

Curriculum Vitae

Date Prepared: February 1, 2024
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Place of Birth: Philadelphia, Pennsylvania

Education:

09/88-05/92	B.A.	Music Education	The College of New Jersey, Ewing, NJ
09/01-06/05	M.D.	Medicine	University of California, Davis School of Medicine, Sacramento, CA

Postdoctoral Training:

07/05-06/06	Intern	Internal Medicine	Massachusetts General & Newton Wellesley Hospitals
07/06-06/09	Resident	Psychiatry	Massachusetts General and McLean Hospitals
07/09-06/10	Fellow	Addiction Psychiatry	Massachusetts General, McLean and Brigham and Women's Hospitals

Faculty Academic Appointments:

07/10-06/12	Instructor	Harvard Medical School Department of Psychiatry
07/12-06/16	Instructor	Boston University School of Medicine Department of Psychiatry
pending	Volunteer Clinical Faculty	Sidney Kimmel Medical College Department of Psychiatry

Appointments at Hospitals/Affiliated Institutions:

07/08-06/09	Chief Resident	McLean Hospital
07/10-06/12	Attending Physician	McLean Hospital
07/12-06/16	Attending Physician	Boston Medical Center
08/16-08/17	Attending Physician	Crozer Chester Medical Center
01/17-08/17	Attending Physician	Delaware County Memorial
07/19-03/22	Attending Physician	Delaware Psychiatric Center

Major Administrative Leadership Positions:

Local

07/10-06/12	Director, McLean Fernside	McLean Hospital
07/12-06/16	Medical Director, Outpatient Psychiatric Services	Boston Medical Center
07/12-06/16	Site Director, Boston Medical Center Outpatient Psychiatric Services Rotation	Boston University Psychiatry Training Program
07/14-06/16	Site Director, Boston Public Health Commission Behavioral Health Services	Boston University Addiction Psychiatry Fellowship
08/16-08/17	Chief of Service, Dept. of Drug & Alcohol Services	Crozer Keystone Health System
03/17-08/17	Medical Director, First Steps Treatment Center	Crozer Chester Medical Center
01/18-present	Chief of Addiction Psychiatry	DE Division of Substance Abuse and Mental Health
08/19-08/20	Acting Medical Director	DE Division of Substance Abuse and Mental Health
07/20-06/21	Interim Residency Director	Delaware Psychiatry Residency Program
08/20-03/22	Medical Director	DE Division of Substance Abuse and Mental Health
01/22-	Medical Director	Justus Mental Health
03/22-	Behavioral Health Medical Director	DE Division of Medicaid and Medical Assistance

Regional

07/14-06/16	Medical Director, Behavioral Health Services	Boston Public Health Commission
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Committee Service:

Local

07/06-06/07	Residency Training Advisory Committee	Massachusetts General and McLean Hospitals
07/08-06/09	Outpatient Services Administrative Committee	McLean Hospital
07/08-06/09	Residency Training Subcommittee	McLean Hospital
07/08-06/09	Resident Committee on Education and Curriculum	McLean Hospital, Chair
07/10-06/12	Management Forum	McLean Hospital
07/10-06/12	Residential Programs Synergies Committee	McLean Hospital
07/12-06/16	Grand Rounds Planning Committee	Boston Medical Center
07/12-06/16	Residency Training Committee	Boston Medical Center
07/12-06/16	Ambulatory Services Committee	Boston Medical Center, Chair 7/15-6/16
07/12-06/16	Ambulatory Directors Committee	Boston Medical Center

