College of Pharmacy	January 2017- May 2017

Preceptor Duties

PGY-2 Residency Evaluator Michael E. DeBakey Veterans Health System	January 2017- Present
P4 Clinical Seminar Evaluator University of Houston College of Pharmacy	November 2016- Present
Pharmacy Interviews Evaluator University of Houston College of Pharmacy	November 2016- Present
Phi Lambda Sigma Mock Interview University of Houston College of Pharmacy	October 2018-Present
Student College of Clinical Pharmacy Research Mentor University of Houston College of Pharmacy <ul style="list-style-type: none">Mentees: Carlton Menchaca, Ifoma Ofoegbuna, Carol Baby	April 2018- Present
Phi Lambda Sigma/Rho Chi Curriculum Vitae Review University of Houston College of Pharmacy	April 2018- Present
Rho Chi Are You Smarter than a Pharmacist University of Houston College of Pharmacy	March 2018
Humble Health Fair University of Houston College of Pharmacy	October 2016
Wellness Day Facilitator University of Houston College of Pharmacy	October 2016

University, Hospital, and Leadership Service

University of Houston College of Pharmacy

Admissions and Progressions Committee (Chair)	September 2019- Present
Student Wellness Advisory Council (Chair)	May 2019- Present
Classmeister- Class of 2022	August 2018- Present
Experiential Advisory Committee (Chair)	August 2018- September 2019
Experiential Faculty Search Committee (member)	Spring 2018- Present
Admissions and Progressions Committee (member)	October 2017- September 2019
Curriculum Psychiatry Module Coordinator	January 2017- Present
Curriculum Neurology Module Coordinator	January 2017- Present
Therapeutics/Skills Lab Clinical Faculty Search Committee (member)	Spring 2017- Present
Clinical Faculty Search Committee (member)	Fall 2017- Present
Phi Delta Chi Fraternity Faculty Advisor	September 2016- Present

Texas Society of Health Systems Pharmacists

Education Affairs Committee (member)	August 2017- Present
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Michael E. DeBakey Veterans Affairs Medical Center Committee

PGY-2 Residency Search Committee and Evaluator	January 2016- Present
Teaching Certificate Coordinator	August 2015- June 2016

Professional Presentations

University of Houston College of Pharmacy Teaching Responsibilities

Integrated Psychiatry Module

Schizophrenia	March 2021- Present
Major Depressive Disorder	March 2021- Present
Anxiety	March 2021- Present
Bipolar Disorder	March 2021- Present
Attention Deficit/Hyperactivity Disorder	March 2021- Present
Eating Disorder	March 2021- Present
Insomnia/Narcolepsy	March 2021- Present
Substance Use Disorder	March 2021- Present
Opioid Use Disorder	March 2021- Present
Mental Health Patient Assessment	March 2021- Present

Integrated Neurology Module

Epilepsy and Seizure	August 2020- Present
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Integrated Men's and Women's Health Module

Erectile Dysfunction February 2020- Present

Module Related Skills Lab III

Skills Lab Facilitator August 2020- Present

Module Related Skills Lab IV

Skills Lab Facilitator January 2021- Present

Patient Assessment

The Patient Encounter/Taking a Patient's History February 2019- Present

Therapeutics II

Depression November 2016- November 2019

Anxiety November 2016- November 2019

Schizophrenia November 2016- November 2019

Bipolar Disorder November 2017- November 2019

Attention Deficit/Hyperactivity Disorder November 2017- November 2019

Therapeutics II Lab

Skills Lab Facilitator August 2016- September 2019

Advanced Therapeutics III

Insomnia March 2017- May 2020

Men's Health April 2017- May 2020

Epilepsy Disorder Part I March 2018- May 2020

Epilepsy Disorder Part II March 2018- May 2020

Advanced Therapeutics III Lab

Skills Lab Facilitator January 2017- May 2020

Over the Counter Medications I

Over the Counter Switch August 2017- May 2020

Regulatory Processes/QuEST Scholar Approach August 2017- May 2020

Active learning I August 2017- May 2020

Insomnia, drowsiness, and fatigue November 2018- May 2020

Over the Counter Medications II

Poisoning/Anti-emetics (Nausea/vomiting) February 2020- May 2020

Energy Products/Pre and Probiotics April 2020- May 2020

Drug Information/Research Skills

Modified Systematic Approach January 2017- January 2018

Drug Information/Research Skills Lab

Skills Lab Facilitator January 2017- January 2018

Physical Assessment

October 2017- May 2020

Neurological and Psychiatric Rating Scales

Patient Assessment January 2019- Present
Taking a Patient Encounter/History

Critical Care Elective
Treatment of Delirium in the ICU setting June 2017- Present

