Curriculum Vitae

Austin De La Cruz, Pharm.D., BCPP

4349 Martin Luther King Blvd, Room 4031
Houston, TX 77204-5037
E-mail: aidelacruz@uh.edu
Phone: (832) 842- 8356

Academic Appointments

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

Adjunct Professor- Psychiatry September 2025- Present
Texas Tech University Health Sciences Center School of Nursing
Psychiatric-Mental Health Nurse Practitioner Program
Lubbock, TX

Instructor October 2016- 2022
Methodist Hospital Family Practice Residents
Houston, TX

Clinical Appointments

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

Clinical Staff Pharmacist July 2014- June 2016
North Florida/South Georgia Veterans Health System
Houston, TX

Education

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

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

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

Pharmacogenomics Certification June 2024
American Society of Health System Pharmacists

National Hispanic Executive Leadership and Fellowship Program September 2023
National Latino Behavioral Health Association

Mental Health First Aid Certification November 2023
National Council for Mental Wellbeing

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- Present

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

Awards

President's Circle Award Scholar- Major Grant Awards April 2026
University of Houston College of Pharmacy

Collegiate Chapter Impact Grant Award November 2025
American Association of Psychiatric Pharmacist

Excellence in Mental Health and Well-Being Award August 2025
Insight into Academia

National Therapeutic Case Report Award Finalist April 2023
American Association of Psychiatric Pharmacists- Annual Meeting

Excellence in Service Award May 2022
University of Houston College of Pharmacy

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

Telehealth/Telemedicine- NURS 7222 August 2022- Present
University of St. Thomas- Doctorate of Nursing Program

Neurobiology of Addictions- NURS 7221 January 2023- Present
University of St. Thomas- Doctorate of Nursing Program

Clinical Psychopharmacology- NURS 7220 January 2022- Present
University of St. Thomas- Doctorate of Nursing Program

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

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

Therapeutics II- PHAR 5581 September 2016- May 2020
University of Houston College of Pharmacy

Therapeutics II Skills Lab – PHAR 5581 September 2016- May 2020
University of Houston College of Pharmacy

Pharmacy Practice VI- PHAR 5274- Course Coordinator January 2020- May 2020
University of Houston College of Pharmacy

Pharmacy Practice V- PHAR 5275- Course Coordinator August 2017- May 2020
University of Houston College of Pharmacy

Pharmacy Practice II- PHAR 4271- Course Coordinator January 2017- May 2017
University of Houston College of Pharmacy

Preceptor Duties

PGY-2 Residency Evaluator January 2017- Present
Michael E. DeBakey Veterans Health System

P4 Clinical Seminar Evaluator November 2016- Present
University of Houston College of Pharmacy

Pharmacy Interviews Evaluator November 2016- Present
University of Houston College of Pharmacy

Phi Lambda Sigma Mock Interview October 2018-Present
University of Houston College of Pharmacy

Student College of Clinical Pharmacy Research Mentor April 2018- Present
University of Houston College of Pharmacy

- Mentees: Carlton Menchaca, Ifoma Ofoegbuna, Carol Baby, Raymond Thai, Aroge Imran, Ashlyn Pulliam, Luke Mackenzie, Aris Jaquez, Alice Vu, Faith Anu, Najat-Abu Hmidan

Phi Lambda Sigma/Rho Chi Curriculum Vitae Review April 2018- Present
University of Houston College of Pharmacy

UHCOP Shine a Light on Mental Health January 2021-2022
University of Houston College of Pharmacy

Fresh Check Day October 2021- Present
University of Houston

Rho Chi Are You Smarter than a Pharmacist March 2018
University of Houston College of Pharmacy