07/14-06/16	Ambulatory EMR Launch Committee	Boston Medical Center
08/16-08/17	Transitions of Care Committee	Crozer Chester Medical Center
02/18-03/22	Pharmacy and Therapeutics Committee	DE Division of Substance Abuse and Mental Health
02/18-03/22	Executive Committee of Medical Staff	Delaware Psychiatric Center
02/18-03/22	Outpatient Medical Staff and Pharmacy Committee	DE Division of Substance Abuse and Mental Health
03/18-03/22	DSAMH/DPC SUD Treatment Committee	DE Division of Substance Abuse and Mental Health
03/18-06/21	DPC Addictions Treatment Team (Chair)	Delaware Psychiatric Center
03/18-03/19	DPC Addiction Education Workgroup (Chair)	Delaware Psychiatric Center
05/18-03/22	Delaware Treatment & Referral System Upgrade Committee	DE Division of Substance Abuse and Mental Health
01/19-03/22	DSAMH Cerner Electronic Medical Record Implementation Team	DE Division of Substance Abuse and Mental Health, Physician Chair
01/19 -	Access and Treatment Committee	DE Behavioral Health Consortium
07/19-06/21	Resident Selection Committee	Delaware Psychiatry Residency
07/20-06/21	Grand Rounds Planning Committee	Delaware Psychiatry Residency
03/22 -	Pregnant and Post-Partum People Performance Improvement Plan Oversight Committee	DE Division of Medicaid and Medical Assistance
03/22 -	CMS SUPPORT Grant Planning and Demonstration Implementation Team	DE Division of Medicaid and Medical Assistance
03/22-09/23	Medicaid SUD Rate Study Review Committee	DE Division of Medicaid and Medical Assistance
03/22 -	Medicaid Pharmacy Committee	DE Division of Medicaid and Medical Assistance
05/22 -	Medical Review Team	DE Children's Alternative Disability Program
08/22 -	Health Care Claims Database Development Committee	DE Division of Medicaid and Medical Assistance
11/22 -	Medicaid BH Rate Study Review Committee	DE Division of Medicaid and Medical Assistance
01/23 -	Managed Care Operations Oversight Committee	DE Division of Medicaid and Medical Assistance
05/23 -	Managed Care Clinical Quality Oversight Committee	DE Division of Medicaid and Medical Assistance
Regional		
07/15-05/16	Mass Health Drug Utilization Review Board	MA Department of Health and Human Services
02/18-03/22	Substance Exposed Infant Committee	Delaware DHSS Division of Public Health
02/18-12/18	Telehealth Review and Implementation Committee	Delaware Telehealth Coalition
02/18-06/21	DUI Treatment Court Program Steering Committee	Delaware Court of Common Pleas
03/18-06/21	Safe Prescribing Committee	Delaware DHSS Division of Public Health
03/18-12/18	Community Court Planning Committee	Delaware Court of Common Pleas
05/18-03/22	Addiction Action Committee	Delaware DHSS Division of Public Health
06/18-03/22	Drug Overdose Fatality Committee	Delaware DHSS Division of Public Health
08/18-03/22	Access and Treatment Subcommittee	Delaware Behavioral Health Consortium
03/18-03/22	Fetal Alcohol Spectrum Disorders Task Force	DE Division of Substance Abuse & Mental Health
03/18-03/22	Hero Help Advisory Board	New Castle County Police Department
03/18-	Educational Presentations Planning Committee	Psychiatric Society of Delaware
10/20-03/22	Delaware Maternal Mortality Review Committee	Delaware Dept. of Health and Social Services
04/22 -	Medicaid Research Cooperation and Oversight Committee	University of Delaware Center for Community Research and Service
03/23 -	Overdose System of Care Data & Quality Subcommittee	Delaware Department of Health and Social Services
National		
04/18-	Assembly Representative, Delaware	American Psychiatric Association
05/18-11/23	Community and Carceral Psychiatry Committee	American Psychiatric Association Assembly
11/20-05/21	Area 3 Nominating Committee	American Psychiatric Association Assembly
03/22-	Substance Use Disorders Subcommittee	Medicaid Evidenced-Based Decision Project
03/22-	Behavioral Health Subcommittee	Medicaid Evidenced-Based Decision Project
03/22 -	Medicaid Medical Directors Network	Academy Health Learning Community
03/22 -	Opioid Use Disorder Steering Committee	Academy Health Evidence-Informed State Policy Institute
06/22 -	Medicaid Outcomes Distributed Research Network	Academy Health Evidence-Informed State Policy Institute
11/22-11/23	Social Determinants of Mental Health Workgroup	American Psychiatric Association Assembly
03/23 -	E-Health Subcommittee	Medicaid Evidenced-Based Decision Project
03/23-	Area 3 Reference Committee Representative	American Psychiatric Association Assembly
11/23-	Social Determinants of Mental Health Committee	American Psychiatric Association Assembly
Professional Societies:		
2001-	American Medical Association	
2001-2005	California Medical Society	2004-2005 Medical Student Representative
2005-2012	Massachusetts Medical Society	2006-2007 Resident Delegate

2005-	American Psychiatric Association	2022 Distinguished Fellow
2005-2016	Massachusetts Psychiatric Association	
2008-	American Academy of Addiction Psychiatry	
2008-	American Society of Addiction Medicine	
2008-	American Society of Women Psychiatrists	
2017-2018	Pennsylvania Psychiatric Society	
2018-	Psychiatric Society of Delaware	

Editorial Activities:

2018-	Editorial Board Member, Ad-hoc Reviewer	Harm Reduction Journal
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Honors and Prizes:

2003	Leadership Council Scholarship	University of California, Davis Health System
2003	Mackenzie Foundation Scholarship	University of California, Davis School of Medicine
2003	Community Service Award	University of California, Davis
2003	Graduate Student Volunteer of the Year	University of California, Davis
2004	Mackenzie Foundation Scholarship	University of California, Davis School of Medicine
2004	Medical Student Training Program Grant Award	Klingenstein Third Generation Foundation
2005	Helen McConnell Palthe Scholarship in Psychiatry	University of California, Davis School of Medicine
2008	Invited Resident Presenter Annual Corneel Day Case Conference (with Anthony Bateman, MA, FRCPsych.)	McLean Hospital, Belmont MA
2009	Invited Participant Dialectical Behavioral Therapy Training (with Marsha Linehan, Ph.D.)	Behavioral Tech, Seattle, WA
2009	Invited Participant Motivational Interviewing Training (with Bill Miller, Ph.D.)	Center for Alcoholism, Substance Abuse and Addiction, Albuquerque, NM
2009	Partners in Excellence Award <i>Excellence in Collaborative Care</i> <i>McLean Hospital Clinical Evaluation Center</i> (Multidisciplinary Team)	Partners Healthcare System
2009	Ed Messner, M.D. Resident Teaching Award <i>Peer-chosen award for excellence in teaching</i>	MGH/McLean Adult Psychiatry Training Program
2010	Nominee Jonathan Borus Early Career Educator Award	Harvard Medical School
2011	Invited Participant Negotiation Workshop for Clinical Leaders	The Program on Negotiation at Harvard Law School
2013	James T. Chengalis Humanitarian Award <i>Resident-chosen award for excellence in clinical care</i>	Boston University Psychiatry Training Program
2016	Excellence in Teaching <i>Resident-chosen award - excellence in clinical education</i>	Boston University Psychiatry Training Program
2020	Excellence in Teaching <i>Resident-chosen award - excellence in clinical education</i>	Delaware Psychiatry Residency Program
2022	Distinguished Fellow	American Psychiatric Association

