

**The Faculty of Medicine of Harvard University  
Curriculum Vitae**

**Date Prepared:** May 12, 2020  
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**Education:**

06/1996	BS Magna cum laude	Biochemistry and Cell Biology	University of California, San Diego
06/00	MD	Medicine	Loma Linda University

**Postdoctoral Training:**

07/00-06/03	Resident	Psychiatry	University of Vermont, Fletcher Allen Healthcare
07/03-06/05	Resident	Child and Adolescent Psychiatry	Penn State Milton S. Hershey Medical Center

**Faculty Academic Appointments:**

07/00-06/03	Clinical Instructor	Psychiatry	University of Vermont College of Medicine
11/14-	Instructor	Psychiatry	Harvard Medical School

**Appointments at Hospitals/Affiliated Institutions:**

07/01-06/03	Per Diem On Call Physician	Psychiatry	Vermont State Hospital
10/03-06/05	Per Diem Resident Psychiatrist	Psychiatry	Holy Spirit Hospital
07/05-12/05	Locum Tenens Psychiatrist	Psychiatry	North Shore Medical Center
01/08-12/14	Physician	Psychiatry	North Shore Medical Center

01/08-12/14	Physician	Psychiatry	Spaulding Rehabilitation Hospital, North Shore Medical Center
11/14-	Attending Psychiatrist	Psychiatry	Boston Children's Hospital

**Other Professional Positions:**

2011-2018	Psychiatrist, Director	Family Psychiatric Care	
2013-2017	Consulting Psychiatrist	Landmark School	
2014-	Psychiatrist	Pediatric Health Care Associates	20 hour per week

**Major Administrative Leadership Positions:**

**Local**

2004-2005	Chief Resident	Penn State Milton S. Hershey Medical Center (Child and Adolescent Psychiatry)
2008-2014	Medical Director, Outpatient Psychiatry	MassGeneral for Children at North Shore Medical Center
2016-	Director of Psychiatric Services	Pediatric Health Care Associates
2017-	Associate Director, Clinic for Interactive Media and Internet Disorders	Boston Children's Hospital
2019-	Co-Chair Adolescent Psychiatry Committee	American Academy of Child and Adolescent Psychiatry

**Committee Service:**

**Local**

2014-2016	Depression Population Management Group	Adolescent/Young Adult Medicine, Boston Children's Hospital
2014-2016	LGBTQD Youth Health Consortium	Boston Children's Hospital

**Regional**

2017-2018	Advisory Council, PCORI: Healing Families Project	Families for Depression Awareness
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**Professional Societies:**

1996-	American Medical Association	
2002-	American Academy of Child and Adolescent Psychiatry	
2016-		Adolescent Psychiatry Committee
2011-	Association for the Advancement of Philosophy and Psychiatry	

2013-	American Psychiatric Association
2015-	Society for Adolescent Health and Medicine

**Editorial Activities:**

- **Ad hoc Reviewer**

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Contemporary Behavioral Health Care

**Honors and Prizes:**

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1994	Howard Hughes Undergraduate Science Enrichment Program	University of California, San Diego	Academic Achievement
1996	Caledonian Society of John Muir College	University of California, San Diego	Academic Achievement

**Report of Local Teaching and Training**

**Teaching of Students in Courses:**

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2015	SBS 208 Adolescent Health Master’s in Public Health Students	HSPH 2-hr lecture on Adolescent Psychiatry
2016	SBS 208 Adolescent Health Master’s in Public Health Students	HSPH 2-hr lecture on Adolescent Psychiatry

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

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2014-	Adolescent Psychiatry Leadership Education in Adolescent Health Fellows	Boston Children’s Hospital Monthly 1-hr seminar
2015	Introduction to Psychopharmacology Adolescent Mental Health Fellows	Boston Children’s Hospital 1-hr lecture
2016	Case Based Psychopharmacology Lecture Adolescent Mental Health Fellows	Boston Children’s Hospital 1-hr lecture
2016	Eating Disorders Psychiatry Residents	Harvard South Shore Psychiatry Residency 1-hr lecture
2017	Eating Disorders Developmental Pediatrics Fellows	Boston Children’s Hospital 1-hr lecture
2018	Psychiatric Interview Developmental Pediatrics Fellows	Boston Children’s Hospital 1-hr lecture