Humble Health Fair October 2016
University of Houston College of Pharmacy

Wellness Day Facilitator October 2016
University of Houston College of Pharmacy

University, Hospital, and Leadership Service

University of Houston College of Pharmacy

College Wellness Advisory Council (Chair)	August 2025- Present
Student Wellness Advisory Council (Chair)	May 2019- Present
Curriculum Committee (member)	August 2024- Present
PREMIER Center (member)	August 2018- Present
Self-Study Steering Committee- Subcommittee Chair	January 2023- Fall 2024
Admissions and Progressions Committee (Chair)	September 2019- Spring 2023
Board of Ethical and Professional Conduct (Chair)	August 2022- 2023
Associate Director of Admissions Search Committee	Spring 2022
Classmeister- Class of 2022	August 2018- August 2019
Experiential Advisory Committee (Chair)	August 2018- September 2019
Experiential Faculty Search Committee (member)	Spring 2018- 2019
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- Spring 2019
Clinical Faculty Search Committee (member)	Fall 2017- Spring 2019
Phi Delta Chi Fraternity Faculty Advisor	September 2016- Present

University of Houston

Member- Wellness Planning Committee (member)	December 2025- Present
Member- Wellbeing Collective (member)	November 2025- Present
Member- JED Campus Initiative (member)	October 2023- Present
Mental Health Task Force (member)	April 2023- 2024
Health Promoting University Task Force (member)	November 2021- 2022

Texas Society of Health Systems Pharmacists

Education Affairs Committee (member)	August 2017- 2018

American Association of Psychiatric Pharmacists

Public Education Committee (vice-Chair)	January 2026- Present
Public Education Committee (member)	August 2024- 2026
Professional Affairs Committee (member)	December 2019-2020

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

Family Houston Organization

Board Member	July 2025- Present

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

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	January 2017- January 2018
Modified Systematic Approach	
Drug Information/Research Skills Lab	January 2017- January 2018
Skills Lab Facilitator	
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- 2025

Methodist Hospital Physician Residency Teaching Responsibilities

Over the Counter Sleep Aids	February 2019- 2022
Synthetic Drugs of Abuse	February 2017- 2022
Depression	November 2016- 2022
Anxiety	November 2016- 2022
Schizophrenia	November 2016- 2022

University of St. Thomas School of Nursing Teaching Responsibilities

Doctor of Nursing Practice (Psychiatric Mental Health Nurse Practitioner Program)

Clinical Psychopharmacology

Schizophrenia	Spring 2022- Present
Major Depressive Disorder	Spring 2022- Present
Anxiety	Spring 2022- Present
Bipolar Disorder	Spring 2022- Present
Attention Deficit/Hyperactivity Disorder	Spring 2022- Present
Insomnia/Narcolepsy	Spring 2022- Present
Substance Use Disorder	Spring 2022- Present
Mental Health Patient Assessment	Spring 2022- Present

Introduction to Telehealth

Introduction to Telehealth	Fall 2022- Present
Telehealth Technology	Fall 2022- Present
Telepresence skills in practice	Fall 2022- Present
Legal, Regulatory, and Quality Considerations	Fall 2022- Present
Licensing, Credentialing, and Privileging	Fall 2022- Present
Billing and Reimbursement	Fall 2022- Present
Ethical Considerations	Fall 2022- Present

Neurobiology of Addictions

Neurobiology of Addictions Overview	January 2023- Present
Screening, Assessment, and Treatment Initiation	January 2023- Present
Pharmacotherapy for Alcohol Use Disorders	January 2023- Present
Medication Assisted Treatment- Opioid Use Disorders	January 2023- Present
Pharmacotherapy for Opioid Use Disorders	January 2023- Present
Preventing Opioid Overdose Education and Naloxone Rescue Kit	January 2023- Present
Treatment of Tobacco use Disorder	January 2023- Present
Pharmacotherapy for Benzodiazepine Use Disorder	January 2023- Present
Pharmacotherapy for Prescription Stimulant Use Disorder	January 2023- Present

Lab Testing in Assessment of Substance Use Disorders	January 2023- Present
Changing Language to Chage Care: Stigma and SUD	January 2023- Present

