

County Council of Howard County, Maryland

2019 Legislative Session

Legislative Day No. 6

RESOLUTION NO. 57 - 2019

Introduced by: Chairperson at the request of the County Executive

A RESOLUTION confirming the appointment of Dr. Andre'a Watkins to the Local Behavioral Health Advisory Board.

Introduced and read first time on May 6, 2019.

By order

Jessica Feldmark
Jessica Feldmark, Administrator to the County Council

Read for a second time and a public hearing held on May 20, 2019.

By order

Jessica Feldmark
Jessica Feldmark, Administrator to the County Council

This Resolution was read the third time and was Adopted , Adopted with amendments , Failed , Withdrawn by the County Council on June 3, 2019.

Certified by

Jessica Feldmark
Jessica Feldmark, Administrator to the County Council

NOTE: [[text in brackets]] indicates deletions from existing language; TEXT IN SMALL CAPITALS indicates additions to existing language. ~~Strike-out~~ indicates material deleted by amendment; Underlining indicates material added by amendment.

**Watkins, Andre'a
Patrice MD, MPH**

Present Work

Independent Contractor

**Postgraduate
Training**

Howard University Hospital, District of Columbia
PGY-1 Psychiatry Resident 7/09-6/10

University of Maryland Baltimore,
Maryland PGYears 2-4 Psychiatry Resident
7/10-7/13

**Educatio
n**

Medicine-University of North Carolina School of Medicine, Chapel Hill, North Carolina
08/2004 - 05/2009 Doctorate of Medicine, 05/2009

Graduate - University of North Carolina School of Public Health, Chapel Hill,
NC Concentration in Preventative Health 08/2008 - 05/2009 Master's of Public
Health, 05/2009

Undergraduate - Spelman College, Atlanta,
GA Biology, Magna Cum Laude 08/2000 -
05/2004 Bachelor's of Science, 05/2004

Special Trainings/Certification ABPN
Certified Suboxone Licensed Transcranial
Magnetic Stimulation Certified
Trauma-Focused Therapy Trained
Cognitive Behavioral Therapy
Telepsychiatry

Acknowledgments/Committees

Holy Cross Health Behavioral Task Force Committee 7/18-present Selected to advise and oversee the expansion of behavioral health services for Holy Cross Health System

International Association of Healthcare Professionals Recognized as a National Leading Physician of the World within Psychiatry 9/2016

Sheppard Pratt Hospital Certificate of Outstanding Performance 9/2014
Health Information Management Certificate Award of Appreciation 4/2014

Residency Honors / Awards Clarence G Shulz Prize Award Recipient for excellency in Psychotherapy Chief Resident of Inpatient Psychiatry

Medical School Honors / Awards Dean's Academic Full-Tuition Scholarship

Work Experience

Axis Healthcare Group, a Mindoula Affiliate- Kensington MD

Chief Medical Officer 7/18-2/19 Duties include strategic development and oversight of clinical policies and treatment guidelines; direct supervision of all Medical Directors within Healthcare Group at all service delivery treatment sites; direct growth and oversight of outpatient treatment programs and expansion of services that maximize fiscal fitness; Works in alignment with CEO, CFO, and President of Mindoula management (sister company) in maintaining quality of Psychiatric Service Programs; Aides in and serves as representative in sales meeting for expansion of Axis Healthcare Group services; works in an interface between hospital CMO's, VPMAs and CNOs to guarantee quality delivery of services while fostering collaborative working relationships to serve in contract retention; Aides in marketing strategies for guidance of company branding