2018	Psychopharmacology for Depression and Suicidality in Children and Teens Developmental Pediatrics Fellows	Boston Children's Hospital 1-hr lecture
2019	Psychopharmacology for Anxiety Disorders Including OCD and PTSD Developmental Pediatrics Fellows	Boston Children's Hospital 1-hr lecture
2019	Problematic Interactive Media Use Complex Case Conference Leadership Education in Adolescent Health Fellows	Boston Children's Hospital 1-hr case-based discussion

**Clinical Supervisory and Training Responsibilities:**

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2014-2018	Clinical Group Supervision Adolescent Mental Health Team Meeting	Boston Children's Hospital 2-hr per month
2017-	Clinic for Interactive Media and Internet Disorders Clinical and Administrative Supervision Child and Adolescent Psychiatry, Adolescent Medicine and Mental Health Fellows	Boston Children's Hospital 1-hr per week
2018-	Adolescent Psychiatry Elective Rotation Precepting and supervision Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 2-hr per week
2019	Child and Adolescent Psychiatry Clinical Skills Verification Examiner Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 1-hr examination

**Formally Mentored Harvard Medical, Dental and Graduate Students:**

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2018-2019	Muhammad Zeshan, MD/ Child and Adolescent Psychiatry Fellow, Boston Children's Hospital  Career stage: fellow. Mentoring role: fellowship mentor. Accomplishments: Development and piloting of the first elective rotation in Adolescent Psychiatry for Child and Adolescent Psychiatry Fellows. Support in career planning and selection of post-training professional setting.
2019-	Tarek Aly, MD/Child and Adolescent Psychiatry Fellow, Boston Children's Hospital  Career stage: fellow. Mentoring role: fellowship mentor. Accomplishments: Support in development of academic focus on problematic interactive media use. Participated in the development of a child and adolescent psychiatry clinical rotation in the Clinic for Interactive Media and Internet Disorders. Preparation and presentation of a lecture on Internet Gaming Disorder presented at You Inc., a large non-profit mental health service agency.

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

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*No presentations below were sponsored by 3<sup>rd</sup> parties/outside entities*

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

2011	SSRI Uses and Cautions for Youth MassGeneral for Children North Shore Community Conference MassGeneral for Children	1-hr lecture Danvers, MA
2015	Psychopharmacology for the Depressed Teen Post Graduate Course in Adolescent Medicine Harvard Medical School	1-hr lecture Boston, MA
2016	Autism: Behavioral and Psychopharmacologic Management Psychopharmacology for the Depressed Teen Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture 1-hr lecture Boston, MA
2017	Psychopharmacology of Eating Disorders Feeding and Eating Disorders Conference Boston Children's Hospital	1-hr lecture Waltham, MA
2017	Psychopharmacology for the Depressed Teen Medical Conditions with Psychiatric Manifestations: Cases Boston Children's Hospital	1-hr lecture 1-hr lecture Boston, MA
2017	Internet Addiction, Sexting and Cyber-bullying Middle School through College Mental Health and Education Course Harvard Medical School	1-hr lecture 1-hr panel member Cambridge, MA
2018	Psychopharmacology for the Depressed Teen Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture Boston, MA
2019	Depression and Anxiety: Psychopharmacology Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture Boston, MA

**Local Invited Presentations:**

No presentations below were sponsored by 3<sup>rd</sup> parties/outside entities

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2003	A Diagnostic Dilemma/Grand Rounds Department of Psychiatry, University of Vermont School of Medicine
2010	Metabolic Risks of Second-Generation Antipsychotics/Grand Rounds Department of Pediatrics, MassGeneral for Children at North Shore Medical Center
2015	Cutting/Educational Lecture Series PPOC Learning Community, Boston Children's Hospital
2015	The Anxious Adolescent/Educational Lecture Series PPOC Learning Community, Boston Children's Hospital

