



Rachel Mitchell was born and raised in East Texas and completed her undergraduate degree in biology at the University of Texas in Austin. She initially had a focus in wildlife biology but switched to a pre-medical track after volunteering in hospitals abroad. She then completed a Master of Public Health at Brigham Young University with a focus on global health, completing her thesis with the World Health Organization in New Delhi in sustainable development as well as NGO work in Kenya and Uganda in women's health. She then moved to Northern California to be closer to her husband's family and trained at UC Davis School of Medicine followed by a residency in family medicine and psychiatry also at UC Davis. During residency she focused on trauma-informed care and integrated care and continues to be a site director for UC Davis medical students in psychiatry. After residency, Rachel became the medical director for Turning Point Crisis Residential Programs, primarily serving those experiencing unstable housing, addictions, and trauma. She moved to Yuba City to be closer to family and became program director of Healthy Rural California's Psychiatry Residency, while continuing her work with Turning Point in Sacramento.

In her spare time, Rachel enjoys spending time with her four children, enjoying the outdoors, swimming, rock climbing, gardening, and discovering new restaurants and bakeries. She enjoys travel, especially to see family in Singapore and India. She is passionate about wellness, families, advocacy, and building a new community psychiatry residency in beautiful Butte County!