

Student Spotlight: Tulio Ortega

School/Degree: Xavier University's Doctoral Program in Clinical Psychology (Psy.D.)

What student program were you involved in at HealthSource of Ohio? Behavioral Health - Practicum

What are your career goals/interests? I have always been interested in working with individuals with a variety of different mental health concerns, anything ranging from day-to-day stress to more impactful problems like anxiety and depression. My goal has always been to try and help as many people as possible and I found that working in primary care makes me more available to people in the community and therefore gives me a greater opportunity to work with a greater number of patients.

What do you like to do in your free time? I try to stay physically active, especially with anything that gets me outside such as running, playing sand volleyball, and golfing if I can find the time. I'm also a big fan of being able to watch TV with my partner after work although we're constantly trying to find something new to watch. I love to cook and try new recipes and I have a weakness for anything spicy!

What's something you've done recently that was out of your comfort zone? I have recently been getting more involved with research and presentation opportunities with Dr. Bruner and Ciara Incorvati regarding integrated primary care. I am not known to be the biggest fan of doing research and yet I have found it to be really interesting and enjoyable, especially because I get to work with them!

What made you interested in HealthSource of Ohio? I found that HealthSource of Ohio shares a lot of the values that I hold, most notably striving to help each and every patient as much as possible by providing personalized, holistic care. Additionally, I felt very welcomed from day 1 by the Loveland care team and could immediately tell that they care about their jobs and the work they do.

Please share your favorite experience while at HealthSource of Ohio: I love interacting with the care team, both at Loveland where I am and with other providers from different locations. I feel that everyone is so quick to share praise and positive remarks so you can't help but feel appreciated every day! The only thing that is possibly better is being able to see patients make progress from one visit to the next.

What advice would you share with other students? Make the most of your time at HealthSource! The year is going to fly by and in that time, you will have the opportunity to work with a great team. Use the team and don't be afraid to ask for help, because it will make your life easier and help patients even more. Additionally, capitalize on every learning opportunity available whether that be research, program development, or specialized training. You might regret it otherwise.