

# Wilsa M.S. Charles Malveaux

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P.O. Box # 280443  
Northridge CA, 91328

## **EDUCATION:**

- 7/12- 9/16 **UCLA-San Fernando Valley, Psychiatry Residency Program**  
Los Angeles, CA  
Resident Physician in Psychiatry
- 8/04- 2010 **Howard University College of Medicine, Washington DC**  
Doctor of Medicine (M.D.) degree awarded 12/17/2011.
- 9/96-6/01 **Stanford University, Stanford CA**  
Bachelor of Arts (B.A.) and Master of Arts (M.A.) degrees in Psychology

## **LICENSURE/CERTIFICATIONS:**

- 2023 Mental Health and Wellness in the Workplace Certificate. Certified by USF Office of Corporate Training and Professional Education on 10/06/2023
- 2021 Diversity, Equity, and Inclusion in the Workplace Certificate. Certified by the University of South Florida Muma College of Business on 5/5/2021.
- 2017 Board Certified in Psychiatry by the American Board of Psychiatry and Neurology, Inc. (ABPN); Certified on 09/18/2017.
- 2015 Completed comprehensive course for Medical Review Officer (MRO) certification. April 2015.
- 2014 Medical license issued by Medical Board of California.
- 2014 Buprenorphine Certification: Received waiver to treat opioid use disorder with Buprenorphine on 12/31/14.

## **RESIDENCY HONORS/**

## **AWARDS/ACHIEVEMENTS:**

- The recipient of the “Outstanding Teaching Resident: UCLA San Fernando Valley” award for the 2015-2016 academic year. Award presented by the UCLA Department of Psychiatry and Biobehavioral Sciences, at the annual Excellence in Teaching Awards Ceremony, June 7th, 2016.
- Selected as a Chief Resident (Academic Development Chief) for the 2015-2016 academic year. Activities included but not limited to the following: Helped shape and participated in the curriculum of resident lectures; Assisted with recruitment activities; Served as an informational liaison between program and several medical school deans; Created an updateable printed resource for residents on research and fellowship opportunities in psychiatry; Prepared pearls of guidance for those who wish to pursue research careers; Met with residents to discuss their interest in applying for various APA fellowships and research grants.
- Worked with IT department and created electronic sign-out system to keep track of our patients and to facilitate the hand-off of care between providers.
- Selected as an American Psychiatric Association (APA) Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellow 2014- 2016
- Served on APA’s Council on Advocacy and Government Relations (CAGR) 2014- 2018

## **MEDICAL SCHOOL HONORS/**

### **AWARDS:**

- Selected for the Howard-Hopkins Graduate and Medical School Scholars Program Summer Fellowship between the Howard University Cancer Center and Johns Hopkins University College of Medicine 2008
- Awarded by the J. Robert Gladden Orthopaedic Society (JRGOS) a DePuy Educational Assistance Scholarship to attend the 2007 NMA meeting in Honolulu, HI, and present in the medical student and resident research paper competition.
- Leadership award for the HUCM Orthopedic Surgery Interest Society (OSIS) 2006
- Awarded by the J. Robert Gladden Orthopaedic Society (JRGOS) an Educational Assistance Scholarship to attend the 2006 NMA meeting in Dallas, TX, and present in the medical student and resident research paper competition.
- Chosen as one of the first Zimmer Orthopedic summer scholars/ interns 2005.

## **OTHER HONORS/**

### **AWARDS:**

- Named a "Healer You Need to Know" by Counseling Black Women on March 18th 2024  
[https://www.linkedin.com/posts/counseling-black-women\\_counselingblackwomen-blackpsychiatrist-blackhealers-activity-7175525963462541312-4Sca?utm\\_source=share&utm\\_medium=member\\_android](https://www.linkedin.com/posts/counseling-black-women_counselingblackwomen-blackpsychiatrist-blackhealers-activity-7175525963462541312-4Sca?utm_source=share&utm_medium=member_android)
- Featured in the March 2024 Special Edition of WomLEAD magazine as one of the "Top 25 female leaders", March 19th 2024  
<https://www.womleadmag.com/dr-wilsa-m-s-charles-malveaux-an-athlete-turned-psychiatrist-dedicated-to-helping-sports-stars-thrive/>
- Honored by Howard University as one of their "Women Making History", March 31st 2024  
[https://www.linkedin.com/posts/howard-university\\_womenshistorymonth-howardwomenmakehistory-activity-7180217349931773952--\\_6S?utm\\_source=share&utm\\_medium=member\\_android](https://www.linkedin.com/posts/howard-university_womenshistorymonth-howardwomenmakehistory-activity-7180217349931773952--_6S?utm_source=share&utm_medium=member_android)
- Stanford Academic Honor Roll
- Stanford Athletic Honor Roll
- Track and Field Achievement Award
- All-Academic Pac-10
- Most Dynamic Soror, Alpha Kappa Alpha Sorority Inc. (community service organization)
- Female Athlete of the Year 2000 Stanford Black Community Service Center (BCSC)
- Stanford Track and Field history: upon graduation ranked in all-time top 5 in 7 events; held 3 school records (2 as member of relay teams)

## **EXAMINATIONS:**

- ABPN Certification Exam 09/2017
- USMLE Step 3 11/2013
- USMLE Step 2 CK (Clinical Knowledge) 10/2011