Axis Healthcare Group, Vice President of Clinical Affairs 12/17-7/18 Duties include strategic development and expansion of psychiatric service business lines across the company; directs and oversees clinical policy development and execution to maintain compliance with governing healthcare agencies; work to enhance quality improvement initiatives without compromising cost-effectiveness; directs and develops educational

programs for clinician learning; develops treatment protocols and manages physician compliance with gold-standards of care; works in an interface between hospital CMO's, VPMAs and CNOs to guarantee quality delivery of services while fostering collaborative working relationships to serve in contract retention; Create an environment that fosters physician and staff collaboration to enhance revenues, control costs, manage utilization, develop new programs, and continuously improve clinical quality customer service and overall performance; direct processes for recruitment strategies; periodically review and direct guidelines for optimization of practice management

Southern Maryland Hospital Center, Chairman of Psychiatry 3/17-2/19 Duties include serving as a representative liaison between Psychiatry and other medical specialities to inform multidisciplinary approaches to Quality Improvement; Directs process of formal professional evaluation, appraisals, and feedback to Physicians and Allied Health performing clinical duties within Dept of Psychiatry; Directs growth and expansion of programs within Inpatient Service line to promote financial fitness and improve quality standards of care; Serves as a mediator for conflict resolution among staff within Dept of Psychiatry; collaborates with hospital compliance team and safety officers to ensure an appropriate safe environment on the inpatient service for patient care and rehabilitation; directs solution-oriented event reviews to inform strategies for process improvement

Southern Maryland Hospital Center, Medical Director of Behavioral Health 2/17-2/19 Duties include clinical and procedural management of inpatient behavioral health service line; direct oversight of clinical staff performance; informs compliance of behavioral health policies and procedures to remain in alignment within appropriate scope of practice to meet CMS and Hospital standards; directs execution of integrated treatment strategies within other medical disciplinary specialties; oversight of patient safety measures within clinical treatment modalities

Axis Healthcare Group, Medical Director of Clinical Services 1/17-12/17 Duties included management of employee and staff compliance with policies and procedures; oversight of clinical practice performance of employees; management of company growth and commercial expansion; management of practice cost effectiveness and company productivity; Directed programs that targeted provider education to promote ongoing advancements in quality of care; Oversees and reviews patient complaints and formulate resolutions; Developed standards and qualifications for medical personnel by participating in the recruitment and selection process for medical providers; Served as a representative and liaison between Axis Healthcare Group and subsidiary contract

facilities managed by Axis Healthcare Group

Axis Healthcare Group, Medical Director of Outpatient Services 3/16-2/19 Duties include oversight of clinical practice and review and implementation of administrative policies and procedures for all outpatient practices under Axis Healthcare Group. Led direction for hiring and onboarding process of clinical providers; Provided supervision of treatment and management of medication management and therapy services for all clinical providers; Direct process improvement to drive quality improvement and reduce waste in outpatient setting; Lead conflict resolution strategies among staff and employees

9/15-1/17 Adult Aging Services, Kensington Park Provided psychiatric evaluations and treatment plans in the aging population suffering from affective disorders and aging related cognitive disorders. Liaison between staff, somatic physicians, and family to execute both pharmacological and behavioral interventions for mood disorders, psychosis, and dementia/cognitive related behavioral disturbances.

3/9/15-2/19 Kensington Outpatient Clinician Duties include diagnostic evaluation and ongoing clinical management of patients with affective and co-occurring disorders via pharmacologic strategies. Provided Treatment plans executed with the coordination of social work staff and somatic physicians when necessary. Referrals for higher levels of care and/or procedural techniques (ECT and TMS) were performed when clinically indicated.

3/15-2/19 Transcranial Magnetic Stimulation Provider- TMS Greenbrook Neurohealth Centers- Kensington A certified clinician trained in the application of TMS for treatment of depression, anxiety, and mood disorders; Duties include TMS pre-evaluation, TMS procedure implementation, TMS interim and post-treatment evaluation; Directs coordination of care as consulting physician with outpatient provider to advise treatment strategies to optimize outcomes

Sheppard and Enoch Pratt Hospital-Towson, Maryland 8/1/13-3/15 *General Psychiatrist- Inpatient and Adult Day Hospital Attending* Duties included providing clinical services on the Young Adult Unit and Adult Day Hospital treating Mood Disorders, Co-occurring Substance Use Disorders, and Psychotic Disorders. Clinical responsibilities included diagnostic evaluations, development and execution of treatment plans, participation in the development of discharge care planning,

daily clinical evaluations for stabilization, crisis management, and management of chronic and mildly acute somatic disorders.