Report of Funded and Unfunded Projects

Funding Information:

07/10-06/12	Maria Lorenz Pope Fellowship Manual-based treatment employing Motivational Interviewing and Mentalization-based treatment for co-occurring substance use and borderline personality disorders
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Report of Local Teaching and Training

Teaching of Students in Courses:

2001-2002	Biochemistry tutor 1 st year medical students	UC Davis School of Medicine 1-hour sessions weekly for 8 weeks
2004-2005	Doctoring 3 rd year medical students	UC Davis School of Medicine 2-hour biweekly small group sessions
2008-2009	Primary Supervision Orientation Course 2 nd year psychiatry residents	MGH/McLean Adult Psychiatry Training Program 1-hour sessions weekly for 8 weeks
2008-2011	Buprenorphine Waiver Training Program 3 rd and 4 th year psychiatry residents	MGH/McLean Adult Psychiatry Training Program Yearly 8-hour training program

2018-	Introduction to the Diagnosis and Treatment of Substance Use Disorders Course	Delaware Psychiatry Residency Training Program 1-hour sessions weekly for 8 weeks
Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs):		
2008-2009	Introduction to Substance Use Disorders	McLean Hospital 1-hour weekly session
2010-2012	Motivation Interviewing Seminar Course	MGH/McLean Adult Psychiatry Training Program Quarterly 4-hour training course
2012-1016	Alcoholics Anonymous and Treatment of SUD PGY-1 Resident Didactics	MGH/McLean Adult Psychiatry Training Program 2-hour yearly lecture
2012-2016	“Transitions: Starting a Private Practice” PGY-4 Resident Didactics	Boston University Psychiatry Training Program 2-hour yearly lecture
2012-2016	“Diagnosis and Treatment of Borderline PD” PGY 1&2 Resident Didactics	Boston University Psychiatry Training Program 2-hour yearly lecture
2013-2016	“Medication assisted treatment for SUD” PGY-3 Resident Didactics	Boston University Psychiatry Training Program 2-hour yearly lecture
2014-2016	Motivational Interviewing Seminar PGY-3&4 Resident Didactics	Boston University Psychiatry Training Program 1-hour biweekly lecture
2014	“Understanding Depression” Residency Educational Conference “Psychiatric Emergencies” Residency Education Conference	Boston University Internal Medicine Training Program 1-hour lecture Boston University Internal Medicine Training Program 1-hour lecture
2015-2016	Group Therapy Seminar PGY-3 Resident Didactics	Boston University Psychiatry Training Program 1-hour weekly supervision
2019-2021	Case Conference	Delaware Psychiatry Residency Training Program 1-hour monthly sessions
Clinical Supervisory and Training Responsibilities:		
2008-2012	Clinical Preceptor 3 rd and 4 th year Harvard Medical School Students	One-hour weekly
2010-2012	Substance Use Services Clinical Preceptor PGY3&4 Residents McLean Hospital	Two hours weekly
2012-2016	Pharmacology Supervision PGY 2, 3 & 4 Residents Boston University School of Medicine Psychiatry Residency Training Program	Two hours weekly
2012-2016	Psychotherapy Supervision PGY 2, 3 & 4 Residents Boston University School of Medicine Psychiatry Residency Training Program	Three hours weekly
2014-2016	Pharmacology Supervision- Addictions Addiction Psychiatry Fellows Boston University School of Medicine Addiction Psychiatry Fellowship	One hour weekly
2016-2017	Clinical Preceptor Nurse Practitioner Training Program University of Pennsylvania	One student for 16-hours weekly
2016-2017	Clinical Preceptor 3 rd year Medical Students Pennsylvania College of Osteopathic Medicine	One or two students full time per monthly rotation Nine rotations per year
2016-2017	Clinical Preceptor 3 rd year Medical Students Temple University School of Medicine	One or two students full time per monthly rotation Three rotations per year
2018-2022	Director of Addiction Education Delaware Psychiatry Residency	8 formal lectures years Site supervisor for placements
2020-2021	Interim Program Director Delaware Psychiatry Residency	On-going resident supervision for substance use related cases on inpatient units
2020-2022	Clinical Preceptor Nurse Practitioner Training Program University of Alabama	Delaware Psychiatry Residency Program One student for 8 hours a week
2022-	Supervising Physician Juliana Omile, CRNP Julie Mental Health	10 hours a month

