

CURRICULUM VITAE

Last updated: March 2021

NAME: Amanda Leigh Helminiak, MD

PRESENT TITLE: Assistant Professor
Associate Program Director of General Psychiatry Residency Training Program
Associate Medical Director at UTHealth HCPC
Department of Psychiatry and Behavioral Sciences
McGovern Medical School
The University of Texas Health Science Center at Houston

ADDRESS: UTHealth Harris County Psychiatric Center
2800 South MacGregor Way
Houston, Texas 77021

CITIZENSHIP: United States of America

UNDERGRADUATE EDUCATION:

2003-07 St. Mary's University
San Antonio, TX
Bachelors of Science in Biology, *summa cum laude*

GRADUATE EDUCATION:

2007-11 McGovern Medical School
The University of Texas Health Science Center at Houston
Houston, TX
Doctor of Medicine

POSTGRADUATE TRAINING:

2011-15 General Psychiatry Residency Program
University of Texas Health Science Center at San Antonio (UTHSCSA)
San Antonio, TX

2014-15 Chief Resident, General Psychiatry Residency Program
University of Texas Health Science Center at San Antonio (UTHSCSA)
San Antonio, TX

ACADEMIC APPOINTMENTS:

2015-present Assistant Professor
Department of Psychiatry and Behavioral Sciences
McGovern Medical School McGovern Medical School

ADMINISTRATIVE AND HOSPITAL APPOINTMENTS

2015-present Inpatient Attending Psychiatrist at UTHealth Harris County Psychiatric Center
(UTHealth HCPC)

2021-present

Associate Medical Director at UTHealth HCPC

- A. Report directly to the UTHealth HCPC chief medical officer.
- B. Provide supervision, mentoring, training and development to clinical staff.
- C. Meet with each individual inpatient attending semi-annually for feedback.
- D. Participate in development, implementation, and maintenance of hospital policies and procedures for current hospital.
- E. Participates in development of hospital operations including staffing, policies, procedures for the new psychiatry hospital, UTHealth Behavioral Sciences Center, during monthly 4 hour meetings.
- F. Represent the organization at various business meetings, committees, and task forces.
- G. Collaborate with other clinical/medical managers in the delivery of quality patient care, maintenance of clinical documentation, integration of electronic health records, and handling of complaints and/or medical emergencies.
- H. Participate in clinical privileging, appointment and re-appointment of medical staff.
- I. Assist in the recruitment and selection of new medical staff members.
- J. Work with medical staff services with credentialing and scheduling of psychiatrists and APNs to ensure that the department is adequately staffed.
- K. Alternate supervisor for 3 advanced nurse practitioners at UTHealth HCPC.
- L. Attend case consultation meetings as requested by medical staff.
- M. Attend administrative meetings as needed, including but not limited to medical leadership, quality improvement, peer review, site leadership, and electronic medical record development.
- N. Assist with ensuring positive training experiences for students, learners, and trainees completing rotations at the facility.
- O. Assist in coordinating delivery of COVID-19 vaccinations to the hospital.
- P. Attend daily meetings regarding the staffing, bed status, pending transfers, and acute overnight events for the hospital.
- Q. Assist in performing doc-to-doc for pending patients with COVID+ or highly acute to transfer to hospital.
- R. Assist in coordinating with the admissions director and manager to assign beds to pending transfer patients.
- S. Perform weekly peer reviews of the utilization of "no roommate" patient orders in the hospital.