- USMLE Step 2 CS (Clinical Skills) 02/2010
- USMLE Step 1 05/2007

**PRESENTATIONS  
/ PUBLICATIONS:**

**Peer Reviewed Journal Articles/Abstracts**

Charles Malveaux WMS, Altha J. Stewart MD, Ulrick Vieux DO. Sports Psychiatry: Assuring a Diverse Workforce in an Area of Increasing Professional Interest  
<https://www.sciencedirect.com/science/article/abs/pii/S1056499323000998> . Published on-line ahead of print on December 26th 2023

Charles Malveaux, WMS. Addressing Racial and Ethical Disparities in Women's Mental Health Care.  
<https://www.psychiatrytimes.com/view/addressing-racial-and-ethnic-disparities-in-women-s-mental-health-care>  
Published on-line ahead of print July 25th, 2023

Charles Malveaux, WMS. A Look at the Biggest Barriers to Effective Mental Health Care for Women of Color.  
<https://www.psychiatrytimes.com/view/a-look-at-the-biggest-barriers-to-effective-mental-health-care-for-women-of-color> Published on-line ahead of print Jun 12, 2023.

Charles Malveaux, W. If Looks Could Kill: How the fetishization of Black bodies and the weaponization of European beauty standards are used against Black women in sport. <https://www.psychiatrytimes.com/view/if-looks-could-kill>  
Psychiatric Times. Advance online Publication March 11, 2022.

Charles Malveaux WMS, Bell TL, Lee C-M, Reid RE. Psychiatry's Stigma in Minority Communities: A Social Media Solution. Medscape. <http://www.medscape.com/viewarticle/876115> . Published online February 24, 2017.

Sharan AD, Kaye D, Charles Malveaux WMS, Riew D. Dropped Head Syndrome: Etiology and Management. Journal of the American Academy of Orthopaedic Surgeons 2012 Dec;20(12):766-74. doi: 10.5435/JAAOS-20-12-766

Wiltfong RE, Bono CM, Charles Malveaux WMS, Sharan AD. Lumbar Interbody Fusion: Review of History, Complications, and Outcome Comparisons Among Methods. Current Orthopedic Practice. 2011 May; Publication Status: Published on-line ahead of print.

Charles Malveaux WMS, Sharan AD. Adjacent Segment Disease After Lumbar Spinal Fusion: A Systematic Review of the Current Literature. Seminars in Spine Surgery. 2011 Oct; 23(4): 266-274.

Charles WMS, Purdie V, Thomas E. The Experience of Injury and Failure in Athletes: Psychological Implications and Effects on Sport Related Relationships, Identification with Sport, and the Decision to Continue or Quit. Medicine & Science in Sports & Exercise. 2003 May; 35(5): S51.

Charles WMS, O'Mara G, Hayes AM, Lee M, Myers JN, Perakash I, Kiratli JB. Psychosocial Outcomes and Health and Fitness After Spinal Cord Injury. American Paraplegia Society 49th Annual Conference Abstracts. 2003 Sep; 49(None listed): 24-25.

Hayes AM, Myers JN, O'Mara G, Charles WMS, Lee MY, Perakash I, Kiratli JB. Heart Rate Response to Exercise After Spinal Cord Injury. American Paraplegia Society 49th Annual Conference Abstracts. 2003 Sep; 49(None listed): 23.

Lee MY, Hayes AM, Charles WMS, O'Mara G, Myers JN, Perakash I, Kiratli JB. C-Reactive Protein and Heart Disease Risk in Spinal Cord Injury. American Paraplegia Society 49th Annual Conference Abstracts. 2003 Sep; 49(None listed): 22-23.

Myers JN, Hayes AM, Charles WMS, Lee M, Perakash I, Kiratli JB. Heart Rate Variability, Physical Activity, and Cardiovascular Health in Patients With Spinal Cord Injury. American Paraplegia Society 49th Annual Conference Abstracts. 2003 Sep; 49(None Listed): 22.

### Peer Reviewed Book Chapter

Charles Malveaux, W.M.S., & Sharan, A.D., & Errico, T. (Authored 2010; **Published Date:** 21st May 2012). Operative Management of Scheuermann's Kyphosis. In A.R. Vaccaro, & E.M. Baron (Ed.), Operative Techniques: Spine Surgery SECOND EDITION. Philadelphia, PA. Elsevier.

### Poster Presentations

Sharan, A., Charles Malveaux, W. (2010, November). The Use of Ketorolac in Minimally Invasive Lumbar Spinal Fusion. Poster presented at: Society for Minimally Invasive Spine Surgery (SMISS) Annual Meeting; Miami, FL.

Charles, W. (2005, August). MRI Based Volumetric Analysis of Femoral Intercondylar Notch, ACL, and PCL. Poster presented at: National Medical Association National Conference; New York, NY.

Charles, W., Myers, J., Kiratli, J. (2002, February). Electrocardiographic Findings in Chronic Spinal Cord Injury. Poster presented at: Department of Veterans Affairs Third National Rehabilitation, Research, and Development Conference; Washington, DC.

