Virmarie Díaz Fernández, MD FAPA

Board-certified Psychiatrist and Fellow of the American Psychiatric Association with 8+ years of experience spanning clinical care, telepsychiatry, integrative psychiatry, and executive medical leadership. Proven leader in building and scaling collaborative care models, supervising multidisciplinary teams, and advancing access to high-quality mental health services across diverse populations. Deep expertise in women's mental health, mindfulness-based and integrative approaches, substance use disorders, and LGBTQ+ affirming care. Recognized for innovative program development, clinical excellence, and a compassionate, patient-centered approach.

Clinical & Professional Focus

Medical Leadership and Program Development • Telepsychiatry and Multi-state Practice • Collaborative Care and Consultation Psychiatry • Integrative Psychiatry and Mindfulness-Based Care • Women's Mental Health and Perinatal Psychiatry • Substance Use Disorders and Dual Diagnosis • Clinical Supervision and Education • LGBTQ+ Affirming Care • Quality, Compliance and Peer Review • Community Outreach and Advocacy

Licensure

- 2025-Present: Nevada MD License
- 2025-Present: Utah MD License
- 2025-Present: Kentucky MD License
- 2025-Present: Connecticut MD License
- 2025-Present: Tennessee MD License
- 2025-Present: Mississippi MD License
- 2025-Present: New Mexico MD License
- 2024-Present: Arkansas MD License
- 2024-Present: New York MD License
- 2024-Present: California MD License
- 2024-Present: Virgin Island MD License
- 2024-Present: Virginia MD License
- 2024-Present: Massachusetts MD Lic
- 2024-Present: Missouri MD License
- 2024-Present: Rhode Island MD License
- 2024-Present: Pennsylvania MD License
- 2024-Present: Puerto Rico MD License
- 2024-Present: New Jersey MD License
- 2024-Present: Ohio MD License
- 2024-Present: Michigan MD License
- 2024-Present: Montana MD License
- 2024-Present: Arizona MD License
- 2023-Present: Oklahoma MD License
- 2023-Present: Texas MD License
- 2023-Present: Maryland MD License
- 2023-Present: Washington MD License
- 2023-Present: Illinois MD License
- 2023-Present: South Carolina MD Lic
- 2022-Present: North Carolina MD Lic
- 2022-Present: Louisiana MD License
- 2021-Present: Alabama MD License
- 2021-Present: Wisconsin MD License
- 2021-Present: New Hampshire MD Lic
- 2021-Present: Georgia MD License
- 2018-Present: Florida MD License

Work Experience

Concert Health Inc. — Remote - FL
National Medical Director — Apr 2023 - Present

Tides Mental Health — Remote - IL
Medical Director — Sep 2025 - Present

BHM Healthcare Solutions, Inc — Remote - GA
Psychiatric Consultant — May 2025 - Present

A Mindfulness Space — Remote - FL
Psychiatrist/Owner — January 2024 - Present

Moment MD — Remote - FL, GA
Psychiatry Preceptor — Dec 2021 - Present

Locum Tenens — Multiple states
Psychiatrist — Feb 2021 - Present

Peregrine Health — Remote - FL, GA, TX
Clinical Advisor, Supervising Physician — July 2021 - March 2026

Eleanor Health — Remote - Multi-state
Regional Medical Lead — May 2024 - Oct 2025

Janus Healthcare — Remote - FL
Psychiatric Consultant — Feb 2024 - Nov 2024

FasPsych — Remote – Multi-state

NOT YET RETAINED

DEAs:

- New Mexico DEA License
- California DEA License
- Virgin Island DEA License
- Massachusetts DEA License
- Pennsylvania DEA License
- Puerto Rico DEA License
- New Jersey DEA License
- Ohio DEA License
- Texas DEA License
- Washington DEA License
- Illinois DEA License
- South Carolina DEA License
- North Carolina DEA License
- Louisiana DEA License
- Alabama DEA License
- Wisconsin DEA License
- New Hampshire DEA License
- Georgia DEA License
- Florida DEA License

Languages

SPANISH – Native | **ENGLISH** - Fluent

Awards

- Resident of the year (2018, 2019, 2020)
- FPS annual poster competition third place winner (2018, 2019)
- FPS Tom and Donna Buchanan resident grant (2018)
- Vanderbilt University research program (2012)

Courses

- September 2015: One-month rotation in Child and Adolescent Psychiatry (University of Washington-Seattle Children's Hospital; Seattle, WA).
- December 2015: Two-week rotation in Forensic Psychiatry (University of Florida-Shands Hospital; Gainesville, FL)

Certificates

- Yoga Teacher Certification
- Women's Mental Health Certificate
- Integrative Psychiatry Certificate
- Mindfulness Teacher Training
- American Board of Psychiatry and Neurology
- World Professional Association for Transgender Health
- Collaborative Care Model Training

Supervising Physician — Jul 2022 - Mar 2024

Better Connections — Remote - FL
Psychiatrist/Owner — Feb 2021 - Sep 2023

CredentialMed, LLC / MES Peer Review — Remote - FL
Physician Advisor / peer reviews — Jul 2021 – Jan 2022

Global Physicians Solution — Fort Lauderdale, FL
Telehealth Psychiatrist — Apr 2021 – Oct 2021

Health First Medical Group, LLC /Holmes Regional — Melbourne, FL
Psychiatrist / Consultation-Liaison Psychiatry — Mar 2021 - May 2021

Hope Health and Wellness, Inc — West Palm Beach, FL
Psychiatrist (qEEG reviewer) — Feb 2021 – Oct 2022

