

LICENSURE/CERTIFICATIONS:

Maryland Board of Physicians, D0062027 (Jun 04-Current)

American Board of Psychiatry and Neurology, Child/Adolescent and Adult Psychiatry Double Board Certification (2022-32)

EAGALA Equine Assisted Psychotherapy Certification, Equine Assisted Growth and Learning Association (Aug 21-Aug 23)

EDUCATION/TRAINING:

Children's National Medical Center Washington, DC; 2-Year Child/Adolescent Psychiatry Fellowship (July 04-Jul 06)

Georgetown University Washington, DC; 3 Year Adult Psychiatry Residency Training Program (Jul 01-July 04)

University of North Carolina, Chapel Hill, NC; Doctor of Medicine (Aug 96-May 01)

University of North Carolina, Chapel Hill, NC; Master of Public Health in Health Policy & Administration (May 93-95)

North Carolina State University, Raleigh, NC; Bachelor of Science, Microbiology; *Magna cum laude* (Aug 87-May 89)

MEDICAL EXPERIENCE AND TRAINING:

Therapeutic & Learning Centers, P-LLC (Jan 15–Present) Multimodal psychiatric practice (incorporated Jan 2015) with emphasis on the diagnosis and treatment of anxiety disorders, Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure (ND-PAE), other neurodevelopmental conditions, and trauma related to adoption and foster care. Therapeutic approaches include equine assisted psychotherapy, farm animal-assisted therapy, mindfulness, dialectical & cognitive behavioral techniques, psychopharmacology, Individualized Education Planning, and parent guidance.

7th Generation Foundation, Inc. (June 2014 – Present) Potomac, MD; Founder/President of a nonprofit organization (established 24 Jun 2014) dedicated to raising awareness about Fetal Alcohol Spectrum Disorder (FASD) and operating a 5.43-acre farm animal sanctuary with several hand-raised, rescued, orphaned, and injured farm animals (horses, goats, chickens, pigs, emus). The farm offers social, volunteer, and recreational activities for youth through community partnerships. Secured a 2018 \$50k State of Maryland capital improvement bond bill and \$50k in matching grants in 2018 and 2019 from Montgomery County, designed and oversaw pasture fencing replacement and building renovations. Secured a second state bond bill for \$75k in 2025 to install a solar array on top of a new structure pole barn.

Private Psychiatric Practice, Potomac, MD (Mar 06 – Jan 15) Sole proprietor in a home office psychiatric practice providing psychotherapy and medication management for a wide array of neurodevelopmental and psychiatric conditions in children, adolescents and adults, including anxiety disorders, depression, autism spectrum disorders, attention deficit hyperactivity disorder, and Fetal Alcohol Spectrum Disorders (FASD) – Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure (ND-PAE).

FORENSIC EXPERIENCE: Have served as an expert witness in several pre-trial and post-conviction appeal *capital habeas* cases involving individuals with known or suspected FASD/ND-PAE in North Carolina, Virginia, Pennsylvania, Georgia and Tennessee as well as a variety of criminal cases on behalf of the Maryland Public Defender and attorneys in Maryland. My forensic work is limited to individuals with known moderate to heavy prenatal alcohol exposure, trauma histories, and/or suspected neurodevelopmental disorders.

PROFESSIONAL SOCIETIES & ACTIVITIES:

Child & Adolescent Psychiatry Society of Greater Washington Member (2004-present) Offices Held on the Executive Council: Treasurer (Jan 2009 – Dec 10); Maryland Representative (Jan 2011 – Dec 2014); President Elect (Jan 2015-Dec 2016); President (Jan 2017 – Dec 2018)

American Psychiatric Association (01-present); Member-in-Training Trustee, Board of Trustees (May 2003-May 05); Distinguished Fellow (Dec 2014)

American Academy of Child & Adolescent Psychiatry, member in good standing (2004-present)

Maryland Medical Society (MedChi) and Montgomery County Medical Society (Dec2016 to Dec 2017)

Montgomery County Alcohol & Other Drug Abuse Advisory Council, Voting Physician Member (Aug 2012 – Dec 2013)

Washington Psychiatric Society, member in good standing (2001-present)

National Organization on Fetal Alcohol Syndrome, Executive Committee Board Member (1999-2011)

American Medical Association, member in good standing (1996-present)

Bureau of Maternal and Child Health, Expert Reviewer for 1999 State Level Grants (Apr 1999)

Special Olympics World Games, Volunteer for Medical Unit (Jun 1999)

Berryhill Beat Writer, Nontraditional Careers in Medicine Column (Fall 1997 - Spring 99)

John B. Graham Student Research Society (Jan 1997- 01)

American Medical Association, Medical Student Section (Sept 96 - 01)
American Medical Student Association (Sept 1996 - 01)
UNC Native American Medical Student Group (Sept 1996 - 01)
NC Minority Infant Mortality Reduction Project, Public Awareness Committee (Apr 1995-96)
NC Perinatal Substance Abuse Project (Mar 1995-Aug 96)
Robeson County Community Health Partnership, Adolescent Sexuality Work Group Co-chair (Jul 1994-95)
Robeson County Infant Mortality Task Force (July 1995-96)
Southern Regional Project on Infant Mortality AmeriCorp Planning Team (Aug 1994-96)
NC Region V HIV/STD Bottom Up Prevention Planning Committee (Jul - Nov 1994)
NC Region V Ryan White HIV Dogwood Consortium (Jul - Nov 1994)