Formally Mentored Trainees and Faculty:

2012-2015	Hector Colon-Rivera, MD Medical Director, Asociación Puertorriqueños En Marcha Inc. Clinical Associate Attending, Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA
2013-2016	Dustin Patil, MD Medical Director, Addiction Services, Mountain Area Health Education Center, Asheville, NC
2013-	Alena Balasanova, MD Assistant Professor, Dept. of Psychiatry, University of Nebraska College of Medicine, Omaha, NE Director of Addictions Education, Department of Psychiatry
2013-	Akiva Daum, MD Director of Addiction and General Adult Psychiatry at Kimmel Psychology, Coral Springs, FL
2018-2022	Mark Sutton, MD Emergency Psychiatry Fellow, Erie County Medical Center, Buffalo, NY
2018-	Omar Shah, MD Pediatric Addiction Medicine Fellow Boston Children’s Hospital, Harvard Medical School, Boston, MA
2019-2023	Shiyao Wang, MD Consultation-Liaison Psychiatry Fellow, Department of Psychiatry Sidney Kimmel Medical College, Jefferson Health, Philadelphia, PA
2024 -	Asqu Malik, MD Addiction Psychiatry Fellow, Department of Psychiatry Sidney Kimmel Medical College, Jefferson Health, Philadelphia, PA

Formal Teaching of Peers (e.g., CME and other continuing education courses):*No presentations below were sponsored by outside entities*

2010-2012	Motivational Interviewing Training Initiative McLean Hospital	8-hour yearly training Belmont, MA
2010-2012	Trainer for Academy of Addition Psychiatry Buprenorphine Prescribing Course Brigham and Women’s Hospital	4-hour yearly training Boston, MA
2019-2022	Trainer for Academy of Addiction Psychiatry Buprenorphine Prescribing Course Delaware Division of Substance Abuse and Mental Health	8-hour quarterly training New Castle, DE

Local Invited Presentations:*No presentations below were sponsored by outside entities*

2005	Patient Case Conference Presentation Discussant: Jerrold Rosenbaum, MD, Chair, Department of Psychiatry, Massachusetts General Hospital Erich Lindemann Mental Health Center Forensic Inpatient Unit, Boston, MA
2006	“Pseudoseizures: Are they real?” Discussant: Dost Ongur, MD, Chief, Psychotic Disorders Division, McLean Hospital Blake 11 Med-Psych Case Conference, Massachusetts General Hospital “Psychosis NOS: A Search for Diagnostic Clarity” Discussant: Ross Baldessarini, MD, Director, Intl Consortium for Bipolar and Psychotic Disorders Bipolar and Psychotic Disorders Unit Case Conference, McLean Hospital
2007	“Nakedness in the General Hospital” Discussant: Felicia Smith, MD, Program Director, MGH/McLean Adult Psychiatry Training Program MGH/McLean Psychiatry Residency Journal Club, McLean Hospital
2008	“Physician Impairment” Discussant: Luis Sanchez, MD, Director, Physician Health Service MGH Consultation-Liaison Service Presentation, Massachusetts General Hospital Invited Resident Presenter – Mentalization-Based Treatment in Clinical Practice Discussant: Anthony Bateman, MA, FRCPsych, Co-developer, Mentalization-Based Treatment Annual Corneel Day Case Conference, McLean Hospital “Music as Therapy in the General Hospital” Consultation-Liaison Service Presentation, Massachusetts General Hospital

- 2010 “Spiritus contra Spiritum: Jesus, Carl Jung and the Self-help Recovery Movement”
Grand Rounds Presentation, McLean Hospital
- 2013 “My Love Affair with Suboxone and the Patients Who Take It.”
Psychiatry Grand Rounds Presentation, Boston Medical Center
- 2014 “Integration of Substance Abuse Treatment in Primary Care Settings.”
Community Grand Rounds Annual Conference, Boston University Department of Psychiatry
- “An Introduction to Telepsychiatry”
Community Grand Rounds Annual Conference, Boston University Department of Psychiatry
- 2015 “An Introduction to Motivational Interviewing.”
Department of Psychiatry Grand Rounds Presentation, Boston Medical Center
- 2016 “Diagnosis and Treatment of Opioid Use Disorders.”
Department of Psychiatry Grand Rounds, Crozer-Chester Medical Center
- 2018 “Psychiatry and Addiction” (*full day conference*)
Division of Substance Abuse and Mental Health Spring Educational Series, New Castle, DE
- 2019 “Understanding Trauma” (*plenary panel*)
Department of Substance Abuse and Mental Health Provider Training, Delaware Learning Center

Report of Regional, National and International Invited Teaching and Presentations