North Florida Psychiatry — Gainesville, FL
Outpatient Attending Psychiatrist — Jul 2020 – Jan 2021

Gainesville Care & Recovery Addiction Clinic — Gainesville, FL
Psychiatrist — June 2019 – July 2021

UCF/HCA - North FL Regional Medical Center — Gainesville, FL
Psychiatrist — Jul 2017 - Jul 2020

Education

University of Puerto Rico — San Juan, PR
Doctor of Medicine, cum laude — Aug 2011 - June 2016

University of Puerto Rico — San Juan, PR
Bachelor in Cellular Molecular Biology (magna cum laude) — June 2007 - July 2011

Residency

University of Central Florida/ HCA — Gainesville, FL
Residency – Psychiatry — July 2017 - June 2020

University of Puerto Rico — San Juan, PR
Residency - General Psychiatry (PGY 1) — July 2016 - June 2017

Poster and Oral Presentations

- Diaz, V.; Witter, D.; Gawrych, O.; Thummala, G. "Abortion vs Adoption: Mental Health Outcomes in a Roe v. Wade crisis". Oral presentation in American Psychiatric Association annual meeting, virtual presentation. May 2020.

NOT YET RETAINED

- X-waiver (buprenorphine)
- CPI training
- CPR and AED certification
- BLS certification
- HIPAA certification

Membership in professional societies

- 2025-Present: American Academy of Family Physicians
- 2025-Present: American Society of Addiction Medicine
- 2020-Present: Georgia Psychiatric Society
- 2017-Present: Florida Psychiatric Society
- 2017-Present: Florida Medical Association
- 2013-Present: American Medical Association
- 2013-Present: American Psychiatric Association (Fellow of the American Psychiatric Association)

Volunteer Experiences

- Lectures to Serenidad Sin Fronteras (2025-Present)
- Mental Health Awareness talks to Women Pursuing Purpose (2022-Present)
- Medical and psychiatric care to Hogar Mi Sueño nursing home (2019-Present)
- Organizing the yearly Autism Awareness Day (2012-2016)
- Mental health awareness month, community outreach (2015-2016)
- Organizing HIV awareness month (2014, 2015)

Publications

- Diaz, V.; Leandre, F. "Are medical students and residents receiving an appropriate education on LGBTQ+ health?". Australian & New Zealand Journal of Psychiatry. 2021
- Diaz, V.; Rumano, T. "New Onset Psychosis: Differentiating Encephalopathy from Psychopathology". AJP Resident's Journal. 2019.
- Diaz, V.; Rothman, R. "Addressing Health Literacy and Numeracy to Prevent Childhood Obesity". Vanderbilt University Magazine. 2012.
- Diaz, V; Ledbetter A.; Hirschauer J. "Frontotemporal Dementia, Schizophrenia, Brain Sagging or all of the above?". Poster presentation in Florida Medical Association (FMA) annual meeting, Orlando, FL. August 2019.
- Gawrych, O.; Diaz,V; Witter, D. "Onset of Mania associated with treatment of RLS in a patient with Bipolar Disorder Type 1". Poster presentation in Florida Medical Association (FMA) annual meeting, Orlando, FL. August 2019.
- Diaz, V; Gower, M; Thomas, S; Rumano,T. "#Actuallyborderline What Psychiatrist can learn from social media posts form individuals with self-identified borderline personality disorder". Oral presentation in American Psychiatric Association (APA) annual meeting, San Francisco, CA. May 2019.
- Rumano, T.; Diaz, V.; Ginory A. "A Diagnosis in Disguise: Hashimoto Encephalopathy". Poster presentation in American Psychiatric Association (APA) annual meeting, San Francisco, CA. May 2019.
- Diaz, V.; Etches, M; Rumano,T.; Ginory A. "Clinical Dilemma: Catatonia vs Neuroleptic Malignant Syndrome". Poster presentation in Florida Psychiatric Society (FPS) annual meeting, Orlando; FL. May 2019.
- Diaz, V.; Ginory A. "A Resident Primer for the Evaluation and Treatment of LGBTQ+ Patients". Oral presentation in American Psychiatric Association (APA), NYC; NY. May 2018.
- Diaz, V.; Ginory, A. "She, He, They or Zei? Evaluation and Management of the LGBTQ+ Population: A Review." Poster presentation in Florida Psychiatry Society (FPS) annual meeting, Orlando; FL. April 2018.
- Díaz, V. "Addressing Health Literacy and Numeracy to prevent Childhood Obesity". Fifth Annual AEMPR Research Symposium, San Juan; PR. March 2013.
- Díaz, V. "Addressing Health Literacy and Numeracy to prevent Childhood Obesity", Vanderbilt University, Nashville; TN. July 2012.

Teaching Experience

- **ADHD Treatment Options for Pediatricians.** Hosted by Concert Health in collaboration with NM PCEC Peds Subcommittee. Sponsored by The West Region CME Series. December 4, 2025
- **Collaborative Care for Primary Care Providers: Addressing Post Traumatic Stress Disorder (PTSD) and Bipolar Disorder.** Hosted by Concert Health in collaboration with AIMS Center, University of Washington. Sponsored by The American Academy of Family Physicians. CME Series. April 1, 2025 - December 5, 2025
- **Anxiety Disorders in Pediatric Populations: Clinical Overview & Collaborative Care Approaches**. Hosted by Concert Health in collaboration with NM PCEC Peds Subcommittee. Sponsored by The West Region CME Series. - February 25, 2026.

NOT YET RETAINED

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