2015	Case Presentation/Morbidity and Mortality Conference Division of Adolescent and Young Adult Medicine, Boston Children's Hospital
2015	Case Presentation/Morbidity and Mortality Conference Division of Adolescent and Young Adult Medicine, Boston Children's Hospital
2015	The Anxious Adolescent/Education Lecture Series PPOC Learning Community, Boston Children's Hospital
2017	Case Presentation/Morbidity and Mortality Conference Department of Psychiatry, Boston Children's Hospital
2017	Anxiety and Depression in Adolescent Males, Massachusetts Department of Public Health School Nurses Training, Boston Children's Hospital
2019	Course Coordinator, lecture on the psychiatric examination, workshop activity on treating depression in adolescents, workshop activity on Problematic Interactive Media Use, Massachusetts Department of Public Health School Nurses Training, Boston Children's Hospital

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

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#### **Regional**

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2011	Pediatric Anxiety/Grand Rounds Department of Pediatrics, Beverly Hospital
2012	Obesity in Youth/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation
2013	Cutting/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation
2014	Suicide Assessment in Youth/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation
2015	Disordered Eating/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation
2015	Psychopharmacology for the Depressed Teen/Pediatric Practice Lecture Pediatric Health Care Associates
2015	Update on Eating Disorders/Pediatric CME Lecture Department of Pediatrics, Good Samaritan Medical Center
2016	Introduction to Psychopharmacology/Psychotherapy Practice Lecture Azimuth Psychological
2016	Attention-deficit/Hyperactivity Disorder/Pediatric Practice Lecture Pediatric Health Care Associates Internet Addiction in Children and Adolescents/Pediatric Practice Lecture Pediatric Health Care Associates
2017	
2019	2 Cases/Pediatric Practice Case Based Presentation Pediatric Health Care Associates

#### **National**

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- 2016 Psychopharmacology for the Depressed Teen: Increasing Access to Psychotropic Medication by Improving Primary Care Clinician Skill and Comfort/Invited Presentation  
Pediatric Academic Society  
Baltimore, MD
- 2017 Internet Addiction in Children and Adolescents: Risk factors, assessment and Treatment/Invited Presentation  
27<sup>th</sup> Annual Practical Pediatrics for Primary Care, Minnesota Children's Hospital  
St. Paul, MN
- 2017 *Boy Interrupted: A Discussion About Risk and Protective Factors of Suicide in Children and Adolescents and the Impact of Completed Suicide on Families and the Community/Invited Media Theatre Presentation*  
American Academy of Child and Adolescent Psychiatry 64<sup>th</sup> Annual Meeting  
Washington, DC
- 2018 Addicted to the Internet? Recognizing and Treating Problematic Interactive Media Use (PIMU)/Invited Presentation  
Society for Adolescent Health and Medicine  
Seattle, WA
- 2019 Problematic Gaming and Other Media Use Disorders/Invited Presentation  
Michigan Council of Child and Adolescent Psychiatry  
Ann Arbor Michigan
- 2019 The Aftermath of Losing a Patient to Suicide: A Clinician's Perspective/Clinical Consultation Breakfast  
American Academy of Child and Adolescent Psychiatry 66<sup>th</sup> Annual Meeting  
Chicago, IL
- 2019 When Online Gaming Stops Being Fun: Helping College Students Cope with Problematic Internet Use/Clinical Perspectives Presentation  
American Academy of Child and Adolescent Psychiatry 66<sup>th</sup> Annual Meeting  
Chicago, IL
- 2019 Parenting, Social Media, and Substances: How to Monitor, How to Respond/Clinical Perspectives Presentation  
American Academy of Child and Adolescent Psychiatry 66<sup>th</sup> Annual Meeting  
Chicago, IL

## **International**

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- 2015 Adolescent Psychiatric Illness in the United States/Invited Presentation  
3<sup>rd</sup> Annual Chinese Adolescent Medicine Continuing Education Course  
Fuzhou, China
- 2016 Anxiety in U.S. Adolescents/Invited Presentation  
5<sup>th</sup> Qianjiang Pediatric Puberty Medicine Forum  
Hangzhou, China  
DBT for Problematic Interactive Media Use/Invited Presentation
- 2018 1<sup>st</sup> Latin American Congress on DBT  
Buenos Aires, Argentina
- 2018 Problematic Interactive Media Use: Using what we know to proceed from recognition to understanding to treatment/Invited Presentation  
23<sup>rd</sup> World Congress of the International Association of Child and Adolescent Psychiatry and Allied Professions  
Prague, Czech Republic

