

Dr. Cameron L. Ortega LPC-S, LCDC, CRC

The University of Texas Rio Grande Valley
School of Rehabilitation Services and Counseling
Assistant Professor
Email: cameron.ortega@utrgv.edu

Education

PhD, University of Texas Rio Grande Valley, 2022.
Major: Rehabilitation Counseling

MS, The University of Texas - Pan American, 2009.
Major: Rehabilitation Counseling

BFA, University of Texas - Pan American, 2006.
Major: Art

Employment History

Academic - Post-Secondary

Assistant Professor, University of Texas Rio Grande Valley. (September 1, 2024 - Present).

Assistant Professor, Truman State University. (September 1, 2023 - August 31, 2024).

Clinical Assistant Professor, University of Texas Rio Grande Valley. (January 1, 2023 - August 31, 2023).

Lecturer II, University of Texas Rio Grande Valley. (September 1, 2021 - December 31, 2022).

Lecturer I, University of Texas Rio Grande Valley. (September 1, 2018 - August 31, 2021).

Professional

Owner, Therapist, Bend in the River Counseling, LLC. (February 2023 - Present).

Assistant Clinical Director, Pura Vida Counseling Services, PLLC. (February 2, 2010 - August 15, 2018).

Therapist, Hildago County CSCD. (July 7, 2010 - February 2, 2012).

Counselor Intern, New Beginnings Behavioral Health. (October 1, 2008 - July 1, 2010).

Licensures and Certifications

Certified Rehabilitation Counselor. (April 1, 2024 - March 31, 2029).

Licensed Chemical Dependency Counselor. (June 2, 2010 - June 30, 2026).

Licensed Professional Counselor - Supervisor. (February 2, 2012 - October 31, 2025).

Awards and Honors

Terry Hale Addiction Professional of the Year, Texas Association of Addiction Professionals. (October 2023).

Service and Community Engagement Award, College of Health Professions. (August 2021).

Teaching Innovation Award, College of Health Professions. (August 2021).

Academic Excellent - PhD, College of Health Professions. (May 2021).

Faculty Excellence in Teaching Innovation - Online Teaching, College of Health Professions. (September 2020).

Professional Memberships

National Association of Alcoholism and Drug Abuse Counselor. (April 1, 2018 - June 1, 2025).

Texas Association of Addiction Professionals. (April 1, 2018 - June 1, 2025).

Secretary, Valley Association of Addiction Professionals. (April 1, 2018 - June 1, 2025).

National Rehabilitation Association. (March 2022 - March 2025).

Board Member, Secretary, Texas Rehabilitation Association. (March 2022 - March 2025).

National Association of Multicultural Rehabilitation Concerns. (March 2021 - March 2025).

American Rehabilitation Counseling Association. (February 2024 - February 2025).

Association for Counselor Education and Supervision. (February 2023 - February 2025).

American Counseling Association. (February 2023 - February 2024).

Development Activities Attended

Conference Attendance, "Texas Association of Addiction Professionals," San Antonio, Texas. (September 5, 2024 - September 7, 2024).

Conference Attendance, "Texas Rehabilitation Association Conference," Texas Rehabilitation Association, San Antonio, Texas. (September 2, 2024 - September 6, 2024).

Workshop, "COLTT - Leveraging Blackboard Technology in Online Courses," Center for Online Teaching and Technology, Edinburg, TX, United States of America. (September 22, 2022).

Conference Attendance, "Texas Association of Addiction Professional Conference," Texas Association of Addiction Professionals, San Antonio, TX, United States. (September 8, 2022 - September 10, 2022).

Conference Attendance, "Innovations in Teaching Conference: "Sharing Ideas, Inspirations, and Insights"," College of Health Professions, Edinburg, TX. (January 28, 2022).

Conference Attendance, "SRSC Counseling and Employment Supports Conference 2021," School of Rehabilitation Services and Counseling. (August 3, 2021 - August 5, 2021).

Conference Attendance, "National Association of Multicultural Rehabilitation Concerns Conference," National Association of Multicultural Rehabilitation Concerns (NAMRC). (July 15, 2021 - July 16, 2021).

Conference Attendance, "ARHE/ARS/ AAPG National Conference," Collegiate Recovery. (June 21, 2021 - June 24, 2021).

Conference Attendance, "Excellence in Online Learning Conference 2021," COLTT. (March 25, 2021 - May 26, 2021).

Workshop, "COLTT - Panopto Advanced," Center for Online Teaching and Technology, Edinburg, TX. (February 1, 2021).