Methodist Hospital Physician Residency Teaching Responsibilities

Over the Counter Sleep Aids February 2019- Present

Synthetic Drugs of Abuse February 2017- Present

Depression November 2016- Present

Anxiety November 2016- Present

Schizophrenia November 2016- Present

University of St. Thomas School of Nursing Teaching Responsibilities

Depression Pharmacotherapy August 2018- Present

Anxiety Pharmacotherapy August 2018- Present

Bipolar Pharmacotherapy August 2018- Present

Schizophrenia Pharmacotherapy August 2018- Present

ADHD Pharmacotherapy August 2018- Present

Alzheimer's Pharmacotherapy August 2018- Present

The Harris Center for Mental Health and IDD Teaching Responsibilities

Depression Management August 2019

The Psychiatric Pharmacist's Role in Mental Health Management May 2019

Invited Presentations

"A Career in Academia" October 2019

Phi Delta Chi- University of Houston College of Pharmacy- Houston, Tx

"Student Wellness Advisory Council" August 2019

University of Houston College of Pharmacy- Faculty Meeting, Houston, TX

"An Update on the New Synthetic Drugs of Abuse" April 2019

Texas Society of Health System Pharmacists 2018 Annual Seminar, Frisco, TX

"Unique Specialties- Psychiatry" April 2019

Texas Society of Health System Pharmacists 2018 Annual Seminar, Frisco, TX

"Being a Successful New Practitioner" April 2019

College of Psychiatric & Neurological Pharmacists Annual Meeting, Salt Lake City, UT

"What I Wish I Knew" April 2019

College of Psychiatric & Neurological Pharmacists Annual Meeting, Salt Lake City, UT

“Houston Health & Safety Summit: Substance Abuse Education & Recovery” October 2018
University of Houston College of Pharmacy, Houston, TX

“A Psychiatric Pharmacists Role in Primary Care Mental Health” May 2018
University of Houston College of Pharmacy Faculty Retreat, Houston, TX

“The Mental Remedy” October 2017
University of Houston College of Pharmacy Clinical Seminar Series, Houston, TX

“Antipsychotic Drug Usage in the Geriatric Population: A Debate” April 2017
Texas Society of Health Systems Pharmacists 2017 Annual Seminar, Galveston, TX

Continuing Education Presentations

“It’s Benzo Long Time Coming: Evaluating the Risks of Benzodiazepines Risks” January 2021
Texas Society of Health System Pharmacists

“Medication Assisted Therapy” July 2020
Texas Society of Health System Pharmacists

“A Call to Counsel- How to Effectively Counsel on Opioid Prescriptions” August 2019
Texas Society of Health System Pharmacists

“Improving Classification of Epilepsy: ILAE Updates” October 2018
Specialty Pharma Education Center

Abstracts and Posters

“**De La Cruz A**, Marjan Zakeri, Dave Wallace, et al. Evaluating and Improving the Mental Wellness of Pharmacy Students at the University of Houston College of Pharmacy.” Presented at the 2021 Annual American Association of Colleges of Pharmacy Annual Meeting April 2021

“Zhong C, Wanat M, Sansgiry S, **De La Cruz A**. Diversity/Life Experience Scores’ Impact on the Demographic Makeup of Students in a Pharmacy School Program.” Presented at the 2020 Annual American Association of Colleges of Pharmacy June 2020

“**De La Cruz A**, Aurelio M, Prestenback A, Nair A. Assessment of Mental Health Stigma in Pharmacy Students After Implementation of a Mental Health Focused Health Fair.” Presented at the 2020 Annual College of Psychiatric and Neurologic Pharmacists Meeting Dallas, TX April 2020

“Flajc G, Rascon K, Nguyen EA, Kabbani R, Dela Pena J,.. **De La Cruz A**. The Impact of Pharmacy Student-Led Opioid Overdose Prevention and Response Education.” Presented at the 2019 Annual American Association of College of Pharmacy October 2019

“**De La Cruz A**, Kabbani, R, Pitman P, et al. Evaluating and Improving the April 2019

Mental Wellness of Pharmacy Students at the University of Houston College of Pharmacy”
Presented at the 2019 Annual College of Psychiatric and Neurologic Pharmacists Meeting
Salt Lake City, UT

De La Cruz A. “Evaluation of Eligible Candidates for Clozapine Prescribing April 2016
at the North Florida/South Georgia VHS”
Presented at the 2016 Annual College of Psychiatric and Neurologic Pharmacists Meeting
Colorado Springs, CO

