

ULKA AGARWAL, M.D.

SPECIALITY **Psychiatry, Integrative Medicine, Collaborative Care**

**CLINICAL
EXPERIENCE**

**Pine Rest Christian Mental Health Services, Behavioral Health
Solutions Division, Grand Rapids, MI**

Adjunct Staff Psychiatrist

11/14/2016 – present

- Provide tele-psychiatry services for coverage needs of agencies, which includes tele-psychiatric evaluations, tele-psychiatric subsequent care and medication reviews, prescriptions, and other psychiatric services as required. Provide related consultation with patients, families, staff members and primary care physicians, as appropriate. Provide consultation within a collaborative care model to medical practices and care managers regarding psychiatric needs of patients in integrated care models. Provide training in integrated care models to primary care staff, psychiatrists, nurses, and care managers.

George Washington University Student Health Center, Washington, DC

Staff Psychiatrist

01/11/2016 – 4/28/17

- Diagnose and treat general psychiatric disorders including ADD/ADHD, mood, anxiety, eating, substance use and psychotic disorders. Treatment plans include medication management, supportive therapy and cognitive behavioral therapy, supplements, individualized nutrition plans, stress management, spirituality assessment, guided meditation, mindfulness, breath work, sleep hygiene, personal development, behavioral activation, solution-focused therapy, and bridge to outside referrals. Appointments include intakes, short-term management, long-term management, crisis intervention, and hospitalization.

**California State University, East Bay, Student Health and Counseling
Services, Hayward, CA**

Lead Physician, Psychiatrist, Nutrition Instructor

09/09/2013 – 12/31/2015

- Diagnose and treat general psychiatric disorders including ADD/ADHD, mood, anxiety, eating, substance use and psychotic disorders. Treatment plans include medication management, supportive therapy and cognitive behavioral therapy, supplements, individualized nutrition plans, stress management, spirituality assessment, guided meditation, mindfulness, breath work, sleep hygiene, personal development, behavioral activation, solution-focused therapy, and bridge to outside referrals. Appointments include intakes, consultations, short-term management, long-term management, crisis intervention, and initiation of involuntary

hospitalization. Advanced use of electronic medical record (Medicat).

- Develop health center policies relating to mental health including use of benzodiazepines and stimulants, crisis management and after hours care, crisis training for health center staff, urgent care policy for both mental health and providers, and 5150 involuntary hospitalization policy (in collaboration with University Chief of Police). Developed and lead Stress Management and Meditation classes during midterms and final exams.
- Oversee issues pertaining to providers (physicians and nurse practitioners) in the health center, and work directly with health center director to address and resolve issues. Lead weekly provider meetings, and provide day-to-day administrative oversight for provider staff of ten. Collaborate with the health center's multidisciplinary management team to facilitate day-to-day operations and ensure optimal patient care. Oversee medical sections for AAAHC accreditation.
- Developed an employee wellness nutrition program with a 10-week series of classes for campus-wide faculty and staff. Classes are funded by the university's Leadership and Employment Enrichment Program, an initiative by our university president. Classes include the basics of plant-based nutrition, healthy weight management, optimal intake of macronutrients and micronutrients, mindful eating, changing eating habits, and how diet affects emotional and physical well-being, and chronic illnesses including obesity, diabetes, heart disease, cancer, arthritis, and migraines. Provide individual consultations and create individualized meal plans to help staff and faculty reach their health goals.

Physicians Committee for Responsible Medicine, Washington, DC
Chief Medical Officer, Director of Clinical Research, 01/09/2012 –
08/23/2013

- Directed all clinical research activities conducted by PCRM, which is a non-profit organization with over 150,000 members. Designed and coordinated clinical trials examining the effects of diet, particularly plant-based diets, on health including obesity, diabetes, heart disease, cancer, migraines and mental health. Designed protocols, completed materials for IRB approval, and drafted manuscripts for publication. Supervised five staff members.
- Lead instructor for weekly nutrition classes held for our study participants. Classes ran year-round and covered the basics of plant-based diet nutrition, its effects on chronic illnesses, and how to adopt healthful eating habits. Provided medical consultation for our study participants and members as needed. Developed all educational materials for our study participants and coordinated all classes and health assessments for each clinical trial.

