

St. Mary's Regional Hospital Family Medicine Residency



Sabrina Mitchell DO, CAQ, - Program Director

I was raised in California but now call Grand Junction home as I've lived here longer than any other place in my entire life! I joined the residency as faculty in 2010 and have been the Program Director since 2019. I attended medical school at the University of New England College of Osteopathic Medicine in Maine class of 1999 and completed my Family Medicine residency training at MSU-Sparrow in Lansing, MI in 2001 as part of their rural track. I practiced for 7 years in Farmington, NM at the FQHC and as a hospice medical director prior to moving to Grand Junction. I am dual board certified in Family Medicine and Hospice/Palliative Care. My favorite part of resident education is teaching residents how to provide palliative based care to their continuity panel and teaching DO residents how to keep/grow their OMT skills while not having it take over their schedules.



Karlynn Sievers, MD, Associate Program Director

I was born in Missouri and did my medical training there, attending medical school at the University of MO – Columbia and my residency at Truman Medical Center – Lakewood. I then went into private practice in Rolla, MO for almost 6 years before transitioning to teaching. After a brief locum tenens assignment in New Zealand, I moved to the residency program at the University of WY – Casper. But I wanted a place with a little less winter, so I finally found my way to the residency program here in Grand Junction in 2017.

When I'm not at work, you can find me hanging out with my husband and two sons, taking walks to enjoy the beautiful scenery and weather in Grand Junction, or participating in writing competitions. (How's that for a nerdy pastime?) Our family also has a bulldog and two ferrets that keep me amused when I'm not involved in the nerdier activities.



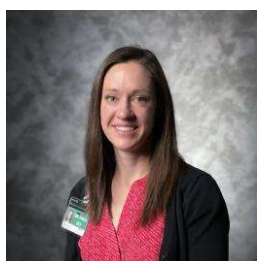
Drew Gerdes, MD, Associate Program Director

I was born and raised deep in the heart of Texas. Before moving to Colorado, I earned my BA at the University of Texas at Austin (Hook'em Horns!) and attended medical school at the University of Texas Medical School at Houston where I graduated AOA. I looked West for residency training and never looked back. Coming to St. Mary's for residency training, I fell in love with the medical community in Grand Junction, the endless outdoor opportunities, and my wife - who I met on a blind date during my second year of residency. As a residency faculty since 2018, it has been such a joy to practice full-spectrum medicine alongside our residents. I also coordinate the pediatrics curriculum, medical student rotations, and chair the residency's Wellness Committee. Outside of work, I can be found training for my next race (road running > trail), chasing my two boys on their bikes, or scouring the town for the best place to grab a bite or a drink.



Keith Dickerson, MD, MS; Inpatient Medicine Director & SMRH Medicine Department Chair

I was born and raised in southeast Pennsylvania, then attended Drexel University in Philadelphia, earning a BS in Electrical Engineering in 1989, an MS in Biomedical Engineering in 1992 and an MD in 1997, graduating cum laude. After a 3-year residency in Family Medicine at the University of New Mexico I completed a 4-year Air Force commitment at Kirtland Air Force base from 2000-2004. I realized I wanted to teach, live in Colorado, but not be on the Front Range, so I pursued St. Mary's Family Medicine Residency, where I have been Faculty since 2004. My principal areas of interest are Hospitalist Medicine, Adult Learner Theory, Quality/Safety, and maintaining joy within a medical career by optimizing life-balance. My non-medical interests are trail running, biking, and skiing; reading and writing; listening to and making music; and spending time with my wife and daughter. I am currently the Medicine Department Chair for St. Mary's and Associate Program Director for the residency.



Bethany Price, DO, Clinic Medical Director

I was born in the small mountain town of Norwood, Colorado, and grew up here in Grand Junction. I completed medical school at Oklahoma State University, then returned to Colorado for residency at St. Joseph Hospital in Denver. Prior to joining St. Mary's, I worked as faculty at St. Anthony North in Denver.