### Oral Presentations

Charles Malveaux, W. (2017, June 5th). Seminar on *When to Refer*. Seminar given to psychotherapy interns at Phillips Graduate University. Chatsworth CA.

Charles Malveaux, W., Bell, T., Lee, C., Reid, R. (2016, May). Chair of workshop on *Stigma of Psychiatry Amongst Ethnic Minorities and the Use of Social Media and the Internet to Reach Underserved Populations*. Workshop presented at American Psychiatric Association (APA) National Conference; Atlanta, Georgia.

Charles Malveaux, W. (2016, March, & April) Return guest lecturer in Cultural Psychiatry series. Presentations given to UCLA residents on cultural psychiatry, considerations in ethnic minority populations, and social media. Lectures to be presented at the UCLA Semel Institute for Neuroscience and Human Behavior. Los Angeles, CA.

Charles Malveaux, W. (2015, June) Guest lecturer in Cultural Psychiatry series. Presented to UCLA residents on cultural psychiatry, considerations in ethnic minority populations, and social media. Lecture presented at the UCLA Semel Institute for Neuroscience and Human Behavior. Los Angeles, CA.

Charles Malveaux, W. (2015, May) Grand rounds presenter. Presented on Use of Social Media & the Internet to Educate the Masses: Increasing Awareness and Decreasing the Stigma of Psychiatry Amongst Minority Populations. Presentation given at the Sepulveda Veteran's Administration Ambulatory Care Center, to faculty, staff and residents of the UCLA- San Fernando Valley Psychiatry Residency Program. North Hills, CA.

Charles Malveaux, W., Bell, T., Lee, C., Reid, R. (2015, May). Chair of workshop on Use of Social Media & the Internet to Educate the Masses: Increasing Awareness, and Decreasing the Stigma of Psychiatry Amongst Minority Populations. Workshop presented at American Psychiatric Association (APA) National

Conference; Toronto, Canada.

Charles Malveaux, W. (2014, May) Psychocutaneous Disorders. Lecture given to Psychiatry Consult & Liaison class at UCLA- Olive View Medical Center; Sylmar, CA.

Charles Malveaux, W. (2014, March) Psychiatric Considerations in Surgery. Lecture given to Psychiatry Consult & Liaison class at UCLA- Olive View Medical Center; Sylmar, CA.

Charles Malveaux, W. (2014, February) Psychotherapeutic Approaches to Terminally Ill Patients. Featured lecture given to Internal Medicine residents at medicine morning report. UCLA- Olive View Medical Center; Sylmar, CA

Charles Malveaux, W. (2014, February) Psychiatric Aspects of Lung disease. Lecture given to Psychiatry Consult & Liaison class at UCLA- Olive View Medical Center; Sylmar, CA.

Charles Malveaux, W. (2014, January) Spirituality, Psychological Issues, and End of Life Issues in Medical Patients. Lecture given to Psychiatry Consult & Liaison class at UCLA- Olive View Medical Center; Sylmar, CA.

Charles, W. (2007, August). Comparing the Volumes of Femoral Intercondylar Notch, Anterior Cruciate Ligament, and Posterior Cruciate Ligament Between Skeletally Mature and Immature Knees: A Magnetic Resonance Imaging Based Volumetric Analysis. Oral Presentation presented at: National Medical Association National Conference; Honolulu, HI.

Charles, W. (2006, August). MRI Based Volumetric Analysis of Femoral Intercondylar Notch, ACL, and PCL. Oral Presentation presented at: National Medical Association National Conference; Dallas, TX.

Charles, W. (2003, May). The Experience of Injury and Failure in Athletes: Psychological Implications and Effects on Sport Related Relationships, Identification with Sport, and the Decision to Continue or Quit. Oral Presentation presented at: American College of Sports Medicine (ACSM) National Conference; San Francisco, CA.

Charles, W., O'Mara, G., Hayes, A., Lee, M., Myers, J., Perakash, I., Kiratli, J. (2003, September). Psychosocial Outcomes and Health and Fitness After Spinal Cord Injury. Oral Presentation presented at: American Paraplegia Society (APS) 49th Annual Conference; Las Vegas, NV.

#### **Other Publications:**

Charles Malveaux, W. Statement from Black Psychiatrists of America on Damar Hamlin, and Sudden Cardiac Arrest (SCA). <https://www.blackpsychiatrists.org/bpa-statement-on-damar-hamlin-and-sca> . Published online January 17, 2023. Reprinted with permission in the Southern California Psychiatric Society February newsletter: <https://www.socalpsych.org/2023/02/february-2023/>.

Charles Malveaux, W., Agames, E., Ashiofu, E., Begel, D., Conant-Norville, D., Stewart, A., Suite, D., Taylor, S. An Open Letter: Sports Psychiatrists in Solidarity with the Community of Black, Indigenous, and People of Color Facing Racial Injustices. LinkedIn. <https://www.linkedin.com/pulse/open-letter-sports-psychiatrists-solidarity-community- dr-wilsa> Published online January 1st, 2021.

Charles Malveaux, W. Overcoming Premature Exits from Sport: Living with the loss, Learning life lessons, and Leveraging your experience. LinkedIn. <https://www.linkedin.com/pulse/overcoming-premature-exits-from-sport-living-loss-wilsa/> Published online September 23, 2020.