LICENSURE:

2014-present

State of Texas, Full Medical License, #Q1990

CERTIFICATION:

2015-present American Board of Psychiatry and Neurology (ABPN), Board Certified in General Psychiatry

PROFESSIONAL ORGANIZATIONS:

2014-2018 Texas Society of Psychiatric Physicians, member
2014-2018 American Psychiatric Association (APA), member
2017-present Association for Academic Psychiatry (AAP), member
Medical student essay contest committee, 2019-current
Poster committee, 2020-current
2017-present American Association of Directors of Psychiatric Residency Training (AADPRT), member

HONORS AND AWARDS:

2015 Clinical Resident of the Year Award
2016-19 Outstanding Teacher Award from PGY-I residents
2017-20 Dean's Teaching Excellence Award
2019-20 UTHealth HCPC Medical Staff of the Year
2020 Inaugural awardee of Champions of Learning Environment at McGovern Medical School

SERVICE ON MCGOVERN MEDICAL SCHOOL COMMITTEES:

2016-19, 20-current Faculty Senate, senator
2018-20 Student Promotion and Evaluation Committee, member

SERVICE ON MCGOVERN MEDICAL SCHOOL DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES COMMITTEES:

2015-present Medical Student Education Committee, member
2015-present General Psychiatry Residency Recruitment Committee, member
Committee Chair, 2020-present
2017-present Residency Program Evaluation Committee, member
2017-present Residency Clinical Competency Committee, member
2020-present UTHealth Psychiatry Grand Rounds Committee, member
2020-present Residency Curriculum Committee, member
Team Lead, 2020-present

SERVICE ON MCGOVERN MEDICAL SCHOOL AFFILIATED HOSPITAL COMMITTEES:

2016-present UTHealth HCPC Utilization Review Committee, member
Committee Chair, 2016-present
2017 UTHealth HCPC Medical Staff President-Elect
2017-2018 UTHealth HCPC Medical Staff President
2017-2018 UTHealth HCPC Ethics Committee, member
2017-present UTHealth HCPC Executive Committee, member
2021-present UTHealth HCPC Environment of Care Committee, member

TEACHING RESPONSIBILITIES:

Undergraduate Students

2014-15 Clinical preceptor for University of Texas at San Antonio (UTSA) Facilitated Acceptance to Medical Education Program: BIO3543 Gateway to Behavioral Medicine
I led groups of 9-10 UTSA undergraduate students who were interested in medicine, psychology, and/or psychiatry in interviewing acute inpatient psychiatric patients, discussed mental status findings, and developed differential diagnoses with them.

Genetic Counseling Students

2018-21 Lecturer for student didactic series on the topic of physician wellness and burnout
I give an annual 2 hour didactic lecture about wellness and burnout to the genetic counseling students.

Nurse Practitioner Students

2018 Faculty supervisor for nurse practitioner student for her clinical rotations associated with McNeese State University
I supervised her and met with her twice weekly for 6 months. She interviewed patients on my acute inpatient psychiatry service and I assisted her in developing a mental status exam, differential diagnosis, and treatment plans.

Medical Students

2013-14 Small group interviewer facilitator for MSII Mind, Behavior, and Society
I led groups of 10-15 UTHSCSA second year medical students interviewing acute inpatient psychiatric patients, discussed mental status findings, and developed differential diagnoses with them.

2014-15 Facilitator for daily morning report for students on MSIII Psychiatry Clerkship
I assisted faculty in leading the daily morning report for the third year medical students at UTHSCSA while they were on their required third year psychiatry clerkship. We would meet daily for 30 minutes to discuss learning issues from patient cases presented by the overnight on call resident.

2014-15 Facilitator for National Board of Medical Examiners psychiatry shelf review for MSIII at Regional Academic Health Center in Harlingen, TX
Every 3-4 months I would travel to Harlingen, TX to lead a didactic review session to the UTHSCSA third year medical students who were assigned to that city for their required third year clerkship. We would go over review materials for their shelf exam.

2014-15 Lecturer for MSIV PHAR4003 course on topic of pharmacological management of agitation and delirium
I provided a didactic lecture about that topic to fourth year medical students at UTHSCSA doing an elective in pharmacology.

2015-2019 Small group interview facilitator for MSII Behavioral Science course
I lead groups of 10-15 McGovern second year medical students interviewing acute inpatient psychiatric patients, discussed mental status findings, and developed differential diagnoses with them.

