**NAME:** Brandi Karnes, M.D.

**PRESENT TITLE:** Assistant Professor

Louis A. Faillace, MD, Department of Psychiatry & Behavioral Sciences

McGovern Medical School at UTHealth Houston

Associate Program Director

Adult General Psychiatry Residency Program

McGovern Medical School at UTHealth Houston

**ADDRESS:** UTHealth Houston Harris County Psychiatric Center (HCPC)

2800 S. MacGregor Way

Houston, Texas 77021

**CITIZENSHIP:** U.S.A.

## UNDERGRADUATE EDUCATION:

08/2009 - 05/2013 The University of Texas at Austin

Bachelor of Science in Human Biology: Genetics and Biotechnology, with honors Business Foundations Certificate, University Honors

## GRADUATE EDUCATION:

08/2013 - 05/2017 McGovern Medical School at UTHealth, Doctor of Medicine

## POSTGRADUATE TRAINING:

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| 07/2017 - 06/2021 | McGovern Medical School at UTHealth, Psychiatry Residency Program, Clinician Educator Track |
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| 07/2020 - 06/2021 | McGovern Medical School at UTHealth, Chief Resident, Psychiatry Residency Program |
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**ACADEMIC APPOINTMENTS:**

07/2021 - present Assistant Professor, Louis A. Faillace, MD, Department of Psychiatry & Behavioral Sciences Associate Program Director, Adult General Psychiatry Residency Program

McGovern Medical School at UTHealth

12/2022 - present Associate Program Director

Adult General Psychiatry Residency Program

McGovern Medical School at UTHealth Houston

**ADMINISTRATIVE AND HOSPITAL APPOINTMENTS:**

7/2021 - present UTHealth Harris County Psychiatry Center (HCPC)

**LICENSURE:**

2021 - present State of Texas, Full Medical License, #T1743

**CERTIFICATION:**

2021 - present American Board of Psychiatry and Neurology (ABPN), Certified in Psychiatry

## PROFESSIONAL ORGANIZATIONS:

2019 - present American Psychiatric Association 2019 - present Texas Society of Psychiatric Physicians

2021 - present Alpha Omega Alpha Honor Medical Society

2022 - present American Association of Directors of Psychiatric Residency Training

## HONORS AND AWARDS:

2012, 2015 St. David’s Medical Center Healthcare Volunteer Scholarship, awarded to approximately 20 recipients annually.

2018 - 2019 Physician Educators Certificate Program (PECP)

An 8 month program through the McGovern Medical School Office of Educational Programs to develop and improve teaching, presenting, engagement, and feedback skills. Required 3 observed presentations, development and revision of personal learning theory.

2019 Kenneth Krajewski Award for Excellence in Medical Student Education

Awarded by the Department of Psychiatry & Behavioral Sciences to one resident annually.

2019 American Association of Directors of Psychiatric Residency Training (AADPRT) George

Ginsberg Fellowship Award

Awarded by AADPRT for excellence as clinician educators to five national applicants annually.

2020 Outstanding Achievement Psychiatry Resident In-Training Examination (PRITE) PGY3

Awarded to the resident with the highest PRITE score for each residency class.

2021 Cynthia W. Santos Best Clinician Educator

Awarded by the Department of Psychiatry & Behavioral Sciences to two residents annually.

2022 Medical Staff of the Year

Harris County Psychiatric Center award given to one faculty member annually based on colleague recommendations of excellence.

2023 McGovern Medical School Champion of the Clinical Learning Environment

Awarded to three departmental faculty annually based on clerkship student recommendations of someone who contributed to a positive, engaging, and open learning experience on their clerkships.

## SERVICE ON THE FAILLACE DEPARTMENT OF PSYCHIATRY & BEHAVIORAL SCIENCES COMMITTEES:

2018 - present Wellness Committee

Develop residency wide programs to foster wellness and decrease physician burnout at both the individual and structural level.