Kyrouac K, **De La Cruz A**, Morabito B, Quffa L. “Description of a Newly December 2015
Instituted Teaching Certificate Program”
Presented at the 2015 American Society of Health-System Pharmacists
Midyear Clinical Meeting, New Orleans, LA

De La Cruz A. Cobicistat (Tybost) Drug Monograph. March 2015
Presented at the March Pharmacy and Therapeutics Meeting
North Florida/South Georgia Veterans Health System- Gainesville, FL

De La Cruz A. *Briefings*- October Issue October 2014
Presented at the October Pharmacy and Therapeutics Meeting
North Florida/South Georgia Veterans Health System- Gainesville, FL

Publications- Journals

Zakeri M, **De La Cruz A**, Wallace D, Sansgiry S. General Anxiety, Academic Distress and
Family Distress Among PharmD Students.” *American Journal of Pharmacy Education*. 2021
Apr

Adil MQ, **De La Cruz A**, et al. “Incidence of Chronic Opioid Use in Previously Opioid-Naïve
Patients Receiving Opioids for Analgesia in the Intensive Care Unit.” *Federal Practitioner*. 2020
Apr; (1): 170-176

Peckham AM, **De La Cruz A**, Dufresne RL. “Kappa opioid receptor antagonism: Are opioids
the answer for treatment resistant depression?” *Ment Health Clin* [Internet] 2018;8(4):175-83.
DOI: 10.9740/mhc.2018.07.175

De La Cruz A. “Evaluation of Eligible Candidates for Clozapine Prescribing April 2016
at the North Florida/South Georgia VHS.” *J Pharm Pract*. 2016 Jun; 20(3):269

Publications- National Guidelines

Primary Care of Veterans with HIV Guidelines January 2019
HIV, Hepatitis and Related Conditions Program in the Office of Specialty Care
Services. Veterans Health Administration. U.S. Department of Veterans Affairs

Management of Insomnia Disorder: Current State of Evidence August 2016
Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health & Human
Services

Managing Insomnia Disorder: A Review of the Research for Adults

August 2016

Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health & Human Services

Publications- Magazine Article

De La Cruz A, Baby C. Concomitant IBS with Major Depressive Disorder. U.S. Pharmacist Magazine. <https://www.uspharmacist.com/>. March 2020. <https://bt.editionsbyfry.com/publication/?i=685958>.

De La Cruz A, Vo K. Antipsychotics for Pain Management. U.S. Pharmacist Magazine. <https://www.uspharmacist.com/>. December 2020. <https://bt.editionsbyfry.com/publication/?i=652270>

Online Publications

De La Cruz A. Prescription Treatment Options for Individuals with Tobacco Use Disorder. <http://www.acc.org>. May 15, 2019. <https://www.acc.org/education-and-meetings/patient-case-quizzes/2019/05/15/15/56/prescription-treatment-options-for-individuals-with-tobacco-use-disorder>.

De La Cruz A, Chionglo AM, Tran T. Current Updates Regarding Antidepressant Prescribing in Cardiovascular Dysfunction. <http://www.acc.org>. Jan 7, 2019. <https://www.acc.org/latest-in-cardiology/articles/2019/01/04/07/59/current-updates-regarding-antidepressant-prescribing-in-cv-dysfunction>.

Media Interviews

KPRC News Interview “What you should ask before trying CBD.” October 31, 2019. Available at: <https://www.click2houston.com/health/what-you-should-ask-before-trying-cbd>

Apple Podcasts: “Never Generic Podcast. Episode 2: Cannabidiol Products.” September 2019. Available at: <https://podcasts.apple.com/us/podcast/episode-2-cannabidiol-products/id1476588311?i=1000449581414>

“Vitals- Trending Topics in Health, Science, and Medicine.” Shanley Pierce. TMC Pulse. October 2019. Available at: <https://www.tmc.edu/news/2019/10/psychedelics-are-back-man/>

“CBD shops thriving in Katy, Sugar Land, and other suburbs” Houston Chronicle. Brooke A. Lewis. August 2019. Available at: <https://www.houstonchronicle.com/news/houston-texas/houston/article/CBD-shops-thriving-in-Katy-Sugar-Land-other-14277404.php>

“Is Kratom, the popular herbal supplement, dangerous?” Vitals- Trending Topics in Health, Science, and Medicine. Shanley Pierce. TMC Pulse; 6 (6) July 2019. Available at: <https://tmcpulse.uberflip.com/i/1138339-july-2019>

“Verify- Link Between Ritalin and School Shooters” WFMY News 2. May 25, 2018. Available at: <https://www.wfmynews2.com/video/news/verify-link-between-ritalin-school-shooters/83-8140744>