1/14-3/15 *Medical Student Teaching* Duties included active supervision of medical students to enhance learning experience and promote acquisition of clinical skills in the specialty of psychiatry. Teaching role involved managing student clinical rotation activities to meet clinical learning objectives. Active teaching of psychopharmacology, therapy techniques, and diagnostic criteria for disorders within neuropsychiatry was executed. Teaching and modeling of interview techniques was also performed.

7/14-3/15 *Telepsychiatry, Resident Supervisor Attending-Worcester County* Offered supervision of 3rd year residents in clinical management of mood disorders, psychosis, and co-occurring substance use disorders within an offsite patient population on the Eastern Shore. Duties included training in treatment management, safety assessment, and diagnostic evaluations.

Baltimore Crisis Response, Inc 3/13-7/13 *General Psychiatrist- Crisis Bed management* Psychiatrist role in further stabilization of pts with moderate to severe symptomatology and social needs within a short-term residential facility. Responsibilities included initial assessment, management of mental illnesses, and treatment of minor medical comorbidities. Treatment setting included a multidisciplinary team approach including collaboration with Nursing, Mental Health Workers and SW staff.

University of Maryland-Sheppard Pratt Residency Program, Baltimore, Maryland 7/2012-1/2013 *Chief Resident of Inpatient Services/Junior Attending* Worked as a liaison between administrative staff and residents. Served to communicate resident concerns and provide feedback related to protocols and procedures. Helped to implement lectures and meetings to enhance resident learning. Served as an adjunct to the Attending to provide resident oversight. Served as direct supervisor of residents and medical students. Worked with supporting services to maintain rapport and troubleshoot procedural issues

M.E.D. Medical Educational Development Program, North Carolina 7/2007 - 06/2008 *Program Assistant* Worked as a Program Assistant dedicated to improving the enrollment status in the health professions area amongst minority/underserved populations. Worked to aide in program development and implementation. Responsibilities included assisting with

materials/application processing, aiding in the program selection process, helping to design program structure and schedule. I also helped with the faculty training process and served as a liaison between program participants and faculty

Community Experience 9/10-4/11, 9/11-4/12, 9/12-4/13 Cultural Diversity Day Committee, UMD-SEPH Residency Program, MD *Committee Member/Story Telling Hour Planner, Media Segment Presentation* Worked as a committee member to help organize an annual program event dedicated to cultural diversity. The mission aimed to enhance knowledge of unique culture considerations as it relates to treatment within the field of Psychiatry. Worked as a co-chair in instituting the first Story-Telling Hour, an interactive event in which scheduled speakers and audience members engage in a discussion on resiliency related to Mental Health.

Research Experience Defeat Beliefs, Negative Symptoms and Functioning 7/2012-6/2013 *Investigator, Dr. Gregory Strauss* A participant in a research project to further enhance my knowledge of clinical research, the process of recruitment, and the process of protocol development. The primary focus of this research included the characterization of negative symptoms in schizophrenia and a core belief model as a genesis for these symptoms. The goal is the utilization of non-traditional therapy techniques to target the treatment of these symptoms.

KESMM - Kids Eating Smart Moving More, North Carolina 05/2008 - 06/2008 *Investigator, Dr. Alice Ammerson, Dr. Lisa Pullen-Davis* A practicum experience performed to enhance my knowledge of program planning and implementation strategies as it relates to medical intervention. The goal of this project was to address possible intervention strategies for childhood obesity. My responsibilities were to engage in field work done in participating practices by observing the process of training at enrollment sites. Other duties were to help with enrollment by conducting pre-screening phone calls and to attend local and distant workshop enrollment festivals. My personal goal was to develop a better understanding of the cultural and social variables as it relates to child nutrition and health.