PROFESSIONAL EXPERIENCE & WORK HISTORY (Prior to and during Medical School):

American Medical Association Government Relations Internship, Washington, DC. Intern, National Organization on Fetal Alcohol Syndrome (Jun-Jul 98) *Conducted a draft strategic plan, presented executive summary to Board of Directors, compiled report on alcohol use in pregnancy for DC, and served as liaison with Capitol Associates, Inc. (a lobbyist firm).*

Good Morning America, New York, NY. Intern, Medical Unit (May-Aug 97)

Provided support for the medical producers, including logging/screening tapes, pre-interviewing and booking guests, scheduling shoots by camera crews, conducting background research and computerized literature searches, and pitching story ideas. Served as Associate Producer of health segments on infertility, alcohol & pregnancy, and erectile dysfunction.

Robeson Health Care Corporation, Maxton, NC. Special Programs Director/Developer (Jan 1995 - Aug 96); Program Development Consultant. (Aug 1996 – Jun 99) *Supervised 25 staff in substance abuse, HIV case management, domestic violence, and reproductive health programs. Served as public relations advisor and grant writer. Assisted with strategic planning, grant writing, and program development. Developed a 24-unit transitional housing program for women in recovery and their dependent children.*

Pembroke State University, Pembroke, NC. Adjunct Faculty Member, Community Health Education Program (Aug 1995 - May 96) *Taught courses in human diseases and epidemiology.*

March of Dimes Eastern Carolinas Chapter, Raleigh, NC. Volunteer Consultant/trainer, March of Dimes Campaign for Healthier Babies (Aug 93 - Aug 96) *Provided technical support for grant writing and community program development. Served on Health Professionals Advisory Council. Conducted outreach lay health education presentations and workshops on preconception planning, prenatal care, and birth defects prevention.*

Tuscarora Tribe of NC, Inc., Pembroke, NC. Interim Director, Tribal Health Services (Jan 1994 - Sept 94) *Program Developer and Project Director for the North Carolina Minority AIDS Education Program and the Heh-Neh Project.*

University of North Carolina; Chapel Hill, NC

Interviewer, Cecil G. Sheps Center for Health Services Research (May 1994 - Aug 94)

Conducted structured, investigative interviews with directors of community organizations in a pilot research project focused on the study of community support programs for persons with severe and persistent mental illness.

Interviewer, Health Promotions and Disease Prevention Center (Jan 1994-May 94)

Scheduled and conducted interviews with mothers participating in the Baby Love Maternal Outreach Worker Evaluation Project. Evaluation questions related to health behavior, psychological measures (including perceived stress, depression, and self esteem), family planning and child spacing, social support, parenting skills, child growth and development, and use of child health services.

Burroughs Wellcome Company, Research Triangle Park, NC.

Clinical Research Associate, Department of Clinical Neurosciences (Feb 1992- Jan 94)

Primary monitor of clinical trials. Participated in writing of protocols and final study reports. Assisted with site selection and study initiation, grant and contract negotiations and management. Tracked data accountability during ongoing trials.

Research Assistant, Division of Cell Biology (Sep 1989-Jul 91)

Performed in vivo experiments in tumor biology including toxicity testing, anticancer screening, and xenograft studies. Responsible for writing a manual of in vivo and in vitro laboratory protocols with illustrations.

Laboratory Technician, Division of Experimental Therapy (May-Sep 1989)

Set up an in vitro integration reaction of retroviral and target DNA using techniques in molecular biology. Transformed bacteria; prepared probe by restriction enzyme digestion; maintained various cell lines in tissue culture.

North Carolina State University, Raleigh, NC Honors Research Student, Department of Microbiology (Aug 88-May 89)

Molecular biology and viral infection studies; surgically removed, prepared, and assayed samples from neonatal mice.

National Institute of Environmental Health Sciences, Research Triangle Park, NC. Biological Aide, Laboratory of Genetics (Mar-Aug 1988) *Performed in situ hybridizations of polytene chromosomes of Drosophila melangaster to identify an inversion-bearing locus relative to the HID gene locus and maintained Drosophila stocks through genetic breeding.*

HONORS/AWARDS:

2018 Washingtonian Magazine's "The Face of Child & Adolescent Psychiatry"

2016 and 2017 Washingtonian Magazine's "The Face of Child & Adolescent Therapy"

2015-16 Potomac Chamber of Commerce Citizen of the Year

Distinguished Fellow, American Psychiatric Association (December 2014)

Grand Rounds in Psychiatry: Children's National Medical Center (Spring 2006), SUNY Upstate (Oct 2013), St. Elizabeth's Hospital (Dec 2013); University of Minnesota (Visiting Scholar Nov 2014); Georgetown University (Jan 2015).

2010, 2015 and 2016 Washingtonian Magazine's "Washington's Top Doctors" Award Recipient

2012 and 2014 Who's Who of Executives and Professionals

2008-2012, 2014 Consumer Research Council of America's Patient's Choice Award for One of Maryland's Favorite Physicians

2010 and 2012 Bethesda Magazine "Top Doctor's" Award Recipient

Campaign for America's Kids Award to attend the 2011 American Academy of Child and Adolescent Psychiatry/Canadian Academy of Child and Adolescent Psychiatry Joint Annual Meeting (Oct 11)

Leah J. Dickstein, MD Award given by the American Women's Psychiatric Association to a female student entering psychiatry who demonstrates a spirit of energy, creativity, academic excellence, and leadership (Apr 01).