Charles Malveaux, W. Six Coping Strategies from Sport to Overcome Stress in the Time of COVID 19. LinkedIn. <https://www.linkedin.com/pulse/six-coping-strategies-stress-time-covid-19-wilsa/> Published online May 1, 2020.

### **Media Appearances and Speaking Engagements:**

Charles Malveaux, Wilsa. The Conversations Project, Underdog Ventures/Andscape — Participated as a talk show and dinner party Guest Speaker in the episode titled "Reclaiming Wellness: Embracing Beauty and Well-Being in the Black Community." Episode filmed on August 6, 2023, in Los Angeles, CA. Air date TBD

Charles Malveaux, Wilsa. Interviewed for the Athletes Mindset Podcasts, hosted by Lisa Bonta Sumii, The Intersection of Sports Psychiatry and Performance with Dr. Wilsa Charles Malveaux Episode 77 <https://sportsepreneur.com/sports-psychiatry-and-performance-dr-wilsa-charles-malveaux/> . Aired February 14th 2024

Charles Malveaux, Wilsa. Speaker/Session Moderator at the [National Basketball Players Association \(NBPA\)](#) 's Inaugural, annual Global Mental Health Summit. Session title: *Unveiling Inner Strength: Athletes Perspectives on Mental Health*. Held at NBPA Headquarters, September 14th, 2023, New York, NY.

Charles Malveaux, Wilsa. Interviewed for the Great Girlfriends Podcasts, hosted by Sybil Amuti, How to Cultivate Psychological Safety in Your Relationships <https://thegreatgirlfriends.com/how-to-cultivate-psychological-safety-in-your-relationships/?kref=https%3A%2F%2Fthe-greatgirlfriends.com%2F> . Recorded August 10th 2023.

Charles Malveaux, Wilsa. Speaker for Team USA Women's Health & Performance Webinar Series, hosted by the United States Olympic & Paralympic Committee (USOPC) Women's Health Task Force and USOPC Mental Health. Discussed "Trauma: Understanding biological reactions, psychological ramifications, and building pathways to resilience, and renewal." Aired Live via Zoon on Tuesday October 18th, 2022.

Charles Malveaux, Wilsa. Guest Panelist on The Business of Being Black with Tammi Mac show on Fox Soul TV. Topic "Should Recreational Marijuana be a Banned Substance for Professional Athletes." <https://youtu.be/L14mt5JAFtA?si=K8h2vzpfIsXYpobM>. Aired Live on Tuesday October 26th, 2021.

Charles Malveaux, Wilsa. Guest Panelist on Athlete Soul's Feed the Soul Summit discussing "Identity & Athletic Retirement: Aligning your Sport Career with your Bigger Picture of Life." [www.athletessoul.org/2021-summit](http://www.athletessoul.org/2021-summit) . Aired Live on Thursday October 21st, 2021.

Charles Malveaux, Wilsa. Featured Expert in Sports Illustrated Cover Story: 'We're Playing With Fire': The Mental Peril of This NBA Season. Authored by Michael Pina. <https://www.si.com/nba/2021/05/26/mental-health-peril-nba-season-daily-cover> . Published online Wednesday May 26, 2021.

Charles Malveaux, Wilsa. Guest mental health expert on the live radio show, Radio One, hosted by Dr. Marilyn Corder, on WOL1450AM. Invited to speak about Mental Health in the Black Community and Mental Health and Black athletes. Aired Live on Saturday May 22<sup>nd</sup>, 2021.

Charles Malveaux, Wilsa. Interviewed for the Thinking About Building Your Career podcast, hosted by Janice Saunders, Certified Professional Life Coach from NYU. Episode 6: <https://anchor.fm/janice3061/episodes/Ep-6-Dr--Wilsa-Charles-Malveaux-e11g3sk> . Aired Live on Friday May 21<sup>st</sup>, 2021.

Charles Malveaux, Wilsa. Panelist for The Steve Fund's May Community Conversation entitled 'Minding' My Body: Mental Health and Student-Athletes of Color, co-sponsored by the Center for Race and Ethnicity in Sport at University of Michigan. [https://www.youtube.com/watch?v=GVPaC-s7yNU&list=PLiQNo4441Gt-rChaUNtjCw5TDOo\\_zlMC7&index=1&t=1385s](https://www.youtube.com/watch?v=GVPaC-s7yNU&list=PLiQNo4441Gt-rChaUNtjCw5TDOo_zlMC7&index=1&t=1385s) Aired Live on Thursday March 25, 2021.

Charles Malveaux, Wilsa. Speaker for the Chicago Bulls Distinguished Speaker Series. Hosted by the Chicago Bulls BOLD Employee Resource Group (ERG). Guest speaker for Mental health Awareness Month presentation, hosted by Dan Moriarty- Sr Director of Digital. Invited by Dr. Wendy Borlabi, Director of Performance and Mental Health for the Chicago Bulls. Aired Live via Zoon on Monday March 10<sup>th</sup>, 2021.

Charles Malveaux, Wilsa. Interviewed, and served as a panelist by the Arizona State University's Global Sport Institute for their Live show, Global Sport Matters - GSM Live: Tough Conversations for 2021. <https://globalsportmatters.com/events/2021/01/08/gsm-live-tough-conversations-2021/> Aired Live on Thursday, January 21st, 2021.