Photovoice UNC-School of Public Health- Community Competency, NC 01/2008 - 04/2008 *1 of 4 investigators, Dr. Geni Eng* Worked as a team-member on a Community Based Participatory Research Project involving 5 Latino High-School Students. This research project involved coordinating weekly meetings to discuss photographs taken by each student in regards to issues concerning the Latino community. Qualitative research methods were used, involving coding and the implementation of the "Photovoice Technique" to create a presentation for

public health purposes for the students of a latino-based adolescent community program-El Pueblo.

American Pediatric Research Society, Georgia 05/2005 - 07/2005 *Investigator, Dr. Gee* Participated in a 2 month research program in which I was responsible for conducting research project dedicated to improving pediatric health under supervision of experienced PI. The goal of this project was to investigate the differences in vascular remodeling among sickle cell and control subjects. Responsibilities included performing experiments, developing protocols, and helping with subject recruitment. Project also involved clinical work with sickle-cell patients enrolled in study.

SURP- Summer Undergraduate Research Program, New York 05/2003 - 07/2003 *Investigator, Dr. Bruce Hannah* Participant in a research program to enhance laboratory research skills and promote interest in the areas of medical professions. Worked in microbiology lab at Bellevue hospital under supervision of experienced clinical microbiologist. Designed and implemented original protocol to examine vancomycin resistance in *Enterococcus Faecilus*. Performed presentations on a program and national level

Howard Hughes Research Program, Georgia 08/2001 - 05/2001 *Investigator, Dr. Margaret Stanfield* Participant in research program to improve laboratory skills and knowledge of higher-level scientific practices. Implemented designed protocol under supervision of experienced PI to examine role of potassium channels in the differentiation of monocytes. Additional responsibilities included attending local science conferences and completing academic requirements to promote an improvement in scientific paper writing.

Publication

s

HealthGrades Online Publications: 7/27/16-present

- **Treatment Options for Depression:**
<http://healthguides.healthgrades.com/finding-the-best-depression-treatment/treatment-options-for-depression>
- **What I Wish My Patients Knew About Treating Depression:**
<http://healthguides.healthgrades.com/finding-the-best-depression-treatment/w>

hat-i-wish-my-patients-knew-about-treating-depression

● **Advances in Schizophrenia Treatment:**

<http://healthguides.healthgrades.com/advances-in-schizophrenia/advances-in-schizophrenia-treatment>

● **New Treatment Options for Schizophrenia:**

<http://healthguides.healthgrades.com/advances-in-schizophrenia/new-treatment-options-for-schizophrenia>

● **7 Things I Wish My Patients Knew About Treating Schizophrenia:**

<http://healthguides.healthgrades.com/advances-in-schizophrenia/7-things-i-wish-my-patients-knew-about-treating-schizophrenia>

University of Maryland-Sheppard Pratt Residency Program, Academic Project

Watkins, A, Tran, L, Stokes, R (2012, April). *To Assess the Effects of Early Pharmacological and Psychotherapeutic Treatment Interventions in the Reduction of Post-Trauma Exposure-Related Cognitive Deficits in comparison to Latent or no Treatment in Children Diagnosed with PTSD* Paper Presented: University of Maryland Dept of Psychiatry for Science Research Day Affiliates: UMD-SEPH Dept of Psychiatry, Maryland Psychiatric Research Center

University of Chapel Hill, NC School of Public Health, Master's Thesis Watkins, A

(2009, May). Project FRAMME: *Forming Religious Alliances for Mental and Medical Education* Paper Presented: UNC-Chapel Hill School of Public Health for graduation candidacy

Spelman College, Poster Presentation Watkins, A. (2002, March). *Role of the*

expression of GIRK/IRK Channels in Undifferentiated Monocytes. Poster presented at: Annual Howard Hughes Science Day; Atlanta, GA.