I enjoy many aspects of Family Medicine, but have a special interest in preventative care, community medicine, and working with underserved populations. I believe in shared decision making with patients and work to provide them with medical education so that they can make informed decisions and participate in their healthcare plans.

When I am not seeing patients, I enjoy hiking, camping, cooking, and spending time with my husband, twin girls, family, and friends.



Tonya Cook, PharmD

I'm a pharmacist on faculty with the residency. I earned my Doctor of Pharmacy at the University of New Mexico and then completed a residency in Ambulatory Care at the Asheville VA in North Carolina. I've worked in retail, hospital, and clinic settings, giving me different perspectives on the healthcare system. I enjoy teaching and seeing individual growth over time.

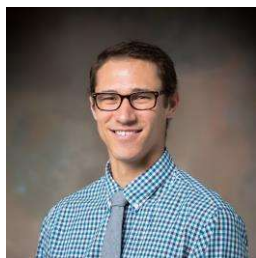
Areas of focus in the residency program include collaborative care, diabetes management and medication assisted therapy. Outside of work I enjoy reading, cooking, and hiking.



Nathan Harms, MD

I grew up in a small town in Kansas and attended undergrad at Kansas State University. I then attended the University of Nebraska Medical School where I met my future wife in the Cadaver Lab. We were fortunate enough to graduate together and attend residency here in Grand Junction. After residency, we joined a rural practice in Northeast Iowa. There we were able to embrace our passion for International Medicine and spent three months annually in Guatemala. After several years we moved full-time to Guatemala with our two children to live and work at a small mission hospital. We have now returned to the Western slope and are happy to be back.

I enjoy doing full-spectrum family medicine including obstetrics, inpatient care, and outpatient care. I continue to have a passion for International Medicine as well. My family loves to explore all that the Grand Valley has to offer, including hiking in the summer and skiing in the winter.



Justin McCarthy, MD

I was raised in Golden, CO, baptized in Coors Banquet. My first act of teenage defiance was leaving CO to settle down in Omaha's amber waves in the study of Medical Anthropology. After earning my BA and MD from Creighton University, Colorado's prodigal son jumped at the opportunity to return to the dramatic canyonscapes of Western Colorado for residency. While training at St. Mary's I discovered my joy of teaching and mentoring. I have done additional training in HIV and am board certified in HIV medicine. I've always seen medicine as a powerful tool for advocacy and enjoy my work in the community medicine and advocacy pieces of curriculum.

I'm married to a small woman with a big heart and have two smaller-yet kids with bigger-yet opinions. My wife, Rachel, works as a LCSW/therapist in town and at home. When I'm not molding minds, you're likely to find me outdoors availing myself of Western Colorado's finest offerings.



Michael Olson, PhD, LMFT

I'm Mike Olson, the Director of Behavioral Medicine Education. I completed my undergraduate and master's degrees at Brigham Young University, earned my Ph.D. at Kansas State University, and then completed a post-doctoral fellowship in behavioral medicine at the University of Texas. I'm married and have five children. Outside of work, I enjoy playing the piano, creating art, hiking, and skiing with my family. Prior to joining the team at St. Mary's, I directed the behavioral medicine program at the University of Texas. I have also worked at the University of Nebraska Medical Center in Omaha, co-directing their behavioral medicine program and helping develop a Ph.D. program in medical family therapy.



Randall Reitz, PhD

Since 2008, I've been the Director of Behavioral Medicine at the residency. In this role, I focus on resident wellness and narrative medicine, direct our behavioral health training program, and supervise our integrated behavioral health services.

My scholarly interests include narrative medicine, professional identity development, mentorship, and transdisciplinary training. I love languages and speak Portuguese, Spanish, and French.

Outside the residency, I was elected to Grand Junction's City Council, am married with three children, and love trail running, mountain biking, card games, and baking. We live at the heart of downtown Grand Junction in a 115-year-old church that we're converting into a home.