Charles Malveaux, Wilsa. Invited speaker for the Women's Basketball team for Lewis and Clark College in Portland Oregon. Invited by the Assistant to Associate Athletic Director for the College. Live Zoom presentation aired on Friday January 8th, 2021.

Charles Malveaux, Wilsa. Interviewed by ESPN Analyst Darryl Jacobs, and co-host Dom Savino. Straight To The Point-Sports Talk. <https://lnkd.in/eejyVg> Aired Live, Monday October 26<sup>th</sup>, 2020.

Charles Malveaux, Wilsa, Bell, T., Lee, C., Reid, R. Interviewed by Steven Chan. The Doctor Weighs In. Social Media and Telemedicine in Psychiatric Care. <http://thedoctorweighsin.com/social-media-and-telemedicine-in-psychiatric-care/>. Published Online, June 6, 2015.

## **MEDIA CONSULTATION:**

**Consultant**, Apple TV. Cupertino, CA, August 25<sup>th</sup>- September 9<sup>th</sup>, 2021.

Expert consultant for the HAGS/Queens of Hell show on Apple TV. Collaborated with TV-show writers and executive producers to provide accurate historical information regarding the presentation and treatments of relevant mental illnesses in the period of the show. Provided historical background and names of notable figures in psychiatry of the time being portrayed. Gave detailed descriptions of the clinical presentations of numerous psychiatric disorders to allow for creative reproduction of symptoms. Gave historical context for the available treatments to avoid misrepresentation of how diseases would have been managed in the time-period depicted. Answered questions from show writers to assist in their creative process.

**Volunteer Consultant**, Hollywood, Health & Society. Los Angeles, CA, 1/15/15-2019.

Served as an expert advisor in the database of healthcare providers, specifically in psychiatry. Collaborated with TV-show writers and producers to provide accurate public health education through the media. Responded to inquiries from TV-show writers and producers on a variety of topics. Answered questions and discuss scenarios with the shows. Contributed to multiple shows including "Switched at Birth," and "Nashville" on ABC Family.

## **EMPLOYMENT/WORK EXPERIENCE:**

November 2020-Present: **Psychiatrist / Mental Health Service Provider**, Listed in the United States Olympic & Paralympic Committee (USOPC) Mental Health Registry.

February 2019- Present: **Psychiatrist / Mental Health Service Provider**, National Basketball Players Association (NBPA) Mental Health and Wellness Program, Los Angeles, CA

January 2019-Present: **Contracted Reviewer & Committee Member**, United States Anti-Doping Agency (USADA), Therapeutic Use Exemption Committee (TUEC), Colorado Springs, CO. As a member of the Therapeutic Use Exemption Committee (TUEC), serve as one of the expert physicians, who works with athletes, and publishes research in my field of specialty (Psychiatry). TUEC members conduct an individual and independent review of TUE applications, assessing the medical appropriateness and necessity of banned substances, and then making a recommendation as to whether an exemption should be granted.

March 2018-Present: **Founder, President, and CEO** of Wilsa CM Medical Corporation. Doing Business as (DBA) WCM Sports Psych since October 2020.

March 2018-December 2019: **Contracted Reviewer**, CareReview Inc., Arlington, TX.

September 2016- June 2022: **Psychiatrist**, Comprehensive Psychiatric Services, Los Angeles, CA.

## **RESEARCH EXPERIENCE:**

- 2010-2011     **Research Fellow/Associate**, Montefiore Medical Center/ Albert Einstein COM, New York, NY  
Authored chapter on Sheuermann's Kyphosis for textbook "Operative Techniques: Spine Surgery SECOND EDITION". Authored review articles on adjacent level disease of the spine, and lumbar interbody fusion injuries. Worked with orthopedic sports specialist as the site coordinator for a randomized control trial. Compiled tables to organize projects and progress for research team meetings. Assisted in development of research ideas. Performed literature searches and composed detailed outlines of current relevant research articles for new projects. Formulated ideas for papers using existing data and literature. Collected and analyzed study data. Compiled working data into clear and descriptive tables for review by research committee. Attended grand rounds & resident lectures. Prepared abstracts for presentation at national research meetings. Completed research grant & IRB applications. Participated in the Minimally Invasive Surgical Skills training session. Completed CITI human subjects research training course.
- 2008            **Research Assistant**, Howard University Cancer Center, Washington DC  
Facilitated two studies: ♦*A RCT of Exercise Intervention on Fatigue and Quality of Life in African-American Breast Cancer Patients Undergoing Chemotherapy*, and ♦*Comparing the Lozenge to the Patch for Smoking Cessation*. Determined eligibility of interested persons for study participation. Reviewed study protocols and grants. Obtained informed consent from study participants. Performed exercise testing on breast cancer patients. Checked vital signs during study participants' workouts on treadmill and bikes. Entered and coded study data. Performed literature search and obtained current relevant research articles. Compiled working data into clear and descriptive tables for review by research committee. Completed surveys and questionnaires with research participants. Counseled patients on



adverse effects of smoking and advised on methods to quit. Made follow up appointments for study participants. Corresponded with project manager and study coordinators at study headquarters. Ordered and retrieved medications from pharmacy for study participants. Obtained saliva samples for genetic testing.

