

Chapter Member Spotlight



Name: Kamaal A. Jones, M.D., F.A.A.P.

Practice location: High Desert Regional Health Center Hub Clinic

Number of years in practice: one

I was born and raised in Greenburgh, NY, a suburb 20 minutes north of New York City. After doing my undergraduate studies at Cornell University, I completed a year of health equity service work with Community HealthCorps in Port Chester, NY. I completed medical school at Loyola University Chicago, followed by residency training in pediatrics at Stanford Children’s Hospital.

Throughout my education and early career, I have gravitated towards working closely with some of the most marginalized patient populations. I have helped to facilitate a support group for teens who survived gun violence in Chicago, taught a reproductive health curriculum at the San Jose Juvenile Detention facility, ran focus groups with children of incarcerated parents, and currently care for children in the foster care and child welfare system. I also have dedicated much of my time to advocacy and policy related work, and in addition to my attending work, am at the tail end of an advocacy fellowship with the American Medical Association and Satcher Health Leadership Institute.

Outside of these things, I love hanging out with my wife, traveling to interesting places, reading, and enjoying a good show on Netflix.

What do you do before work that sets the tone for your day?

I work in Lancaster and live in LA, so I have an hour drive to work each clinic day. I cherish the morning drives, and will often drive in meditative silence, listen to some great music, or enjoy a podcast. When I take the time to absorb a ride and enjoy the beauty of the area, I find it sets a calm tone for my day!

What are some challenges or struggles that you face at work?

Working out in the Antelope Valley is rewarding but challenging! Although we are part of LA County, we are 45 minutes from the nearest county hospital, and have very few local resources. This is sometimes tough for our families and for our providers, as we strive to provide the best possible care. I also work entirely with patients who are within the DCFS system, which comes with many of its own challenges. While well intentioned, it is a system that can be easily impacted by bias and is challenging to navigate for many families and caregivers, so takes a lot of work to provide the best possible care.

How do you work through or overcome your challenges or struggles?

I am so grateful for my wonderful team! Medicine is a team sport, and I am grateful for all of our providers, nursing staff, public health nurses, mental health clinicians, and host of other partners who keep the ship moving forward. Most importantly, my patients are really special, and I am very grateful for them. They keep me trying my best and striving every day to overcome these challenges. I also am an advocate and I believe working to change the system is one of the best things you can do for your patients (and your own well-being)!

After work, what do you do for your own wellness?

After work I will usually decompress during my hour drive home, and when I get in, I catch-up with my wife, and I will often cook a meal for us. By the end of the evening, I enjoy a nice show.

From what/whom does your inspiration or motivation stem?

My draw to care for patients at the margins was in many ways hardwired in by my parents who, through their own example, taught my sister and me to commit to service. My mother worked for 40 years as a public-school teacher in NY. My father has been a leader in our church, engaging in service throughout our community. They normalized service in our household. I am also inspired by my patients, who push me to be the best doctor that I can be; and my wife, who pushes me to be the best person that I can be.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?

I would recommend taking time each day to give gratitude. We live in particularly challenging times. While we are sometimes just holding things together, our brains are also frequently pushing us to figure out what's next. I have found that just reflecting for 30 secs every day about things for which I am grateful has impacted me to stay grounded and at peace, without being complacent.

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