

CURRICULUM VITAE

Date Prepared: September 2018

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Place of Birth: Boston, MA

Education:

1982 BA, English
Princeton University

1983 Postgraduate concentration, Science
Columbia University

1988 MD
Tufts University

Postdoctoral Training:

07/88-06/89 Intern in Pediatrics, Massachusetts General Hospital

07/89-06/92 Resident in Adult Psychiatry, Massachusetts General Hospital

07/92-06/95 Fellowship in Child and Adolescent Psychiatry, The Cambridge Hospital

Faculty Academic Appointments:

07/90-06/95 Clinical Fellow in Psychiatry, Harvard Medical School

07/96-11/01 Clinical Instructor in Psychiatry, Harvard Medical School

12/01-06/03 Instructor in Psychiatry, Harvard Medical School

07/03-05/12 Assistant Professor of Psychiatry, Harvard Medical School

06/12-06/16 Associate Professor of Psychiatry, Harvard Medical School

06/16- Associate Professor of Psychiatry, Part time, Harvard Medical School

Appointments at Hospitals/Affiliated Institutions:

12/95- Active Staff, Department of Psychiatry, Division of Child and Adolescent Psychiatry, Cambridge Health Alliance

Other Professional Positions:

1996-2003 Consultant to Cambridge Superintendent and Cambridge High School
2012- Member, Advisory Board, Dearborn Academy
2014-2015 Member, NAMI Mass School Mental Health Advisory
2016- Consultant to The Education Cooperative

Major Administrative Leadership Positions:

Local:

1996-2016 Mental Health Director, Teen Health Center, Cambridge Health Alliance
2000 Course Director, Special Education Symposium “Identification and Treatment of Asperger/Pervasive Developmental Disorder and OCD as it Pertains to the Classroom,” Cambridge Public Schools
2001-2016 Director of School-Based Programs, Department of Psychiatry, Division of Child and Adolescent Psychiatry, Cambridge Health Alliance
2004-2016 Course Director, “Frameworks for Understanding Child and Adolescent Development,” Department of Psychiatry, Cambridge Health Alliance
2004 Course Director, “Adolescent Self Destruction,” Harvard Medical School Continuing Medical Education Course
2004 Course Director, “The Meaning of Medication to Children and Adolescents,” Harvard Medical School CME Course
2005 Course Co-Director, “Being a Danger to Self or Others: The importance of assessing safety in children and adolescents in schools and in the community,” Harvard Medical School CME Course
2005 Course Co-Director, “Treating Posttraumatic Stress Disorders in Adolescents,” Harvard Medical School CME Course
2006-2007 Course Co-Director, “Treating Students K to 12: Clinicians and Educators Working Together,” Harvard Medical School CME Course
2008 Course Director, “Making Schools Safe: Understanding the Threat of Aggressive and Violent Behaviors,” Harvard Medical School CME Course
2009-2014 Course Co-Director, “Treating Students K to 12: Clinicians and Educators Working Together,” Harvard Medical School CME Course
2015- Course Co-Director, “School Mental Health: Treating Students K-12” Harvard Medical School CME Course
2016- Senior Consultant, Department of Psychiatry, Division of Child and Adolescent Psychiatry, Cambridge Health Alliance

Committee Service:

Local:

1998-2012 Member, Executive Committee of the Child Fellow Residency Training Committee, Cambridge Health Alliance
1999-2004 Member, Cambridge Hospital Faculty Committee on Strategic Plan for Child Psychiatry Residency Training
2001-2004 Chair, Cambridge Hospital Continuity of Care Committee
Cambridge Health Alliance
2004-2015 Member, Child Complex Care Review Committee, Cambridge Health Alliance

2011-2015 Member, Child Outpatient Leadership Team, Cambridge Health Alliance

Regional

2014- Member, Professional Advisory Council, Dearborn Academy

Professional Societies:

1995- American Academy of Child and Adolescent Psychiatry, Member
1997-2001 AACAP Work Group on Schools, Member
1997- Massachusetts Medical Society, Member
1998- Society for Research on Adolescence, Member
1998-2006 American Psychiatric Association, Member
2007- American Psychiatric Association, Distinguished Fellow

Editorial Activities:

Ad hoc Reviewer:

2006 Reviewer, Journal of Pediatrics
2007 Reviewer, Journal of Community Psychology
2009 Reviewer, Pediatrics
2011 Reviewer, Journal of Adolescent Psychiatry
2014 Reviewer, Adolescent Psychiatry
2015 Reviewer, Journal of Threat Assessment and Management
2016 Reviewer, Journal of School Violence
2016 Reviewer, Journal of the American Academy of Child and Adolescent Psychiatry
2017 Reviewer, Journal of the American Academy of Child and Adolescent Psychiatry

Honors and Prizes:

2006- Knowles Scholar, Harvard Freshman Seminar Program
2007- Distinguished Fellow, American Psychiatric Association
2008 Outstanding School-Based Health Center Supporter Award, Massachusetts Coalition of School-Based Health Centers
2011 Sidney Berman Award for the School-Based Study and Treatment of Learning Disorders and Mental Illness, American Academy of Child and Adolescent Psychiatry
2013 Art of Healing Award, Cambridge Health Alliance
2017 Exceptional Mentor Award, American Medical Women's Association

Report of Funded and Unfunded Projects

Funding Information:

Past Funding

1996-1997 PI, Orchard Foundation, Private foundation, \$15,000
Small Group Discussion Program Evaluation

The goal was to design an evaluation of high school advising program and provide a summary of the impact of the program to school committee, which showed efficacy of the program, allowed integration into the school's program, and gave results used to enhance the advising program.

- 1997-1998 Consultant, Children's Studies, Carnegie Foundation
Building Resiliency at Harvard: The Academic Advisory Program
My role was to provide consultation about community interventions that promote resiliency, to aid in analyzing how to provide the infrastructure that allowed for sustainability of interventions.
- 1997-1998 PI, Hirsh Family Foundation, Private foundation, \$100,000
A Model Advising Program Promoting Academic Success in High Schools
This grant was for development of an advising program (including: seeking to understand the gap in the literature of different pathways and trajectories of the advisor's role in shaping adolescent adjustment; developing appropriate interventions with adolescents to prevent psychopathology and foster resilience; professional development with teachers to strengthen positive relationships with students that promote educational success.) My role was to evaluate factors that strengthened positive relationships with students and staff in advising program.
- 1997-1998 PI, Roy A. Hunt Foundation, Private foundation, \$10,000
Evaluation of Advising Foundation Program
My role was to coordinate evaluation of advising program and to field test interventions in the high school that helped with adolescent academic engagement.
- 1997-1998 PI, William J. and Lia G. Poorvu Foundation, Private foundation, \$10,000
Advising Program Evaluation
My role was to design and analyze program evaluation.
- 2003-2007 Consultant, National Center on Minority Health and Health Disparities – P20MD000537
UPR/CHA Exploratory EXPORT Center: Bridging Communities
The mission of the UPR-CHA Exploratory Export Center is to generate and test interventions that can remedy service disparities in asthma and mental health for disadvantaged Latino and African Caribbean populations. I developed a pilot intervention with Cambridge public schools with the application of community based participatory research. My role was as liaison with educators and the Center for multicultural research to enhance assessment and delivery of services to immigrant students with challenging school behaviors.
- 2006-2008 Site PI (2006-2007), PI (2007-2008) NIDA/NIH 5K23DA018715-04 \$10,000/yr, \$20,000/yr
CBT Treatment for Post Traumatic Stress and Substance Use Disorders in Minority Youth
Site PI and then became PI for feasibility testing of a modified Cognitive Behavioral Therapy manual for minority youth. Goals include refining the

treatment manual and assessing the efficacy of a CBT intervention for PTSD with substance use disorder for multicultural youth and improving access with this evidence based treatment in school-based health clinics.

2006-2011 Site PI, Katz Foundation, Private foundation, \$100,000
Reducing Stigma Associated with Emotional and Learning Disorders
Funding from a family grant for a qualitative investigation of children's experience with emotional disorders with direct interviews with parents, teachers and developing group activities with participating children. For three years I provided expertise to the CCAD (Center for Child and Adolescent Development) and conducted the student groups for a year in the community-based non-clinical school setting; I have developed a school-based curriculum for students with severe emotional behavioral disorders.

Current Unfunded Projects:

2004-present Conducted qualitative study that explored students' and families experiences of school safety assessments as well as events leading up to the assessment. Retrospective, semi-structured interviews were conducted, transcribed, and analyzed to reveal key themes.