Graduate Students

Depression Pharmacotherapy	August 2018- 2021
Anxiety Pharmacotherapy	August 2018- 2021
Bipolar Pharmacotherapy	August 2018- 2021
Schizophrenia Pharmacotherapy	August 2018- 2021
ADHD Pharmacotherapy	August 2018- 2021
Alzheimer's Pharmacotherapy	August 2018- 2021

Texas Tech University Health Sciences Center
Doctor of Nursing Practice (Psychiatric Mental Health Nurse Practitioner Program)

Psychopharmacology	August 2025- Present

The Harris Center for Mental Health and IDD Teaching Responsibilities

The Role of the Psychiatric Pharmacist in Primary Care Mental Health	February 2022
Depression Management	August 2019
The Psychiatric Pharmacist's Role in Mental Health Management	May 2019

Invited Presentations

"Wellness and Well-Being Initiatives at University of Houston College of Pharmacy" — June 2026
University of Texas at Tyler- Faculty Retreat

"Wellness Programs at University of Houston College of Pharmacy" — November 2025
Texas Pharmacy Congress

"Treatment in Jail Systems and Transitions to Healthcare Communities" — August 2025
16th Annual Community Drug Awareness Day.
Harris County Drug Summit: Building a Continuum of Care

"Approaches to Managing Psychogenic Non-Epileptic Seizures" — April 2024
American Association of Psychiatric Pharmacists Annual Conference

"A Search and Seizure for Relief- The Effective Pharmacological Treatment of Psychogenic Non-Epileptic Seizures (PNES) with Escitalopram" — April 2023
American Association of Psychiatric Pharmacists Annual Conference

"Physician-Pharmacist Collaboration in the Setting of Opioid Use Disorder" — April 2023

University of Texas- Rio Grande Valley

"Resiliency" March 2023
Student Society of Health System Pharmacy

"The Friend in Me: Story on Resiliency" February 2023
Student National Pharmaceutical Association

"Physician-Pharmacist Collaboration in the Setting of Opioid Use Disorder" January 2023
University of Houston College of Medicine

"Wellness and Sleep Deprivation" June 2021
University of Houston College of Pharmacy Summer Camp

"Mental Health Disparities in the LGBTQ+ Population" October 2020
Society for Sexual and Gender Disparities in Pharmacy

"The Rise of Cannabidiol" October 2020
Student National Pharmacists Association Annual Seminar

"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

"Age-Friendly Health Systems (4Ms)" July 2026
VISN 16- Geriatric Research Education and Clinical Center (GRECC) Webinar

"Recommendations for the Management of Co-Occurring Depression, Anxiety, and OUD" June 2026
Texas Society of Health System Pharmacists

"Age Friendly Health Systems (4Ms)" August 2025
VISN 16- Empowering Older Adults to Achieve What Matters Conference

"Prescription Stimulant Misuse" June 2025
PREMIER Prescribing and Monitoring Controlled Substances CE

“Prescriptions Stimulant Misuse Part 2” April 2025
Texas Society of Health System Pharmacists

“Collaborating with Mental Health Pharmacists to Optimize Multiple Medications” January 2025
National VA Community Based Outpatient Clinic Mental Health Grand Rounds

“Prescriptions Stimulant Misuse Part 1” September 2024
Texas Society of Health System Pharmacists

“Loperamide: The Unexpected Player in the Opioid Epidemic” January 2023
Texas Society of Health System Pharmacists

“Prescription Stimulant Misuse & Abuse” September 2021
Opioid Learning Institute

“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

Leland AM, **De La Cruz A**. Evaluation of Appropriate Z-Drug Prescribing and Deprescribing at a Large VA Medical Center. Presented at the 2026 April 2026

American Association of Psychiatric Pharmacists Meeting

Abu-Hmidan N, **De La Cruz A**. The Impact of Seizure First Aid Training on University Students, Faculty, and Staff. Presented at the 2026 America Association of Psychiatric Pharmacists Meeting. April 2026