Oral Presentations Watkins, A. (2013, May). *A Requiem for Lost Love*. : A

presentation of a psychotherapy paper and a discussion on Attachment. Grand Rounds presentation at Sheppard Pratt Hospital, Baltimore MD.

Watkins, A. (2003, July). *Transmission of Vancomycin Resistance from VRE to MRSA during Dual Colonization*. Oral Presentation presented at: National Research Program Symposium; D.C

**Watkins, Andre'a
Patrice MD, MPH**

Present Work

Independent Contractor

mail.com**Postgraduate**

Training

Howard University Hospital, District of Columbia
PGY-1 Psychiatry Resident 7/09-6/10

University of Maryland Baltimore,
Maryland PGYears 2-4 Psychiatry Resident
7/10-7/13

Educatio

n

Medicine-University of North Carolina School of Medicine, Chapel Hill, North Carolina
08/2004 - 05/2009 Doctorate of Medicine, 05/2009

Graduate - University of North Carolina School of Public Health, Chapel Hill,
NC Concentration in Preventative Health 08/2008 - 05/2009 Master's of Public
Health, 05/2009

Undergraduate - Spelman College, Atlanta,
GA Biology, Magna Cum Laude 08/2000 -
05/2004 Bachelor's of Science, 05/2004

Special Trainings/Certification ABPN
Certified Suboxone Licensed Transcranial
Magnetic Stimulation Certified
Trauma-Focused Therapy Trained
Cognitive Behavioral Therapy
Telepsychiatry

Acknowledgments/Committees

Holy Cross Health Behavioral Task Force Committee 7/18-present Selected to advise and oversee the expansion of behavioral health services for Holy Cross Health System

International Association of Healthcare Professionals Recognized as a National Leading Physician of the World within Psychiatry 9/2016

Sheppard Pratt Hospital Certificate of Outstanding Performance 9/2014
Health Information Management Certificate Award of Appreciation 4/2014

Residency Honors / Awards Clarence G Shulz Prize Award Recipient for excellency in Psychotherapy Chief Resident of Inpatient Psychiatry

Medical School Honors / Awards Dean's Academic Full-Tuition Scholarship

Work Experience

Axis Healthcare Group, a Mindoula Affiliate- Kensington MD

Chief Medical Officer 7/18-2/19 Duties include strategic development and oversight of clinical policies and treatment guidelines; direct supervision of all Medical Directors within Healthcare Group at all service delivery treatment sites; direct growth and oversight of outpatient treatment programs and expansion of services that maximize fiscal fitness; Works in alignment with CEO, CFO, and President of Mindoula management (sister company) in maintaining quality of Psychiatric Service Programs; Aides in and serves as representative in sales meeting for expansion of Axis Healthcare Group services; works in an interface between hospital CMO's, VPMA's and CNO's to guarantee quality delivery of services while fostering collaborative working relationships to serve in contract retention; Aides in marketing strategies for guidance of company branding

Axis Healthcare Group, Vice President of Clinical Affairs 12/17-7/18 Duties include strategic development and expansion of psychiatric service business lines across the company; directs and oversees clinical policy development and execution to maintain compliance with governing healthcare agencies; work to enhance quality improvement initiatives without compromising cost-effectiveness; directs and develops educational

programs for clinician learning; develops treatment protocols and manages physician compliance with gold-standards of care; works in an interface between hospital CMO's, VPMAs and CNOs to guarantee quality delivery of services while fostering collaborative working relationships to serve in contract retention; Create an environment that fosters physician and staff collaboration to enhance revenues, control costs, manage utilization, develop new programs, and continuously improve clinical quality customer service and overall performance; direct processes for recruitment strategies; periodically review and direct guidelines for optimization of practice management