Report of Local Teaching and Training

Teaching of Students in Courses:

Emerson College

2011 Writing Memoirs.
Graduate students.
One session, 2hr

Harvard College

2006- Freshman Seminar: Frameworks for Understanding Psychological Development, Disorder and Treatment: Learning through Literature and Research
First year Harvard College students
Twelve sessions annually, 2hr each

2009 Surviving Suicide
Harvard Extension School students
One lecture, 2hr

2012 The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students
Harvard Graduate School of Education
One lecture, 2hr

Harvard Medical School

- 2005 ADHD and Depression
Harvard Medical School Integrated Clerkship students
One lecture, 1hr
- 2006 Personal Narrative and Professional Identity
Harvard Medical School Integrated Clerkship students
One lecture, 2hr
- 2006 Anatomy. Facilitator.
First-year medical students
One session, 3hr
- 2006 School Psychiatrist and Safety assessments
Harvard Medical School Psychiatry interest group, Boston
One session, 2hr
- 2008-2014 Patient-Doctor 1 (700 MJ). Small group leader.
Medical students.
One session annually, 3hr

Formal Teaching of Residents, Clinical Fellows, and Research Fellows (post-docs):

- 1997 Child and Adolescent Psychiatry in Urban High Schools: A primary prevention
program
Harvard Consolidated Child Psychiatry
Single lecture.
Boston, MA
- 1999 School Based Interventions with Aggressive Urban Adolescents and Violence in
Children, Adolescents and Families: Strategies for Prevention and Clinical
Intervention.
Harvard Consolidated Child Psychiatry
Two lectures.
Boston, MA
- 2003- School Consultation Seminar
Child psychiatry first-year fellows
Cambridge Health Alliance
Six lectures annually, 2hr
- 2004-2015 Frameworks for Understanding Child and Adolescent Development
Adult psychiatry (PGY 3) residents
Cambridge Health Alliance
Co-director and four lectures annually, year-long course meeting weekly for 1.5hr
- 2007- Writing Your Passion: Clinical Writing

- Clinical Scholarship class for child psychiatry fellows
Cambridge Health Alliance
One lecture annually, 2hr
- 2009 Latency and Adolescent Development
Harvard Consolidated Child Psychiatry.
Two lectures
Boston, MA
- 2010 “Latency” and “Adolescent Development”
Harvard Consolidated Child Psychiatry.
Two lectures
Boston, MA
- 2010 In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide
Advanced Behavioral Medicine Seminar for psychology and social work fellows
and interns
Cambridge Health Alliance
One lecture, 2hr
- 2011 “Schools and What Child Psychiatrists Need to Know” and “Adolescent
Development”
Harvard Consolidated Child Psychiatry.
Two lectures
Boston, MA
- 2012 “Safety Assessments and Approaches to Responding to Bullying in Schools” and
“The Behavior Code: A Practical Guide to Understanding and Teaching the Most
Challenging Students”
Harvard Consolidated Child Psychiatry.
Two lectures
Boston, MA
- 2013 School Consultation
Harvard Consolidated Child Psychiatry Fellows
Two lectures, 1hr each
- 2014 School Consultation
Harvard Consolidated Child Psychiatry Fellows
Two lectures, 1hr each
- 2014 Working with Self-Destructive Adolescents: How to Manage While Taking Care
of Yourself
Cambridge Health Alliance Adult Psychiatry Residents
One lecture, 1hr
- 2015 School Consultation
Harvard Consolidated Child Psychiatry Fellows

- Two lectures, 1hr each
- 2016 Families Left Behind
Cambridge Health Alliance Adult Psychiatry Residents
One lecture, 1hr
- 2016 School Consultation
Cambridge Health Alliance Adult Psychiatry Residents
One lecture, 1hr
- 2017 School Consultation
Harvard Consolidated Child Psychiatry Fellows
Two lectures, 1hr each
- 2018 How to Navigate Inappropriate Sexual Behaviors at School
Cambridge Health Alliance Psychiatry Residents
One lecture, 1 hr
- 2018 The Behavior Code
Cambridge Health Alliance Psychiatry Residents
Two lectures, 1 hr each
- 2018 Depression and Suicide
Cambridge Health Alliance Psychiatry Residents
One lecture, 1 hr

Clinical Supervisory and Training Responsibilities:

- 1996-2000 Supervisor of child psychiatry fellows during rotation (four fellows per year)
Cambridge Health Alliance, Teen Health Center
Four hours per week
- 1996-2000 Supervisor of chief resident
Cambridge Health Alliance, Teen Health Center
One hour per week
- 1999-2003 Supervisor of adult psychiatry resident (1 resident per year)
Cambridge Health Alliance, Teen Health Center
One hour per week
- 2000- Supervisor of child psychiatry fellows during nine-month School Consultation
rotation (five fellows per year)
Cambridge Health Alliance, Teen Health Center
Two hours per week

Formally Supervised Trainees

Selected List of Trainees and Junior Staff, not all-inclusive

- 1999-2004 Ayelet Barkai ,MD
Current: Staff/Faculty, CHA; Lecturer in Psychiatry, HMS
Child and Adolescent Psychiatrist in private practice, Cambridge Mass
Career stage: Early career child psychiatrist and first and second year child psychiatry fellow.
Mentoring role: individual supervisor involving weekly review of therapeutic progression of clinical cases, risk assessment and treatment planning. Writing for peer review coauthored manuscript, reviewed and co-presented regional day- long conference for educators.
Accomplishments: Co-authored article in *Adolescent Psychiatry*: “A Psychiatric Perspective on Narratives of Self-Reflection in Resilient Adolescents”
- 2004-2014 Nada Milosavljevic, MD
Current: Staff/Faculty, MGH; Clinical Instructor in Psychiatry, HMS; Founder and Director of the Integrative Health Program at MGH
Career stage: Child psychiatry fellow and early career child psychiatrist.
Mentoring role: individual supervisor involving weekly review of therapeutic progression of clinical cases, risk assessment and treatment planning. Writing for peer review co-authored manuscript, helped with mentoring of her work with Boston-area school clinics to provide alternative and complementary treatments for anxiety and stress conditions, coached her in early career as opportunities for Harvard CME presentations.
Accomplishments: Founder and Director of the Integrative Health Program at Massachusetts General Hospital (MGH); Coauthored article in *JAACAP*: “Case study: the internet as a developmental tool in an adolescent boy with psychosis.”
- 2006-2008 Margaret Benningfield, MD
Current: Child and Adolescent Psychiatrist and Assistant Professor, Departments of Psychiatry and Pediatrics, Vanderbilt University, Nashville, TN
Career stage: Child psychiatry fellow.
Mentoring role: Individual supervision for two years during child fellowship involving weekly review of therapeutic progression in schools and mentoring of her interest in school based consultation. Consulted regarding writing projects.
Accomplishments: Received NIDA-AACAP K12 Career Development award for project entitled “Neurobiology of Impulsivity, Risk Taking and Reward in Youth at Risk for Addiction”. Medical Director of Vanderbilt’s School-Based Mental Health Program. Elected to Vanderbilt’s Academy for Excellence in Education in 2016.
- 2007- Deborah Kulick, MD
Current: Faculty, CHA; Instructor in Psychiatry, HMS; Medical Director for School-Based Programs in Psychiatry, CHA.
Career stage: child psychiatry fellow and early career child psychiatrist.
Mentoring role: individual supervisor for two years during child fellowship involving weekly review of therapeutic progression of clinical cases. Seven years of mentoring and supervision after fellowship with high-risk cases and consulting about safety assessments. Coauthored peer reviewed article about pediatric psychopharmacology. Supported developing presentation for HMS CME course

for school mental health. Supervised regarding leadership role in Child psychiatry and school consultation in the child psychiatry department at CHA.

Accomplishments: Became Medical Director for School-Based Programs in Psychiatry at CHA. Co-authored article for *Psychology in the Schools*: “Psychotropic medications: An update for school psychologists.” Presented at Harvard School Mental Health CME Course, “What School Personnel Need to Know About Psychiatric Medications.”

2009-2010

Ruth Gerson, MD

Current: Director, Bellevue Hospital Children's Comprehensive Psychiatric Emergency Program; Clinical Assistant Professor, Department of Child and Adolescent Psychiatry, NYU School of Medicine

Career stage: Adult psychiatry resident.

Mentoring role: weekly seminar for Dr. Gerson third year, and early career coauthored articles with Dr. Gerson and collaborated on submissions to AACAP national conferences.

Accomplishments: Co-authored article in Adolescent Psychiatry: “Cyber Cruelty: Understanding and Preventing the New Bullying.” Co-chaired session and presented at American Academy of Child and Adolescent Psychiatry, “Cyber Cruelty: Understanding Cyberbullying and Its Consequences.” Co-authored article in Journal of Adolescent Health: “Traumatic Stress and Posttraumatic Stress Disorder in Youth: Recent Research Findings on Clinical Impact, Assessment, and Treatment.”