Pham A, **De La Cruz A**. A Systematic Review of the Impact of GLP1 Agonists on Insomnia. Presented at the 2025 American Society of Health System Pharmacists Meeting December 2025

Tejada-Simon M, **De La Cruz A,** et al. A Holistic Approach to Addressing Burnout and Building Resilience in Pharmacy. Presented at the at the 2025 Annual American Association of Colleges of Pharmacy (AACP) Meeting. July 2025

De La Cruz A, Echeverria L, Makzoumi S, Nguyen A. A Search and Seizure for Relief- The Effective Pharmacological Treatment of Psychogenic Non-Epileptic Seizures (PNES) with Escitalopram. Presented at the 2023 America Association of Psychiatric Pharmacists Meeting. April 2023

De La Cruz A, Luke M, Pulliam A. Picking the Brain: Treatment of Amphetamine/ Dextroamphetamine Induced Excoriation Disorder. Presented at the 2023 America Association of Psychiatric Pharmacists Meeting. April 2023

Al Rawwad T, **De La Cruz A**. Knowledge of Pharmacists' Role in the Management of Opioid Use Disorder: Pharmacy Students' Perspective. Presented at the 2023 America Association of Psychiatric Pharmacists Meeting. April 2023

Al Rawwad T, **De La Cruz A**. The Development and Implementation of an Intensive Substance Use Disorders Curriculum in a Professional Pharmacy Program. Presented at the 2023 America Association of Psychiatric Pharmacists Meeting. April 2023

De Gracia CM, **De La Cruz A**, Marwaha A, Sansgiry S, Zakeri M, Nguyen K. Predictors Affecting Academic Progression in a Pharmacy School Program. Presented at the 2022 Annual American Association of Colleges of Pharmacy (AACP) Meeting. July 2022

El-Desoky R, Varkey D, Wanat M, Thornton D, **De La Cruz A**. Using Alderfer's ERG Theory to Identify Predictors of Generalized Anxiety Symptoms among Pharmacy Students in Response to the COVID-19 Pandemic. Presented at the 2021 AACP Annual Meeting July 2021

Abdelhakiem AK, Wallace D, Nguyen K, **De La Cruz A**. Incorporation of a Student Resilience Program into E-Orientation to Improve Stress, Self-Care, And Resilience. Presented at the 2021 AACP Annual Meeting July 2021

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 AACP Meeting July 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 AACP Meeting — 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 & Neurologic Pharmacists (CPNP) Meeting — 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 AACP Meeting — October 2019

De La Cruz A, Kabbani, R, Pitman P, et al. Evaluating and Improving the Mental Wellness of Pharmacy Students at the University of Houston College of Pharmacy. Presented at the 2019 Annual CPNP Meeting — April 2019

De La Cruz A. "Evaluation of Eligible Candidates for Clozapine Prescribing at the North Florida/South Georgia VHS" Presented at the 2016 Annual CPNP Meeting — April 2016

Kyrouac K, **De La Cruz A**, Morabito B, Quffa L. "Description of a Newly Instituted Teaching Certificate Program" Presented at the 2015 Annual American Society of Health-System Pharmacists Meeting — December 2015

Publications- Journals

Varisco TJ, Thornton D, Hussain T, et al. Addressing wholesale distributor barriers to buprenorphine access: Consensus recommendations from the PhARM-OUD expert panel. *Drug Alcohol Depend Rep*. 2025;16:100360. Published 2025 Jul 10. doi:10.1016/j.dadr.2025.100360

Shamsi A, Varisco T, **De La Cruz A**, et al. Association of Emotional Intelligence With Pharmacy Students' Leadership and Academic Performance. Am J Pharm Educ. 2024;88(12):101335. doi:10.1016/j.ajpe.2024.101335

Chen H, Lyu N, Calarge C, **De La Cruz A**, Chan W. The Effectiveness of Metformin in Managing Second Generation Antipsychotic-Induced Weight Gain in Children and Adolescents. *J Clin Psychiatry*. 2023;85(1):23m14894. Published 2023 Dec 20. doi:10.4088/JCP.23m14894

Chen H, Lyu N, Chan W, **De La Cruz A**, Calarge C. "Utilization and Predictors of Adjuvant Metformin for Children and Adolescents on Mixed Receptor Antagonists (Second-Generation Antipsychotics)." *J Am Acad Child Adolesc Psychiatry*. 2023;62(11):1245-1255.