Eugene S. Mayer Community Service Honor Society (Feb 00-May 01)

American Medical Association Government Relations Scholarship/Internship (Summer 98)

UNC School of Medicine International Health Fellowship (Summer 98)

UNC Sara Kenan Scholarship (97-99) and UNC Board of Governor's Medical Scholarship (96-01)

Do Something Brick Award for Community Leadership, National Semifinalist (96)

NC Public Policy Scholar, Governor's Institute on Alcohol and Substance Abuse (94-95)

Excellence Award, Burroughs Wellcome Company (90)

NCSU Honors Program; Phi Kappa Phi Honor Society; Mitchell F. Allen & Sigmund Sternberger Scholarships; College of Agriculture & Life Sciences (88-89);

BOOK, PROFESSIONAL PAPERS, PRESENTATIONS, AND COMMUNITY PROJECTS

The Silent Epidemic: A Child Psychiatrist's Journey beyond Death Row – Understanding, Treating and Preventing Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure. Book published by Lulu Press; 24 June 2016.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Medication and Treatment Perspectives, National Psychopharmacology Update, Nevada Psychiatric Society; Las Vegas, NV; February 14, 2026.

Trauma-Informed Farm Animal-assisted Neurotherapy & Green Care Farming & Screening of Children for ND-PAE, Barker Family Adoption Foundation Retreat at Dream Catcher Meadows, Potomac, MD; 3 May 2024.

Farm Animal-assisted Neurotherapy & Green Care Farming for Autism Spectrum and other Neurodiverse Conditions, 12th International Conference - Autism: Challenges and Solutions, Abu Dhabi, UAE; 30 April 2024.

Trauma-Informed Farm Animal-assisted Neurotherapy and Green Care Farming for Neurodiverse Conditions (2 August 2023) to be in *Neuropediatrics - Recent Advances and Novel Therapeutic Approaches*, edited by Dr. Hagit Friedman; ISBN 978-1-83769-386-3 for IntechOpen.

The Alphabet Soup of Neurodiversity: Shifting Psychiatric Paradigms in Clinical Medication Management. Arizona Psychiatric Society Annual Meeting, Chandler, AZ; 15 April 2023.

Autism Spectrum Disorder Neurophenotype with Preconceptional and Prenatal Alcohol Exposure – A Call for Industry Responsibility in Prevention. Perspective Chapter in *Autism Spectrum Disorders – Recent Advances and New Perspectives*, book edited by Dr. Marco Carotenuto; 2 Dec 2022, IntechOpen. doi: 10.5772/intechopen.108820

Recognizing, Treating & Preventing Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure. The Judy Center; Frederick County Public Schools; Frederick, MD; 18 March 2023.

Diagnosing and Managing Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure in Transitional Age Youth. 26th National Psychopharmacology Update, Nevada Psychiatric Society; Las Vegas, NV; February 10-13, 2021.

Green Care Farming to Improve Adaptive Functions in Neurodevelopmental Conditions. Presentation at Johns Hopkins University Department of Social Work, Baltimore, MD; January 16, 2020.

Social Determinants of Health in Transition Age Youth with Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure. Chaired and presented an all-day program at the American Academy of Child and Adolescent Psychiatry, Chicago, IL; October 19, 2019.

Mindfulness in the Classroom: A Primer for School Counselors and Teachers. Montgomery County Public Schools All Counselors' Conference, Rockville, MD; November 30, 2018.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Diagnosis and Treatment in an Era of DSM-5; Child & Parent Resource Institute; Ministry of Children & Youth Services, London, Ontario, Canada; June 14, 2018; George Washington University Department of Psychiatry lecture to psychiatric residents, September 9, 2018.

The Silent Epidemic of Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Prevalence, Screening & Prevention in an Era of DSM-5; Grand Rounds Departments of Psychiatry and Pediatrics, Kaiser Permanente; California; February 21, 2018.

The Silent Epidemic of Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Prevalence, Screening & Treatment in an Era of DSM-5; Grand Rounds Howard University Medical Center Department of Psychiatry, March 22, 2018.

Prenatal Alcohol Exposure The FASD Epidemic: More Common than Autism (and Preventable!); Staff and Professionals at the Ministry of Health, Division of Mental Health and Grand Rounds for Students & Faculty of Medicine of Vilnius University, October 9, 2018. **Prenatal alcohol exposure: Risk for Sex Trafficking;** Links Between Human Trafficking, Alcohol Exposure, and Domestic Violence Conference; Alytus, Lithuania, October 10, 2017.

The American Family: Transitioning Adolescence Through the Lens of a Child Psychiatrist; CALO Healing Trauma Conference, Lake of the Ozarks, Missouri; May 22-24, 2017.

Identifying and Parenting Children with Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure; Newfound Families Conference Richmond, Virginia; April 29, 2017.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure; Part 1: Epidemiology, Prevention, and Diagnosis. Part 2: Screening & Referral in Child Welfare Child Welfare, Montgomery County, Maryland; January 4 and March 3, 2017.