2008-2015

James Barrett, PhD

Current: Instructor, Harvard Medical School; Director of School-Based Programs, Division of Child/Adolescent Psychiatry, Cambridge Health Alliance; Clinical Coordinator, Cambridge Safety Net Collaborative

Career stage: Staff Psychologist, CHA.

Mentoring role: supervised safety assessment evaluations, collaborated with police community intervention, mentored writing, coached in preparation for presentations at national conferences.

Accomplishments: Co-authored article in Adolescent Psychiatry: “Keeping it Real: Overcoming Resistance in Adolescent Males Mandated into Treatment”; Founder, Safety Net Police and Mental Health Collaboration. Co-Director of HMS School Mental Health Conference for two years.

2013-2015

Courtney McMickens, MD

Current: Postdoctoral Fellow, Yale School of Medicine, Robert Wood Johnson Clinical Scholars Program

Career stage: First and second year child psychiatry fellow.

Mentoring role: individual supervisor for two years involving weekly review of therapeutic progression of clinical cases, risk assessment and treatment planning, second year elective working on qualitative research project on safety assessments.

Accomplishments: Co-authored and presented poster at Mysell Day. Co-authored chapter in *Child and Adolescent Psychiatric Clinics of North America* “Safety Assessment in Schools: Beyond Risk: The Role of Child Psychiatrists and Other

Mental Health Professionals.” Co-presented at AACAP national meeting on safety assessments. Received Robert Wood Johnson Clinical Scholarship for 2015-2017.

2013-2015 Justine Wittenauer, MD
Current: Assistant Professor, Emory School of Medicine, Atlanta, GA
Career stage: First and second year child psychiatry fellow.
Mentoring role: individual supervisor for two years involving weekly review of therapeutic progression of clinical cases, risk assessment and treatment planning, participated as teacher associate with my Harvard freshman seminar for second year of her fellowship, co-authored several articles together.
Accomplishments: Teaching Associate for my Harvard University Freshman Seminar: Frameworks for Understanding Psychological Development, Disorder and Treatment: Learning through Literature and Research. Co-authored articles for *Educational Leadership*: “Is this student safe at school? The Safety Assessment Model,” *JAACAP Connect*: “Risk Assessment of Students’ Online Behaviors: The Role of the Mental Health Consultant,” and *Classroom Management: An A-to-Z Guide*: “Adolescent Substance Use and Associated Problems.” Received Joint National Institute on Drug Abuse and American Academy of Child and Adolescent Psychiatry Research Award in 2014

Formal Teaching of Peers (e.g., CME and other continuing education courses):

No presentations below were sponsored by outside entities

- 1997 Treating Adolescent Vulnerabilities. Adolescent Self-Harm Prevention and Treatment
Cambridge Hospital/Harvard Medical School CME Course
Moderator.
Boston, MA
- 2004 The Meaning of Medication to Children and Adolescents
Harvard Medical School CME Course entitled “Adolescent Self Destruction”
Single lecture.
Boston, MA
- 2005 Being a Danger to Self or Others: The importance of assessing safety in children and adolescents in schools and in the community, Treating Posttraumatic Stress Disorders in Adolescents
Harvard Medical School CME Course entitled “Adolescent Self Destruction”
Two lectures.
Boston, MA
- 2006 Strategies for Overcoming Impasses: Lessons in Humility and Humor
Harvard Medical School CME Course entitled “Treating Students K to 12: Clinicians and Educators Working Together”
Single lecture.
Boston, MA

- 2007 Course Director and Presenter, Controversies in Health: Finding our way.
Harvard Medical School CME Course entitled “Treating Students K to 12:
Clinicians and Educators Working Together”
Single lecture.
Boston, MA
- 2008 Course Director and Presenter, Making Schools Safe: Understanding the Threat of
Aggressive and Violent Behaviors
Harvard Medical School CME Course entitled “Treating Students K to 12:
Clinicians and Educators Working Together”
Single lecture.
Boston, MA
- 2009 Course Director and Presenter, Dispensing Medication - Dispensing
Controversies: Fact and Fiction on Child and Adolescent Psychopharmacology
Harvard Medical School CME Course entitled “Treating Students K to 12:
Clinicians and Educators Working Together”
Single lecture.
Boston, MA
- 2010 How to Stay a Passionate and Creative Educator
Harvard Medical School CME Course entitled “Treating Students K to 12:
Clinicians and Educators Working Together”
Single lecture.
Boston, MA
- 2011 Working with Adolescent Substance Abusers: How to Manage Them While
Taking Care of Yourself
Harvard Medical School CME Course entitled “Treating the Addictions”
Single lecture.
Boston, MA
- 2011 Publishing a Memoir: Navigating the Boundaries of Personal Clinical
and Public Relationships
Harvard Medical School CME Course entitled "Publishing Books, Memoirs
and Other Creative Nonfiction"
Boston, MA
- 2013 Real World Strategies for Working with Challenging Students
Harvard Medical School CME Course entitled “Treating Students K to 12”
Single lecture.
Boston, MA
- 2014 Staying Strong after Adversity: Learning from Marathon Monday
Harvard Medical School CME Course entitled “Treating Students K to 12”
Single lecture.
Boston, MA

- 2015 Helping Struggling Students: Resiliency Strategies for Parents, Teachers, and Clinicians
Harvard Medical School CME Course entitled “Treating Students K to 12”
Single lecture.
Boston, MA
- 2016 Picking up the Pieces: Working with Families Left Behind after a Suicide
Harvard Medical School
CME Course entitled “Self-Destructive Behavior”
Single lecture.
Boston, MA
- 2017 Keeping Students Safe at School: Understanding and Improving Safety Assessment
Harvard Medical School CME Course entitled “Treating Students K to 12”
Single lecture.
Boston, MA
- 2017 How to Navigate Inappropriate Sexual Behaviors at School
Harvard Medical School CME Course entitled “Treating Students K to 12”
Single lecture.
Boston, MA

Local Invited Presentations:

No presentations below were sponsored by outside entities

- 1996 Psychiatry Grand Rounds
Evaluation of an Urban High School Program to Build Resilience
Boston Regional Medical Center/Cambridge Hospital
- 1997 Psychiatry Grand Rounds
Fight or Flight: Strengthening adolescent engagement in an urban high school: a primary prevention violence program
Massachusetts General Hospital
- 2003 Lecture
All You Wanted to Know About Psychiatric Diagnosis But Were Afraid to Ask: Part I
Harvard Graduate School of Education, PAER (Program in After-school Education and Research) Workshops
- 2005 Keynote Presentation
Prescription for Sanity: How to deal with pediatric aggression in 15 minutes.
Massachusetts General Hospital Pediatric Forum
- 2007 Presentation
Staying at the Table: Building Sustainable Community/Research Partnerships
UPR-CHA/Harvard EXPORT Center, San Juan, Puerto Rico

- 2007 Discussant, Psychiatry Grand Rounds
Conversion Disorder in an Adolescent.
Cambridge Health Alliance
- 2007 Co-presenter, Psychiatry Grand Rounds
The Teachable Moment: Image and Metaphor
Cambridge Health Alliance
- 2008 Panelist
Transforming Violence
Victim of Violence Program, Cambridge Health Alliance
- 2008 Discussant, Psychiatry Grand Rounds
Never to Lie is to Have No Lock on Your Door
Cambridge Health Alliance
- 2009 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Cambridge Health Alliance
- 2009 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Massachusetts General Hospital
- 2010 Pediatrics Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide,
Cambridge Health Alliance
- 2010 Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
McLean Hospital
- 2010 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide.
Judge Baker Child Mental Health Forum
- 2010 Guest lecturer
Youth Depression. Panel entitled: Understanding Your Students Holistically:
Community Perspectives on Healthy Development
Urban Adolescent Development Course; Harvard Graduate School of Education
Teacher Education Program
- 2011 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Children's Hospital

- 2011 Lecture. Coming to Terms: Writing as a Means of Understanding
Harvard Graduate School of Education
- 2013 Lecture. Real World Strategies for Working with Challenging Students
Cambridge Youth Guidance Center, Cambridge, MA
- 2013 Lecture. Real World Strategies for Working with Students with Sexualized
Behavior
Cambridge Youth Guidance Center, Cambridge, MA
- 2013 Co-presenter, Schwartz Rounds
Cambridge Health Alliance, Cambridge MA
- 2014 Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Harvard University Health Services
- 2015 Lecture for school-based social workers. Resiliency
Children's Hospital, Boston MA
- 2016 Performance
Regeneration
Initiative for Arts and Humanities at Harvard Medical School, Boston, MA
- 2016 Madeline S. Crivello MD Memorial Lecture
Regeneration
Mount Auburn Hospital, Cambridge, MA
- 2017 Lecture.
Safety Assessment
Working with NAMI and PPAL to Benefit our Schools and Communities
New England Council of Child and Adolescent Psychiatry, Waltham, MA
- 2017 Performance
Regeneration
Cambridge Health Alliance, Cambridge, MA
- 2017 Lecture.
Better Serving Our Children: School/Psychiatry Partnerships
Harvard Medical School Office for Diversity Inclusion and Community
Partnership's Leadership and Faculty Development Conference, Boston, MA