2020 - present Resident Recruitment Task Force

Create and implement standardized applicant scoring system, develop applicant informational brochure, and collaborate to foster holistic applicant review and recruitment for incoming psychiatric residents.

2020 - present Curriculum Committee

Collaborate with residents and faculty to direct didactic curriculum improvement based on resident feedback and academic needs. Selected to co-chair position Fall 2023.

2020 - 2023 Diversity and Inclusion Council

Founding member of departmental-specific council targeting diversity and inclusion goals. Member of Education, Training, and Outreach subcommittee and Mentoring, Recruitment, and Retention subcommittee.

2022 - present Residency Clinical Competency Committee

Representative faculty meet quarterly to discuss resident performance including targets for improvement.

## SERVICE ON MCGOVERN MEDICAL SCHOOL COMMITTEES:

2019 - 2021 House Staff Senate

Collaborated with representatives from multiple McGovern residency specialties to advocate, discuss, and enact change for resident needs across hospital systems.

2020 - 2021 House Staff Executive Council Diversity and Inclusion Representative

Surveyed residents, reviewed academic literature, and made GME level recommendations for improving trainee diversity and inclusion.

2020 - 2023 University of Texas Health Science Center at Houston Diversity, Equity, and Inclusion (DEI)

Council

Nominated member to inaugural task force to identify, address, and promote diversity and inclusion across all six UTHealth schools.

2021 - 2023 University of Texas Health Science Center at Houston DEI Council - Secretary

Elected to leadership position within the council to aid with information recording, distribution, and to ensure council goals are being met.

**SERVICE ON MCGOVERN MEDICAL SCHOOL AFFILIATED HOSPITAL COMMITTEES:**

2021 - present HCPC Pharmacy and Therapeutics Committee, member

## FACULTY EDUCATION:

2021 Billing and Coding Workshop

Collaborated with the compliance department to create an interactive workshop to facilitate faculty transition to independent billing and coding.

2023 Microaggressions: Responses and Crucial Conversations

Collaborative presentation with Faillace Department of Psychiatry Vice Chair for DEI and panelist to discuss how microaggressions present in educational workspace.

## RESIDENT EDUCATION:

2018 - 2022 Wellness Didactic Curriculum Leader

Developed, created, and delivered a 12-part monthly didactic series, presented to the entire residency class, that cultivated wellness discussions and targets for organizational improvement in collaboration with the Associate Program Director. Incorporated aspects of cultural care and identity.

2019 - 2020 PGY1 Psychopharmacology Curriculum Development

Working with an attending to expand the course load to include recommended readings from recognized psychopharmacologic texts and incorporate more interactive elements of learning such as worksheets and flipped classroom activities to create a more active learning environment than traditional passive lectures.

2020 Psychiatry Intern EMR Introduction

Created and delivered an introduction for the Harris County Psychiatric Center’s EMR system to the incoming interns with hands-on training.

2020, 2021 Medicine Didactic Series on Gun Violence

Collaborated to create and deliver mock-patient interviews to highlight the importance of monitoring for psychiatric illnesses, gun safety, and dangerousness for primary care residents.

2020 PGY1 Module Curriculum

Developed and implemented a novel module-based curriculum for the psychiatry PGY1 class incorporating neuroscience and pathophysiology to DSM and psychopharmacology lectures in a cohesive structure to improve resident foundational learning.

2020 Narrative Psychiatry Curriculum

Facilitated a four-part narrative psychiatry certificate program to improve resident humanistic understanding of the experience of our patients, challenging bias and stigma, in collaboration with program leadership.

2021, 2022, 2023 Microaggressions in Medicine Workshop

Created and delivered an interactive harassment and bystander training to Internal Medicine residents during their PGY2 ambulatory didactic curriculum. Four workshops annually.

2021 Implicit Bias Workshop

Facilitated a one-hour interactive workshop on recognizing and addressing bias in the workplace to psychiatry residents of all training levels.

