

Portia Elise West, M.D.

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PROFESSIONAL LICENSES, BOARD CERTIFICATION & OTHER CERTIFICATIONS

Board Certification in Psychiatry and Neurology – September 2020- Present
North Carolina State Unrestricted Medical License - 2018-Present
United States Medical Licensing Exam (USMLE) Step 3- January 2018
North Carolina Resident Training License- June 2016-August 2018
United States Medical Licensing Exam (USMLE) Step 2 CS-April 2015
United States Medical Licensing Exam (USMLE) Step 2 CK-August 2015
United States Medical Licensing Exam (USMLE) Step 1- June 2013

EDUCATION

June 2012-May 2016 **Howard University College of Medicine, Washington, DC**
Doctor of Medicine
August 2011-May 2012, **Georgetown University, Washington, DC, Masters in Science Physiology and Biophysics**
August 2010-May 2011, **Georgetown University Medical Center and George Mason University, Manassas, VA** Advanced Biomedical Sciences Graduate Certificate
August 2006-May 2010, **University of North Carolina at Chapel Hill, Chapel Hill, NC**
Bachelor of Arts in Psychology

POSTGRADUATE TRAINING

July 2016-May 2020, **East Carolina University Brody School of Medicine Psychiatry Residency, Greenville, NC**

OTHER CERTIFICATIONS

Advanced Cardiovascular Life Support- 2023-Present
Basic Certificate in Quality and Safety –2016-Present
BLS Certification- 2014-Present

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITIES

August 2022, **Uniformed Services University: Center for Deployment Psychology, 377th Medical Group**
Cognitive Behavioral Therapy for Suicide Prevention Training
July 2021-September 2021, **Squadron Officer School, Maxwell Air Force Base, AL**
January 2016-February 2016, **Officers Training School, Maxwell Air Force Base, AL**

HONORS & AWARDS

MDG's AFGSC AFMS Personnel Reliability Assurance Program Team of the Year- 2023

Squadron Field Grade Officer of the quarter- 2022
Air Force Medical Service Physician of the Year -2022
377th Medical Group FGO of the 4th Quarter- 2022
377th Operational Medical Readiness Squadron FGO of the 4th Quarter- 2022
377th Operational Medical Readiness Squadron FGO of the 1st Quarter- 2022
377th Medical Group FGO of the 1st Quarter- 2022
Resident of the Year- 2020
The Ruth E. Moore Service Award, Class of 1955 Scholarship-2014,2016
The Pioneer Award- 2013,2016
Air Force Health Professionals Scholarship recipient-2014
Robert Lee Scholarship-2014
The HUMAA Dr. William A. Cleland Memorial Scholarship- 2012, 2013
Student of the Year Class of 2016- 2013

MILITARY SERVICES

United States Air Force- 2014-2024
Rank: Major
Status: Honorable Discharge in 2024

LEADERSHIP EXPERIENCE

Associate Program Directory for ECU Psychiatry Residency Program, *August 2024-Present*
Assistant Clinical Professor for ECU Psychiatry Residency Program, *August 2024-Present*
Mental Health Officer In Charge at Kirtland Air Force Base, *July 2022-June 2024*
Competent Medical Authority for the United States Air Force, *June 2020- June 2024*
Medical Director of the Mental Health Clinic at Kirtland Air Force Base, *March 2021- June 2024*
Chief Resident, *July 2019- May 2020*
Clinic Operations Committee Member, 2017-2018
Diversity and Inclusion Committee Member, 2017
North Carolina Psychiatric Association Resident Representative, 2017-2018
Class President of the Class of 2016, *August 2012- June 2016*
Student Council Member, *August 2012- June 2016*
LCME Site Visit Representative for the Class of 2016, 2012
Class Liaison, *June 2012-July 2016*

CLINICAL EXPERIENCE/PRACTICUM

ECU Psychiatry Residency Program- Greenville, NC; August 2024- Present

- Associate Program Director: Support the Program Director to develop and maintain an environment conducive to educating residents in each of the ACGME competency areas. Assisting the Program Director in ensuring that the Program meets or exceeds all accreditation, regulatory, quality and safety, educational, and institutional standards. Proving leadership to develop and continuously improve the Psychiatric Residency Training Program. The duties include the following: Assist PD in ensuring the quality of didactic, clinical, and research educational activities in which residents participate, assist in the development and updating of a Program curriculum that meets all accreditation standards, monitor resident supervision, ensure that residents are informed of and performs in accordance with all policies and procedures, provide each resident with documented semi-annual evaluation of performance with feedback, etc.
- Assistant Clinical Professor: Responsible for teaching and facilitating learning to residents and medical students in Psychiatric courses and in clinical environments. Oversee residents during clinical rotations, ensuring they apply theoretical knowledge in real-world healthcare settings. Evaluating resident and medical students' performance through assignments, clinical assessments, and practical evaluations. Fostering

interprofessional education opportunities to promote interdisciplinary teamwork and collaboration. researching, and providing clinical care to patients. They may also be involved in the supervision and mentorship of medical students, residents, and fellows. Their expertise and experience in both the classroom and clinical settings provide valuable insights and hands-on learning opportunities for students.