Report of Regional, National, and International Invited Teaching and Presentations

No presentations below were sponsored by outside entities

Regional

1996 Lecture

How Can Psychiatry Encourage Hope for Adolescents? A Primary Prevention Program in an Urban High School.
New England Council of Child and Adolescent Psychiatry, Belmont, MA

- 1999 Keynote speaker
Missing the Mark—Responding to School Violence.
Massachusetts Medical Society: Youth Violence Physician’s Round Table,
Waltham, MA
- 2000 Lecture
Mental Health Services
Massachusetts Medical Society: Violence Prevention: New Approaches for
Clinical Application, Waltham, MA
- 2000 Guest lecturer, two sessions
Adolescents and Schools.
Adolescent Development Course for pre-doctoral psychology students
Tufts University Department of Education
- 2001 Keynote speaker, three lectures
Missing the Mark: School Violence; Identifying Students at Risk: Increasing the
Safety Net; Adolescent Depression and Suicide; School violence and the
clinician’s assessment of violent children
MacNamee Memorial Day Conference, Dartmouth, NH
- 2001 Lecture
Risk-Taking with Adolescent Girls
University of Massachusetts Boston, Psychology Department, Boston, MA
- 2001 Lecture
Adolescent Suicide: Improving the Safety Net
Family Loss Project and Massachusetts School of Professional Psychology,
Boston, MA
- 2002 Lecture
Depression and Suicide in Children and Adolescents – Intervening on the front
lines
Annual Meeting Department of Public Health, Framingham, MA
- 2002 Lecture
Assessing Violent and Aggressive Children in the School Context
Annual Meeting Department of Public Health, Framingham, MA
- 2004 Lecture
Bipolar and Attention Deficit Disorders
Boston University/Chelsea Public Schools Partnership, Pupil Personnel Special
Education Series, Chelsea, MA

- 2004 Lecture
Post Traumatic Stress Disorder and Oppositional Defiant Disorder
Boston University/Chelsea Public Schools Partnership, Pupil Personnel Special
Education Series, Chelsea, MA
- 2005 Lecture
Mad, Bad, or Sad: Understanding our children
Commonwealth of Massachusetts Mental Health Legal Advisors Committee,
Boston, MA
- 2005 Lecture
Suicide Prevention: Providing Sanctuary for Adolescents in Crisis
Massachusetts Department of Mental Health Annual Suicide Prevention
Conference, Tewksbury, MA
- 2006 Grand Rounds
The Romance of Risk-Taking with Adolescents
Somerville Mental Health Center
Somerville, MA
- 2006 Lecture
Lost in the Black Box: Controversies in Treating Children
Massachusetts Department of Public Health Annual Suicide Prevention
Conference, Sturbridge, MA
- 2006 Keynote speaker
From Zero to a Hundred in a Split Second: Survival 101 with Aggressive Students
MA Chapter of the National Association of School Social Work, Worcester, MA
- 2006 Lecture
Children and Medication: Making Clinical Sense of the Controversies
Massachusetts Chapter of the National Association of School Social Work,
Worcester, MA
- 2007-2009 Guest lecture, two sessions each year
Topics including Use of Safety Assessments; Clinician Self-Reflection and the
Power of Narrative
Children at Risk and the Persons Who Serve Them course
Boston University
- 2008 Joseph Penn Invited Lecture
Giving it our Best Shot: Working with Schools to Care for Depressed or
Aggressive Students
Massachusetts Chapter of the American Academy of Pediatrics, Waltham, MA
- 2009 Lecture
Telling the Story: A Child Psychiatrist Explores the Mystery of Her Mother's
Death

Commonwealth of Massachusetts Department of Public Health Annual
Conference: Connecting Communities, Sustaining Hope, Saving Lives: Suicide
Prevention Across the Lifespan, Marlborough, MA

- 2009 Richard Selzer Lecture
The Role of Narrative And Reflection In Dealing with Tragedy
Yale University Medical School Humanities in Medicine Lecture Series, New
Haven, CT
- 2009 Keynote speaker
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide.
Massachusetts Coalition of School-Based Health Centers Workshop, Worcester,
MA
- 2009 Lecture for Class of 2013 White Coat Ceremony
The Power of Reflection
Tufts University School of Medicine, Boston, MA
- 2009 Lecture
Why Be a Child Psychiatrist
Tufts University School of Medicine Psychiatry Interest Group, Boston, MA
- 2009 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
New York University Counseling Forum, New York, NY
- 2009 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
New England Council of Child & Adolescent Psychiatry, Boston, MA
- 2010 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
University of Massachusetts Medical School, Worcester, MA
- 2010 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Tufts Medical School, Boston, MA
- 2010 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Webster Place Lecture Series, Brookline Community Mental Health Center,
Brookline, MA
- 2010 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Massachusetts Psychiatric Society, Boston, MA
- 2010 Lecture

“In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide”
Appalachian Mountain Teen Project, Wolfeboro, NH

- 2012 Presentation
On Bullying
Boston Psychoanalytic Society and Institute, Boston, MA
- 2012 Panel Presentation
Launching & Sustaining a Career: Forging Connections Among Residents, Early, Mid-Career, and Senior Child & Adolescent Psychiatrist
New England Council of Child & Adolescent Psychiatry, Waltham, MA
- 2012 Guest lecture
“The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
Children at Risk and the Persons Who Serve Them course
Boston University
- 2013 Lecture. Real World Strategies for Working with Challenging Students
Walker Trieschman Institute of Research & Training Distinguished Author Series,
Needham, MA
- 2013 Lecture. “The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
Massachusetts Continuing Legal Education, School Law Conference, Boston, MA
- 2013 Psychiatry Grand Rounds. “The Behavior Code: Empowering Clinicians to Foster Positive Change in the Classroom”
Brown University, Providence, RI
- 2013 Keynote lecture. “Accepting the Challenge: Understanding and Educating Students with Behavioral, Attentional and Emotional Learning Needs”
Massachusetts Administrators of Special Education, Worcester, MA
- 2013 Presentation entitled “From Child Trauma to Childhood Strength”
Lesley University Child Homelessness Conversation, Cambridge, MA
- 2014 Grand Rounds. “The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
Maine Medical Center, Portland, ME
- 2014 Lecture. “Working with Self-Destructive Adolescents: How to Manage Them While Taking Care of Yourself”
“How Young People Succeed: The Art & the Science” conference, Danbury, CT
- 2014 Keynote Lecture. “From Childhood Trauma to Childhood Strength”
Youth At Risk conference, Beverly, MA

- 2014 Workshop. “School Safety Assessments”
Youth At Risk conference, Beverly, MA
- 2017 Lecture. “How to Navigate Inappropriate Sexual Behaviors in School.”
Boston Children’s Hospital Neighborhood Partnerships, Boston, MA
- National
- 1995 Lecture
Adolescence and Popular Culture.
American Academy of Child and Adolescent Psychiatry Annual Meeting, New Orleans, LA
- 1997 Lecture
Collaborative Primary Prevention for Adolescents
American Psychiatric Association Annual Meeting, San Diego, CA
- 1998 Lecture
Advising: The Magic Match
American Academy of Child and Adolescent Psychiatry Annual Meeting, Los Angeles, CA
- 2000 Lecture
An Advising Program in a Large Urban High School: The Magic Match
Center for School Mental Health Assistance, Annual National Conference on Advancing School-Based Mental Health Programs, Atlanta, GA
- 2000 Lecture
Practical Approaches to Developing a School Based Mental Health Program
American Academy of Child and Adolescent Psychiatry Annual Meeting, New York, NY
- 2000 Symposium Chair
Missing the Mark: Theory and Practice in Response to School Violence
American Academy of Child and Adolescent Psychiatry Annual Meeting, New York, NY
- 2000 Lecture, Symposium Chair
Advising – Building a Safety Net.
American Academy of Child and Adolescent Psychiatry, New York, NY
- 2002 Lecture, Symposium Chair
Foundations of School Consultation
American Academy of Child and Adolescent Psychiatry symposium, San Francisco, CA
- 2003 Lecture, Symposium Chair
Aggression in Children.