Tata V, Majd Z, **De La Cruz A**, et al. Differences in Perceived Threat and Efficacy in Managing Opioid Use Disorder versus Alcohol Use Disorder. *Subst Use Misuse*. 2023;58(10):1187-1195. doi:10.1080/10826084.2023.2212075

Zhong C, **De La Cruz A**, Wanat M, Sansgiry S. "Impact of diversity/life experience scores on the demographic makeup of pharmacy students." *Currents in Pharmacy Teaching and Learning*. 2023, 15(5): 468-472

El-Desoky R, **De La Cruz A**, Thornton JD, Wanat MA, Varkey D. "Identifying predictors of generalized anxiety among student pharmacists in response to the COVID-19 pandemic." *Currents in Pharmacy Teaching and Learning*. 2023, 15 (1): 34-42

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 Nov, 85 (10) 8522; DOI: 10.5688/ajpe8522

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 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. Veteran's Health Administration. U.S. Department of Veterans Affairs

Publications- Review Articles

Management of Insomnia Disorder: Current State of Evidence November 2017
Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health & Human Services

Managing Insomnia Disorder: A Review of the Research for Adults November 2017
Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health & Human Services

Publications- Books

De La Cruz A. Interactive Case: ADHD and anxiety co-occurring in adolescents. In: *Geriatric and Pediatric Care*. American College of Clinical Pharmacy. July 17, 2023. July 2023

Publications- Magazine Articles

De La Cruz A, Rinker DV. Pharmacist, heal thyself. Texas Pharmacy. Spring 2024. https://www.texaspharmacy.org

Thornton D, **De La Cruz A**, et al. De-mystifying artificial intelligence for the practicing pharmacist. Texas Pharmacy. Spring 2024. https://www.texaspharmacy.org

De La Cruz A, Imran A, Thai R. Pharmacist Review of Loperamide Abuse. U.S. Pharmacist Magazine. https://www.uspharmacist.com/. December 2021. https://bt.e-ditionsbyfry.com/publication/?m=22400&i=730577&p=58&ver=html5

De La Cruz A, Baby C. Concomitant IBS with Major Depressive Disorder. U.S. Pharmacist Magazine. https://www.uspharmacist.com/. March 2020. https://bt.e-ditionsbyfry.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.e-ditionsbyfry.com/publication/?i=652270

Online Publications

De La Cruz A, Vu A, Jacques A. Understanding Attention-Deficit/Hyperactivity Disorder (ADHD) with Substance Use Disorder (SUD). https://www.mirecc.va.gov/MIRECC/index.asp. March 2026. https://www.mirecc.va.gov/MIRECC/VISN16/docs/understanding-adhd-with-sud-veterans.pdf

De La Cruz A, Vu A, Jacques A. Understanding Attention-Deficit/Hyperactivity Disorder (ADHD) with Substance Use Disorder (SUD). https://www.mirecc.va.gov/MIRECC/index.asp. March 2026. https://www.mirecc.va.gov/MIRECC/VISN16/docs/safe-stimulant-prescribing-for-adhd-with-sud-clinicians.pdf

De La Cruz A. Prescription Treatment Options for Individuals with Tobacco Use Disorder. *http://www.acc.org*. May 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 2019. https://www.acc.org/latest-in-cardiology/articles/2019/01/04/07/59/current-updates-regarding-antidepressant-prescribing-in-cv-dysfunction.