Workshop, "Teaching with iPad Series: Flipping with Keynote," Center for Teaching Excellence (CTE), Edinburg, TX. (September 17, 2020).

Conference Attendance, "Texas Association of Addiction Professionals," TAAP, Austin, TX. (September 10, 2020 - September 12, 2020).

Conference Attendance, "SRSC Counseling & Employment Supports: Current Trends Conference 2020," School of Rehabilitation Counseling and Services, Edinburg, TX. (August 18, 2020 - August 20, 2020).

Workshop, "Accessibility in Online and Remote Courses - A Quick Start," Office Faculty Success and Diversity, Edinburg, TX. (May 17, 2020).

Conference Attendance, "12-Steps," Addiction Resource Center, Edinburg, TX. (April 30, 2020).

Conference Attendance, "Issues In Counseling Series," School of Rehabilitation Services and Counseling, Edinburg, TX. (October 18, 2019).

Conference Attendance, "The Texas Society for Allied Health Professions Conference," The Texas Society for Allied Health Professions Conference, Lubbock, Texas, United States. (September 19, 2019 - September 20, 2019).

Conference Attendance, "TAAP State Conference on Addiction," San Antonio, TX, United states. (September 4, 2019 - September 7, 2019).

Conference Attendance, "Rehabilitation Conference," School of Rehabilitation Counseling and Services, Edinburg, Texas. (July 12, 2019).

Workshop, "Creating A Learner-Centered Syllabus," Center for Teaching Excellence, Edinburg, Texas. (June 20, 2019).

Continuing Education Program, "Substance Abuse and Behavioral Health Conference," Palmer Drug Abuse Program, Edinburg, Texas, United States. (April 12, 2019).

Continuing Education Program, "Issues in Counseling," Rehabilitation Counseling Services, Edinburg, TX, USA. (February 8, 2019).

Workshop, "SATORI Alternative to Managing Agression," Pura Vida Counseling Services, PLLC, Pharr, Texas, United States of America. (November 9, 2018).

Continuing Education Program, "TTBH 11th Annual Conference," Tropical Texas Behavioral Health, South Padre Island, Texas, United States of America. (October 26, 2018).

Workshop, "Faculty Learning Community (FLC): Dynamic Lecturing Session III," Center For Teaching Excellence, Edinburg, Texas, United States of America. (October 16, 2018).

Continuing Education Program, "Recovery To Practice," Valley Association of Addiction Professionals, Edinburg, Texas, United States of America. (October 13, 2018).

Workshop, "Tools and Strategies to Create a Nice Learning Environment," Center for Teaching Excellence, Edinburg, Texas, United States of America. (October 2, 2018).

Workshop, "Dynamic Lecturing: Capturing Attention and Using Multimedia," Center for Teaching Excellence, Edinburg, Texas, United States of America. (September 25, 2018).

Workshop, "COLTT - Blackboard Ally," Center for Online Learning and Teaching Technology, Edinburg, Texas, United States of America. (September 20, 2018).

Workshop, "COLTT - SoftChalk Cloud," Center for Online Learning and Teaching Techonology, Edinburg, Texas, United States of America. (September 19, 2018).

Continuing Education Program, "Motivating Change: MI Skills for Beginners & Experts," Addiction Resource Center, McAllen, Texas, United States of America. (September 14, 2018).

Workshop, "Faculty Learning Community (FLC): Dynamic Lecturing," Center for Teaching Excellence, Edinburg, Texas, United States of Ameica. (September 12, 2018).

Online Training Certificate, "QM Ruberic Update Sixth Edition (RU)," Center for Online Learning & Teaching Technology, Edinburg, Texas, United States of America. (September 11, 2018).

TEACHING

Teaching Experience

The University of Texas Rio Grande Valley

EXAR 2300, Foundations Expressive Arts, 11 courses.
EXAR 3300, Expressive Arts Counseling, 1 course.
EXAR 4300, Expressive Arts Applications, 1 course.
EXAR 7320, Modalities - Visual Arts, 2 courses.
EXAR 7330, Special Populations, 1 course.
REHS 2321, Intro to Addictions, 5 courses.
REHS 3303, Case Management I, 3 courses.
REHS 3320, Family & Disability, 1 course.
REHS 3340, Inter Aspect Addic Stud, 20 courses.
REHS 3345, Lifespan & Disability, 2 courses.
REHS 4303, Case Management II, 2 courses.
REHS 4340, Clincl Issue Addict Stdy, 4 courses.
REHS 6335, Addictions Counseling, 1 course.
REHS 6375, Psychiatric Rehab, 1 course.
REHS 6385, Couple and Family, 3 courses.