- American Academy of Child and Adolescent Psychiatry Annual Meeting, Miami, FL
- 2003 Lecture
Threat Assessment in the School Setting.
American Academy of Child and Adolescent Psychiatry Annual Meeting, Miami, FL
- 2006 Panel Facilitator
Community Engagement and Partnership: New Directions in Mental Health Services Research
RAND and NIMH Centers for Health Services Research, Arlington, VA
- 2007 Lecture
Mentoring and High-Risk Youth: Is it Always Appropriate?
Research and Policy Council Mentoring Organization, Alexandria, VA
- 2007 Keynote Speaker (full day)
Children and Medication: Making Clinical Sense of the Controversies
Archdiocese of New York Drug Abuse Prevention Program, New York, NY
- 2009 Lecture
School and Community Consultation.
Session for the Oral Exams: 34th Annual Review Course in Child and Adolescent Psychiatry and Training, Boston, MA
- 2010 Lecture
After a Parent's Suicide: Children's Grief and Healing
American Psychiatric Association Annual Meeting, New Orleans, LA
- 2010 Media Workshop Chair
Boy, Interrupted
American Psychiatric Association Annual Meeting, New Orleans, LA
- 2010 Keynote Speaker
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Colorado Injury Control Research Center, Bridging the Divide: Suicide Awareness and Prevention Summit, Fort Collins, CO
- 2010 Workshop Presenter
Nurturing Inspiration After Loss
Colorado Injury Control Research Center, Bridging the Divide: Suicide Awareness and Prevention Summit, Fort Collins, CO
- 2010 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide.
American Association of Suicidology Annual Meeting, Orlando, FL

- 2010 Lecture
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Association for Death Education and Counseling Annual Meeting, Kansas City,
MO
- 2010 Laressa Gribbons Memorial Lecture and Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
University of Florida, Gainesville, FL
- 2010 Lecture
After a Suicide: Comforting Bereaved Children
National Organization for People of Color Against Suicide, Boston, MA
- 2010 Lecture
Intimate Partner Violence and the Media – Domestic Violence: In Her Wake, A
Narrative
Association for Psychological Science Annual Meeting, Boston, MA
- 2010 Workshop Chair and Presenter
After a Suicide: Helping the Surviving Children Heal
American Academy of Child and Adolescent Psychiatry Annual Meeting, New
York, NY
- 2010 Lecture
Divorce, Custody and Suicide: Protecting our Clients
The Association of Family and Conciliation Courts, Ninth Symposium on Child
Custody Evaluations, Cambridge, MA
- 2010 Panel Chair
Bullies, Targets, and "Frenemies": Understanding and Preventing Bullying and
Cyberbullying
American Academy of Child and Adolescent Psychiatry Annual Meeting, New
York, NY
- 2010 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Children's National Medical Center, Washington, DC
- 2011 Lecture
Surviving Loss in High Conflict Divorce: Legal and Psychological Protection
Association of Family and Conciliation Courts, Boston, MA
- 2011 Honors Presentation
Improving the Odds for Children's Safety In Schools: Lessons Learned
American Academy of Child and Adolescent Psychiatry and Canadian Academy
of Child and Adolescent Psychiatry Joint Annual Meeting, Toronto, Canada
- 2011 Psychiatry Grand Rounds

In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Queens Hospital, New York, NY

- 2011 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
Montefiore Medical Center, New York, NY
- 2011 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
SUNY Downstate Medical Center, New York, NY
- 2012 Psychiatry Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
New York University, New York, NY
- 2012 Resident Conference
The Behavior Code: A Practical Guide to Understanding and Teaching the Most
Challenging Students
New York University, New York, NY
- 2012 Workshop
Empowering Clinicians to Foster Positive Change in the Classroom
American Academy of Child and Adolescent Psychiatry Annual Meeting, San
Francisco, CA
- 2012 Workshop
Writing about Patients: Benefits, Complications, and Connections of Sharing
Their Stories
American Academy of Child and Adolescent Psychiatry Annual Meeting, San
Francisco, CA
- 2012 Lecture
Adolescent Risk-Taking Behaviors: Teaching Communities and Engaging the
High Risk Adolescent
American Academy of Child and Adolescent Psychiatry Annual Meeting, San
Francisco, CA
- 2012 Workshop
The Behavior Code: Practical Tips for Understanding and Teaching the Most
Challenging Students
Learning Forward Conference, Boston, MA
- 2013 Lecture
Improving the Odds for Children's Safety In Schools: Lessons Learned
New Jersey Council of Child and Adolescent Psychiatry, Newark, NJ
- 2013 Psychiatry Grand Rounds
Children of Suicide: In Her Wake: A Child Psychiatrist Explores the Mystery of

Her Mother's Suicide
Lincoln Hospital, New York, NY

- 2013 Grand Rounds
In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide
St. Luke's Roosevelt Hospital Center, New York, NY
- 2013 Lecture
Working with Suicidal Teens: Approach, Connection, Fluidity, and Collaboration
with Parent and Teen
Aeschi West: Basic Principles in Working with Suicidal Patients, Vail, CO
- 2013 Keynote Lecture
In Her Wake: A Child Psychiatrist Explores the Impact of Her Mother's Life and
Suicide
Aeschi West: Basic Principles in Working with Suicidal Patients, Vail, CO
- 2013 Lecture
Sutton's Law and School-Based Mental Health Services, presented as part of: Life
Members Wisdom Clinical Perspectives: Plays Well with Others vs. My Way or
the Highway: The Revolutionary Evolution of Child & Adolescent Psychiatry
Linkages with Pediatrics and With Schools
American Academy of Child and Adolescent Psychiatry Annual Meeting,
Orlando, FL
- 2013 Lecture
Shadows of Virginia Tech and "Dagging" in Middle School, presented as part
of "Impossible" at School: Consulting on Violent, Disruptive, and Highly Unusual
Kids
American Academy of Child and Adolescent Psychiatry Annual Meeting,
Orlando, FL
- 2013 Distinguished Speaker: Finding My Way: Lessons Learned
"Inspiration for Success" Breakfast for Medical Students and Residents
American Academy of Child and Adolescent Psychiatry Annual Meeting,
Orlando, FL
- 2013 Plenary Session
The Behavior Code: Practical Strategies for Working with Challenging Students
Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
Annual International Conference on ADHD, Crystal City, VA
- 2014 Lecture
A Child Psychiatrist's View of Her Mother's Suicide
The Problem of Suicide: Rediscovering Hope, The First Annual John M. Oldham
National Mental Health Symposium, Houston, TX
- 2014 Lecture

Protecting Students, Protecting Teachers, presented as part of "Impossible at School, Part 2: Consulting on Violent, Disruptive, and Highly Unusual Kids"
American Academy of Child and Adolescent Psychiatry Annual Meeting,
San Diego, CA

- 2014 Discussant
Is This Student Safe to Return to School?: The Child & Adolescent Psychiatrist's
Role in Threat Assessments for Students at Risk for Violence
American Academy of Child and Adolescent Psychiatry Annual Meeting,
San Diego, CA
- 2015 Lecture
Safety Assessment in Schools: Beyond Risk – The Role of Child Psychiatrists and
Other Mental Health Professionals
Northeast Ohio Society of Child and Adolescent Psychiatry, Cleveland, OH
- 2016 Lecture (3hrs)
School Consultation
Cleveland Clinic Psychiatry Fellows
Cleveland Clinic, OH
- 2016 Psychiatry Grand Rounds
How Suicide Impacts Children
Cleveland Clinic, Cleveland, OH
- 2016 Lecture
Safety Assessments
Cleveland Clinic Psychiatry Fellows
Cleveland Clinic, Cleveland, OH
- 2016 Discussion (2hrs)
In Her Wake
Cleveland Clinic Psychiatry Fellows, Cleveland, OH
- 2017 Workshop (full day)
The Behavior Code: Understanding and Teaching the Most Challenging Students
Rehab Seminars' 2017 General & Special Education Conference, Seattle, WA
- 2018 Lecture
The Behavior Code: Understanding and Teaching Challenging Children Without
Burnout
Learning and the Brain: Educating Mindful Minds, New York, NY
- 2018 Workshop (full day)
The Behavior Code: Understanding and Teaching the Most Challenging Students
Rehab Seminars' 2018 General & Special Education Conference, San Diego, CA

2018 Workshop (full day)
The Behavior Code: Focus on Case Studies, Communication, and Resilience-
Rehab Seminars' 2018 General & Special Education Conference, San Diego, CA

International

2014 Lecture
The Behavior Code: Understanding and Teaching the Most Challenging Students
University of Zielona Gora, Poland

2014 Lecture
The Behavior Code: Understanding and Teaching the Most Challenging Students
University of Zielona Gora, Poland
Kielce University, Poland

2014 Training for psychologists
The Behavior Code: Understanding and Teaching the Most Challenging Students
Starachowice, Poland

2015 Lecture
"Is This Student Safe to Return to School?": Child & Adolescent Psychiatrists'
and Psychologists' Roles in Threat Assessments for Students at Risk for Violence
American Society of Adolescent Psychiatry and International Society for
Adolescent Psychiatry and Psychology Joint Meeting, New York, NY

2018 Lecture
Is This Student Safe to Return? A Comprehensive School Safety Assessment
Approach
7th Annual World Conference on Violence in Schools and Public Policy & 7th
Biennial CQJDC Conference, Quebec, Canada

Report of Clinical Activities and Innovations

Current Licensure and Certification:

1988-present Massachusetts Medical License
1994-present Board Certified Adult Psychiatrist (recertified in 2013)
1996-present Board Certified Child and Adolescent Psychiatrist (recertified in 2013)

Practice Activities:

1993-2016 Psychiatry. Outpatient clinic
Teen Health Center, Cambridge Health Alliance

1997-present Psychiatry. Private practice
Cambridge, MA
Currently eight hours average per week.