Rosalynn Carter Symposium on Mental Health Policy. Participant in an annual meeting by invitation only at The Carter Center, Atlanta, Georgia; November 17-18, 2016.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Consumer Protection and the Industry's Duty to Warn. presentation at BIT's 7th Annual World Gene Conference - Emerging Areas for Medicine Application; Co-chair for Session 4-1: Modern Reproductive Medicine; Shanghai, China; November 3, 2016.

Toward Development of a Treatment Algorithm for Fetal Alcohol Spectrum Disorder. Expert Panel Participant for the University of Saskatchewan Department of Psychiatry, Saskatoon, Saskatchewan; October 24, 2016.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Diagnosis and Treatment of Adolescents & Adults in an Era of DSM-5. Maryland Disability Rights Center September 14, 2016.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Epidemiology, Diagnosis, Prevention and Transitional Youth Issues. Susan D. Rich, MD, MPH; Sydnie Butin; Daniela Mielke, Jody Allen Crowe, and Lauren Grenier. Symposium at the Epidemiology, Diagnosis, Prevention and Transitional Youth Issues, July 16, 2015; Vienna, Austria.

Better Safe than Sorry Project. Ongoing prevention initiative coordinated with high school and college students. Multi-media kick off campaign including focus groups and presentation for 500 graduating seniors at Churchill High School, Potomac, MD. Recruited, trained, supervised 8 college age interns and launched/authored a blog: www.BetterSafethanSorryProject.com. Feb 2014 to current.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Consumer Protection and the Industry's Duty to Warn. Susan D. Rich, MD, MPH and Laura J. Riley, JD, Esq. Chapter 3 in *Fetal Alcohol Spectrum Disorders in Adults: Ethical and Legal Perspectives* for the International Library of Ethics, Law and the New Medicine Series, Vol. 63; Springer Publishing. 2015

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Society's Preventable Mental Health Epidemic. Susan D. Rich, MD, MPH (chair); Scott Parnell, PhD; Sydnie Butin; and panelists Roger Peele, MD; Lauren Grenier; Bonnie Buxton; Brian Philcox. Symposium at the 168th annual meeting of the American Psychiatric Association, May 20, 2015; Toronto, Canada.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: The Preventable Epidemic of Mental Illness. Grand Rounds presentation as visiting scholar at the University of Minnesota, Department of Psychiatry; November 12, 2014; Minneapolis, MN. Grand Rounds presentation at the Georgetown University School of Medicine; January 6, 2015; Washington, DC.

From Institutionalization to Incarceration: The Human Rights Tragedy of FASD. Presentation at the Minnesota Organization on Fetal Alcohol Syndrome's FASD Matters annual conference, *FASD and Human Rights*, November 14, 2014; Minneapolis, MN.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Challenges and Importance of Diagnosis and Treatment across the Lifespan; Special Interest Study Group #17 at the American Academy of Child and Adolescent Psychiatry; October 24, 2014.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: Etiology, Diagnosis, Treatment, and Prevention in an Era of DSM-5; Institute Chair and Presentater at the American Academy of Child and Adolescent Psychiatry; October 23, 2014.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: A Call to Action for Screening & Services in the Justice System. Presentation to CINA and family law attorneys attending the Maryland Office of the Public Defender annual conference; October 19, 2014; Ocean City, MD.

Overview of 7th Generation Foundation, Inc. - Healthy Lifestyles. Inspired Communities. Presented to Calvary Lutheran Farm Ministries, Silver Spring, MD; August 26, 2014.

Neurodevelopmental Disorder associated with Prenatal Alcohol Exposure: 7th Generation Foundation, Inc. for Treatment and Prevention; Presented to Farm in the Dell and First Lutheran Church, Butte, MT, MD; June 30-July 2, 2014.

A Neurodevelopmental Paradigm for Fetal Alcohol Spectrum Disorder. Natalie Novick Brown, PhD and Susan D. Rich, MD, MPH. *The Judge's Page* published online by the Court Appointed Special Advocates and National Council for Juvenile and Family Court Judges; Winter 2014.

Neurodevelopmental Disorder Associated with Prenatal Alcohol Exposure in DSM-5. Viewpoints column article co-authored with Natalie Novick Brown, PhD in *Psychiatric News, Volume 48, No. 24; December 20, 2013.*

Diagnosing FASD in the Era of DSM-5: Good News for the Forensic Context. Natalie Novick Brown, PhD; Judge Anthony Wartnik (Retired) Susan D. Rich MD, MPH. December 2013, Issue 10, pp. 34-37.

Neurodevelopmental Disorder Associated with Prenatal Alcohol Exposure in DSM-5: Shifting FASD Perspectives toward the Brain. A series of lectures presented at the Boston FASD Summit in June 2014 and in Grand Rounds at St. Elizabeth's Hospital (Washington, DC, December 18, 2013), Grand Rounds at the State University of New York – Upstate (Syracuse, October 31, 2013), and at the State of Arkansas FASD Summit (Little Rock Chamber of Commerce, the Children's Hospital Departments of Genetics, Developmental Pediatrics, and Psychiatry at the University of Arkansas for

Medical Sciences) sponsored by the Regional SAMHSA Center for Excellence, the March of Dimes, and the National Organization on Fetal Alcohol Syndrome; September 23-25, 2013.

Neurodevelopmental Disorder Associated With Prenatal Alcohol Exposure in DSM-5: Implications for Forensic Psychiatry. Presentation to the 2013 US Administrative Office of the Courts Criminal Defense Multi-track, Buffalo, NY; August 9, 2013.

