

*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](mailto:aidelacruz@uh.edu)

Phone: (832) 842- 8356

## **Academic Appointments**

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### **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**

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### **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**

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### **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**

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**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**  
Certificate Number: 4901-0701-0026-066

June 2008- August 2011

## **Awards**

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**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 Pharmacists

**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**

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**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

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| <b>Telehealth/Telemedicine- NURS 7222</b><br>University of St. Thomas- Doctorate of Nursing Program                                                                                                                     | August 2022- Present     |
| <b>Neurobiology of Addictions- NURS 7221</b><br>University of St. Thomas- Doctorate of Nursing Program                                                                                                                  | January 2023- Present    |
| <b>Clinical Psychopharmacology- NURS 7220</b><br>University of St. Thomas- Doctorate of Nursing Program                                                                                                                 | January 2022- Present    |
| <b>Therapeutics III- PHAR 5582</b><br>University of Houston College of Pharmacy                                                                                                                                         | January 2017- May 2020   |
| <b>Therapeutics III Skills Lab – PHAR 5582</b><br>University of Houston College of Pharmacy                                                                                                                             | January 2017- May 2020   |
| <b>Therapeutics II- PHAR 5581</b><br>University of Houston College of Pharmacy                                                                                                                                          | September 2016- May 2020 |
| <b>Therapeutics II Skills Lab – PHAR 5581</b><br>University of Houston College of Pharmacy                                                                                                                              | September 2016- May 2020 |
| <b>Pharmacy Practice VI- PHAR 5274- Course Coordinator</b><br>University of Houston College of Pharmacy                                                                                                                 | January 2020- May 2020   |
| <b>Pharmacy Practice V- PHAR 5275- Course Coordinator</b><br>University of Houston College of Pharmacy                                                                                                                  | August 2017- May 2020    |
| <b>Pharmacy Practice II- PHAR 4271- Course Coordinator</b><br>University of Houston College of Pharmacy                                                                                                                 | January 2017- May 2017   |
| <b><u>Preceptor Duties</u></b>                                                                                                                                                                                          |                          |
| <b>PGY-2 Residency Evaluator</b><br>Michael E. DeBakey Veterans Health System                                                                                                                                           | January 2017- Present    |
| <b>P4 Clinical Seminar Evaluator</b><br>University of Houston College of Pharmacy                                                                                                                                       | November 2016- Present   |
| <b>Pharmacy Interviews Evaluator</b><br>University of Houston College of Pharmacy                                                                                                                                       | November 2016- Present   |
| <b>Phi Lambda Sigma Mock Interview</b><br>University of Houston College of Pharmacy                                                                                                                                     | October 2018-Present     |
| <b>Student College of Clinical Pharmacy Research Mentor</b><br>University of Houston College of Pharmacy                                                                                                                | April 2018- Present      |
| <ul style="list-style-type: none"><li>• Mentees: Carlton Menchaca, Ifoma Ofoegbuna, Carol Baby, Raymond Thai, Aroge Imran, Ashlyn Pulliam, Luke Mackenzie, Aris Jaquez, Alice Vu, Faith Anu, Najat-Abu Hmidan</li></ul> |                          |

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| <b>Phi Lambda Sigma/Rho Chi Curriculum Vitae Review</b><br>University of Houston College of Pharmacy | April 2018- Present |
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| <b>UHCOP Shine a Light on Mental Health</b><br>University of Houston College of Pharmacy | January 2021-2022 |
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| <b>Fresh Check Day</b><br>University of Houston | October 2021- Present |
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| <b>Rho Chi Are You Smarter than a Pharmacist</b><br>University of Houston College of Pharmacy | March 2018 |
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| <b>Humble Health Fair</b><br>University of Houston College of Pharmacy | October 2016 |
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| <b>Wellness Day Facilitator</b><br>University of Houston College of Pharmacy | October 2016 |
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### **University, Hospital, and Leadership Service**

#### *University of Houston College of Pharmacy*

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

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| 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*

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| Education Affairs Committee (member) | August 2017- 2018 |
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*American Association of Psychiatric Pharmacists*

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| 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*

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

*Family Houston Organization*

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| Board Member | July 2025- Present |
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**Professional Presentations**

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**University of Houston College of Pharmacy Teaching Responsibilities**

Integrated Psychiatry Module

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|------------------------------------------|---------------------|
| 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

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| 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- 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  
Changing Language to Chage Care: Stigma and SUD

January 2023- Present  
January 2023- Present

Graduate Students

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| 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)

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| Psychopharmacology | August 2025- Present |
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**The Harris Center for Mental Health and IDD Teaching Responsibilities**

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| 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**

|                                                                                                                                                                                                               |               |
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| "Wellness and Well-Being Initiatives at University of Houston College of Pharmacy"<br>University of Texas at Tyler- Faculty Retreat                                                                           | June 2026     |
| "Wellness Programs at University of Houston College of Pharmacy"<br>Texas Pharmacy Congress                                                                                                                   | November 2025 |
| "Treatment in Jail Systems and Transitions to Healthcare Communities"<br>16 <sup>th</sup> Annual Community Drug Awareness Day.<br>Harris County Drug Summit: Building a Continuum of Care                     | August 2025   |
| "Approaches to Managing Psychogenic Non-Epileptic Seizures"<br>American Association of Psychiatric Pharmacists Annual Conference                                                                              | April 2024    |
| "A Search and Seizure for Relief- The Effective Pharmacological Treatment of Psychogenic Non-Epileptic Seizures (PNES) with Escitalopram<br>American Association of Psychiatric Pharmacists Annual Conference | April 2023    |
| "Physician-Pharmacist Collaboration in the Setting of Opioid Use Disorder"                                                                                                                                    | April 2023    |