2022 – present PGY1 and PGY2 clinical supervisor

Provide clinical instruction to residents in patient interviewing, diagnosis, assessment, documentation, treatment planning, and professional development. One to two resident daily, 12 months annually

2022, 2023 Catatonia: Underdiagnosed and Undertreated

Led a one-hour discussion on the common neuropsychiatric syndrome including common presenting signs and management for PGY2 residents.

2022, 2023 Advanced Psychopharmacology: Schizophrenia

Created and conducted two one-hour didactics on presentation and management of schizophrenia, including common pharmacological considerations and side effect management.

2023 Sexuality and Sexual Disorders

Developed a one-hour lecture on normative sex and gender identities, with historical context, impact of psychiatric diagnoses on sexual function, and DSM 5 criteria for sexual disorders which was delivered to PGY1 residents.

2023 Managing Sexual Side Effects

Created a one-hour didactic for PGY3 residents on psychiatric conditions and medications which impact sexual functioning, along with recommended treatment strategies to improve sexual functioning.

## MEDICAL STUDENT EDUCATION:

2017 - 2018 Medical Student Education Lecture Committee: Academic Liaison

Presented departmentally planned lectures over general orientation and Interviewing/Listening Skills, two sessions every five to six weeks, in coordination with the Psychiatry Clerkship Director.

2017 - 2018 Medical Student Education High-Yield Lecture Series

Organized and delivered weekly high-yield review sessions with interactive teaching modalities for medical students on their psychiatric clerkship.

2019 - 2023 Coping with Stress and Mental Health in Medical School

Invited presenter. Created and delivered a presentation on symptoms and statistics of mental health conditions in medical school to the entire MS1 class. Facilitated medical student panel Q&A. Lead faculty member beginning in 2021.

2019 Ethics Small Group Co-Facilitator

Co-facilitated topic discussion on technology and ethics to an MS2 small group as part of the medical school ethics curriculum with an attending mentor.

2019-2023 Professionalism Small Group Facilitator

Annually lead an MS4 group on identifying professional obligations, how these obligations have changed, and how to navigate the challenges throughout training and practice. Organized through the McGovern Center for Humanities and Ethics.

2020 Resiliency in Residency Panel

Selected as the psychiatry residency representative on a panel for resiliency in the MS4 curriculum on transitioning to residency. Collaborated with other specialties to promote mental health and well-being in residency.

2020 Women in Medicine Panel

Invited panelist for the MS1 retreat to discuss difficulties and adaptation for women in medicine.

2020 Imposter Syndrome Workshop

Invited panelist on an informational workshop discussing imposter syndrome experiences and mitigating techniques to the MS1 class, sponsored by the Organization of Student Representatives.

2020 MS2 Psychiatric Interviewing Video Series

Collaborated with a team of residents to produce a series of videos teaching psychiatric interviewing skills to MS1 and MS2. Wrote, edited scripts, and acted for the videos as a mock-patient who was a medical student experiencing depression. Content is being used in lectures to ~240 MS1s and also offered as online asynchronous content for the MS1s and MS2s.

2020 Student Interest Group in Neurology and Psychiatry (SIGN/P) Book Club Facilitator

Collaborated with SIGN/P leadership to develop a book club session dedicated to reflecting on bias and fostering support for students by reading and discussing *Black Man in a White Coat* by Damon Tweedy, MD.

2021 Summer Health Professions Education Program: Coping with Stress and Mental Health Facilitated a one-hour seminar on mental health in the health professions fields for underrepresented students.

2021 SIGN/P Book Club Facilitator

Psychiatry faculty discussion leader on *Brain on Fire* by Susannah Cahalan.

1. - present MS3 Psychiatry Clerkship clinical supervisor

Provide clinical instruction on patient interviewing skills, documentation, assessment, and treatment planning, two to four students daily, 12 months annually.

2022 SIGN/P Book Club Facilitator

Psychiatry faculty discussion leader on *The Soul of Care* by Arthur Kleinman, MD.

