



Jessica Yelena Breland

- Clinical Associate Professor (Affiliated), Psych/General Psychiatry and Psychology (Adult)
- Staff, Psych/Public Mental Health & Population Sciences

Bio

BIO

Jessica Breland, MS, PhD is a licensed psychologist and a Core Investigator at the Center for Innovation to Implementation in the VA Palo Alto Health Care System. Dr. Breland received her PhD in psychology from Rutgers and completed her clinical internship at the Baylor College of Medicine in Houston, TX.

Her work focuses on using quantitative and qualitative methods to: 1) assess outcomes related to the implementation of evidenced-based treatments, especially through controlled trials in novel settings (e.g., primary care) or with novel methods (e.g., apps); 2) identify and reduce racial and ethnic disparities in health; and 3) enhance care for patients with chronic conditions, such as obesity or diabetes.