- 2015-present MSII Behavioral Science course lecturer on topics of anxiety and eating disorders
Every year in the fall I give two didactic lectures to McGovern second year medical students: one is teaching about anxiety disorders for two hours and the other is regarding eating disorders for one hour.
- 2015-present MSIII Psychiatry Clerkship clinical faculty
I supervise 1-2 McGovern third year medical students every 3 weeks during their required third year psychiatry clerkship. They work with me under my direct supervision on my acute inpatient team. I supervise and provide feedback regarding their interview skills, differential diagnosis, and treatment plan formulations.
- 2015-2021 Advanced Patient Care selective in adult inpatient psychiatry, APC 4052, clinical faculty
I supervise 1 McGovern fourth year medical student every four weeks for their sub-internship rotation. They work with me under my direct supervision on my acute inpatient team. I supervise and provide feedback regarding their interview skills, differential diagnosis, and treatment plan formulations.
- 2016-present MSI Doctoring course small group interview facilitator
I lead groups of 10-15 McGovern second year medical students interviewing acute inpatient psychiatric patients, discussed mental status findings, and developed differential diagnoses with them.

Physical Medicine and Rehabilitation Residents

- 2014 Lecturer for residency didactic series on the topic of capacity and decision making
I gave a didactic lecture about that topic to the physical medicine and rehabilitation residents at UTHSCSA.

Neurology Residents

- 2015 Lecturer for residency didactic series on the topics of somatic symptom disorders and schizophrenia
I gave two didactic lectures about these topics to the neurology residents at UTHSCSA.

Internal Medicine Residents

- 2021-present Lecturer for residency didactic series on the topic of microaggressions in the workplace
Chief resident Brandi Karnes MD led and I supervised a 1 hour didactic lecture that was given 4 times during January and February 2021 about recognizing and responding to harassment.

Psychiatry Residents

- 2015-present PGY-I & PGY-II core clinical faculty
I directly supervise 1 first year or second year McGovern psychiatry resident each month. They rotate on my inpatient psychiatry team. I have 7-8 hours of daily interaction with them and supervise them interviewing patients,

- developing a mental status, differential diagnosis, and treatment plan. I edit and sign off their clinical documentation in the electronic medical record system.
- 2015-present Lecturer for residency didactic series on topics of quality improvement projects, antidepressants, personality disorders, capacity and decision making, somatic symptom disorders, dissociative disorders, eating and feeding disorders, physician wellness
- 2015-present ABPN Clinical Skills Verification (CSV) examiner for psychiatry residents
All applicants seeking certification in psychiatry must successfully complete three clinical skills evaluations as part of the credentialing requirements to sit for the Psychiatry Certification Examination. The ABPN requires that physicians demonstrate mastery of the following three components of the core competencies: Physician-patient relationship, psychiatric interview, including mental status examination, and case presentation. All three competency components are to be assessed in the context of a patient evaluation that is conducted in the presence of a psychiatrist currently certified in psychiatry by the ABPN.
- 2016-present Course director for morning report for PGY-I & PGY-II residents
I lead the daily morning report for the first and second year McGovern psychiatry residents at HCPC. We meet Wednesday and Friday morning for 30 minutes to discuss learning issues from patient cases presented by the overnight on call resident.
- 2016-present Course director for McGovern psychiatry physician wellness didactic series
I coordinate the monthly didactic series with chief psychiatry resident Brandi Karnes MD where the psychiatry residents have 1 hour of lecture didactic regarding physician wellness and burnout. I also oversee the wellness committee consisting of 8-10 psychiatry residents who schedule monthly social activities.
- 2017-present Associate program director for general psychiatry residency program of 50 residents at McGovern Medical School
- A. Report directly to the program director for the general psychiatry residency program.
 - B. Develop and execute a successful psychiatry residency curriculum.
 - C. Assist faculty with development of individual rotation goals and objectives.
 - D. Develop and oversee the allocation of residents in their various rotations in order to satisfy ACGME requirements for successful completion of a psychiatric residency.
 - E. Assist the chief residents in developing the annual rotation and call schedules.
 - F. Continuously re-evaluate anticipated educational needs of residents as ACGME requirements change and as psychiatric practices evolve.
 - G. Implement structural and educational changes to the program to address identified weaknesses or implement improvements to the psychiatric residency curriculum.
 - H. Aid residents in ideas and facilitate connection with mentors for development of a required scholarly project.

