



Biography

Jasleen Chhatwal, MBBS, MD

Dr. Chhatwal is a courageous advocate for mental wellbeing who champions awareness, equity, and empowerment for marginalized persons in every community. She is board certified in psychiatry, addiction medicine, and integrative medicine. Dr. Chhatwal currently serves as chief medical officer at Sierra Tucson – a residential mental health treatment center, behavioral health medical director with BCBS AZ HealthChoice, and an associate professor at the University of Arizona College of Medicine. Echoing naturalistic healing disciplines, Dr. Chhatwal believes that the human body has the inherent capacity to heal itself when provided with a nurturing environment for the mind, body, and spirit. In her clinical work, she is intentional in treating the whole person using psychotherapy, allopathic, neuro-therapeutic, integrative, evidence-based, and evidence-informed treatments. Dr. Chhatwal is engaged with the medical community, advocating for her patients, colleagues, and profession through elected positions in regional and national organizations. Dr. Chhatwal's dedication and contribution to mental health have been recognized in the form of a Walk the Talk Award for Advocacy by ArMA, Presidential Award for Leadership and Presidential Service Awards from APS, Assembly Mentor Award and Distinguished Fellowship in the APA as well as various educator awards from the University of Arizona Department of Psychiatry and APS. A prolific public speaker, she aims to expand the understanding of mental health conditions, trauma, wellbeing, and trauma informed leadership while also working to reduce stigma around help seeking in healthcare professionals. She believes each individual has a unique, authentic story and is grateful to those who have entrusted her with their stories.