2022 Virtual Interprofessional Health Policy Simulation (VIPS)

Event for trainees from all six UTHealth schools to engage learners in a health policy debate. Invited consultant from the Faillace Department of Psychiatry to add mental health considerations.

2023 Ethical Issues in Psychiatry

Developed an interactive workshop aimed at examining historical medical issues and current clinical practice from ethics-based perspective. Delivered to each MS3 psychiatry clerkship, eight sessions per year.

2023 Sexuality and Sexual disorders

Created a one-hour presentation for the MS1 class on DSM 5 sexual disorders including historical context and common sexual and gender identities which are normative.

2024 Implicit Bias Workshop

Facilitated a one-hour interactive workshop on impact of implicit bias, including recognition and mitigation strategies for a small group of MS2s.

## MENTORING ACTIVITIES:

2017 - present Student Interest Group in Neurology and Psychiatry (SIGN/P)

Provide mentorship to medical students expressing an interest in psychiatry.

2022 - present Mentoring MS3 Student interested in Psychiatry

Monthly meeting with a current URM medical student who is applying to psychiatry, to aid her in developing her application and interest in the field.

2022 - present Faillace Department of Psychiatry Formal Mentorship Program

Quarterly meeting with PGY1 resident to promote academic, clinical, and educational development for the resident trainee.

## COMMUNITY OUTREACH:

2017 Houston Community College Depression Screening

Scored and interpreted depression screens in community college population with recommendations and referrals to improve access and awareness of mental health care.

2019, 2020 McGovern Medical School Poverty Simulation

Acted as resource provider in a simulated impoverished community to foster medical student understanding and empathy.

2021 Kids’ Meals Inc

Co-program volunteering with the McGovern department of anesthesia to make packed lunches for Houston area children in need.

## QUALITY IMPROVEMENT:

2020 Allscripts Update

Performed a comprehensive review of UT Physicians Psychiatry Outpatient Clinic (BBSB) EMR to improve functionality for providers of all levels.

2020 Second-Generation Antipsychotic Long-Acting Injection (LAI) Pathway

Collaborated with HCPC and The Harris Center for Mental Health and IDD to identify methods to streamline SGA LAI use and administration to improve patient adherence and outcomes.

2023 Text Paging Protocol Update

Multidisciplinary collaboration to streamline RN-resident contact during on-call hours to improve patient care delivery.

**CURRENT CLINICAL SERVICE RESPONSIBILITIES:**

2021 - present Attending physician at UTHealth Harris County Psychiatric Center

* 100% FTE from 2021 - 2022
* 80% FTE from 2021 - present (reduced to accommodate educational leadership responsibilities)
* Provide clinical care to predominantly socio-economically disadvantaged patients with severe mental illnesses, approximately 9-15 patients daily. Diagnoses include schizophrenia, bipolar disorder, major depressive disorder, personality disorders, and substance use disorders. Interventions include psychopharmacologic management, brief psychotherapy, referrals, and discharge planning.
* Lead an interprofessional treatment team including residents, medical students, nurses, social worker, and psychiatric technicians.