- 2002-2016 Safety evaluations and psychiatric consultation.
Director of School Programs, Cambridge Health Alliance
Twenty hours per week.
- 2016- Psychiatric consultation and school consultation
Senior Consultant, Cambridge Health Alliance
Eight hours per week

Clinical Innovations:

Advising Program

Created a high school advising program in which teachers volunteer to meet weekly with groups of 12 students, going far beyond the traditional guidance program by strengthening relationships and providing knowledge to students about how to negotiate within the high school, linking them to extra curricular activities, helping them with course selection, time budget, and follow up with homework assignments. The creation of the program focuses on strengthening relationships by building a “home base” and examining the infrastructure necessary to sustain staff commitment to the program. The program has received local and national recognition, with many school systems asking for assistance in development of their own programs, and student evaluations show that they find it supportive and helpful in meeting their academic goals.

Safety Assessments

Developed a model for conducting safety assessments with adolescents who are aggressive in school, and many have experienced trauma or have an untreated psychiatric disorder. The assessment includes in-person interviews with teachers and administrators and home visits when appropriate, and results in active coordination for access to needed services and education to families about clinical options. I have presented this model at professional conferences, to school systems, and have trained many child psychiatrists to perform these assessments.

Report of Teaching and Education Innovations

“Frameworks for Understanding Child and Adolescent Development” Curriculum for Adult Psychiatry Residents

Developed and taught a year-long course on normal and abnormal child development for adult psychiatry residents. The curriculum was selected as a model curriculum in 2013 by the American Association of Directors of Psychiatric Residency Training. The curriculum, refined over eight years, brings together dynamic lecturers and pertinent readings to provide the residents with both a conceptual overview of development and specific information and strategies they need to improve their practice with adults and families. The course exposes adult residents to critical information including how to assess family functioning, strengths, and vulnerabilities, normal and atypical child development, diagnostic formulation in children and adolescents, and differential diagnosis and assessment of suicidality in children and adolescents.

School Consultation Rotation Program

Developed a ten-month school consultation rotation for child psychiatry fellows to teach them the necessary skills to provide assessments and consultations in schools. Skills for special education advocacy and school consultation are taught through a case-based model and review of

assessments. The fellows are trained in how to communicate effectively with educators and provide professional development that enhances teachers' efficacy with students. This rotation has been referred to as a "cutting-edge paradigm shift," as child psychiatry programs generally provide little guidance in school consultation.

Harvard Freshman Seminar: "Finding Connections: Perspectives on Psychological Development and Mental Illness"

The innovative Freshman Seminar program for Harvard undergraduates exposes first year students to a unique learning experience through close interaction with senior faculty. This small group freshman seminar introduces students to a number of topics relating to psychological and mental illness early in their college careers. The seminar combines medical readings that provide practical knowledge, narrative readings to understand how patients experience the meaning of illness and how development-related mental illness is portrayed in the press, and discussions with visiting speakers who are living with mental illness. Understanding how conditions such as autism, depression, and loss are described in both clinical research and literature helps students appreciate the biological vulnerabilities and relational patterns that may disrupt human connections. Freshmen facilitate and create final projects as varied as research projects, dance performances, and creative essays.

The Behavior Code

The Behavior Code bridges the worlds of education and mental health, addressing a gap in teacher training and providing critical tools to enhance teacher effectiveness in meeting the needs of challenging students. The book *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* distills the combined clinical and practical experience of Dr. Rappaport and behavioral specialist Jessica Minahan to enhance educators' understanding of the underlying psychiatric difficulties related to students' challenging behavior and to generate practical tips and concrete strategies to help turn a classroom around. Laying out a new framework for working with challenging students, the book uses case examples of students with oppositional, depressed, anxious or provocative behavior. Dr. Rappaport and Ms. Minahan have presented to thousands of educators around the country and abroad since the publication of the book to further disseminate this framework for working with students. Ms. Minahan published a follow-up book, *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors*, which provides additional guidance for teachers to understand and practice the components of this innovative framework.

Report of Education of Patients and Service to the Community

No activities below were sponsored by outside entities.

Memberships

- | | |
|-----------|---|
| 1999-2000 | Member, Interdisciplinary research team of Harvard Children's Studies
Integrated research and practice around resiliency |
| 1999-2001 | Member, Health of the City Committee (Cambridge, MA) |
| 1999-2004 | Member, Acute Response Team, Cambridge Public Schools |

2006 Member, Executive Committee for the Mental Health Component of the Massachusetts Attorney General's Safe Schools Initiative

2007 Member, Cambridge Violence Task Force

Presentations

Local/Regional

1999 Training and facilitation at retreat entitled "Adolescent Healthy Choices" and two follow-up sessions
Fenway High School, Boston MA.

2000 Three-month weekly training course/seminar entitled "Change, Stability, and Renewal"
Cambridge Public Schools, Cambridge, MA

2000 Lecture entitled "Psychopharmacology and Students"
Charter Schools Massachusetts Regional Conference, Boston, MA

2001 Lecture entitled "Adolescent Depression and Suicide Prevention"
American Foundation for Suicide Prevention, Brockton, MA

2001 Keynote lecture entitled "All you wanted to know about medications and were afraid to ask"
Cambridge Public Schools, Cambridge, MA

2003 Lecture entitled "Understanding our students – Differential diagnosis"
Chelsea School District, Chelsea, MA

2004 Lecture entitled "Differential Diagnosis: Understanding the Needs of Students in Distress"
Chelsea Collaborative, Chelsea, MA

2006 Mental Health Services for Boston Public School Students. Presentation
Boston City Council, Boston MA

2006 Lecture entitled "Is It a Bad Day or Is It Something Worse? Learning and understanding the signs and symptoms of mental health difficulties"
Newton Public Schools and Project Interface, Newton, MA

2006 Lecture entitled "Psychopharm Update: Controversies in Child Psychiatry"
Newton Public Schools and Project Interface, Newton, MA

2007 Panel presentation entitled "Myths and Realities: the Academic, Extracurricular, and Social Lives of Students in their First Year"
Harvard College, Cambridge MA

2007 Full day presentation entitled "Finding our way: How to Make a Difference with

- Children Who are Mad, Bad, or Sad”
Waltham Public Schools, Waltham, MA
- 2008 Presentation entitled “Prescription for Safety: Helping Teens and Schools”
National Alliance on Mental Illness (NAMI) Cambridge-Middlesex, Cambridge, MA
- 2009 Keynote presentation entitled “A Saving Grace: School-Parent-Student Partnership”
Dearborn Academy, Arlington, MA
- 2009 Three keynote presentations to teachers, parents and clinicians entitled “Responding to Teen Depression: What Parents, Schools, and Communities Can Do Together”
Appalachian Mountain Teen Project, Wolfeboro, NH
- 2009 Presentation entitled “Separation and Closeness: Heading off to College” to audience of parents of first-year Harvard students
Harvard College, Cambridge MA
- 2009 Presentation at local NAMI meeting entitled “In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide”
National Alliance on Mental Illness (NAMI) Cambridge-Middlesex, Cambridge MA
- 2009 Presentation entitled “Integrating Loss – Understanding the Impact of Loss Over Time” as part of the Making Connections: Promoting Positive Mental Health series
Somerville Committee on Suicide Prevention and Mental Health, Somerville MA
- 2010 Two different presentations to teachers and parents on “In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide”
Appalachian Mountain Teen Project, Wolfeboro, NH
- 2010 Presentation to Harvard community entitled “Power of Reflection”, arranged by Harvard University Center for Wellness as part of Speak Out! Mental Health Awareness Week
Harvard University, Cambridge MA
- 2010 Keynote presentation entitled “Understanding, Supporting and Coping with Loss” and facilitation of community discussion following a student suicide
Concord-Carlisle Regional High School, Concord, MA
- 2012 Presentation entitled “The Behavior Code: Practical Tips for Understanding and Teaching the Most Challenging Students”
Dearborn Academy Annual Meeting, Cambridge, MA
- 2012 Lecture entitled “The Behavior Code: A Practical Guide to Understanding and