Southern Maryland Hospital Center, Chairman of Psychiatry 3/17-2/19 Duties include serving as a representative liaison between Psychiatry and other medical specialities to inform multidisciplinary approaches to Quality Improvement; Directs process of formal professional evaluation, appraisals, and feedback to Physicians and Allied Health performing clinical duties within Dept of Psychiatry; Directs growth and expansion of programs within Inpatient Service line to promote financial fitness and improve quality standards of care; Serves as a mediator for conflict resolution among staff within Dept of Psychiatry; collaborates with hospital compliance team and safety officers to ensure an appropriate safe environment on the inpatient service for patient care and rehabilitation; directs solution-oriented event reviews to inform strategies for process improvement

Southern Maryland Hospital Center, Medical Director of Behavioral Health 2/17-2/19 Duties include clinical and procedural management of inpatient behavioral health service line; direct oversight of clinical staff performance; informs compliance of behavioral health policies and procedures to remain in alignment within appropriate scope of practice to meet CMS and Hospital standards; directs execution of integrated treatment strategies within other medical disciplinary specialties; oversight of patient safety measures within clinical treatment modalities

Axis Healthcare Group, Medical Director of Clinical Services 1/17-12/17 Duties included management of employee and staff compliance with policies and procedures; oversight of clinical practice performance of employees; management of company growth and commercial expansion; management of practice cost effectiveness and company productivity; Directed programs that targeted provider education to promote ongoing advancements in quality of care; Oversees and reviews patient complaints and formulate resolutions; Developed standards and qualifications for medical personnel by participating in the recruitment and selection process for medical providers; Served as a representative and liaison between Axis Healthcare Group and subsidiary contract

facilities managed by Axis Healthcare Group

Axis Healthcare Group, Medical Director of Outpatient Services 3/16-2/19 Duties include oversight of clinical practice and review and implementation of administrative policies and procedures for all outpatient practices under Axis Healthcare Group. Led direction for hiring and onboarding process of clinical providers; Provided supervision of treatment and management of medication management and therapy services for all clinical providers; Direct process improvement to drive quality improvement and reduce waste in outpatient setting; Lead conflict resolution strategies among staff and employees

9/15-1/17 Adult Aging Services, Kensington Park Provided psychiatric evaluations and treatment plans in the aging population suffering from affective disorders and aging related cognitive disorders. Liaison between staff, somatic physicians, and family to execute both pharmacological and behavioral interventions for mood disorders, psychosis, and dementia/cognitive related behavioral disturbances.

3/9/15-2/19 Kensington Outpatient Clinician Duties include diagnostic evaluation and ongoing clinical management of patients with affective and co-occurring disorders via pharmacologic strategies. Provided Treatment plans executed with the coordination of social work staff and somatic physicians when necessary. Referrals for higher levels of care and/or procedural techniques (ECT and TMS) were performed when clinically indicated.

3/15-2/19 Transcranial Magnetic Stimulation Provider- TMS Greenbrook Neurohealth Centers- Kensington A certified clinician trained in the application of TMS for treatment of depression, anxiety, and mood disorders; Duties include TMS pre-evaluation, TMS procedure implementation, TMS interim and post-treatment evaluation; Directs coordination of care as consulting physician with outpatient provider to advise treatment strategies to optimize outcomes

Sheppard and Enoch Pratt Hospital-Towson, Maryland 8/1/13-3/15 *General Psychiatrist- Inpatient and Adult Day Hospital Attending* Duties included providing clinical services on the Young Adult Unit and Adult Day Hospital treating Mood Disorders, Co-occurring Substance Use Disorders, and Psychotic Disorders. Clinical responsibilities included diagnostic evaluations, development and execution of treatment plans, participation in the development of discharge care planning,

daily clinical evaluations for stabilization, crisis management, and management of chronic and mildly acute somatic disorders.