The University of Texas Pan American

REHS 2301, Intro Rehabilitation, 1 course.

RESEARCH

Published Intellectual Contributions

Book, Textbook-New

Blanco, E., Johnson, R., Mercado, F., **Ortega, C.L.** (2022). Chapter 1, Chapter 3, Chapter 4, Chapter 5, Chapter 10, Chapter 14. *Substance Use and Addiction: How did we get here and how do we recover?*.

Journal Article, Academic Journal

Ortega, C. L., Kim, J. H., Reed, B. J., Grizzell, S. T. (2024). Examination of the Beliefs in Substance Use Treatment Professionals by Addiction Professions. *Journal of Applied Rehabilitation Counseling*, 55(1).

Kim, J. H., Townsend, C., Thomas, K., Lee, D.-H., **Ortega, C. L.** Multicultural and Social Justice Counselling within the Scope of Rehabilitation Counseling.

Manuscript

Ortega, C.L., Miller, E. L. (2020). *Comorbid Posttraumatic Stress and Substance Use Disorders: Treatment Guidelines for Counselors* (3rd ed., vol. 3, pp. 7). San Francisco, CA: Open Access Journal of Addiction and Psychology, Iris Publishers, Inc. 10.33552/OAJAP.2020.03.00056

Presentations Given

Ortega, C. L., Finn, K. L. N., (September 7, 2024). *Treatment of the LGBTQIA+ Population Panel*, Texas Association of Addiction Professionals Conference in San Antonio, Texas.

Ortega, C. L., Finn, K. L. N., (September 5, 2024). *Understanding the Intersection of Social Inequities of the LGBTQIA+ Population and Substance Use Treatment*, Texas Association of Addiction Professionals Conference Texas Association of Addiction Professionals in San Antonio, Texas.

Grizzell, S. T., **Ortega, C. L.**, Hossen, M.** (September 23, 2022). *Exploring Addictions: Counseling Ethics, Laws, and Decision Making Models.*, Making Great Things Happen: TRA 2022 Virtual Conference Texas Rehabilitation Association in Virtual.

Ortega, C.L., (January 21, 2022). *Self-Care & the Expressive Arts*, Texas Rehabilitation Association: Lunch & Learn Texas Rehabilitation Association in Zoom.

Ortega, C.L., (December 2021). *Expressive Arts in the Mental Health Profession*, PSJA Mental Health - Expressive Arts in Pharr, TX.

Finn, K., **Ortega, C. L.**, (October 16, 2021). *Expressive Arts Feminist Therapy for Trauma Resolution.*, National Rehabilitation Counseling Association Annual Conference. Rebuild, Reconnect, Rejuvenate: Social Justice & Disability Following the Pandemic. National Rehabilitation Counseling Association in Virtual.