Neurodevelopmental Disorder Associated With Prenatal Alcohol Exposure: A Child Psychiatrist's Perspective. Presentation to the 2013 National Arc Conference, Seattle, WA; August 4, 2013.

Clinical Implications of a Link Between Fetal Alcohol Spectrum Disorders (FASD) and Autism or Asperger's Disorder – A Neurodevelopmental Frame for Helping Understanding and Management. Kieran D. O'Malley and Susan D. Rich. Chapter 20 in *Recent Advances in Autism Spectrum Disorders - Volume I*, book edited by Michael Fitzgerald, March 6, 2013.

Misdiagnosing Our Youth and Clients: Fetal Alcohol Spectrum Disorder and Fetal Alcohol Syndrome. Susan D. Rich, MD, MPH and William Edwards, Esq. Presentation to the National Alliance of Sentencing Advocates and Mitigation Specialists, 20th Anniversary Conference, March 22, 2013.

A Neurodevelopmental Formulation for Psychiatric Care of of Fetal Alcohol Spectrum Disorders. Susan D. Rich, MD, MPH and Kieran D. O'Malley, MD. *Journal of Psychiatry and the Law*, (accepted for Fall 2012).

Fetal Alcohol Spectrum Disorders: Forensic Screening & Assessment. Susan D. Rich, MD, MPH and William Edwards, Esq. Presentation to the Office of the Federal Public Defenders District of Maryland Annual Conference Series, November 9, 2012.

Shifting Diagnostic Paradigms for Improved Treatment and Surveillance of Fetal Alcohol Spectrum Disorder in DSM-5. Susan D. Rich, MD, MPH and Howard Moss, MD, PhD (National Institute on Alcohol Abuse & Alcoholism, Associate Director of Clinical and Translational Research); CME Presentation to the Child & Adolescent Psychiatry Society of Greater Washington; November 14, 2012.

Executive Dysfunctions and the Sleepy Secretary of ADHD. *Attention Magazine - The Journal of CHADD, Children & Adults with Attention Deficit/Hyperactivity Disorder*, August 2012.

Fetal Alcohol Spectrum Disorder and Juvenile Antisocial Behavior: From Science to Treatment and Prevention. Chair and Presenter of Clinical Perspectives at the AACAP/CACAP Joint Annual Meeting in Toronto, Canada, 21 Oct 11.

Fetal Alcohol Spectrum Disorder: A Paradigm for Neurodevelopmental Formulation and Multidisciplinary Treatment. Chair and presenter for a symposium presented at the 2009 Annual Meeting of the American Academy of Child & Adolescent Psychiatry, 1 Nov 09.

Fetal Alcohol Spectrum Disorders and DSM-V: Through the Lens of a Child Psychiatrist. Article in the *Child & Adolescent Psychiatry Society of Greater Washington Newsletter*, Spring 2009.

Through the Lens of a Child Psychiatrist: The Need to Distinguish FASD from other Neuropsychiatric Diagnoses. Presented at the 2007 FASD and Co-occurring Disorders Meeting, the 2008 NOFAS Affiliate Meeting, the 2006 FASD State Coalition Conference, and the Mt. Washington Hospital Center Lecture Series (2008-10).

CDC Task Force on FAS/FAE: Presented efforts to include FASD into the DSM-IV TR/DSM-V and subsequent editions (June 06)

A North Carolina Native's Passion for Prevention. Keynote speaker at the NC FASD Women's Summit, July 21, 2005

Fetal Alcohol Syndrome: A Preventable Tragedy. Editorial in *Psychiatric News* Volume 40 Number 9; May 6, 2005

Doctor Mom. Editorial article in *Psychiatric News* Volume 39 Number 24, December 17, 2004

Sa'ah Naaghái Bik'eh Hózhóón: Lifelong Happiness *A preconception health education project for the Navajo Area*

A culturally-based 16-page lay health advisor training booklet for Navajo communities designed to inform about preventable causes of birth defects, the value of nutrition and lifestyle behaviors on reproductive outcomes, and the advantages of planning for pregnancy. Funding: Centers for Disease Control and Prevention, The New Mexico Department of Health, the NM Chapter of the March of Dimes, the Arc of NM and the University of NM FAS Prevention Program. Published 2001.

Preconception Care. Rich SD and Cefalo RC, in *Precis: An Update in Obstetrics and Gynecology*, *Obstetrics*, 2000.

Recognition and Prevention of Fetal Alcohol Spectrum Disorder. Grand Rounds in Family Medicine. University of North Carolina (May 00), University of Manitoba (July 98).

Planning for the 7th Generation: Educational Campaign to Prevent Alcohol-related Birth Defects *Produced a 12-page preconception health booklet (MOD, 1995) and 20-minute educational video (1998) to train lay health advisors about causes and prevention of alcohol-related birth defects.* Funding: March of Dimes.

What Is Family Planning? Deciding when and if to have children (© Susan Diane Rich 1998). *Produced a 16-page low-literacy booklet designed to inform about reasons for using contraceptives to plan pregnancies and the variety of methods available.* Funding: Kate B. Reynolds Charitable Trust (copy, design, layout, and printing).