California State University, East Bay, Hayward, CA

Head Psychiatrist, Supervisor of Counseling, 12/15/2009 – 12/31/2011

- Head psychiatrist at the Student Health and Counseling Services, diagnosing and treating general psychiatric disorders including ADD/ADHD and mood, anxiety, eating, substance use and psychotic disorders. Treatment plans included medication management and psychotherapy. Advanced use of electronic medical record (Medicat).
- Supervised six counselors, and four counselor interns. Led the integration of mental health and primary care in the health center for a more collaborative approach to care. Worked directly with the Vice Present of the University to develop policies and procedures pertaining to mental health in the health center in the absence of a health center director.

Palo Alto Medical Foundation, Palo Alto, CA
Adult Psychiatrist, 08/01/2008 – 11/02/2009

- Diagnosis and management of general adult disorders, including ADD/ADHD evaluations, mood, anxiety and psychotic disorders. Treatment plans consisted of medication management and psychotherapy. Treated patients as young as 16 years old, Stanford University and local community college students. Advanced use of electronic medical record (Epic).

RESIDENCY

University of Washington Medical Center, Seattle, WA
Psychiatry, Seattle Track, 07/01/2005 – 07/01/2008

- Chief Resident, University of Washington Outpatient Clinic, Jun 2007 – Jun 2008
- Admissions Committee, Member, Nov 2007 – Mar 2008
- Resident and Undergraduate Education Steering Committee, Member, Jul 2007 – Jun 2008

INTERNSHIP

Santa Clara Valley Medical Center, San Jose, CA
Categorical Internal Medicine, Primary Care Track, 06/25/2004 – 06/25/2005

EDUCATION

Suboxone Certification

American Academy of Addiction Psychiatry, 5/20/2017

Completed 8 hours of training in accordance with the Drug Addiction Treatment Act of 2000, to be licensed to prescribe suboxone for treatment of opioid addiction.

eCornell, online learning subsidiary of Cornell University

Certificate in Plant-based Nutrition, 04/01/2015 – 06/01/2015

Teaches the basis for dietary causes of chronic degenerative diseases, and clinical solutions for reducing risk. CME credit received.

University of Arizona, Integrative Medicine Fellowship, 08/01/2010 – 10/31/2012

Designed for physicians, the Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine is a 1000 hour, two-year online

learning program. Created by Andrew Weil, MD in 2000, curriculum includes integrative mental health including nutritional health, botanicals and dietary supplements, mind-body medicine including meditation and breath work, complementary and alternative practices. CME credit received.

Rosalind Franklin University of Medicine and Science, The Chicago Medical School, North Chicago, IL
MD, 08/01/2000 – 06/11/2004

- Dean's Award
 - Selected by medical school Dean in recognition of outstanding service to medical school and consistent personal and professional growth as a medical student

San Jose State University, San Jose, CA
BS, magna cum laude, Electrical Engineering, 08/01/1993 – 12/01/1997

MEDICAL LICENSURE

District of Columbia, MD040448, expires 12/31/2018
DEA license (DC): FA5711797, expires 6/30/2018
Controlled substance license (DC): CS1500710, expires 12/31/2018
Michigan, 4301111077, expires 01/31/2020
Controlled substance license (MI): 5315079099, expires 01/31/2020
DEA license (MI): FA6367709, expires 06/30/2019
Suboxone license (MI): XA6367709, expires 6/30/2019
California, A93049, expires 7/31/2017 (renewal pending)

BOARD CERTIFICATION

Board Certified in Psychiatry (ABPN), 06/01/2009, expires 12/31/2019
Board Eligible, Integrative Medicine (ABPS)