No presentations below were sponsored by outside entities

Regional

- 2011 “Treatment of Co-Occurring Borderline Personality and Substance Use Disorders.”
Invited Speaker for the National Independent Interventionists Seminar, Belmont, MA
- 2012 “Motivating People for Change: An Overview of Motivational Interviewing.”
Professional Development Seminar; The Albert and Jessie Danielsen Institute, Boston, MA
- “The Neurobiology of Addiction”
Professional Development Seminar, Austen Riggs Center, Stockbridge, MA
- 2013 “Treating Wealthy Patients.”
Massachusetts Psychiatric Society Addiction Psychiatry Interest Group, Boston, MA
- 2014 “Collaborative Care – Working with Psychiatrists.”
Bridgewater State University Department of Social Work Graduate Seminar, Bridgewater, MA
- 2015 “Pain Management and Opioid Addiction – Strategies to Ensure Safe Prescribing & Collaborative Care.”
Massachusetts Annual Statewide Forum on Integration; Boston, MA
- “The Treatment of Co-Occurring Substance Use and Mental Health Disorders.”
Professional Development Seminar, South End Community Health Center, Boston, MA
- “Psychiatry for Social Work.”
Bridgewater State University Department of Social Work Graduate Seminar; Bridgewater, MA
- “Differential Diagnosis”
Boston College Department of Social Work Graduate Seminar; Boston, MA
- 2018 “Substance Use and Co-Occurring Disorders”
“Medications for Addiction Treatment”
Peer Specialist Certification Training, Delaware Mental Health Association, New Castle, DE
- “Issues in Benzodiazepine Prescribing”
Professional Development Seminar, Mid-Atlantic Behavioral Health, Newark, DE
- 2019 “Substance Abuse and Co-occurring Disorders”
Opioid Treatment Conference, Delaware State University, Dover, DE

- 2019 “Medications for Addiction Treatment in Pregnant and Parenting Women”
Kent County Delaware Multisystem Healthy Action Committee, Dover, DE
Sussex County Delaware Multisystem Healthy Action Committee, Georgetown,
- “Behavioral Health and Food Insecurity: Treatment from a Trauma Informed Approach” (*panel*)
Coming Together: The Cycle Can Be Broken Conference, Wilmington, DE
- “Introduction to the Diagnosis and Treatment of Substance Use Disorders”
DHSS Nursing Leadership Conference, Dover, DE
Rural Healthcare Annual Conference, Georgetown, DE
- “Addiction for Home Visiting Nurses – What You Need to Know”
Annual Home Visiting Professionals Conference, Dover, DE
- “Harm Reduction”
Brandywine Community Counseling Center Employee Education Day, Wilmington, DE
- 2020 “Introduction to the Treatment of Opioid Use Disorder”
Bay Health Annual Substance Abuse Conference, Dover, DE
- “Substance Use and Co-occurring Disorders”
Mental Health Associates Peer Training, New Castle, DE
- “Medications for Addiction Treatment in Pregnant and Parenting Women”
Delaware Perinatal Quality Collaborative, DE
- 2021 “Medications for Opioid Use Disorder – Considerations for Prescribing in Delaware”
Beebe Hospital Nurse Practitioner Training, Georgetown, DE
- 2024 “The Diagnosis and Treatment of Opioid Use Disorder”
Delaware Division of Substance Abuse and Mental Health Peer Services ECHO, New Castle, DE (virtual)
- National**
- 2003 “Understanding Abortion Training in Medical Education.” (*Keynote Speaker*)
Six Rivers Planned Parenthood Annual Choices Breakfast, Eureka, CA
- 2005 **Nykiel, S.**, Murrer, C., Cox, P. “Got Psych? Increasing Student Involvement in Psychiatry.” (*issue workshop*)
American Psychiatric Association Annual Meeting, Atlanta, GA
- 2009 Connery, H.S., **Nykiel, S.**, Greenfield, S., Renner, J., Roberts, K. “Beyond Licensing: Getting Psychiatry Residents Excited about Prescribing Buprenorphine.” (*issue workshop*)
American Academy of Addiction Psychiatry Annual Meeting, Los Angeles, CA
- 2011 “An Introduction to Mentalization.” (*two hour lecture*)
Professional Development Workshop Lifeskills South Florida, Deerfield Beach, FL
- Invited Panel Discussant, Addiction Performance Project (*panel discussion*)
National Institute of Drug Abuse NIDAMED CME Program, Boston, MA
- 2012 “Mentalization in Clinical Practice.” (*full day conference*)
Professional Development Seminar Adelphi University, Long Island, NY
- 2015 “Motivational Interviewing for Substance Abusing Patients.” (*lecture*)
Addiction Grand Rounds, New York University Department of Psychiatry, New York, NY
- Nykiel, S.**, Connery, H. “Intensive Physician Led Outpatient Buprenorphine Treatment.” (*issue workshop*)
American Academy of Addiction Psychiatry Annual Meeting, San Diego, CA
- 2017 Daum, A., Papsun, D., Castellanos, D., **Nykiel, S.**, El Haddad, S. “From Flakka to Fentanyl: What’s Hot and What’s Not and Why.” (*issue workshop*)
American Psychiatric Annual Meeting, San Diego, CA