University of Texas- Rio Grande Valley

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| “Resiliency”<br>Student Society of Health System Pharmacy                                                                                | March 2023    |
| “The Friend in Me: Story on Resiliency”<br>Student National Pharmaceutical Association                                                   | February 2023 |
| “Physician-Pharmacist Collaboration in the Setting of Opioid Use Disorder”<br>University of Houston College of Medicine                  | January 2023  |
| “Wellness and Sleep Deprivation”<br>University of Houston College of Pharmacy Summer Camp                                                | June 2021     |
| “Mental Health Disparities in the LGBTQ+ Population”<br>Society for Sexual and Gender Disparities in Pharmacy                            | October 2020  |
| “The Rise of Cannabidiol”<br>Student National Pharmacists Association Annual Seminar                                                     | October 2020  |
| “A Career in Academia”<br>Phi Delta Chi- University of Houston College of Pharmacy- Houston, Tx                                          | October 2019  |
| “Student Wellness Advisory Council”<br>University of Houston College of Pharmacy- Faculty Meeting, Houston, TX                           | August 2019   |
| “An Update on the New Synthetic Drugs of Abuse”<br>Texas Society of Health System Pharmacists 2018 Annual Seminar, Frisco, TX            | April 2019    |
| “Unique Specialties- Psychiatry”<br>Texas Society of Health System Pharmacists 2018 Annual Seminar, Frisco, TX                           | April 2019    |
| “Being a Successful New Practitioner”<br>College of Psychiatric & Neurological Pharmacists Annual Meeting, Salt Lake City, UT            | April 2019    |
| “What I Wish I Knew”<br>College of Psychiatric & Neurological Pharmacists Annual Meeting, Salt Lake City, UT                             | April 2019    |
| “Houston Health & Safety Summit: Substance Abuse Education & Recovery”<br>University of Houston College of Pharmacy, Houston, TX         | October 2018  |
| “A Psychiatric Pharmacists Role in Primary Care Mental Health”<br>University of Houston College of Pharmacy Faculty Retreat, Houston, TX | May 2018      |
| “The Mental Remedy”<br>University of Houston College of Pharmacy Clinical Seminar Series, Houston, TX                                    | October 2017  |
| “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**

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| "Age-Friendly Health Systems (4Ms)"<br>VISN 16- Geriatric Research Education and Clinical Center (GRECC) Webinar                                            | July 2026      |
| "Recommendations for the Management of Co-Occurring Depression, Anxiety, and OUD"<br>Texas Society of Health System Pharmacists                             | June 2026      |
| "Age Friendly Health Systems (4Ms)"<br>VISN 16- Empowering Older Adults to Achieve What Matters Conference                                                  | August 2025    |
| "Prescription Stimulant Misuse"<br>PREMIER Prescribing and Monitoring Controlled Substances CE                                                              | June 2025      |
| "Prescriptions Stimulant Misuse Part 2"<br>Texas Society of Health System Pharmacists                                                                       | April 2025     |
| "Collaborating with Mental Health Pharmacists to Optimize Multiple Medications"<br>National VA Community Based Outpatient Clinic Mental Health Grand Rounds | January 2025   |
| "Prescriptions Stimulant Misuse Part 1"<br>Texas Society of Health System Pharmacists                                                                       | September 2024 |
| "Loperamide: The Unexpected Player in the Opioid Epidemic"<br>Texas Society of Health System Pharmacists                                                    | January 2023   |
| "Prescription Stimulant Misuse & Abuse"<br>Opioid Learning Institute                                                                                        | September 2021 |
| "It's Benzo Long Time Coming: Evaluating the Risks of Benzodiazepines Risks"<br>Texas Society of Health System Pharmacists                                  | January 2021   |
| "Medication Assisted Therapy"<br>Texas Society of Health System Pharmacists                                                                                 | July 2020      |
| "A Call to Counsel- How to Effectively Counsel on Opioid Prescriptions"<br>Texas Society of Health System Pharmacists                                       | August 2019    |
| "Improving Classification of Epilepsy: ILAE Updates"<br>Specialty Pharma Education Center                                                                   | October 2018   |

### **Abstracts and Posters**

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| 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 |
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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 American 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 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 American 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 American 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 American 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 American 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. June 2020  
Presented at the 2020 Annual AACP Meeting

**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. April 2020  
Presented at the 2020 Annual College of Psychiatric & Neurologic Pharmacists (CPNP) Meeting

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. October 2019  
Presented at the 2019 Annual AACP Meeting

**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. April 2019  
Presented at the 2019 Annual CPNP Meeting

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

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

## **Publications- Journals**

Varisco TJ, Thornton D, Hussain T, et al. Addressing wholesale distributor barriers to buprenorphine access: Consensus recommendations from the PhARM-ODU 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

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

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## **Online Publications**

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**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>

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**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>.

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## **Media Interviews**

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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>

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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>

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“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/>

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## **Editorial Services**

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**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**  
American Associations of Colleges of Pharmacy

Spring 2020

**American Pharmacists Association (APhA)**  
Pharmacotherapy First Editor – Major Depressive Disorder

Fall 2018- 2019

## **Grants**

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### **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**

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**“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

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

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## **Professional Organizations**

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|---------------------------------------------------|-----------------------|
| 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 |

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## **References**

Available upon request