377th Mental Health Clinic- Kirtland Air Force Base, NM; July 2020-June 2024

Sole psychiatrist and Medical Director, providing clinical oversight and ensuring quality care of 11 credentialed providers for Mental Health, Alcohol and Drug Abuse Prevention and Treatment (ADAPT), and Family Advocacy for over 9 wings, 108 mission partners, and 20K beneficiaries. Leads clinical oversight and training as a Competent Medical Authority (CMA) for the Personnel Reliability and Assurance Program ensuring Global Strike Command can uphold its mission. Additional duties include Mental Health OIC and Mental Health medication and mental health consultant for medical group leadership, Unit Commanders, and Primary Care Managers (PCMs).

- Mental Health Flight Medical Director: Provided oversight of mental health in lieu of/Medical Evaluation Board to determine retainability in Active-Duty service members. Advises non-physician flight leaders on medical protocols and needs in the flight. Served as the ADAPT Medical Director and was responsible for reviewing and monitoring lab work for members in ADAPT treatment, random drug screens, prescribing medication to assist with rehabilitation, and providing consultation to ADAPT staff regarding potential detoxification issues or referrals to Primary Care or Flight Medicine (for members on flight status) for medical conditions. Ensured effective clinic operations to include performance of MH case management, At Risk Tracer procedures, and required peer review. Oversaw and documented mental health flight orientation for all staff, including military, civilian, and contractors.
- Mental Health Officer in Charge (MHOIC): Develops, mentors, and manages enlisted and officer personnel in the Mental Health Flight. Oversees and helps coordinate Mental Health Flight in-service and recurring training. Oversees officer and enlisted evaluation, feedback, recognition process and monitors all upgrade training for personnel in mental health. Provides oversight for the Multidisciplinary Clinical Case Conference to help coordinate the care of high-risk patients, complex patients who are involved in multiple elements of the mental clinic and track off base mental referrals for service members. Assist in training for specialty evaluations. In addition, provides education and assist unit commanders in completing specialty evaluations to include Command Directed Evaluations, Sanity Boards, etc.
- Disaster Mental Health Team Member/Lead: Provided services (psychological first aid) for individuals who either directly witnessed or were involved in an all-hazard incident (An all-hazard incident is any incident, natural or manmade, serious enough to warrant action to protect the life, property, health, and safety of military members, dependents, and civilians at risk, and minimize any disruptions of installation operations). Established standard operating procedures that include team composition, an assessment of local resources, high-vulnerability groups, and a response plan for team activation.

ELECTRONIC HEALTH RECORDS EXPERIENCE

MHS Genesis

The Department of Defense's new EHR for the military that supports the provision and coordination of care of 9.5 million beneficiaries worldwide. The new electronic health record for the Military Health System (MHS)

Armed Forces Health Longitudinal Technology Application (AHLTA)

A major component of the military's EHR, used primarily for outpatient clinical information system used to generate, maintain, store, and securely access patient data for 9.6 million beneficiaries.

Epic Systems

One of the largest providers of health information technology, used primarily by large U.S. hospitals and health systems to access, organize, store, and share electronic medical records.

Computerized Patient Record System (CPRS)

A Veterans Health Information Systems and Technology Architecture (VistA) computer application

eNotes

An EHR developed specifically for Mental & Behavioral Health.

Titanium

The leading EMR software for college counseling

EDUCATION- FORMAL TEACHING

Behavioral Health Technician Training, 377th Medical Group at Kirtland Air Force Base

June 2020-June 2024

Trained and developed mental health technicians' knowledge in understanding and utilizing the DSM-5, conducting a psychiatric interview, and understanding/interpreting labs used for treatment and motivational interviewing for the Alcohol Drug Assistance Program labs.

M1 Behavioral Science and M2 Basic Psychiatry Group Leader, Brody School of Medicine

January 2018-June 2024

Assisted in leading small group sessions

Developed medical students' basic clinical psychiatric knowledge and skills to facilitate effective outcomes through increased understanding of the nature of psychiatric illness, early and accurate detection of psychiatric disorders in patients, and enhanced awareness of treatment options.