- 2018 “Introduction to Community Psychiatry.” (*panel discussion*)
Psychiatry Student Interest Group Network National Conference, New York, NY
- 2018 “Understanding Privilege” (*panel discussion*)
“Differential Diagnosis.”
Boston College School of Social Work Graduate Seminar, Boston, MA
- 2019 “Substance Use Disorders and the Criminal Justice System” (*plenary panel*)
Opioid 2019: Facilitating Cooperation and Communication to Address the Crisis Conference
U.S. Department of Justice District of Delaware, Dover, DE
- Nykiel, S.,** Reddy, V. “Mental Health Advocacy” (*issue workshop*)
American Psychiatric Association Annual Meeting, San Francisco, CA
- Nykiel, S.,** Esposito, J, Shah, P., Watson, C. “Who is in Charge? Medications for Addiction Treatment and the Criminal Justice System ” (*issue workshop*)
American Psychiatric Association Annual Meeting, San Francisco, CA
- 2020 Shah, P. **Nykiel, S.** “Who is in Charge? Medications for Addiction Treatment and the Criminal Justice System ” (*issue workshop*)
American Psychiatric Association Annual Meeting (*unable to attend due to COVID*)
- “Dismantling Anti-Blackness” (*panel discussion*)
Boston College School of Social Work Graduate Seminar, Boston MA
- 2021 **Nykiel, S.,** Sutton, M., Wang, S., Balasanova, A. “Who is in Charge? Medications for Addiction Treatment and the Criminal Justice System ” (*issue workshop*)
American Psychiatric Association Annual Meeting (virtual)
- “Rethinking Diversity” (*panel discussion*)
Boston College School of Social Work Graduate Seminar, Boston, MA
- “Introduction to Harm Reduction” (*lecture*)
Boston College RIZE Massachusetts Grant recipient lecture, Boston, MA
- 2022 “Introduction to Personality Disorders” (*lecture*)
Boston College School of Social Work Graduate Seminar, Boston, MA
- “Borderline Personality Disorder” (*lecture*)
Boston College School of Social Work Graduate Seminar, Boston, MA
- Hart, D, Stanislaus, A., Albaugh, M., **Nykiel, S.** “A Cell Only Divides: The Aftermath of the Mass Incarceration of Those Living with Mental Illness” (*issue workshop*)
American Psychiatric Association Mental Health Services Conference, Washington, DC
- 2023 **Nykiel, S.,** Daum, A., Balasanova, A. “Digital Health Technologies: What You Need to Know.” (*issue workshop*)
American Society of Addiction Medicine Annual Meeting, Washington DC
- Nykiel, S.,** Daum, A., Balasanova, A. “Digital Health Technologies: What You Need to Know.” (*issue workshop*)
American Psychiatric Association Annual Meeting, San Francisco, CA
- Shah, O., **Nykiel, S.** “How About a Drink? Addressing Prenatal Alcohol Exposure.” (*issue workshop*)
American Psychiatric Association Annual Meeting, San Francisco, CA
- “Harm Reduction in the Treatment of Substance Use Disorders” (*lecture*)
Boston College RIZE Massachusetts Grant recipient lecture, Boston, MA
- “Introduction to Personality Disorders” (*lecture*)
Boston College School of Social Work Graduate Seminar, Boston, MA

Report of Clinical Activities and Innovations

Current Licensure and Certification:

2010	Diplomate, American Board of Psychiatry and Neurology (Psychiatry)
2012	Diplomate, American Board of Psychiatry and Neurology (Addiction Psychiatry)
2016	Pennsylvania Medical License
2018	Delaware Medical License

Practice Activities:

07/08-	Ambulatory Services Private Practice currently in Media, PA	General and Addiction Psychiatry <i>(Medication for opioid use disorder (MOUD), medications for addiction treatment (MAT), pharmacological management of primary psychiatric and co-occurring disorders, individual psychodynamic psychotherapy)</i>	5-10 hours/week
07/10-06/12	Residential Services McLean Fernside Princeton, MA	Addiction Psychiatry <i>(MOUD, MAT, pharmacological management of co-occurring disorders)</i>	20-40 hours/week
07/12-06/16	Ambulatory Services Boston Medical Center Boston, MA	General and Addiction Psychiatry <i>(MOUD, MAT, pharmacological management of psychiatric & co-occurring disorders, group & individual therapies)</i>	Five half-day sessions/week
07/14-06/16	Ambulatory Services Boston Public Health Boston, MA	Addiction Psychiatry <i>(Pharmacological management of psychiatric and co-occurring disorders)</i>	Two half-day sessions/week
08/16-04/17	Ambulatory Services Community Hospital Upland, PA	Addiction Psychiatry <i>(MOUD, MAT, management of co-occurring disorders in an intensive outpatient setting)</i>	Seven half-day session/week
04/17-04/17	Inpatient Services Crozer Medical Center Chester, PA	Addiction Psychiatry <i>(Withdrawal management, MOUD, MAT, psychiatric evaluations, psychopharmacological management of co-occurring disorders)</i>	20-40 hours/week
08/17-11/23	Residential Services Keystone Center Chester PA	Addiction Psychiatry <i>(Withdrawal management, MOUD, MAT, psychiatric evaluations, psychopharmacological management of co-occurring disorders)</i>	as needed
01/18-11/23	Outpatient Services Key Recovery Brookhaven PA	General and Addiction Psychiatry <i>(MOUD, MAT, pharmacological management of psychiatric and co-occurring disorders, group and individual therapies)</i>	6-10 hours/week
03/18-03/22	Psychiatric Services DSAMH New Castle, DE	General and Addiction Psychiatry <i>(Direct patient care, clinical operations oversight and supervision of residents providing both inpatient and outpatient services at the Delaware Psychiatric Center and at DSAMH Bridge Clinics)</i>	10-20 hours/week
08/22-11/23	Residential Services Extended Care Unit Chester, PA	General and Addiction Psychiatry <i>(Psychiatric evaluations and pharmacological management of psychiatric and co-occurring disorders for men with sex addiction and paraphilias)</i>	4 hours/week