PUBLICATIONS

1. Bunner A, Wells CL, Gonzales J, **Agarwal U**, Bayat E, Barnard ND, A Dietary Intervention for Chronic Diabetic Neuropathy Pain: A randomized controlled trial. *Nutrition and Diabetes* (2015) 5, e158; doi:10.1038/nutd.2015.8
2. Bunner A, **Agarwal U**, Gonzales J, Valente F, Barnard N. Nutrition intervention for migraine: a randomized crossover trial. *Journal of Headache and Pain* 2014, 15:69
3. Barnard ND, Bunner AE, **Agarwal U**. Saturated and trans fats and dementia: a systematic review. *Neurobiol Aging*, Epub ahead of print, May 19, 2014.
4. **Agarwal U**, Mishra S, Xu J, Levin S, Gonzales J, Barnard N. A multicenter randomized controlled trial of a nutrition intervention program in a multi-ethnic adult population in the corporate setting reduces depression and anxiety and improves quality of life: the GEICO study. *American Journal of Health Promotion* February 13, 2014. doi: 10.4278/ajhp.130218-QUAN-72. Epub ahead of print.
5. Mishra S, Barnard D, Gonzales J, Xu J, **Agarwal U**, Levin, SM. Nutrient intake in the GEICO Multicenter Trial: the effects of a multicomponent worksite intervention. *EJCN*, 2013 Oct;67(10):1066-71. doi: 10.1038/ejcn.2013.149. Epub 2013 Aug 14.
6. **Agarwal, U**. Rethinking red meat as a prevention strategy for iron deficiency. *ICAM* June 4 2013 doi: 10.1177/1941406413491285. Epub ahead of print.
7. Mishra S, Barnard D, Xu J, **Agarwal U**, Gonzales J, Levin, SM. A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight

and cardiovascular risk in the corporate setting: the GEICO study. *EJCN* May 22 2013 doi: 10.1038/ejcn.2013.92. Epub ahead of print.

- PRESENTATIONS** **Agarwal U**, Mishra S, Xu J, Levin S, Gonzales J, Barnard N. A multicenter randomized controlled trial of a nutrition intervention program in a multi-ethnic adult population in the corporate setting reduces depression and anxiety and improves quality of life: the GEICO study. Invited speaker live webinar hosted by American Journal of Health Promotion editor, Feb 24, 2015.
- Agarwal U**, Mishra S, Xu J, Barnard D, Gonzales J, Levin, SM. A plant-based diet reduces depression and anxiety, and improves work productivity. Presented at the American Diabetes Association (ADA) Annual Conference, Chicago, IL, June 24, 2013.

SPEAKING ENGAGEMENTS Michigan Center for Clinical Systems (Mi-CCSI), Collaborative Care Training (in conjunction with Trinity Health), invited speaker: Depression Management; Suicide Management; Behavioral Activation; Problem Solving Therapy. Grand Rapids Masonic Center, Grand Rapids, MI, January 19, 20, & 27, 2017.

Plant-based Prevention of Disease (PPOD) Annual Conference, invited speaker: How Nutrition Can Integrate with Clinical Practice in Addressing Emotional Health **(for CME credit for physicians)**. McKimmon Conference and Training Center, Raleigh, NC, May 20, 2016.

Plant-based Prevention of Disease (PPOD) Annual Conference, invited moderator: How can medical clinicians convince patients that lifestyle behavior change is worth the trouble, in terms of future health and functionality rewards? **(for CME credit for physicians)**. Panel: Caldwell Esselstyn, Jr, MD, Mladen Golubic MD, PhD, Micaela Karlsen, MSPH, Amy Lanou, PhD, Milton Mills, MD, Gordon Saxe, MD, MPH, PhD, McKimmon Conference and Training Center, Raleigh, NC, September 13, 2015.

International Conference on Nutrition and the Brain **(for CME credit for physicians)**, invited speaker, Nutrition and Migraines, Washington, DC, Jul 20, 2013

RECOGNITION Recognition Award for outstanding contributions to the University's Shared Strategic Commitment of Continuous Improvement and Collaboration, for work in nutrition education on campus for staff, faculty and students, California State University, East Bay, Hayward, CA Jun 2015

OTHER WORK EXPERIENCE **MOTO Development Group, Inc**, San Francisco, CA
Electrical Engineer, Nov 1999 – Jun 2000

Distinct Corporation, San Jose, CA
Software Quality Assurance Engineer, May 1999 – Nov 1999

MEMBERSHIPS Neuroscience Education Institute (NEI)

REFERENCES Available upon request