1/14-3/15 *Medical Student Teaching* Duties included active supervision of medical students to enhance learning experience and promote acquisition of clinical skills in the specialty of psychiatry. Teaching role involved managing student clinical rotation activities to meet clinical learning objectives. Active teaching of psychopharmacology, therapy techniques, and diagnostic criteria for disorders within neuropsychiatry was executed. Teaching and modeling of interview techniques was also performed.

7/14-3/15 *Telepsychiatry, Resident Supervisor Attending-Worcester County* Offered supervision of 3rd year residents in clinical management of mood disorders, psychosis, and co-occurring substance use disorders within an offsite patient population on the Eastern Shore. Duties included training in treatment management, safety assessment, and diagnostic evaluations.

Baltimore Crisis Response, Inc 3/13-7/13 *General Psychiatrist- Crisis Bed management* Psychiatrist role in further stabilization of pts with moderate to severe symptomatology and social needs within a short-term residential facility. Responsibilities included initial assessment, management of mental illnesses, and treatment of minor medical comorbidities. Treatment setting included a multidisciplinary team approach including collaboration with Nursing, Mental Health Workers and SW staff.

University of Maryland-Sheppard Pratt Residency Program, Baltimore, Maryland 7/2012-1/2013 *Chief Resident of Inpatient Services/Junior Attending* Worked as a liaison between administrative staff and residents. Served to communicate resident concerns and provide feedback related to protocols and procedures. Helped to implement lectures and meetings to enhance resident learning. Served as an adjunct to the Attending to provide resident oversight. Served as direct supervisor of residents and medical students. Worked with supporting services to maintain rapport and troubleshoot procedural issues

M.E.D. Medical Educational Development Program, North Carolina 7/2007 - 06/2008 *Program Assistant* Worked as a Program Assistant dedicated to improving the enrollment status in the health professions area amongst minority/underserved populations. Worked to aide in program development and implementation. Responsibilities included assisting with

materials/application processing, aiding in the program selection process, helping to design program structure and schedule. I also helped with the faculty training process and served as a liaison between program participants and faculty

Community Experience 9/10-4/11, 9/11-4/12, 9/12-4/13 Cultural Diversity Day Committee, UMD-SEPH Residency Program, MD *Committee Member/Story Telling Hour Planner, Media Segment Presentation* Worked as a committee member to help organize an annual program event dedicated to cultural diversity. The mission aimed to enhance knowledge of unique culture considerations as it relates to treatment within the field of Psychiatry. Worked as a co-chair in instituting the first Story-Telling Hour, an interactive event in which scheduled speakers and audience members engage in a discussion on resiliency related to Mental Health.

Research Experience Defeat Beliefs, Negative Symptoms and Functioning 7/2012-6/2013 *Investigator, Dr. Gregory Strauss* A participant in a research project to further enhance my knowledge of clinical research, the process of recruitment, and the process of protocol development. The primary focus of this research included the characterization of negative symptoms in schizophrenia and a core belief model as a genesis for these symptoms. The goal is the utilization of non-traditional therapy techniques to target the treatment of these symptoms.

KESMM - Kids Eating Smart Moving More, North Carolina 05/2008 - 06/2008 *Investigator, Dr. Alice Ammerson, Dr. Lisa Pullen-Davis* A practicum experience performed to enhance my knowledge of program planning and implementation strategies as it relates to medical intervention. The goal of this project was to address possible intervention strategies for childhood obesity. My responsibilities were to engage in field work done in participating practices by observing the process of training at enrollment sites. Other duties were to help with enrollment by conducting pre-screening phone calls and to attend local and distant workshop enrollment festivals. My personal goal was to develop a better understanding of the cultural and social variables as it relates to child nutrition and health.

Photovoice UNC-School of Public Health- Community Competency, NC 01/2008 - 04/2008 *1 of 4 investigators, Dr. Geni Eng* Worked as a team-member on a Community Based Participatory Research Project involving 5 Latino High-School Students. This research project involved coordinating weekly meetings to discuss photographs taken by each student in regards to issues concerning the Latino community. Qualitative research methods were used, involving coding and the implementation of the "Photovoice Technique" to create a presentation for

public health purposes for the students of a latino-based adolescent community program-El Pueblo.