Clinical Innovations:

Shared Medical Appointments to Expand Access to Buprenorphine Treatment at Boston Medical Center (2012-2016)	Developed a group therapy and medication management program to allow expanded access to buprenorphine treatment. Worked with social work staff and psychiatry residents co-facilitating sessions that provided group therapy focused on management of substance use disorders (e.g., relapse prevention, drug refusal skills, use of mutual support groups). Attendance was required for participation in buprenorphine treatment and allowed for patients to avoid lengthy waiting lists as well as better utilizing staff and physician resources. Several residents who have participated in the program moved on to start similar programs at other institutions and two papers were published using this program as a model.
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Substance Abuse Consult Service The Delaware Psychiatric Center (2018-2021) Developed a resident-led substance abuse consultation service for the severely and persistently mentally ill patients hospitalized at the Delaware Psychiatric Center. Worked with counseling staff to expand substance abuse treatment options in the Recovery Mall to include the initiation of Illness Management and Recovery, a manualized treatment. Residents receive direct supervision in the screening for and management of substance use disorders including withdrawal management and initiation of medications for addiction treatment.

DSAMH Bridge Clinics (2019-2022) Conceptualized, developed and launched three Bridge Clinics, one in each Delaware county, to provide substance abuse and mental health services to any Delawarean regardless of insurance status. Trained peers and clinical staff in the management of acute substance use disorders other psychiatric emergencies and developed algorithms for appropriate interventions including referrals to treatment. The Bridge Clinics operate 24/7 providing services such as treatment referral, peer services, short term therapy and medication management and serve as a continuity clinic for the residency program.

Report of Education of Patients and Service to the Community

No presentations below were sponsored by outside entities

Activities

2002-2003 Coordinator, Medical Students for Choice, University of California, Davis
2002-2003 Director, Imani Student-run Health Clinic, University of California, Davis
2004-2005 Director, Student Initiative for Psychiatric Services, University of California, Davis
2013-2016 Founder, Annual Patient Thanksgiving Day Brunch, Department of Psychiatry, Boston Medical Center
2014-2016 Volunteer Troop Leader, Girl Scouts of Eastern Massachusetts
2017- Volunteer Parent, Girl Scouts of Eastern Pennsylvania

Recognition:

1997	Teacher of the Year	Edendale School San Lorenzo Unified School District
2003	University Community Service Award	University of California, Davis Community Resource Center
2003	Graduate Student Volunteer of the Year Award	University of California, Davis Community Resource Center

Report of Scholarship

Peer-Reviewed Scholarship in print or other media:

Nykiel, S., Baldessarini R., Bower M., Goodwin J. Psychosis NOS: Search for Diagnostic Clarity. *Harvard Review of Psychiatry*. 2008 Jan-Feb;16(1):55-65.

Colon-Rivera, H.A., Daum, A, Nykiel, S., The Impact of Sharing: The Use of Shared Medical Appointments to Allow Providers to Increase Treatment Access for Substance Use and Related Disorders. *Journal: Substance Abuse*. 2016 Jan; 37(1)

Daum, A.M., Colon-Rivera, H.A., Nykiel, S. Shared Medical Appointments Role in the Opioid Epidemic Era: A Tool for Integration of Care. *Journal of Addiction Research & Therapy*. 2017 June; 8 (3)

Washio, Y., Hayashi, Y., Okeke, D., Shah, O., & Nykiel, S. (2019). Knowledge Improvement on Fetal Alcohol Spectrum Disorders among Community Members. *Journal of Alcohol and Drug Education*, 63(3), 21–29. <https://www.jstor.org/stable/48566314>

Lincoln AK., Eyllon M, Prener C, Garverich S, Griffith J, Adams W, Arfor T, Rosenfeld L, Nykiel S., Johnson P, Guyer M, Leung YJ, Paasche-Orlow, M., Prevalence and Predictors of Limited Literacy in Public Mental Health Care. *Community Mental Health Journal*. 2021 Aug; 57 (6): 1175-1186

Reviews, chapters, monographs and editorials:

Book Review. “Music Therapy Groupwork With Special Needs Children: The Evolving Process.” By Karen D. Goodman. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2009 October; 48 (10), 1043-44.

Rosenquist J, Nykiel S.A. “The Psychiatric Evaluation.” The Massachusetts General Hospital and McLean Hospital Residency Handbook of Psychiatry. Ed. Rosenquist J., Nykiel S., Chang T., Sanders K. (Philadelphia: Lippincott, Williams and Wilkens, 2010) 1-8.