- 2005 -2007 **Summer Research Scholar**, TRIA Orthopedic Center, Bloomington, MN  
Shadowed team of orthopedic surgeons, radiologists, and physical therapists in the clinic. Facilitated the examination and treatment of patients. Observed surgical procedures in the operating room. Assisted with training of orthopedic surgeons in new surgical procedures in cadaveric lab. Attended professional basketball games and assisted team coach with management of injured athletes. Developed ideas, and designed research study proposed by program mentor. Compiled literature search for study, met with appropriate support team, and coordinated collection of patient research participants from various hospital sites and sources. Performed volumetric analysis of MRI scans. Collected and analyzed study data. Created poster and power point presentations for conferences. Presented research at conferences.
- 2001-2004 **Research Health Science Specialist**, VA Palo Alto Health Care System, Palo Alto, CA  
Designed and disseminated recruitment materials for both ambulatory and Spinal Cord Injured (SCI) subjects for 3 studies: ♦*Heart Rate Variability (HRV), Physical Activity & Cardiovascular Health in SCI*, ♦*Cardiac Disease and the ECG in Spinal Cord Injury Patients*, and ♦*Development of a Self-Report Measure of Impact of Spasticity After SCI*. Achieved over 70% of total recruitment of ambulatory controls within first year and a half of involvement with HRV Study. Developed protocol manual for HRV and ECG studies. Created summary booklet of all blood labs, pulmonary function test, and stress test values evaluated. Served as liaison between research team, doctors, and patients for both the SCI inpatient portion of HRV study and the Spasticity study. Screened, scheduled, tested, and interviewed participants. Kept track of all participant reimbursement. Scrutinized and collaborated on preparation and modification of testing materials and protocols for approval by Internal Review Board (IRB). Collect and analyze study data.
- 2001 **Master's Thesis**, Department of Psychology, Stanford University, Stanford, CA  
*The Experience of Injury and Failure in Athletes: Psychological Implications and Effects on Sport Related Relationships, Identification with Sport, and the Decision to Continue or Quit*. Examined the experience of injury and failure in athletes, effects on relationships with coaches, teammates, and doctors, and the resulting effect on the athlete's identity, self-esteem, and the decision to continue or quit.
- 1999-2000 **Research Assistant**, Department of Psychology, Stanford University, Stanford, CA  
Worked in Dr. Jennifer Eberhardt's Lab on stereotyping and prejudice. Organized database. Developed techniques for data collection, organization, and entry. Developed techniques for taking and modifying pictures for stimuli. Participated in weekly meetings to discuss status of research. Retrieved and reviewed research articles.
- 1999 **Research Assistant**, Department of Cardiology, PAVAHCS, Palo Alto, CA  
Worked in cardiology department of the Palo Alto VA Health Care System (PAVAHCS) with Dr. Victor Froelicher. Ran patients/participants on exercise treadmill tests, EKG, and motion tests. Administered questionnaires and interviewed patients/subjects for evaluating fitness levels. Read EKGs and noted patterns for medical evaluation and report. Attended lectures on trends and issues in cardiology research. Taught other assistants how to administer tests.
- 1998 **Research Assistant**, Department of Psychology, Stanford University, Stanford, CA  
Worked in Dr. Laura Carstensen's lab on emotion.
- 1997 **Research Assistant**, Department of Psychology, Stanford University, Stanford, CA

Conducted research with Doctor Angela Cole PhD, on self-efficacy and prejudice within the American voting and legal system.

#### **ADDITIONAL WORK EXPERIENCE:**

- **Personal Trainer** for Gold's Gym in Greenbelt Maryland. Monitored gym and ensured patrons used equipment safely and properly. Trained clients to reach their fitness goals. Formulated individualized training plans for clients. Oriented new members and demonstrated sample workouts in gym. Recruited new members. Sold training sessions. Covered sessions for other trainers when they were unavailable. Coordinated with nutritionist for holistic approach to weight reduction. Improved exercise tolerance, endurance, Body Mass Index, strength, and flexibility in clients.
- **Residential Program Coordinator**, for Health Careers Opportunity Program (HCOP) at the Center of Excellence of Stanford University's School of Medicine. Assembled student orientation and information binders. Coordinated and attended educational trips for students in HCOP. Corresponded with doctors to coordinate clinical shadowing. Lived with students for the duration of the program and assisted with residential needs. Planned and held house meetings. Maintained bulletin board with information on current health issues. Attended periodic staff meetings.
- **Weight Room Supervisor**, in Arrillaga weight room on Stanford's campus. Checked ID of weight room users upon entry. Answered phone. Made periodic checks of the facilities and ensured the area was tidy and safe for equipment users. Addressed questions of weight room visitors and instructed them on use of the machines.
- **Assistant Office Manager**, in the dental office of Dr. Wilfred Charles. Kept track of daily schedule. Recalled patients due for check-ups. Scheduled patients. Prepared examination room for patients. Called insurance companies to verify coverage. Kept lobby/reception area tidy.