- Teaching the Most Challenging Students”
Everett Public Schools, Everett, MA
- 2012 Webinar entitled “The Behavior Code: Practical Tips for Understanding and Teaching the Most Challenging Students”
Harvard Graduate School of Education Principals’ Center, Cambridge, MA
- 2012 Presentation entitled “Be a Behavior Detective: Practical Strategies for Understanding and Teaching the Most Challenging Students”
Cambridge Public Library, Cambridge, MA
- 2012 Presentation entitled “The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
Depression and Bipolar Support Alliance of Boston, Belmont, MA
- 2012 Presentation entitled “Linking Bullying and Oppositional Kids”
Gifford School, Weston, MA
- 2012 Presentation entitled “The Behavior Code: Providing Support to High School Students with Challenging Behaviors
Cambridge High School Extension Program, Cambridge, MA
- 2013 Webinar presentation entitled “I Didn’t Mean to...: The Student with Sexualized Behavior”
Federation for Children with Special Needs, Boston, MA
- 2013 Presentation entitled “The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
Federation for Children with Special Needs, Boston, MA
- 2013 Presentation entitled “Children and Trauma: What We Need to Know”
Cambridge Police Department, Cambridge, MA
- 2013 Presentation entitled “The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
Carlisle Public Schools, Carlisle, MA
- 2013 Presentation entitled “The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students”
The Education Cooperative, Dedham, MA
- 2013 Presentation entitled “Lessons Learned: Resiliency in our Community”
ACEs Too High, Creating a Resilient Cambridge, Cambridge, MA
- 2014 Presentation entitled “Depression and Suicide”
Lincoln-Sudbury Public Schools, Sudbury, MA
- 2014 Presentation entitled “Follow-Up: The Behavior Code: A Practical Guide to

- Understanding and Teaching the Most Challenging Students”
Carlisle Public Schools, Carlisle, MA
- 2014 Presentation entitled “School Avoidance”
Lincoln-Sudbury Public Schools, Sudbury, MA
- 2014 Co-facilitator for Presentation entitled “Understanding Self-Injury”
Newton North High School, Newton, MA
- 2014 Presentation for parents entitled “Caring for All Our Kids: The Behavior Code”
Carlisle Public Schools, Carlisle, MA
- 2014 Presentation entitled “The Behavior Code: A Practical Guide to
Understanding and Teaching the Most Challenging Students”
Northshore Education Consortium, Beverly, MA
- 2014 Presentation entitled “What Parents Can Do to Help Children Become
Emotionally Resilient”
Parent University, Danbury, CT
- 2014 Presentation entitled “School Avoidance”
Lincoln-Sudbury Public Schools, Sudbury, MA
- 2014 Presentation entitled “PTSD/Anxiety”
Lincoln-Sudbury Public Schools, Sudbury, MA
- 2014 Presentation entitled “School Avoidance”
The Education Cooperative, Dedham, MA
- 2014 Webinar entitled “Teen Depression”
Families for Depression Awareness, Waltham, MA
- 2014 Presentation entitled “School Avoidance: Getting the Student in the Door”
Hopkinton Public Schools, Hopkinton, MA
- 2016 Presentation as part of “Breakfast for Hope”
Samaritans, Boston, MA
- 2016 Presentation entitled “Journey of Healing”
Embracing Survivorship, Mount Auburn Hospital, Cambridge, MA
- 2016 Performances of “Regeneration”
Mount Auburn Cemetery, Cambridge, MA
- 2016 Performance of “Regeneration”
Irvington Town Hall Theater, Irvington, NY
- 2017 Presentation entitled “Optimal Frustration: Strategies for Parents and Teenagers to

Stay in the Game and Thrive
Lincoln-Sudbury Public Schools, Sudbury, MA

- 2017 Presentation entitled “Safety Assessments”
Medford Public Schools, Medford, MA
- 2017 Presentation entitled “Traumatized Students: Teacher Strategies for Co-regulation
and Learned Security”
Melrose Public Schools, Melrose, MA
- 2017 Performance of “Regeneration”
Public Health Week, Somerville Public Library, Somerville, MA
- 2017 Performance of “Regeneration”
Harvard ARTS FIRST Festival, Cambridge, MA
- 2017 Performance of “Regeneration”
Winsor School, Boston, MA
- 2017 Performance of “Regeneration”
Phantom Theater, Warren, VT
- 2017 Performance of “Regeneration”
Mount Auburn Cemetery, Cambridge, MA
- 2017 Performances of “Regeneration”
United Solo Theater Festival, New York, NY

National

- 2010 Presentation entitled “The Words to Say It: After a Parent’s Suicide”
National Alliance on Mental Illness Annual Meeting, Washington, DC
- 2010 Key discussant about suicide on “Ask the Doctor” National conference call for
NAMI members
National Alliance on Mental Illness, Washington, DC
- 2012 Presentation entitled “The Behavior Code: How to Help Students with
Challenging Behavior”
The Children’s Storefront Sixth Annual Urban Education Symposium, New York,
NY
- 2013 Webinar entitled “The Behavior Code: Practical tips for understanding and
teaching the most challenging students”
American Counseling Association, Alexandria, VA
- 2014 Webinar entitled “Children of Suicide: In Her Wake”
National Alliance for Grieving Children, Stuart, FL

- 2015 Featured presentation entitled “Memoirs Can Be Messy: The Delicate Balance of Writing About Family”
The Examined Life Conference: Writing, Humanities, and Arts of Medicine, Iowa City, IA
- 2015 Webinar entitled “Children of Suicide: In Her Wake”
Association for Death Education and Counseling, Oakbrook Terrace, IL
- 2015 Keynote presentation entitled “The Behavior Code: A Practical Guide to Understanding and Teaching Our Most Challenging Students”
Federation for Children with Special Needs’ Special Education Surrogate Parent Conference, “Making a Difference,” Marlborough, MA
- 2017 Webinar entitled “Teen Depression— What Schools and Parents Can Do When Help is Refused”
Families for Depression Awareness
- 2017 Presentation entitled “Is this Student Safe at School: A Safety Assessment Model”
Association of Threat Assessment Professionals Conference, “Youth Violence: Schools, Campus, and the Community”, Boston, MA
- 2017 Webinar entitled “Teen Depression— What Families and Schools Can Do for Reluctant Teens”
International Bipolar Foundation

International

- 2013 Reading and presentation: “In Her Wake.”
International Book Festival, Shanghai, China
- 2014 In-service for educators entitled “The Behavior Code: Understanding and Teaching the Most Challenging Students”
Katowice, Poland
- 2014 In-service for educators entitled “The Behavior Code: Understanding and Teaching the Most Challenging Students”
Karpacz, Poland

Media (selected appearances/interviews)

- 2006 Interviewed on “Researchers Investigate Aggressive Students' Mental Health”, on Morning Edition on NPR
- 2008 Interviewed on Prom Nightmares, THS Investigates on E! network
- 2008 Interviewed on Your Healthcare: Choice or Chance?, Radio Show on WATD radio
- 2008 Interviewed on About Health TV with Jeanne Blake
- 2009 Interviewed on the Diane Rehm Show on WAMU public radio, Washington, DC
- 2009 Interviewed on The Joy Cardin Show on Wisconsin Public Radio
- 2009 Interviewed on Afternoon Magazine with Celeste Quinn on WILL public radio,