Planning for the 7th Generation: A Community Strategic Planning Workshop *Facilitated a culturally-appropriate day-long workshop on preconception health presented to health and human service providers in Robeson County, NC (Jan 98) and Kahnawake Territory, Quebec, Canada (Dec 97). Conducted a series of focus groups and a strategic planning report for the Kahnawake Preconceptional Health Program (May-Jun 98) and mini-workshops for health and human service providers in Manitoba, Canada through the Northern Medical Unit of the University of Manitoba and the Child and Youth Secretariat (Jun 98). A condensed version was presented at The Gathering, a women's health conference in Scotland County, NC (Feb 98), The NC Indian Unity Conference in Fayetteville, NC (Mar 98), the Healthy Communities Conference in Winnipeg, Manitoba (Oct 98), the St. John's Regional Medical Center Baby Business Conference in Springfield, Missouri (April 99), and the District 10 Alabama State Nurse's Association (Sept 99). Funding: UNC International Health Fellowship (3-weeks in Kahnawake) and Northern Medical Unit (1 week in Manitoba).*

Fetal Alcohol Syndrome: Its Causes, Characteristics, and Consequences *Organized and presented at this multidisciplinary conference for 50 health and human service professionals across North Carolina. Agencies represented included public health, mental health, juvenile court services, police departments, child service and maternal care coordinators (Jun 96, UNC Pembroke). Sponsors: Pembroke State University and Robeson Health Care Corporation.*

A Previously Unexamined Source of Delinquency: Fetal Alcohol Effects - An Emerging Paradigm *Master of Public Health thesis research (1993-94) about the correlation between alcohol-related birth defects and life-course-persistent antisocial behavior presented at the Academy of Criminal Justice Sciences Conference (Mar 96, Las Vegas), the American Society of Criminology Conference (Nov 96, Chicago) and the NC Developmental Disabilities Conference (Dec 96, Raleigh).*

The 7th Generation: Messages of Harm, Healing and Hope. *Guest Speaker at the Thanksgiving Native American Heritage luncheon; Federal Bureau of Prisons, Seamore Johnson Air Force Base (Nov 96, Goldsboro, NC).*

Fetal Alcohol Effects and Juvenile Crime: Implications for Juvenile Justice Practice *An evaluation of alcohol mortality, infant mortality, and subsequent juvenile delinquency for several NC counties to determine the impact of possible prenatal alcohol exposure on the juvenile justice population in NC, with specific reference to Native American youth. Also includes policy implications for effective intervention and prevention strategies related to adolescent crime in the State. (May 95, Public Policy Forum at the State Capital). Preceptor: James W. Luckey, Research Psychologist, Research Triangle Institute (Oct 94 - May 95). Funding: NC Governor's Institute on Alcohol and Substance Abuse Public Policy Scholars' Program.*

The Truth about Violent Delinquents: A Theory to Explain the "Early Starter" *A lecture delivered to classes in criminology. Conceptual framework and background related to causes of cognitive impairment that may be contributing to the "epidemic of violence." Audience: Graduate students, faculty and undergraduate students. Department of Criminal Justice, University of North Carolina at Charlotte (Feb 95).*

Root Causes of Violence: Prevention Strategies for Vulnerable Youth *A presentation designed to encourage grass-roots and agency partnerships to prevent violence using community-wide strategies to meet the needs of intrinsically vulnerable youth. 1995 NC Crime Prevention in Public Housing Authority Conference (Jan 95).*

Prenatal Alcohol Exposure and Juvenile Delinquency: Implications for Health and Human Service Practice *A literature review article exploring the possible influences of prenatal alcohol exposure on juvenile delinquency, particularly among Native American offenders, where fetal alcohol syndrome and fetal alcohol effects are prevalent. Preceptor: James W. "Bill" Luckey, Research Psychologist, Research Triangle Institute (Jul - Dec 94).*

COMMUNITY PROGRAM DEVELOPMENT (Grants authored, Projects Directed/Developed):

Navajo Preconception Health Project 2000-01 *Developed a multi-agency partnership for promotion of preconception health using a train-the-trainer model for lay health advisor training with funding from the New Mexico Department of Health (\$10,000), the March of Dimes New Mexico (\$2,000) Chapter, University of New Mexico Fetal Alcohol Syndrome Prevention Section (\$2,500) and the Arc of NM (\$2,500). Partnering agencies also included the Navajo Family Health Resource Network in Window Rock, AZ, Navajo Nation Division of Health, and The Gathering Place in Thoreau, NM. Booklet development, including a series of focus groups and individual meetings, began January 2000. Institutional review board approval was granted in Feb 01 for training of 250 lay health advisors to distribute the booklet in the Navajo area in April 2001.*

Centers for Disease Control and Prevention *Wrote a sole source justification to produce a documentary about alcohol teratogenesis (Fall 97). Produced a 40-minute documentary, *Dispelling Myths about Alcohol-related Birth Defects* in which experts highlight current knowledge about alcohol-induced structural and neurobehavioral birth defects and prevention strategies. The social and economic impact of the problem are related by biological parents, affected children, and their caregivers. (Grant awarded Aug 98 to assist with research, filming, and production costs at a total amount of \$25,000; project completed January 2002)*