- I. Give feedback to approximately 22 residents at required semi-annual meetings. At these meetings, the resident’s evaluations are reviewed, common themes are discussed, and a plan to remediate any issues/weaknesses is formulated.
- J. Identify, recruit, and interview chief resident candidates annually.
- K. Assist the program in recruitment of psychiatric interns
 - a. Filter through 1500+ applications annually on ERAS and select applicants for interview.
 - b. Over 100 applicants are interviewed annually.
 - c. Lead 7-8 90 minute “ranking meetings” where each interviewed applicant is discussed between faculty and residents and placed accordingly on the rank list.
- L. Meet with residents on an as needed basis to help with problem solving and career counseling.
- M. Assist the two residency training coordinators with administrative duties.
- N. Prepare for and participate in both internal and external reviews of the residency program by the accrediting bodies and respond to any concerns or deficiencies that arise as a result of these reviews.
- O. Analyze the program’s annual Psychiatry Resident-In-Training Examination and identify trends, improvements, and deficits.
- P. Meet with the program director, research track program director, chief residents, and residency training coordinators on a monthly basis to discuss concerns and ideas.
- Q. Attend AADPRT Annual Meetings to ensure that the residency program is up-to-date with new requirements.

2018-present

Co-facilitator for Psychiatry Medical Milestones didactic series
 The psychiatry residency program director and I give one hour didactic lectures twice a month to all McGovern psychiatry residents. The Milestones provide a framework for the assessment of the development of the resident physician in key dimensions of the elements of physician competency in a specialty.

2019-present

Associate track director of the general psychiatry residency clinician educator track
 Created the clinician educator track within the general psychiatry residency program at McGovern. This track promotes an environment of educational scholarship among trainees, develops teaching and leadership abilities of trainees, prepares residents and fellows for future careers in academic medicine, encourages trainee participation in national academic conferences, and formalizes and facilitates the mentorship of residents and fellows in clinical education. Every year I review applications for this track and select 1-2 residents per class.

MENTORING ACTIVITIES:

2015-present

Faculty career supervisor for psychiatry residents

2016-2019

PGY-I class supervisor

2018-present

Wellness Committee Faculty Mentor for psychiatry residents

CURRENT CLINICAL SERVICE RESPONSIBILITIES:

1. UTHealth HCPC
 - a. General adult acute unit, attending psychiatrist. Round on 11-16 patients a day who have complex biopsychosocial factors. Common diagnoses include major depressive disorder, bipolar disorder, schizophrenia, substance use disorders, anxiety disorders, personality disorders, intellectual disability disorders.
 - b. Attending on-call coverage for new admissions and/or insurance follow ups.
 - c. Provide coverage when other physician employees/contractors are unavailable due to vacations, holidays, illness, other personal or professional absences.
 - d. Maintain competence in psychiatry by attending professional conventions or seminars as well as participating in educational activities offered by professional societies.
 - e. Refer patients to other services within the agency, other physicians, including specialists and other health care providers.
 - f. Patient walk-in coverage and review of medical clearances.
 - g. Supervise 1-2 psychiatry resident trainees each month.
 - h. Complete 2nd Consultative Opinion Requests for patients receiving electroconvulsive therapy treatments.
 - i. Collaborate with an interdisciplinary team consisting of social workers, psychiatric nursing staff, pharmacists, recreational therapists, chaplains, and psychiatric mental health technicians.
 - j. Participate in hospital-required quality assurance, peer review, compliance, and credentialing/privileging activities

