



Institutes of Health Multi-Specialty Clinics

Occupational Health Specialists

Specialty Clinics

- ★ Pain Clinic
- ★ Brain Injury & Concussion Clinic
- ★ CRPS Clinic
- ★ PTSD Clinic

Doctors

- ★ Dr. Clark Smith
- ★ Dr. Marcia Elfenbaum
- ★ Dr. Tomer Anbar
- ★ Dr. Kimberely Tilley
- ★ Dr. Tina Wolfe
- ★ Dr. Megan Johnson
- ★ Dr. Sandra Martinez
- ★ Dr. Vianney Luis-Quero
- ★ Dr. Robert Obrecht
- ★ Dr. Shelby Moriera
- ★ Dr. Lisandra Herrera
- ★ Dr. Alan Acre
- ★ Dr. Katherine Turner

Services

- ★ CBT for Pain
- ★ Neuropsych
- ★ AOE/COE
- ★ Psychiatry
- ★ Functional Restoration Program
- ★ Chronic Pain Multidisciplinary Evaluation
- ★ COVID-19
- ★ Psych Surgical Clearance
- ★ Pain Management
- ★ PM&R
- ★ Detox Rehab
- ★ PTP or STP Role
- ★ Hybrid Telemedicine



Symptoms

- ✓ Pain
- ✓ Sadness/depression
- ✓ Sleep complaints
- ✓ Increased pain behaviors
- ✓ Feelings of helplessness/hopelessness
- ✓ Cognitive complaints
- ✓ Failure to respond to treatment/delayed recovery
- ✓ Excessive medication usage/requests
- ✓ Verbal/physical/mental abuse
- ✓ Need for medication tapering/detox
- ✓ Anxiety/panic/PTSD
- ✓ Somatic complaints (e.g. abdominal/bowel)
- ✓ Frustration with medical care
- ✓ Elevated stress levels
- ✓ Frustration/anger
- ✓ Functional complaints/disability
- ✓ Weight gain/loss
- ✓ Job dissatisfaction/lack of support



Visit Website

Bilingual Services Available

Locations

**San Diego
County**

**Imperial
County**

**Riverside
County**

Also serving patients throughout
California via Biometric Telehealth

For referrals please contact:

 (800) 270-5016  (800) 680-3626

 info@institutesofhealth.org

 institutesofhealth.org

Todos nuestros servicios están disponibles en Español