Do Something, Inc. *Developed a proposal for printing 5,000 copies of the booklet, "Planning for the 7th Generation" (see above) to be distributed among NC tribes in conjunction with Robeson Health Care Corporation, the NC Commission of Indian Affairs, and the March of Dimes Eastern Carolinas Chapter. Awarded a \$500 grant as a 1996 semi-finalist in the BRICK Award for community leadership, sponsored by Mademoiselle Magazine and MTV to print 2,500 of the booklets (Oct 97); the Mohawk community paid \$150 for printing of 500 booklets to be distributed in Kahnawake Territory, Canada (Dec 97).*

US Department of Housing and Urban Development Served as program planner and grant writer of a supportive housing grant to develop a 24 unit transitional housing community for Robeson Health Care Corporation. Grant objectives included assisting women recovering from substance abuse and their dependent children with obtaining access to social service programs, health care, substance abuse counseling and case management, job training and placement, and other activities of lifestyle improvement in a safe and drug-free housing development where they could live for up to 2 years. \$400,000 over 3-years awarded Dec 96. The entire project for Grace Court was \$1.8M, built from the ground up.

March of Dimes Greater Triad Chapter Community Service Grant Planned, wrote, and submitted a \$5,000 proposal, on behalf of the Alcohol/Drug Council of North Carolina, to produce a culturally-appropriate lay health advisor video to prevent alcohol-related birth defects (awarded Aug 98). As Executive Producer, coordinated focus groups (for adolescent input), plan the shoot schedules, and serve as script writer and narrator.

Kate B. Reynolds Charitable Trust Planned and wrote a grant to support the development and implementation of a comprehensive women's health initiative for Robeson Health Care Corporation. Grant objectives included enhancing primary and preventive reproductive and post-menopausal services for women, including conducting routine examinations; providing family planning and preconception health counseling; and screening for pregnancy, HIV/STDs, and substance use. \$182,310 awarded Jun 96.

NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services Wrote a grant for renovations of a halfway house for pregnant women to increase fire and safety standards such that the facility will be licensed for up to 7 women and 3 infants. Served as coordinator of the renovations. (Grant awarded Mar 96 for \$24,310).

AmeriCorps/Corporation for National Service As a consultant with the March of Dimes and the Southern Regional Project on Infant Mortality (SRPIM), provided community development expertise to coordinate the planning of a site-specific AmeriCorps project in Southeastern, North Carolina during 1994-95. The project established four sites South to reduce infant mortality and birth defects by promoting the health of women, infants, and their families. (Site-specific grant awarded Oct 95 at \$107,000 for 1995-96).

NC Safe and Drug Free Communities Planned, wrote, and submitted a Governor's 20% Program grant on behalf of Robeson Health Care Corporation during June 1995. Goals of the grant are to prevent alcohol, tobacco, and other drug abuse and other high risk issues (adolescent sexuality, HIV/STDs, teen pregnancy) among adolescents. (Total grant awarded Sept 95 \$31,000).

North Carolina Primary Health Care Association Planned, wrote, and submitted a grant on behalf of Robeson Health Care Corporation to increase immunization rates and provide a tracking system to link with the NC Immunization registry. (Grant awarded Jul 95 at a total amount of \$15,000 for 1995-96).

March of Dimes Eastern Carolinas Chapter Community Service Grant Planned, wrote, and submitted a \$2,500 proposal, on behalf of the Alcohol/Drug Council of North Carolina, for a culturally-appropriate booklet to increase awareness among Native American communities about preconceptional health issues to prevent alcohol-related birth defects. Also wrote and produced the booklet, which was published by the March of Dimes Birth Defects Foundation during 1995.

National Native American AIDS Prevention Center Conducted a community health needs assessment for the Tuscarora Tribe of NC, Inc. Submitted a summary report to address the need for a holistic, comprehensive case management program for HIV-positive Native Americans living in a rural area of southeastern North Carolina. (Grant awarded at \$45,000/ year over 3 years).

Kate B. Reynolds Charitable Trust Planned, wrote, and submitted a grant in conjunction with the Robeson County Health Department and the Partnership for Community Healthy. Grant objectives included improving utilization of family planning services, increasing preconception health awareness, and reducing negative pregnancy outcomes associated with adolescent sexuality, alcohol and other drug use during pregnancy. \$164,000 awarded Jan 95.

CONTINUING MEDICAL EDUCATION (partial list):

- The Alert Program: How does your engine run? Strategies for FAS, ADHD, autism, and executive functioning issues (Feb 2012)
- American Academy of Child & Adolescent Psychiatry Annual Meeting (Oct 2006; Oct 09; Oct 11, Oct 2014, Oct 2019)
- American Psychiatric Association Annual Meeting (2001, 2003, 2005, 2007, 2009, 2011, 2015) and Assembly Meeting (2005)
- Child & Adolescent Psychiatry Society of Greater Washington, Dinner meetings and Annual Symposium (since 2009)
- National Conference on Childhood Obesity, George Washington University Medical Center (Jun 09)
- Alternative, Complementary & Nutritional Strategies for Mental Health Disorders, PESI (Apr 09)
- Spectrum of Developmental Disabilities XXXI: A Pragmatic View to the Social Brain, Johns Hopkins University School of Medicine (Mar-Apr 2009)
- Who's Running the Show? Executive Dysfunction and How to Help the Disorganized Child, PESI (Feb 09)