MEDSTAR Tutor for SDSP, Howard University College of Medicine

May 2013-July 2013

Taught Structure and Functions 2: Neurology course to 1st year students

Assisted in planning and coordinating quizzes

Developed study guides and promoted group work and student learning

Teacher and Student Guide for the Math and Science Education Network University of North Carolina at Chapel Hill Summer Enrichment Program, University of North Carolina at Chapel Hill

September 2006- May 2010

Taught middle and high school science classes

Assisted teachers in Saturday Academy, where middle and high school students take advance courses and prepare for applying to college

Assisted in planning, monitoring, and coordination Science Decathlons

Developed programs and activities to peaked students' interest in the fields of math and science

EDUCATION- LECTURSHIPS, SEMINAR INVITATIONS, AND VISITING PROFESSORSHIPS

377th Medical Group at Kirtland Air Force Base Health Professionals

1. **"Is it Burnout?" Lecture for Healthcare Professionals across different specialties and disciplines, July 26, 2023**
2. **Borderline Personality Disorder Lecture for 377th Mental Health Clinic Behavioral Health Technicians, May 18, 2021**

Brody School of Medicine at East Carolina University Psychiatry Residents

1. **Military Medicine Lecture for Brody School of Medicine at East Carolina University Psychiatry Residents, February 16, 2023**
2. **Life After Residency Lecture for Brody School of Medicine at East Carolina University Psychiatry Residents, September 22, 2022**
3. **Disaster Psychiatry Lecture series for Brody School of Medicine at East Carolina University Psychiatry Residents, November 2024- December 2024**

Brody School of Medicine at East Carolina University

1. Psychiatric Emergencies Lecture for 2nd year medical students, *October 28, 2024*

RESEARCH EXPERIENCE

Undergraduate Research Assistant, *University of North Carolina at Chapel Hill, Chapel Hill, NC*

Researched the effects Pharmaceuticals on memory reconsolidation of cocaine-seeking behavior and completed an independent research project

Assisted in editing grants and papers for publication

Made catheters and assisted with catheter placement

Assisted in editing research papers and grants

Performed stereotactic surgery, suture placement, and suture removal

POSTERS & PRESENTATIONS

Is it Psychosis: An In-depth Cook into Child and Adolescent Psychosis, Vidant Medical Center

Children's Services Conference, *August 2019*

Is it Psychosis: An In-depth Cook into Child and Adolescent Psychosis, Vidant Medical Center

Grand Rounds, *March 2019*

Improving Resident Wellness Resources, Vidant Medical Center

GME Research Day, *May 2018*

Exploring Stigmas of Healthcare Professionals Against HIV Patients, Howard University Medicine and Society

Poster Day, *March 2009*

PROFESSIONAL ORGANIZATIONS

American Psychiatric Association, Member, *2016 -Present*

North Carolina Psychiatric Association, *2018 - 2020*

CIVIC ACTIVITIES

377th Mental Health Clinic Moral Officer- 2021-present

Championed 6 morale events within the mental health flight that promoted and improved camaraderie, physical fitness, and mental well-being of 22 staff members.

Wing Airmen's Council- 2022

Targeted stigmas serving as a mentor at the Wing Airmen's Council to develop training on coping skills and mental wellness that honed the resiliency for 1.4K junior enlisted members.

Air Force Cadet Officer Association- 2022

Provided mentorship training for 64 junior officers in military medicine, the Health Professions Scholarship Program, and Mental Health Professions in the military.

Air Force Assistance Fund- 2021

Served as team lead to secure donations for the Air Force Assistance Fund to help Kirtland Air Force Base reach their \$23K goal. The Air Force Assistance Fund provides donations to charities that provide support to our Air Force family in need (active duty, retirees, reservists, guard and our dependents, including surviving spouses). The four charities provide support in an emergency, with educational needs, or help to secure a retirement home for widows or widowers of our Air Force members in need of financial assistance.

Psychademic Newsletter- 2017-2020

A monthly newsletter organized, edited, and written by residents at the Department of Psychiatry and Behavioral Medicine.

Brody Rise Saturday Academy Program- 2019

Provided education regarding mental health stigma, stress, and the HPA Axis to 6th-8th grade students. The program provides academic enrichment and health care exposure to learners from diverse backgrounds.

Hope for Trenton- 2018

Provided education, psychological support, and hope to members of a local community affected by Hurricane Florence.

INTEREST

Boxing • Watching movies • African Dance • K-Pop • Cooking and Baking• Reading • Basketball•