Media Interviews

Apple Podcasts: Never Generic Podcast. Episode 30: Sleeping Pill Misuse." April 2025. Available at: https://podcasts.apple.com/us/podcast/episode-30-sleeping-pill-misuse/id1476588311?i=1000703172929

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

Veteran Affairs/Department of Defense Clinical Practice Guideline Fall 2024
Clinical Practice Guideline on Chronic Insomnia and Obstructive Sleep Apnea

Ambulatory Care Resource Guide Spring 2022
American Associations of Colleges of Pharmacy

American College of Clinical Pharmacy (ACCP) Fall 2021- Current
Pharmacotherapy Self-Assessment Programs (SAP)- Major Depressive Disorder

American Journal of Pharmaceutical Education (AJPE) Fall 2021
Editorial Reviewer- Manuscript ID: ajpe8926

Ambulatory Care Resource Guide Spring 2021
American Associations of Colleges of Pharmacy

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

Ambulatory Care Resource Guide Spring 2020
American Associations of Colleges of Pharmacy

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

Grants

ACTIVE

De La Cruz (PI), Najat Abu-Hmidan 11/17/2025-5/1/2026
The Impact of Seizure First Aid Training on University Students, Faculty, and Staff
Funder: American Association of Psychiatric Pharmacist ($1805)

De La Cruz (PI), Faith Anu, Najat Abu-Hmidan 01/15/2026- 08/1/2026
Safe Use of Z-Drugs in Patients with Insomnia and Co-occurring Substance Use Disorders
Funder: Mental Illness Research, Education, and Clinical Center ($1,949)

De La Cruz (PI), Aris Jaquez, Alice Vu 01/15/2025- 08/1/2025
Safe Prescribing: A Practical Education Guide on ADHD Stimulants with concomitant Substance Use Disorder
Funder: Mental Illness Research, Education, and Clinical Center ($1,800)

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 ($3,340,000)

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" In Progress
University of Houston College of Pharmacy- Houston, TX

"**Implementation of a Suboxone Standard Operating Procedure**" May 2016
North Florida/South Georgia Veterans Health System- Gainesville, FL
Preceptor: Andrea Goldenson, Pharm.D.

"**Evaluation of Eligible Candidates for Clozapine Prescribing at the North Florida/South Georgia VHS**" May 2016
North Florida/South Georgia Veterans Health System- Gainesville, FL
Preceptor: Karrie Jones, Pharm.D., BCPS, BCPP

"**Implementation of a Status Epilepticus Protocol at the North Florida/ South Georgia VHS"** July 2016
North Florida/South Georgia Veterans Health System- Gainesville, FL
Preceptor: Andrea Isambert, Pharm.D.

"**The Addition of Pharmacists with an Inpatient Delirium Team**" October 2015
North Florida/South Georgia Veterans Health System- Gainesville, FL
Preceptor: Karrie Jones, Pharm.D., BCPS, BCPP

"**A Retrospective Analysis of Lurasidone Use at the North Florida/South Georgia VHS for Bipolar 1 Disorder and Schizophrenia**" June 2015
North Florida/South Georgia Veterans Health System- Gainesville, FL
Preceptor: Barbara Paulison, Pharm.D.

"**A Retrospective Analysis on the Utilization of Lacosamide**" November 2014
North Florida/South Georgia Veterans Health System- Gainesville, FL
Preceptor: Mark Burlingame, Pharm.D.

"**Pharmacy Impacts on HCAHPS Performance Scores**" February 2014
Doctors Hospital at White Rock Lake- Dallas, TX
Preceptor: Jacqueline Pitts, Pharm.D.

"**Flower Mound Pharmacy & Herbal Alternatives Compounding Formulary**" October 2013
Preceptor: Dennis Song, R.Ph.

Professional Organizations

American Association of Colleges of Pharmacy January 2017- Present

College of Psychiatric and Neurologic Pharmacists August 2015- 2017

American Society of Health-System Pharmacists October 2012- Present

References

Available upon request