#### **BOARD POSITIONS:**

- **Western Regional Trustee, Region IV on Board of Directors for the Black Psychiatrists of America (BPA). (September 2020-present)** As the Western Regional Trustee, serve as a member of the Executive Committee (Board of Directors) of the BPA. Work collaboratively with other board members to ensure proceedings are in line with the organization bylaws; Personally integral to the updating of the organizational Bylaws; Headed efforts to ensure non-profit/Tax exempt status was maintained and taxes were up to date; Voting member involved with determining which business, philanthropic and educational ventures the organization will undertake. Also serve as a member of the Finance Committee.
- **Chair, Cardinal Council, Stanford University, Stanford, CA, (09/1998-06/2001)**  
Oversaw activities and programs of this student run advisory board for Stanford's athletic department. Organized and participated as coach in the Annual Youth Olympics held at Stanford each May. Traveled to various elementary schools in the Bay Area, and served as a mentor by giving presentations about the importance of education and how sports can be healthy, helpful, and fun. Served on planning committee for annual all-Athletes' Formal.

#### **COMMUNITY SERVICE/ LEADERSHIP:**

- **Chair, BPA, Sports Psychiatry Committee. (February 2023-Present)**  
Inaugural chair of the Sports Psychiatry Committee for the BPA. Authored the statement on Damar Hamlin's injury and the Mental health related comorbidities of Sudden Cardiac Arrest. Lead the charge on community

and professional education on sports psychiatric issues. Build partnerships for the BPA with other organizations and companies with sports and mental health initiatives. Form collaborations with other non-profits to provide community resources and information related to sports and mental health. Organize committee members nationwide to mentor others interested in practicing Sports Psychiatry.

- **Chair, International Society for Sports Psychiatry (ISSP), Committee on Racial and Social Justice. (September 2020-February 2021)**  
Lead committee on developing an organizational statement and action steps to address issues pertaining to racial and social injustices as they relate to the field of Sports psychiatry, athletes, and the sports community at large.
- **Guest Speaker**, Alpha Kappa Alpha Community Health Fair, Theme: “Mind and body wellness.” Canoga Park, CA, Monday January 16<sup>th</sup>, 2017.  
Gave a talk with personally made handouts in English and Spanish to community members about mental health.  
Provided information defining mental illness, signs of mental illnesses, and how and when to get help. Also provided information on community resources.
- **Committee Member**, University of California Los Angeles (UCLA) Diversity Committee. Los Angeles, CA, 11/2014- May 2016.  
Collaborate with other committee members to organize events such as grand rounds, and panel discussions at UCLA that educate the health community on issues of diversity as it pertains to race, ethnicity, gender, socioeconomic status, sexual orientation, religion, disability, age, language, nationality, citizenship status and/or place of origin. Advocate for diversity education at the university, and making proposals regarding educational experiences.
- **Speaker/Mentor**, Institute on Psychiatric Services (IPS) Conference “How To” Session for Minority Medical Students. San Francisco, CA. 10/30/2014. Participated in mentorship meeting with a group of minority medical students and advised on steps to obtaining a residency position in psychiatry, navigating the Residency Match Process, finding their career passions, opportunities for career advancement, interviewing tips, and other topics in medical career development.
- **Guest Speaker**, Urban Science Academy, Bronx, New York, 12/08/2011  
Delivered a power point presentation and talk for three classes of 6-8th grade boys & girls (150 students) at the Urban Science Academy’s first annual Career Day. Designed interactive demonstrations and activities, to illustrate a career in medicine, while keeping the students engaged. Spoke with the students about the path to a career in medicine. Also discussed diversity, educational goals, sports as a creative and useful outlet, focus, dedication, perseverance, and overcoming setbacks, living above discouragement, avoiding distractions, and setting goals for their own lives.
- **Inspirational Speaker**, Huntington Middle School, West Virginia, 04/ 2011  
Designed and delivered a power point presentation and talk to the 8th grade girls’ class (200 students) at Huntington Middle School. Spoke with the girls about diversity, educational goals, sports as a creative and useful outlet, focus, dedication, perseverance, overcoming setbacks, living above discouragement, avoiding distractions, and setting goals for their own lives. Hosted a question-and-answer session after the talk and made myself available for future contact and counsel for the students.
- **Track Coach** for the Hummingbirds Track Club, 04/2008- 08/2008  
Head coach of the intermediate (15-16) girls. Single handedly managed almost 30 high school girl athletes. Coached girls’ 4x800m relay team to successfully qualify for the USA Track & Field Junior Olympics in summer of 2008. Developed training regimen for the athletes. Oversaw and led track athletes through drills and practice. Developed workouts for independent/home training.

Filled in for absent coaches of the boys' team and other age groups. Formulated relay teams, and assigned events for meets. Traveled with team to meets around the country. Chaperoned team on trips and coordinated events scheduling, entries, and warmups for high school athletes.