- Chicago, IL
- 2009 Interviewed by Elizabeth Cooney for Boston Globe newspaper article “Nancy Rappaport explores her mother’s suicide”
 - 2009 Interviewed on Parenting Unplugged Radio
 - 2009 Interviewed on Commonwealth Journal, Massachusetts Public Radio
 - 2009 Interviewed by Pat Wingert for Newsweek article “Her Mother Killed Herself”
 - 2010 Interviewed about suicide prevention and supporting families after a suicide on Massachusetts Medical Society television show “Physician Focus”
 - 2010 Published three-part series on Psychcentral.com entitled “Kids and Depression: Parents’ Call To Action”
 - 2010 Interviewed on Sound Medicine on WFYI, Indiana Public Radio
 - 2010 Interviewed twice on The Emily Rooney Show on WGBH
 - 2010 Interviewed regarding “Covering all angles of bullying” on NECN
 - 2010 Interviewed regarding “Alleged Russian Spy Kids: Loyalty and Betrayal” on BBC News Hour
 - 2010 Interviewed by Elizabeth Cohen for CNN Empowered Patient article “How to Save a Friend from the Brink”
 - 2010 Interviewed by Sally Spencer-Thomas for American Academy of Suicidology newsletter article “Love Lasts Longer than Death: An Interview with Nancy Rappaport”
 - 2010 Interviewed on The Walt Bodine Show on KCUR public radio, Kansas City, MO
 - 2010 Interviewed on Talk of Alaska on the Alaska Public Radio Network
 - 2010 Interviewed on the Santita Jackson Show on WVON radio, Chicago, IL
 - 2010 Interviewed on Extension 720 with Milt Rosenberg on WGN radio, Chicago, IL
 - 2010 Interviewed on The Leonard Lopate Show on WNYC public radio, New York, NY
 - 2010 Interviewed for Author Magazine article “First Do No Harm”
 - 2010 Interviewed on Radio Times on WHYI public radio, Philadelphia, PA
 - 2012 Began blogging for Huffington Post
 - 2012 Interviewed on Think on KERA public radio, Texas
 - 2012 Interviewed on Doctor Radio, Sirius XM
 - 2012 Interviewed on StudioTulsa, KWGS radio, Tulsa, OK
 - 2012 Interviewed on The Jordan Rich Show, WBZ radio, Boston, MA
 - 2012 Interviewed on The Inclusive Class on Special Needs Talk Radio Network
 - 2012 Interviewed on The Current, CBC radio
 - 2013 Interviewed for two School Leadership Briefing podcasts
 - 2013 Interviewed by Caroline Miller for two Child Mind Institute articles
 - 2014 Interviewed for Mindscape video series, Menninger Clinic, TX
 - 2014 Interviewed on Polskie Radio Katowice, Katowice, Poland
 - 2014 Interviewed on WBZ news, Boston, MA
 - 2014 Interviewed for two School Leadership Briefing podcasts
 - 2014 Interviewed for Please Speak Freely: Development Without Limits podcast
 - 2016 Interviewed for Shine On: Kacey’s Health and Happiness Show
 - 2016 Interviewed for Center Stage with Pamela Kuhn

Educational Material for Patients and the Lay Community:

1997-1999 Advising curriculum. Unpublished curriculum for high schools that is utilized by schools initiating advising programs

Publications

2009 *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide* Memoir, Authored book published by Basic Books September 2009

2014 We are overmedicating America's poorest kids, Washington Post editorial, June 2014

Recognition:

2010 Julia Ward Howe Book Award, presented by the Boston Authors Club for *In Her Wake*

Report of Scholarship

Publications

Peer Reviewed Publications in print or other media:

Research investigations

1. **Rappaport N**, Flaherty LT, Hauser ST. Beyond psychopathology: Assessing seriously disruptive students in school settings. *J of Pediatrics*. 2006 149:252-256

Other peer-reviewed publications

1. **Rappaport N**. An advising program in a large urban high school: the magic match. In: Esman AH, Flaherty L, Horowitz H, editors. *Adolescent Psychiatry*, Vol. 24. London: The Analytic Press; 1999 p.109-117. (peer reviewed journal)
2. **Rappaport N**, Chubinsky P. The meaning of medication to children, adolescents, and their families. *J Am Acad Child Adol Psychiatry* 2000; 39(9):1198-1200.
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Narrative Report

As a child psychiatrist and former elementary school teacher in Harlem, I have had the good fortune to develop programs to work actively in schools and school-based health centers. For the past 23 years, I have worked directly with the Cambridge public schools, providing consultation that helps improve the lives of children who often have broken families, mental anguish, and limited access to resources. Previous generations of child psychiatrists evaluated school referrals in their private offices and then provided written reports, without ever observing the school

environment or considering how the school culture could be contributing to the students' challenges. I bridged that gap as one of the first of a growing number of peers who provide critical support to students on site in the school to ensure progress. This change in direction represents a paradigm shift, and I have encouraged schools to intensify targeted mental health services to support struggling students with substantial emotional challenges.

My work as a consultant to Cambridge public school administrators and as a treating child psychiatrist has led to a national discussion about the obstacles schools face in terms of resources, school culture, and adequate supervision. As the consulting child psychiatrist at Cambridge Rindge and Latin School, I began work in a community in which many adolescents skipped class, failed courses, and had a high rate of suspensions. Recognizing this repetitive cycle, I thought schools needed a way to fortify students' ties with educators and increase the opportunity for students to become more self-reflective and play a more productive role in their education so I created an advising program. I supervised teachers, coauthored a curriculum, and integrated student and faculty feedback to enhance the program. While this curriculum was successful locally, I wanted people to develop this nationally and I was grateful that schools have frequently asked me to share my insights so that they could adopt positive solutions in their communities.

Immediately after the Columbine massacre when the threat of school violence became a major public concern, I began to develop a safety assessment protocol that expands the child psychiatry role to address school violence by intervening early with students who display aggressive behavior and/or may pose a threat to other students and teachers. My approach emphasizes an understanding of the context of the identified student's behavior by conducting a psychiatric interview with the referred student, a separate interview with the family, and interviews with school personnel and involved mental health clinicians. By providing a sophisticated formulation that is case-based, this process generates multiple points of intervention.

I have trained new generations of child psychiatrists in this approach and presented nationally and written extensively to provide a rationale and framework for schools to be more responsive to the risks and vulnerabilities of these students. In a pilot study of the model, I found that nearly all of these aggressive students had serious underlying psychiatric illness such as post traumatic stress disorder, attention deficit disorder or bipolar disorder, and most were not receiving help and needed assistance with coordinating mental health services. I was thrilled to have this work and advocacy recognized in 2011 with the American Academy of Child and Adolescent Psychiatry's Sidney Berman Award for the School-Based Study and Treatment of Learning Disorders and Mental Illness.

My experiences developing this program helped me identify a clear lack in the research focusing on the perspectives of students and their families who have been identified by schools as potential safety threats. To address this gap, I recently conducted a qualitative study that explored students' and families' experiences of school safety assessments, as well as the events leading up to the assessment. The study is currently under review for publication.

Through many years of consulting to educators and clinicians I realized how it takes a special skill to translate psychiatric concepts in useful ways for educators. I collaborated with Jessica Minahan, a behavioral analyst and special educator, to write "The Behavior Code: A Practical Guide To Understanding and Teaching the Most Challenging Students." Educators often struggle

with how to connect and respond to students with the most challenging behavior because traditional classroom management strategies fail. This book is a fundamental resource to help teachers and other support staff understand underlying psychiatric symptoms of students with anxiety-related, oppositional, withdrawn, or sexualized behaviors. Using illustrative case examples, we combined behavioral and clinical approaches in a four-step process to generate more informed selection of practical accommodations and intervention strategies to reinforce positive behaviors and build students' skills. The book has become a valuable resource for school psychologists and educators nationwide, and it is a best seller for Harvard Education Press.

As a dedicated teacher myself, I have mobilized a new generation of child psychiatrists to collaborate with educators and to advocate for their patients to optimize their functioning in school. I developed a ten-month school consultation rotation for the child fellows to teach them the necessary skills to provide assessments and consultations in schools. For ten years, I developed and taught a yearlong course on normal and abnormal child development, which was selected as a model curriculum in 2013 by the American Association of Directors of Psychiatric Residency Training. For the last ten years I have taught the popular Harvard freshman seminar, "Finding Connections: Perspectives on Psychological Development and Mental Illness." I mentor my students and expose them to research and clinical applications. I am also the course director for an annual HMS program "Treating Students K to 12: Clinicians and Educators," which provides training opportunities to educators from across the country.

I undertook the challenge of writing a memoir, *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide* that synthesizes my personal experience and clinical research. I illuminated the complex causes of suicide and exploring the lingering effects of family trauma while also conveying the process of healing. I offered this book to teach about prevention of suicide and to reach those who may be contemplating suicide to recognize the devastating loss on their families. Since its publication, I have made numerous presentations to professionals and to the public with outreach via print, radio, blogs, webinars, and television appearances to educate a broad audience about mental illness, how to provide support to a person who is suicidal, and how to understand children who have experienced loss by suicide. I contributed to writing guidelines for parents for the American Foundation of Suicide Prevention about how to approach children after a suicide.

In 2015, I wrote a one-woman play, *Regeneration*, about navigating illness while being confronted with mortality. In performing this play for medical providers, my goal is to help them see how their own vulnerabilities can nurture their capacity for empathy and motivate them to provide the small acts of kindness that mean so much to their patients and give them the strength to cope with a serious health challenge. In performances for lay audiences, I hope to inspire them to use creativity as a way to overcome challenges. By creating a narrative of a challenge, we make meaning of the event and maintain the vital connections that sustain us.

My day-to-day goal is to advocate for comprehensive support with our most vulnerable children, who often require child psychiatrists to mobilize in a way that is different from the traditional model. As an educator, I teach this message of support to the students in my freshmen seminar at Harvard as well as to my residents. My passion as a teacher and clinician is to better the lives of the young people I treat and to pass my knowledge on to the future practitioners who will carry on the work I pioneered.