American Pediatric Research Society, Georgia 05/2005 - 07/2005 *Investigator, Dr. Gee* Participated in a 2 month research program in which I was responsible for conducting research project dedicated to improving pediatric health under supervision of experienced PI. The goal of this project was to investigate the differences in vascular remodeling among sickle cell and control subjects. Responsibilities included performing experiments, developing protocols, and helping with subject recruitment. Project also involved clinical work with sickle-cell patients enrolled in study.

SURP- Summer Undergraduate Research Program, New York 05/2003 - 07/2003 *Investigator, Dr. Bruce Hannah* Participant in a research program to enhance laboratory research skills and promote interest in the areas of medical professions. Worked in microbiology lab at Bellevue hospital under supervision of experienced clinical microbiologist. Designed and implemented original protocol to examine vancomycin resistance in *Enterococcus Faecilus*. Performed presentations on a program and national level

Howard Hughes Research Program, Georgia 08/2001 - 05/2001 *Investigator, Dr. Margaret Stanfield* Participant in research program to improve laboratory skills and knowledge of higher-level scientific practices. Implemented designed protocol under supervision of experienced PI to examine role of potassium channels in the differentiation of monocytes. Additional responsibilities included attending local science conferences and completing academic requirements to promote an improvement in scientific paper writing.

Publication

s

HealthGrades Online Publications: 7/27/16-present

- **Treatment Options for Depression:**

<http://healthguides.healthgrades.com/finding-the-best-depression-treatment/treatment-options-for-depression>

- **What I Wish My Patients Knew About Treating Depression:**

<http://healthguides.healthgrades.com/finding-the-best-depression-treatment/w>

hat-i-wish-my-patients-knew-about-treating-depression

● **Advances in Schizophrenia Treatment:**

<http://healthguides.healthgrades.com/advances-in-schizophrenia/advances-in-schizophrenia-treatment>

● **New Treatment Options for Schizophrenia:**

<http://healthguides.healthgrades.com/advances-in-schizophrenia/new-treatment-options-for-schizophrenia>

● **7 Things I Wish My Patients Knew About Treating Schizophrenia:**

<http://healthguides.healthgrades.com/advances-in-schizophrenia/7-things-i-wish-my-patients-knew-about-treating-schizophrenia>

University of Maryland-Sheppard Pratt Residency Program, Academic Project
Watkins, A, Tran, L, Stokes, R (2012, April). *To Assess the Effects of Early Pharmacological and Psychotherapeutic Treatment Interventions in the Reduction of Post-Trauma Exposure-Related Cognitive Deficits in comparison to Latent or no Treatment in Children Diagnosed with PTSD* Paper Presented: University of Maryland Dept of Psychiatry for Science Research Day Affiliates: UMD-SEPH Dept of Psychiatry, Maryland Psychiatric Research Center

University of Chapel Hill, NC School of Public Health, Master's Thesis Watkins, A (2009, May). Project FRAMME: *Forming Religious Alliances for Mental and Medical Education* Paper Presented: UNC-Chapel Hill School of Public Health for graduation candidacy

Spelman College, Poster Presentation Watkins, A. (2002, March). *Role of the expression of GIRK/IRK Channels in Undifferentiated Monocytes*. Poster presented at: Annual Howard Hughes Science Day; Atlanta, GA.

Oral Presentations Watkins, A. (2013, May). *A Requiem for Lost Love. : A presentation of a psychotherapy paper and a discussion on Attachment*. Grand Rounds presentation at Sheppard Pratt Hospital, Baltimore MD.

Watkins, A. (2003, July). *Transmission of Vancomycin Resistance from VRE to MRSA during Dual Colonization*. Oral Presentation presented at: National Research Program Symposium; D.C