PUBLICATIONS:

Abstracts:

1. Melicher, T., Choi, J., Crain, E., **Helminiak, A.**, "Differential Diagnosis in Patients with Psychosis: A Case of Hypothyroidism-Induced Mental Illness," poster presented at APA Annual Meeting in Atlanta, Georgia, May 2016.
2. **Helminiak, A.**, "Be Well: An Innovative Physician Wellness and Burnout Curriculum," poster presented at AADPRT Annual Meeting in New Orleans, LA, March 2018.
3. Klassen, S., **Helminiak, A.**, "Consideration of Auditory Hallucinations in Deaf Patients with Psychiatric Disorders: A Case Report," poster presented at APA Annual Meeting in New York, NY, May 2018.
4. **Helminiak, A.**, Karnes, B., Narta, A., Grayson, K., Atkinson, D., Beasley, S., "K(NO)W MORE: A Novel Tool For Addressing Patient on Psychiatrist Harassment," poster presented at AAP Annual Meeting in Milwaukee, WI, September 2018.
5. Bayazit, H., Atik, A., Jones, G., Hamilton, J., **Helminiak, A.**, Selek, S., "High Rates of Personality Disorders in Psychiatric Admissions with Chronic Obstructive Pulmonary Disease," poster presented at International Society of Affective Disorders and Houston Mood Disorders Conference in Houston, TX, September 2018.
6. **Helminiak, A.**, Thomas, T. "K(NO)W MORE: A Novel Tool For Addressing Patient on Psychiatrist Harassment," poster presented at AADPRT Annual Meeting in San Diego, CA, March 2019.

7. **Helminiak, A.**, Thomas, T. "K(NO)W MORE: A Novel Tool For Addressing Patient on Psychiatrist Harassment," presented at APA Annual Meeting in San Francisco, CA, May 2019.
8. **Helminiak, A.**, Karnes, B. "Minding the Gap: Bridging Wellness with Immersive Experiences," presented at AAP Annual Meeting in Boston, MA, September 2019.
9. Sanches, M., Karnes, B., **Helminiak, A.**, John, V., "Resident's stigma towards bipolar disorder: a pilot study utilizing narrative medicine and a video vignette," presented at UT System Shine Academy Innovations Conference, Virtual, February 2021.
10. Karnes, B., **Helminiak, A.**, "Stress Reduction: Using Mindfulness as a Tool in Resident Education," to be presented at APA Annual Meeting, Virtual, May 2021.
11. Hernandez, S., Ruiz, A., Jamal, G., Kandalaft, M., **Helminiak, A.**, "The Effect of Stimulant Use on the Internal States Scale (ISS) for Inpatients with Bipolar I Disorder in an Acute Psychiatric Hospital," to be presented at APA Annual Meeting, Virtual, May 2021.
12. McBride, J., Cavalcanti, S., **Helminiak, A.**, "Somatic Preoccupation in a First Presentation of Depression in Ethnic Minority," to be presented at APA Annual Meeting, Virtual, May 2021.

Refereed Original Articles in Journals:

1. Gawad, N.A, **Helminiak, A.**, Lost in Translation: Navigating Diagnostic Biases in Deaf Psychiatric Patients. *The Primary Care Companion for CNS Disorders.* Jul 12;20(4), 2018.