- Ortega, C.L.,** Mercado, F., (September 2021). *Expressive Art Interventions for Substance Use Disorders*, 47th Annual State TAAP Conference on Addiction Studies Texas Association of Addiction Professionals (TAAP) in San Antonio, TX.
- Chen, R., **Ortega, C. L.**, (July 2021). *First-Generation Hispanic College Students: Biculturalism, Familismo, and Alcohol Use*, A New Rehabilitation Paradigm: Beyond "isms" to Equity National Association of Multicultural Rehabilitation Concerns.
- Livingston, T., **Ortega, C.L.**, (April 2021). *Rapid Transition: Examination of the Experiences of Online Teaching for Higher Education Faculty in a Time of COVID-19*, Virtual Graduate Student Research Showcase Graduate College.
- Ortega, C.L.**, (March 2021). *Trench Art Therapy: Mask Project*, Trench Art Therapy University of Texas Veteran Services in Online.
- Duarte, R., **Ortega, C.L.**, (October 14, 2020). *Reducing Anxiety and Depression during COVID-19 Pandemic*, Horizon Montessori School Parent Meeting Horizon Montessori School in Online.
- Grizzell, S., **Ortega, C.L.**, (October 9, 2020). *Ethical Codes, Applicable Laws, Ethical Violations and Decision Making Models*, Addiction Resource Center Lecture Series Addiction Resource Center in Online.
- Finn, K., **Ortega, C.L.**, (August 18, 2020). *Standards and Ethics in Telecounseling*, Counseling & Employment Supports: Current Trend School of Rehabilitation Counseling and Services.
- Ortega, C.L.**, (June 5, 2020). *Standards in Telehealth Provision*, Issues in Counseling Series School of Rehabilitation and Counseling in Online.
- Grizzell, S., **Ortega, C.L.**, (April 9, 2020). *Ethical Codes, Decision, Dilemmas: What You Need to Know*, Substance Abuse and Behavioral Health Conference Palmer Drug Abuse Program in McAllen, Texas (Cancelled due to COVID-19).
- Ortega, C.L.**, Mercado, F., Palacios, P., (December 6, 2019). *Perspectives from Community and Child Protective Services on Substance Abuse and Mental Health Issues*, Mental Health and Addictions Issues in Child Protection Cases: Fall Stakeholder Seminar in University of Texas Rio Grande Valley.
- Ortega, C.L.**, Gutierrez-Leal, S. J., (November 8, 2019). *Expressive Arts in the Substance Use Treatment*, Addiction Resource Center School of Rehabilitation and Counseling in McAllen.
- Ortega, C.L.**, Gutierrez-Leal, S. J., (September 19, 2019). *Expressive Arts Interventions for Substance-Use Disorders with Hispanic Populations*, The Texas Society for Allied Health Professions in Lubbock.
- Ortega, C.L.**, (October 13, 2018). *Medication Assisted Treatment and Recovery*, Recovery to Practice Valley Association of Addiction Professionals in Edinburg.

Research Currently in Progress

"Innovative Approaches in Counselor Education for Students With Disabilities" (Writing Results).

"Literature Review: Psychiatric Disabilities and Intellectual Developmental Disabilities" (Writing Results).

"Perception of Telehealth by Persons with Disabilities" (Writing Results).

"Substance Use and LGBTQIA Population" (Planning).

"Transforming Collegiate Recovery Programs: Integrating Harm Reduction and Trauma-Informed Care" (On-Going).

SERVICE

Department Service

Committee Member, PhD Admission Committee. (September 2024 - Present).

Committee Member, NTT Guidelines for Promotion. (June 2022 - October 2023).

Committee Chair, Non Tenure-Track Annual Review Committee. (September 1, 2022 - August 2023).

Committee Member, SRSC School Leadership Team (SLT). (August 2022 - August 2023).

Committee Member, Expressive Arts Minor. (February 2022 - August 2023).

Committee Chair, Non-Tenure Track Annual Review Committee. (August 2021 - August 2023).

Clinical Director, SRSC Wellness Counseling Clinic Clinical Director. (October 1, 2019 - August 2023).

Committee Member, Online Teaching Committee. (August 2020 - September 2021).

Committee Member, Annual Review. (September 1, 2019 - August 2021).

Faculty Advisor, Aspiring Substance Abuse Professionals. (January 1, 2019 - August 2021).

Committee Chair, Ad-Hoc Committee Policy and Procedures SRSC Wellness Clinic. (October 2020 - January 2021).

Committee Member, AR Process ad-hoc committee. (September 2020 - January 2021).

Committee Member, Expanded School Leadership Team. (March 2020 - August 2020).

Committee Member, Rehabilitation Conference Planning Committee. (February 25, 2020 - August 20, 2020).

Committee Member, BS in Addiction Tenure-Track Search Committee. (November 2019 - June 2020).

Committee Member, Annual Review - Review Committee. (October 1, 2019 - November 1, 2019).

College Service

Committee Member, College of Health Professions Faculty Evaluation Committee. (September 1, 2021 - August 1, 2023).

Committee Member, Innovations in Teaching Committee. (September 15, 2021 - August 1, 2022).

Clinical Service

Program Coordinator, The Wellness Project. (August 1, 2020 - February 2021).

Therapist, University Counseling Center. (September 24, 2019 - April 1, 2020).

University Service

Faculty Champion. (June 1, 2020 - August 26, 2020).

Distance Technology Support. (March 16, 2020 - April 30, 2020).

Public Service

Board Member, Texas Rehabilitation Association. (2024 - Present).

Board of Directors of a Company, Palmer Drug Abuse Program, McAllen, Texas. (October 1, 2019 - Present).

Board Member, Texas Association of Addiction Professionals, Texas. (September 12, 2020 - 2023).

Clinical Site Supervisor, Palmer Drug Abuse Program Clinical Site Supervisor, McAllen, TX. (June 8, 2020 - 2022).