Katie Rose-Borcherding, DO

I was born and raised in beautiful Colorado Springs, CO. I attended Seattle Pacific University in Seattle, WA and obtained a Bachelor of Science degree in Physiology. I attended medical school at Rocky Vista University in Packer, CO, where I completed an undergraduate fellowship in Osteopathic Principles and Practices. I attended Family Medicine Residency at Ascension Via Christi in Wichita, KS. After training, I came back to my home state, working in Delta, CO where I provided full scope family medicine with surgical obstetrics. I joined St Mary's Family Medicine Faculty in the spring of 2025.

My areas of interest include Osteopathic Manual Medicine, obstetrical and pediatric care. Working with women and children brings so much joy to my work.

My husband, Justin, and I are expecting our first human child in September 2025. We already have two fur babies, Copper and Aspen, the sweetest goldendoodles around. When not working, you can find me with my family having adventures in the great outdoors of Colorado- skiing, hiking, hunting, and backpacking.



Stephanie Voyles, MD

I was born in Toronto but primarily grew up in Fresno, California. I attended medical school at the University of California at Davis and completed Family Medicine Residency in Merced, California. After several years practicing rural primary care in the San Joaquin Valley,

I joined the St. Mary's faculty in 2019 where I enjoy seeing patients in the clinic, hospital, and nursing home settings alongside the residents. I love getting to work with supportive colleagues, enthusiastic learners, and an engaged clinic staff. I strongly appreciate our integrated behavioral health primary care program.

When not working, I spend time with my husband, our three children, two dogs, two cats, and one bunny (so far!)



Kelsey Walsdorf, MD

I was born and raised in southern Louisiana, just outside of New Orleans. I attended medical school at Louisiana State University School of Medicine in New Orleans where I fell in love with full scope family medicine including obstetrics. I trained at St. Mary's Family Medicine Residency Program followed by fellowship training in women's health and surgical obstetrics at the University of Alabama in Huntsville.

I joined SMFMR faculty in 2024 where I enjoy providing excellent care to the whole family.

Outside of work, I enjoy the outdoors: riding horses, and spending time with my husband on our ranch in Fruita.

Administrative Staff

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Joan Cox, Program Manager

I joined the residency in June 2001, and over the years, my role has grown from Coordinator to Manager. I was born and raised in Albuquerque, New Mexico, but I've called Grand Junction home since 1985. I have a deep passion for the culinary arts and absolutely love to travel whenever I get the chance. I'm also a proud mom to one son and share my home with two wonderful dogs.



Ashley Miller, Program Coordinator

I am originally from Phoenix, AZ but have lived in Colorado long enough to consider it my home state. Oldest of eight children auntie of six, and mom of a four-legged, furry demon named Diego, I'm used to wrangling chaos--a skill that comes in handy as the residency's Program Coordinator. Before joining the residency, I earned my Bachelor's degree in Counseling Psychology, then decided grad school wasn't for me. Since a fair number of my family members work in healthcare, I decided to give that a try and I've never looked back. Outside of work, I'm a published author with at least one novel in the works at any given time, and I may or may not be a hoarder of unfinished craft projects.



Jami Mier, Administrative Assistant

I am a Colorado Native, I joined St Mary's Family Medicine Team in 2014 as a phone scheduler, I have enjoyed many years forming connections with patient's and clinic staff to help provide the best care possible. I am excited to have transitioned my role as Program Administrative Coordinator with the residency. In my free time I enjoy cheering on my Granddaughters on with their sports, and spending time outdoors.



Abby Ketchum, Administrative Assistant

I grew up in a small town in Northwest Colorado called Craig. I attended Fort Lewis College in Durango, Colorado for a few years, then graduated from Metropolitan State University in Denver, Colorado with a BA in English Literature and Philosophy. Throughout my career, I've worked in various areas of healthcare and education. Working at the Residency is a good fit for me because it combines these two fields. When I'm not working, I love soaking up the sunshine in Fruita, where I reside with my husband and three kids. We also spend a lot of time with our church family, serving and enjoying fellowship.