



Patricia Lester, M.D.

Patricia Lester, M.D., is the Nathanson Family Professor of Psychiatry, Director of the Division of Population Behavioral Health, Director of the Nathanson Family Resilience Center, and the Medical Director of the Family STAR (Stress, Trauma and Resilience) service at the UCLA Semel Institute for Neuroscience and Human Behavior. A board certified child and adolescent psychiatrist, her research and clinical work have been dedicated to the development, evaluation, and implementation of family-centered prevention and treatment for children and families facing adversity and trauma. She co-developed the trauma-informed, family-centered preventive intervention FOCUS which was designed to enhance resilience and mitigate stress in families facing adversities such as medical illness and military wartime deployment, injury and loss. She oversees an on-line learning center and evaluation data management system, which utilizes web-based technologies to scale program implementation with fidelity within community, school and health care settings. Over the last decade, she has conducted a number of research studies on the impact of parental deployment on military-connected children and families, and is currently the principal investigator of an NICHD funded randomized trial of a virtually delivered family prevention intervention for military and veteran families with young children. She is well-versed in the scientific and programmatic issues facing military-connected families, and serves as an advisor on the needs of military children and families across military, university and non-profit agencies, including the Millennium Family Cohort Study. She received her M.D. degree from University of California San Francisco, School of Medicine.