“It’s a gamble:” St. Johns Wort, Depression, and Drug Interactions. Heather Boerner. Med Shadow News. September 9, 2018. Available at: <https://medshadow.org/features/st-johns-wort-depression/>

Pharmacy Leaders Podcast: Inspiring Pharmacy Leadership Interviews. Episode 117- Dr. De La Cruz Pharm.D., BCPP, Kaycie Rathburn APhA Institute on Alcoholism and Drug Abuse in Salt Lake City, Utah. June 3, 2018. Available at: <https://pharmacy.libsyn.com/ep-117-dr-de-la-cruz-pharmd-bcpp-kaycie-rathburn-apha-institute>

Editorial Services

American Pharmacists Association (APhA) Spring 2020-2021
Pharmacotherapy First Editor – Alcohol Use Disorder

American Pharmacists Association (APhA) Fall 2018- 2019
Pharmacotherapy First Editor – Major Depressive Disorder

Grants

ACTIVE

1 R21 MH125039-01 Chen (PI), De La Cruz 12/01/2020 – 10/31/2022
Effectiveness of metformin for weight control in pediatric patients
Funder: National Institute of Mental Health, (\$455,513)

G0504683, De La Cruz (PI) 09/30/2020-09/29/2022
Expansion of Interprofessional Substance Use Disorders Education among Pharmacy and Medical students (Prac-Ed-SUD-PM)
Funder: Substance Abuse and Mental Health Services Administration (\$200,000)

TI081729-01, Sub-Award: Thornton (PI) 10/01/2018 – 09/30/2020
Texas Targeted Opioid Response: Texas Improved Dissemination and Evaluation of Single-use Disposal Pouches (TIDES) Project
Funder: Texas Health and Human Services Commission via SAMHSA

I0503114New Faculty 2018: Austin De La Cruz (PI) 08/01/2018- 08/01/2020
Assessment of Mental Health Stigma in pharmacy Students After Implementation of a Mental Health Focused Health Fair.
Funder: University of Houston New Faculty Research Grant. (\$5,000/1 year)

Research

“Evaluating and Improving the Mental Wellness of Pharmacy Students at the University of Houston College of Pharmacy In Progress
University of Houston College of Pharmacy- Houston, Tx

“Assessment of Mental Health Stigma in Pharmacy Students After Implementation of a Mental Health Focused Health Fair” University of Houston College of Pharmacy- Houston, TX	In Progress
“Implementation of a Suboxone Standard Operating Procedure” North Florida/South Georgia Veterans Health System- Gainesville, FL Preceptor: Andrea Goldenson, Pharm.D.	May 2016
“Evaluation of Eligible Candidates for Clozapine Prescribing at the North Florida/South Georgia VHS” North Florida/South Georgia Veterans Health System- Gainesville, FL Preceptor: Karrie Jones, Pharm.D., BCPS, BCPP	May 2016
“Implementation of a Status Epilepticus Protocol at the North Florida/South Georgia VHS” North Florida/South Georgia Veterans Health System- Gainesville, FL Preceptor: Andrea Isambert, Pharm.D.	July 2016
“The Addition of Pharmacists with an Inpatient Delirium Team” North Florida/South Georgia Veterans Health System- Gainesville, FL Preceptor: Karrie Jones, Pharm.D., BCPS, BCPP	October 2015
“A Retrospective Analysis of Lurasidone Use at the North Florida/South Georgia VHS for Bipolar 1 Disorder and Schizophrenia” North Florida/South Georgia Veterans Health System- Gainesville, FL Preceptor: Barbara Paulison, Pharm.D.	June 2015
“A Retrospective Analysis on the Utilization of Lacosamide” North Florida/South Georgia Veterans Health System- Gainesville, FL Preceptor: Mark Burlingame, Pharm.D.	November 2014
“Pharmacy Impacts on HCAHPS Performance Scores” Doctors Hospital at White Rock Lake- Dallas, TX Preceptor: Jacqueline Pitts, Pharm.D.	February 2014
“Flower Mound Pharmacy & Herbal Alternatives Compounding Formulary” Preceptor: Dennis Song, R.Ph.	October 2013

Professional Organizations

American Association of Colleges of Pharmacy	January 2017- Present
College of Psychiatric and Neurologic Pharmacists	August 2015- Present
American Society of Health-System Pharmacists	October 2012- Present
Texas Society of Health-System Pharmacists	October 2012- Present
American Pharmacists Association	August 2010- Present

De La Cruz, CV 2021

Phi Delta Chi Fraternity

November 2010- Present

References

Available upon request