Other Professional Communications:

Presentations:

1. **Helminiak, A.**, "Investigating the Effects of Indomethacin and Phosphatidylcholine in a Rodent Model of Necrotizing Enterocolitis," poster presented at McGovern Medical School Research Forum, October 2008.
2. **Helminiak, A.**, Barrow, A. "Erythromelalgia," invited presenter at McGovern Medical School Department of Neurology Grand Rounds, Houston, TX, November 2010.
3. **Helminiak, A.**, "Quality Improvement Project: Optimizing Patient Handoff Accessibility," poster presented at UT Health Science Center San Antonio Department of Psychiatry Annual Research Day, May 2015.
4. John, V., Findley, J.C., **Helminiak, A.**, "Reigning Creativity in Medicine: An Experimental Workshop," workshop presented at the 2018 Texas Academies Collaborative for the Health Professions-Southeast Educational (TEACH-S) Symposium, Houston, TX, May 2018.
5. John, V., **Helminiak, A.**, "Burnout: Symptoms and Solutions," invited presenter for UTHealth Psychiatry Faculty Monthly Meeting, Houston, TX, June 2018.
6. **Helminiak, A.**, John, V., "Meet Your Match: Applicant Factors in the Eyes of Program Directors," invited presenter for UTHealth Psychiatry observership trainees, Houston, TX, October 2018.
7. **Helminiak, A.**, "Coping with a Chronic Condition and the Mental Health Toll," invited keynote speaker for the Community Wellness Fair 2019 hosted by Gulf States Hemophilia and Thrombophilia Center, Houston, TX, May 2019.
8. **Helminiak, A.**, John, V., "Time Management for Clinicians: Skills and Strategies," invited presenter for UTHealth Psychiatry Faculty Monthly Meeting, Houston, TX, May 2019.
9. Kazimi, I., **Helminiak, A.**, "Residency Training Office Update: Audience Response Systems and Wellness Curriculum," invited presenter for UTHealth Department of Psychiatry and Behavioral Sciences Grand Rounds, Houston, TX, June 2019.
10. Klassen, S., Karnes, B., Ugueto, A., **Helminiak, A.**, John, V., "Staying Sane and Being Safe: Self-Care Strategies for Managing Mental Health During the COVID-19 Crisis," invited

presenter for UTHealth Department of Psychiatry and Behavioral Sciences Grand Rounds, Houston, TX, April 2020.

11. **Helminiak, A.**, Sanches, M., John, V., "State of the Adult Psychiatry Residency Program: 'Looking Back and Moving Forward,'" invited presenter for UTHealth Department of Psychiatry and Behavioral Sciences Grand Rounds, Houston, TX, June 2020.
12. Karnes, B., Bahrman, J., **Helminiak, A.**, John, V., "Staying Sane and Being Safe: Self-Care Strategies for Managing Mental Health During the COVID-19 Crisis," invited presenter for UTHealth University Classified Staff Council, Houston, TX, June 2020.
13. Karnes, B., **Helminiak, A.**, John, V., "Impostor Syndrome," invited presenter at McGovern Medical School Department of Internal Medicine Grand Rounds, Houston, TX, August 2020.
14. John, V., Ugueto, A., **Helminiak, A.**, "Faculty Development on (Virtual) Steroids," invited presenter for UTHealth Graduate Medical Education monthly meeting, Houston, TX, January 2021.
15. John, V., Ugueto, A., Sanches, M., **Helminiak, A.**, "Faculty Development on (Virtual) Steroids: Enhancing Teaching Effectiveness in the Digital Landscape," invited presenter at UT System Shine Academy Innovations Conference, Virtual, February 2021.
16. Sanches, M., John, V., **Helminiak, A.**, Karnes, B., "Narrative Medicine, Wellness, Stigma Towards Mental illness, and the use of Video Vignettes: An Experiential Workshop," invited presenter for workshop at AADPRT Annual Meeting, Virtual, March 2021.
17. **Helminiak, A.**, "Glass Ceilings, Sticky Floors, and Leaky Pipes: An Exploration of Gender Inequity and Career Advancement in the House of Academic Medicine," invited presenter at UTHealth Department of Psychiatry and Behavioral Sciences Grand Rounds, Houston, TX, March 2021.
18. John, V., **Helminiak, A.**, Karnes, B., "Creativity in the age of burnout: A critical educational competency?" invited presenter for workshop to be presented at AAP Annual Meeting, Virtual, September 2021.