- **President** of the HUCM Orthopedic Surgery Interest Society, 2006  
Delegated responsibilities amongst the OSIS officers. Planned, scheduled, and organized monthly OSIS meetings. Formulated the agenda for OSIS meetings. Monitored the progress of various sub committees within OSIS. Distributed notices regarding meetings and activities to the HUCM student body.
- **Vice President of Public Affairs and Correspondence**, HUCM Orthopedic Surgery Interest Society (OSIS), Washington DC, 07/2005-06/2006  
Organized the first panel discussion, dinner, and mixer for various orthopedic surgeons and the HUCM student body. Kept track of professional contacts made by OSIS members. Organized contact information of surgeons and other professional contacts. Sent OSIS newsletter out to OSIS affiliates, supporters, and mentors. Invited guest speakers to lecture at OSIS' monthly meetings. Participated, as a part of the AAOS national conference, in the construction of a new playground for the children in an underserved area of Washington DC.
- **Class representative to the admissions committee**, Howard University College of Medicine (HUCM), Washington DC, 07/2005-06/2006  
Met with applicants, attended bi-weekly admission committee meetings, reviewed, and discussed applications with other committee members, voted on applicants and whether or not they should be admitted to the college of medicine.
- **Mentor**, Partners for Academic Excellence (PAE), Stanford University, Stanford, CA  
09/1997-06/1998 & 09/2003-05/2004  
Independently mentored a group of 16 freshmen students. Organized student meetings and activities. Created exercises on goal making, and career planning. Advocated and counseled on the use of various resources available at Stanford University. Guided student athletes on how to balance their academic and athletic responsibilities. Hosted dinners for student mentees. Aided students' adjustment to and navigation of college/campus life.
- **Community Service Chair**, Alpha Kappa Alpha (AKA) Sorority, Stanford University, Stanford, CA, 05/1998-06/2000  
Coordinated and participated in a mentor program with high school girls. Arranged visits to and programs for Hopkins Manor retirement home. Oversaw the organization of programs for children at Lucille Packard Children's Hospital. Solicited support for "The Giving Tree" (program to supply Christmas gifts for needy children). Served food to the homeless at a local soup kitchen.
- **Core Officer**, Caribbean Students' Association, Stanford University, Stanford CA  
01/1997-06/2000  
Originated and launched a campus-wide shoe drive to collect and send athletic shoes for school children in Grenada. Created, planned, and organized projects to help children in the community.
- **Additional community service activities:**
  - **Recruitment of speakers** for the HUCM Women in Medicine panel discussion "*The Balancing Act: Balancing Professional life, Personal life, and Family as a Woman Physician.*" 2008.
  - **HUCM Hurricane Katrina relief effort-** Coordinated & participated in fundraising efforts for relief of Katrina victims. Single handedly raised the second highest amount of money of all volunteers. 2005.
  - **Participated in construction of a playground to service over 7,000 children** from the surrounding neighborhoods and 19 elementary schools in the inner-city Anacostia neighborhood of S.E.

Washington D.C. Playground construction was done along with other attendees of the 2005 American Academy of Orthopedic Surgeons (AAOS) national conference.

- o **Brought school supplies and spent two weeks renovating buildings** at La Escuela Episcopal de Trinidad Santo elementary school in La Cieba, Honduras (Central/Latin America). 1998.

## **PROFESSIONAL**

### **AFFILIATIONS/DEVELOPMENT:**

- American Psychiatric Association (APA)
- APA Council on Advocacy and Government Relations (CAGR)
- International Society for Sports Psychiatry (ISSP)
- Black Psychiatrists of America (BPA)
- Southern California Psychiatric Society (SCPS)
- Association of Black Women Physicians (ABWP)
- American College of Sports Medicine (ACSM)
- American College of Occupational and Environmental Medicine (ACOEM)
- Howard University Medical Alumni Association (HUMAA)
- National Medical Association (NMA)
- Alpha Kappa Alpha Sorority Inc. (an international community service organization)
- Mind Over Body Sport Psychology online group
- Mental Performance in Sports online group
- Sport & Exercise Professional Network online group

### **SKILLS:**

- **Computer:** Experienced with Macintosh, IBM, Gateway, Compaq, HP, ASUS. Software includes Windows, MS Word, Word Perfect, Claris Works, Excel, Microsoft Publisher, Microsoft Power Point, Filemaker, StatView, Microsoft Outlook, Netscape, Yahoo, Google, Bing, Medline Plus, LinkedIn, and PsychInfo, SAS, SPSS, Sigma Stat, Sigma Plot, Endnote. Web browsers include Internet Explorer, Google Chrome, and Mozilla Firefox.
- **Electronic Medical Records (EMR)** systems: Point-and Click, Care Connect, Epic, CPRS, Clinical Workstation, Wellsoft, Avatar, Practice Fusion, Valant, EXYM, RXNT.
- **Languages:** English; Advanced professional proficiency, written and spoken, in Spanish

## **ADDITIONAL**

### **INFORMATION:**

- Former member and leading Sprinter, Stanford University Varsity Track and Field team; trained to compete in the Summer Olympics for Track and Field; Upon graduation ranked in Stanford Track & Field's all-time top ten in 5 events (55m dash, 60mdash, 100m dash, 4x100m relay, and 4x400mrelay). Still, and since 1999, a record holder, ranked #2 of all time, in the 55m dash.
- Soloist- Stanford Gospel Choir, Abundant Life Christian Fellowship Gospel Choir, HUCM Inspirational choir, & formal social occasions (Weddings, Funerals).
- Other volunteer positions include Corresponding secretary, Assistant Secretary, and Stepmaster-AKA sorority
- Acting and Modeling- Featured in several print and TV commercials, and was under modeling contract with Style Elite talent agency from 2008-2012.