

Making History, Impacting Change

CONTINUED FROM FRONT

A key to the delivery of better mental health care to communities of color is bringing down the walls of shame for patients, and increasing the number of providers and services available to meet the needs of minority and other disadvantaged populations, she says.

Moreland-Capuia, went to Stanford University for undergraduate school, then to medical school at George Washington University in Washington, D.C., before coming back to her hometown to do her residency at Oregon Health and Sciences University. She completed a fellowship at OSHU that was focused on addiction services.

Born and raised in north and northeast Portland, most of her family still lives in the area. She credits her family's ability to secure housing, and to become homeowners, as one of the reasons they are still here.

"I myself still live in the neighborhood," she said of her passion for the city, graduating from Jefferson High School and attending King Elementary and Harriet Tubman Middle School. "I was nurtured here so it's natural for me to return to that."

She described her work as



PHOTO BY ANDIE PETKUS

Dr. Alisha Moreland-Capuia (second from right) is surrounded by her colleagues from Oregon Health Sciences University as she draws support for the honor she received from the Oregon Historical Society for her pioneering work as a physician of color in raising awareness of mental health needs as it relates to issues of criminal justice policies, community and education.

something she is passionate about, and says she hopes the recognition she receives will support others to follow in her path.

"That's a big deal for me because we just don't have enough African American mental health providers. For me, inspiring others

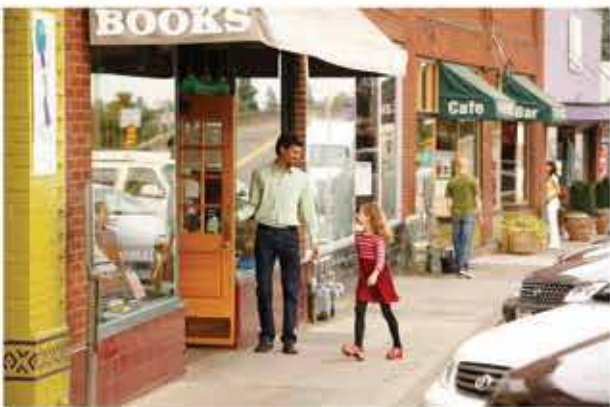
to become the first in their field, the first to discover something, to remind everyone there are still new frontiers for us to innovate, to inspire, and to serve, that is incredible to me."

Moreland-Capuia was recently listed as one of the "40 under 40"

by the Portland Business Journal. She is only 35. She recalls the words of actress Viola Davis at this year's Emmy Award when she says "This is not an issue of talent. This is an issue of opportunity."

She astutely points out that

there is no shortage of black people who can and should be doctors, painters, educators, lawyers, astronauts, and professionals of every variety, "Once we give those students the opportunities they need and deserve, we will see them succeed."



OREGON MANUFACTURERS. LOCAL BUSINESSES. YOUR NEIGHBORS.

ALL GETTING MORE FROM THEIR ENERGY.

Here in Oregon, thousands of businesses and individuals are saving money with help from Energy Trust of Oregon. With cash incentives for energy improvements, we can help you get more from your energy.



Are you ready to get more from your energy?
Visit www.energytrust.org/more or call us at 1.866.368.7878.

Serving customers of Portland General Electric,
Pacific Power, NW Natural and Cascade Natural Gas.