Books/textbooks for the medical or scientific community:

The Massachusetts General Hospital and McLean Hospital Residency Handbook of Psychiatry. Ed. Rosenquist J, Nykiel S., Chang T., Sanders K. (Philadelphia: Lippincott, Williams and Wilkens, 2010)

Case reports:

Nykiel S., Henderson D., Bhide G., Freudenreich O. “Lithium to Allow Clozapine Prescribing in a Case of Benign Ethnic Neutropenia.” *Clinical Schizophrenia and other Clinical Psychosis*. 2010 July: 4(2): 138-39.

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:

Nykiel, S., Connery, H. “Integrating Alcoholics Anonymous teaching within psychiatry training programs.” (*poster presentation*), 2009 American Academy of Addiction Psychiatry Annual Meeting, Los Angeles, CA

Nykiel, S., Henderson, D., Bhide, G., Freudenreich, O. “Lithium to Allow Clozapine Prescribing in a Case of Benign Ethnic Neutropenia.” (*poster presentation*), 2009 Harvard University Department of Psychiatry Mysell Research Day

Husain-Krautter, S., Esposito, J., Schawatzman, Noah., Keshwani, Z., Shah, P., **Nykiel, S.** “A Case for Home Induction for Buprenorphine Initiation in the State of Delaware (*poster presentation*), 2019 Delaware Department of Health and Social Services Annual Research Day

Esposito, J., Husain-Krautter, S, Keshwani, Z., Shah, P., Mishra, D., **Nykiel, S.** “Prescribing of Medications for Addiction Treatment to Appropriate Patients on a General Inpatient Psychiatric Service – A Case Report.” (*poster presentation*) 2019 Delaware Department of Health and Social Services Annual Research Day

Shah, P., Esposito, J., Husain-Krautter, S., **Nykiel, S.** “Attitudes Towards Treatment of Substance Use Disorders at Delaware Psychiatric Center.” (*poster presentation*), 2019 Delaware Department of Health and Social Services Annual Research Day

Nykiel, S., Wise, M. “Supervised Injection Facilities: An Innovative Way to Save Lives.” (*poster presentation*) 2019 Delaware Department of Health and Social Services Annual Research Day (*Winner of Clinical Research Award*)

Sutton, M., **Nykiel, S.** “Prescribing of Medications for Addiction Treatment to Appropriate Patients on a General Inpatient Psychiatric Service– Follow-up 8 months post-discharge.” (*poster presentation*), 2021 Delaware Department of Health and Social Services Annual Research Day

Shah, O., Gallucci, G., Mishra, D., **Nykiel, S.** “Swallowing Impulses Controlled by Ketamine in a Patient with Borderline Personality Disorder.” 2021 American Psychiatric Association Annual Meeting

Narrative Report

I am a graduate of the MGH-McLean Adult Psychiatry Residency Program and the Partners Healthcare Addiction Psychiatry Fellowship. My clinical and administrative experiences span a wide range of settings and patient populations. In my current role as the Behavioral Health Medical Director for the Delaware Division of Medicaid and Medical Assistance, I work with managed care organizations, pharmacies, legislators and policy makers to assure high quality, evidenced based, fiscally responsible behavioral health care is available for Delaware Medicaid recipients. As the Medical Director and Chief of Addiction Psychiatry for the Delaware Department of Health and Social Services Division of Substance Abuse and Mental Health Services, I worked with state legislators, clinical and administrative staff to administer, monitor and expand addiction and other mental health services for the State of Delaware. As Director at The McLean Center at Fernside, Medical Director of Outpatient Psychiatric Services at Boston Medical Center and as Medical Director of First Steps Treatment Center I worked with multidisciplinary teams to assess and treat patients with a broad range of substance abuse and co-occurring psychiatric disorders in inpatient, residential and outpatient settings. Leadership and administrative duties over the course of my career have included overseeing and supervising the daily medical operations and quality of the general psychiatric and substance use disorders treatment services, participation in utilization management, risk management and continuous quality improvement activities and integration of the program I was managing with the clinical, research, educational, fiscal and operational components of the institution. My research interests lie in developing innovative, evidence-based psychosocial treatments for patients with co-occurring substance use and other mental health disorders. I was a McLean Hospital Maria Lorenz Pope Research Fellow and worked to create and pilot a novel integrated treatment for patients with co-occurring borderline personality disorder and substance use disorders using elements of motivational interviewing and mentalization-based therapy. While at Boston Medical Center, I worked with researchers from Northeastern University to study the effects of limited literacy on patient receiving substance abuse and other mental health services. I am involved in teaching and supervision, having developed and taught motivational interviewing and introductory addiction psychiatry curriculums for psychiatry residents. I work individually with residents and medical students to develop interviewing and diagnostic skills and supervise difficult substance abuse cases. I am the editor of the “The Massachusetts General Hospital and McLean Hospital Residency Handbook of Psychiatry” (2010), have designed a flexible curriculum to train clinicians in the effective use of Alcoholics Anonymous as an adjunct for patients with alcohol use disorders, and am a trainer for buprenorphine prescribing. I am the founder and Medical Director of Justus Mental Health, a psychiatric practice in Media, PA.