- National Organization on Fetal Alcohol Syndrome Town Hall Meeting/Public Hearing, Washington, DC (June 03)
- Early Childhood Neurobehavioral Assessment for the Differential Diagnosis of FAS & ARND (Mar 00)
- Support for Development of a National Multi-site Prevention & Intervention Effort to Reduce Prenatal Drinking in Women, Co-sponsored by the National Institutes on Alcohol Abuse and Alcoholism & the Office of Research on Women's Health (Apr 98)
- North Carolina Primary Health Care Association Conference (May 95)
- National Academy of Criminal Justice Sciences Conference (Mar 95)
- North Carolina Minority Health Conference (Feb 94 and Feb 95)
- North Carolina Healthcare 1999 Summit (Nov 94)
- Women of Color Conference (Sept 94)
- Adolescent Violence: An American Public Health Problem (Apr 94)
- Healthy Carolinians 2000 Conference (Nov 93) and Addiction Professionals of North Carolina (Oct 93)

SUBSTANCE ABUSE PREVENTION & RELATED TRAINING:

NATO Advanced Study Institute: The Biosocial Bases of Violence: Theory and Research. *A 9-day international criminal behavior research conference in Rhodes, Greece. The focus of the conference was to discuss research and theory to support or refute a biosocial model of violent and criminal behavior (May 96).*

Pembroke State University Public Policy Leadership Program: Crisis Intervention Workshop. *Three day workshop in non-violent crisis intervention conducted for community leaders and organizers (Jul 95).*

UNC-Charlotte McLeod Institute: Substance Abuse Training Conference. *Week long workshops in counseling for new professionals and substance abuse assessments. Evening mini-sessions in women's issues, violence, prevention and planning, and smoking cessation (Jun 95).*

The Boston University Fetal Alcohol Education Program: Identification, Prevention and Treatment of Fetal Alcohol Syndrome. *The intensive two-day seminar focused on clinical strategies for prevention of alcohol-related birth defects and the diagnosis and treatment of children with fetal alcohol syndrome and fetal alcohol effects (Oct 94).*

Governor's Academy for Prevention Professionals: Prevention Specialist Curriculum: *Prevention Theory, Community Organization, Multicultural Issues, Life Stages, Pharmacology, Program Design, Needs Assessment, Evaluation, Public Speaking, Materials Development, Gender Issues and other support skills (Jan - Mar 94).* Advanced Curriculum: *Group Theory, Violence Prevention, Education in the 21st Century, Community Development Process, Leadership, Political Base for Prevention Planning, Working with School-aged Youth (Nov - Dec 94).*

Full Circle Gathering: *Three-day seminar event related to Cherokee spiritual teachings and natural healing techniques. Participants included health care professionals, counselors, teachers, clergy, and other human service providers. (Sept 94, Dec 94 - Jan 95, May 95)*

North Carolina Women of Color Conference: The State of Our Health: Empowering to Mobilize for Action. *This conference is a new initiative to address health issues and further develop leadership among African-American, Native American, Hispanic/Latina, and Asian/Pacific Islander women. Information, skills building and network sharing in areas of reproductive health, violence against women, mental health, cancer and cardiovascular disease/nutrition were included in the workshops (Sept 94).*

North Carolina School for Alcohol and Drug Studies: *17th annual training event featured a combination of training activities in the field of chemical dependency; specifically, 29 credits were completed in perinatal treatment issues and the dynamics of addiction (Summer 1994).*

Strategies for Helping Young Children and Families Affected by Alcohol and Other Drugs: National video teleconference. Topics included: *updated research information on developmental outcomes of children affected by alcohol and other drugs; information on program strategies for working with affected and at risk children and families; information about creating community linkages among providers serving children and families effected by alcohol and other drugs (Spring 94).*

Crisis Communication Module: *A 5-week module designed to assist public health and health care leaders in developing effective communication skills in times of crisis. Topics included: Crisis communication plans, mass media needs, open meeting laws, interviewing skills, and risk communication (Spring 94).*

LOCAL COMMUNITY VOLUNTEER EFFORTS:

Alcohol and Other Drug Abuse Advisory Council – Rockville, MD Served as voting physician member from July 2012 to December 2013, including the position of chair of the substance abuse prevention committee.

Bethesda Friends Meeting, Bethesda, MD Served as Clerk of the Childcare Committee from 2005 – 09 and First Day School teacher, grades pre-K to 2nd from 2009 – 2013.

Watts Branch Alliance, Potomac, MD Active in various watershed clean-up activities, including assistance with annual spring cleanups and youth recruitment for regular clean-ups (stream walks to collect litter a few times per week with patients in my practice)

Girl Scouts of the Nation's Capital, Local Troop – Potomac, MD Served as “Camping and Cookout mom” from 2010-12 and co-leader 2012-14. Organized and implemented various projects, including environmental clean ups at the C&O canal, tree transplantation to decrease erosion of Watts Branch bank, stream litter removal activities, a 2012 Earth Day event in Bethesda to air the “Bag It” movie and honored County Executive Isaiah Leggett for his role in the 5c tax on plastic bags.

Wayside Elementary School – Potomac, MD Served as the volunteer parent liaison for the Hands on Science and Spanish language enrichment programs from 2012 to 2014. Responsible for coordinating with staff and parents about enrollment, scheduling, room assignments, and other administrative functions. Spoke at annual “Career Fair” (2009 to present) for four hours each year about the roles, responsibilities, and profession of a child/adolescent and adult psychiatrist.