## **Report of Clinical Activities and Innovations**

### **Current Licensure and Certification:**

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2014	Diplomat in Psychiatry, American Board of Psychiatry and Neurology
2016	Diplomat in Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology
2017-	Massachusetts Board of Registration in Medicine

### **Practice Activities:**

2005-2008	Ambulatory Psychiatry	Comprehensive Psychiatric Associates	35 hours per week
2008-2014	Ambulatory Psychiatry	MassGeneral for Children at North Shore Medical Center	35 hours per week
2011-2018	Ambulatory Psychiatry	Family Psychiatric Care	10 hours per week
2014-	Ambulatory Psychiatry	Pediatric Health Care Associates	20 hours per week
2014-	Ambulatory Psychiatry	Adolescent/Young Adult Medicine Clinic, Boston Children's Hospital	14 hours per week

### **Clinical Innovations:**

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Attention-deficit/Hyperactivity Disorder Evidence Based Guideline within Adolescent and Young Adult Medicine, Boston Children's Hospital (2017)	Co-designer for evidence-based guideline which simplifies diagnosis and clarifies departmental procedure for management of ADHD in teens, integrates assessment tools and supports provider understanding of ADHD medications.
Clinic Development, Boston Children's Hospital (2017)	Co-development of The Clinic for Interactive Media and Internet Disorders, a first of its kind outpatient treatment center for the evaluation and management of Problematic Interactive Media Use for adolescents and young adults.

### **Report of Teaching and Education Innovations**

Development and Implementation of an elective rotation in Adolescent Psychiatry for Child	Development of an elective rotation in adolescent psychiatry operating within a general medical adolescent and young adult medicine clinic allowing for a specialized experience working within and integrated psychiatric care setting, assessment and management of patients with eating disorders and patients with problematic interactive media use.
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and Adolescent  
Psychiatry Fellows at  
Boston Children's  
Hospital (2018)

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## **Activities**

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- 2011            Massachusetts Society for the Prevention of Cruelty to Children/Speaker  
Educational presentation to parents and caregivers.
- 2012            Massachusetts Society for the Prevention of Cruelty to Children  
Educational presentation to parents and caregivers.
- 2014            North Shore Medical Center Family Resource Center  
Family rounds educational presentation to parents and caregivers.
- 2015            Families for Depression Awareness  
National webinar providing an educational lecture to clinicians, educators, parents and caregivers.

## **Report of Scholarship**

### **Other peer-reviewed scholarship**

1. **Tsappis M.** Telepsychiatry: A solution for the unmet mental health needs of the transitional age population. *Contemp Behav Health Care* 2015; 1(2):16-19.
2. **Tsappis M**, Freizinger M, Forman SF. Binge-eating disorder: emerging treatments for a new diagnosis. *Curr Opin Pediatr*; 28(4):415-420.
3. Katz-Wise S, Rosario M, **Tsappis M.** Lesbian, Gay, Bisexual, and Transgender Youth and Family Acceptance. *Pediatr Clin North Am*; 63(6): 1011-1025.
4. Pluhar E, **Tsappis M**, Rich M. Adapting dialectical behavioral therapy for treating problematic interactive media use. *J Psychiatr Pract* 2020; 26(1):63-70.
5. Freizinger M, **Tsappis M**, Forman SF. Binge Eating Disorder: Identification and Treatment Updates for Medical Professionals in the Caribbean. *Caribb J Psych*, In press.

### **Reviews, chapters, monographs and editorials**

1. Rich M, **Tsappis M**, Kavanaugh J. Problematic Interactive Media Use Among Children and Adolescents: Addiction, Compulsion, or Syndrome? In Young K and de Abreu CN (eds.). *Internet Addiction in Children and Adolescents: Risk Factors, Assessment and Treatment.* Springer Publishing Company, 2017.
2. **Tsappis M**, Kavanaugh J, Rich M. ADHD, Gaming Disorder and Beyond. In Schonwald A (ed.). *ADHD in Adolescents: A Comprehensive Guide.* Springer Publishing Company, In press.