## PUBLICATIONS:

**Abstracts:**

1. **Karnes, B**., Salem, H., “Case Report: Bimodal Presentation of Anti-NMDA-R Encephalitis”, poster presented at the International Society for Affective Disorder (ISAD) Annual Meeting, Houston, Texas, September 2018.
2. **Karnes, B.**, Helminiak, A., “Minding the Gap: Bridging the Gap in Wellness with an Experiential Mindfulness Workshop” presented at the House Staff Research Day Annual Meeting, Houston, Texas, May 2019.
3. **Karnes, B.**, Andrews, E., Salem, H., Ruiz, A.C., Hernandez, S.K., Cao, F., Pigott, T.A., “Co-Occurring Bipolar Disorder and Borderline Personality: State or Trait?” poster presented at the American Psychiatric Association (APA) Annual Meeting, San Francisco, California, May 2019.
4. Ruiz, A.C., **Karnes, B.**, Salem, H., Gabe, M., Kimm, T., Hernandez, S., Lane, S., Pigott, T.A., “Exploring the Comorbidity of Borderline Personality Disorder and Major Depressive Disorder as a Predictor of Length of Stay in an Inpatient Population” poster presented at the American Psychiatric Association (APA) Annual Meeting, San Francisco, California, May 2019.
5. Helminiak, A., **Karnes, B.**, “Minding the Gap: Bridging Wellness with Immersive Experiences” presented at the Association for Academic Psychiatry (AAP) Annual Meeting, September 2019.
6. Pham, C., **Karnes, B.**, Ursua, J., Laney, J., Johnson, E., Zeni, C. “Pronoun Confusion, a Case Report: Legal and Ethical Implications of Inpatient Pediatric Transgender Management” poster accepted at the American Psychiatric Association (APA) Annual Meeting, Philadelphia, Pennsylvania, April 2020.
7. Sanches, M., Helminiak, A., John, V., **Karnes, B.** “Resident’s stigma towards bipolar disorder: a pilot study utilizing narrative medicine and a video vignette” electronic poster accepted at the UT System Shine Academy Innovations Conference, Houston, Texas, February 2021.
8. **Karnes, B**., Helminiak, A. “Stress Reduction: Using Mindfulness as a Tool in Resident Education” electronic poster presented at the American Psychiatric Association (APA) Annual Meeting, Virtual, May 2021.
9. **Karnes, B**., Jackson, R. Camkurt, M. “Composition of Psychosis: Limbic Encephalitis Presenting as Treatment Resistant Schizoaffective Disorder” electronic poster presented at the American Psychiatric Association (APA) Annual Meeting, Virtual, May 2021.
10. **Karnes, B.**, Hinman, H., Helminiak, A. “Mindfulness and Burnout: Bridging the Gap for Skeptical Residents” electronic poster presented at the Association for Academic Psychiatry (AAP) Annual Conference, Virtual, September 2021.
11. Shull, J., **Karnes, B.**, Helminiak, A. “Are Your Residents Working Out? Education on Physical Activity and Resident Wellness” electronic poster presented at the Association for Academic Psychiatry (AAP) Annual Conference, Virtual, September 2021.
12. Wable, G., **Karnes, B.**, Helminiak, A. “High-Yield Cultural Psychiatry Curriculum: A Mini-Series Feasibility Study” electronic poster presented at the Association for Academic Psychiatry (AAP) Annual Conference, Virtual, September 2021.
13. **Karnes, B**. “Making the Implicit Explicit: An Interactive Workshop to Improve Resident Confidence in Recognizing and Addressing Bias in the Workplace”, invited presenter for live oral presentation at 2022 UT System Shine Academy annual meeting, Virtual, February 2022.
14. **Karnes, B**. “Making the Implicit, Explicit: An Interactive Workshop to Improve Resident Confidence in Recognizing and Addressing Bias in the Workplace”, electronic poser accepted, American Psychiatric Association (APA) Annual Meeting, Virtual, May 2022.

## Refereed Original Articles in Journals:

1. Salem, H., Ruiz, A., Hernandez, S., Wahid, K., Cao, F., **Karnes, B.**, Beasley, S., Sanches, M., Ashtari, E., Pigott, T.A., “Borderline Personality Features in Bipolar Inpatients: Impact on Course and Machine Learning Model Use to Predict Rapid Re-Admission”, Journal of Psychiatric Practice 25(4):279-289, July 2019.
2. Salem, H., **Karnes, B.**, Keser, Z., Suarez-Cedeno, G., Naderi, N., “Bimodal Presentation of Anti-NMDAR Encephalitis”, Journal of Affective Disorders, 254:151-152, July 2019.

## Presentations:

1. “Depression and Suicide Rates in the Healthcare Field”, Psychiatry Case Conference, HCPC, Houston, Texas, August 2016.
2. “Catatonia Overview and Refractory Treatment”, Psychiatry Case Conference, HCPC, Houston, Texas, September 2017.
3. “Synthetic Cannabinoid Induced Psychosis”, Neurology Case Conference, Houston, Texas, January 2018.
4. “Wellness in Residency”, Psychiatry Case Conference, HCPC, Houston, Texas, July 2018.
5. “Psychiatric Manifestations of Burnout in Residency”, invited presenter Neurology Case Conference Wellness Series, Houston, Texas, August 2018.
6. “Bright Light Therapy as Augmentation for Bipolar Depression”, Psychiatry Case Conference, HCPC, Houston, Texas, February 2019.
7. “Huntington Disease Manifestation and Management”, Geriatric Case Conference, HCPC, Houston, Texas, June 2019.
8. “Catatonia: Underdiagnosis and Undertreatment”, Internal Medicine Case Conference, delivered simultaneously to Memorial Hermann Hospital and broadcasted to Harris Health Lyndon B. Johnson Hospital (LBJ) Hospital, Houston, Texas, February 2020. Created the “MDCalc” for the Bush-Francis Catatonia Rating Scale in preparation for this presentation.
9. “Staying Sane and Being Safe: Self-care Strategies for Managing Mental Health during the COVID-19 Crisis”, Invited panelist, Faillace Department of Psychiatry Grand Rounds, Houston, Texas, April 2020.
10. “Staying Sane and Being Safe: Self-care Strategies for Managing Mental Health during the COVID-19 Crisis”, Invited panelist, Faillace Department of Psychiatry University Classified Staff Council Annual Workshop, Houston, Texas, June 2020.
11. “Courageous Conversations”, invited speaker in partnership with the McGovern Office of Diversity and Inclusion, The House Staff Association GME meeting, Houston, Texas, July 2020.
12. “Imposter Syndrome”, Internal Medicine Grand Rounds, Houston, Texas, August 2020.
13. “Implicit Bias Training”, Faillace Department of Psychiatry Conference, organized a special session with the McGovern Office of Diversity and Inclusion, Houston, Texas, September 2020.
14. “Graduate Medical Education: Diversity & Inclusion Virtual Open House”, small-group facilitator, partnership with the McGovern Office of Diversity and Inclusion, Houston, Texas, October 2020.
15. “Somatic Delusions: Mr. R and HIV”, HCPC Psychology Case Conference, October 2020.
16. “Recognizing and Responding to Harassment”, Faillace Department of Psychiatry Case Conference, Houston, Texas, December 2020.
17. “Narrative Medicine, Wellness, Stigma Towards Mental Illness, and the Use of Video Vignettes: An Experiential Workshop”, AADPRT Spring Conference Workshop, Virtual, March 2021.
18. “Creativity in the age of burnout: A critical educational competency?” Association for Academic Psychiatry (AAP) Annual Meeting Workshop, Virtual, September 2021.
19. “Graduate Medical Education: Diversity & Inclusion Virtual Open House”, small-group facilitator, partnership with the McGovern Office of Diversity and Inclusion, Houston, Texas, September 2021.
20. “Malignant: Comorbid Cancer and Catatonia”, MD Anderson Cancer Center Department of Internal Medicine Grand Rounds, Houston, Texas, January 2022.
21. “Introduction to Psychotic Disorders”, Substance Abuse and Mental Health Services Administration (SAMHSA)’s Homeless and Housing Resources Center Webinar panelist, virtual national webinar, May 2023.
22. “Exploring Fellowship Awards in Psychiatry: Opportunities Beyond the APA”, invited panelist, APA Annual Meeting session, May 2023.
23. “Catatonia: Advanced Management”, MD Anderson Cancer Center Psychiatry Educational Lecture Series invited presenter, Houston, Texas, January 2024.
24. “Catatonia: Underdiagnosed and Undertreated”, Faillace Department of Psychiatry Grand Rounds, Houston, Texas, January 2024.