

July 2021

1. PERSONAL INFORMATION

Ashraf M. Helmy, M.D.

2. EDUCATION

6/1986	Saint George Academy	High School Diploma
12/1992	Ain-Shams University School of Medicine	Medical Doctor Degree

3. GRADUATE MEDICAL EDUCATION

2/93-2/94	Ain Shams Univ. Hospitals Cairo, Egypt	General Rotating Internship
3/94-3/95	Al-Salam Hospital Cairo, Egypt	Internal Medicine Internship
4/95-6/97	The Behman Hospital Cairo, Egypt	Psychiatry Residency
7/97-6/98	Allegheny General Hospital Pittsburgh, PA	Psychiatry Residency PGY-1
7/98-6/01	Western Psychiatric Institute and Clinic/University of Pittsburgh	Medical Center Psychiatry Residency PGY-2,3,4
7/01-6/02	Western Psychiatric Institute & Clinic. University of Pittsburgh Medical Center	Geriatric Psychiatry Clinical Fellowship
7/02- 6/03	Western Psychiatric Institute & Clinic. University of Pittsburgh Medical Center	Forensic Psychiatry Fellowship

4. BOARD CERTIFICATION and MEDICAL LICENSURE

2/ 1993	License to practice medicine in Egypt
5/1995	USMLE Step I

3/1996	USMLE Step II
5/1998	USMLE Step III
8/2000	Unrestricted License, State of Pennsylvania
5/2002	Certification in Psychiatry by the American Board of Psychiatry & Neurology
5/2004	Board Certification in Geriatric Psychiatry
4/2005	Board Certification in Forensic Psychiatry
10/2006	Illinois State Medical License
2009	State of California Medical License
2012	Recertification in Psychiatry by the American Board of Psychiatry & Neurology (ABPN)
2015	Recertification in Forensic Psychiatry by ABPN
2015	Qualified Medical Examiner Certification. Department of Workman Compensation. State of California

5. HOSPITAL APPOINTMENTS

07/2021 – Present	Staff Psychiatrist	Patton State Hospital Highland, California
01/2015 – 7/2021	Staff Psychiatrist	Metropolitan State Hospital Norwalk, California
11/2007 – 12/2014	Staff Psychiatrist	Stone Institute of Psychiatry. Northwestern Memorial Hospital
11/2007 – 12/2014	Staff Psychiatrist	Northwestern Medical Faculty Foundation.
10/2003 – 10/2007	Staff Psychiatrist	UPMC Shadyside, Presbyterian and Western Psychiatric Institute & Clinic
12/2004 – 10/2007	Staff Psychiatrist	The Medical Center of Beaver/Heritage Valley Health System

6. ACADEMIC APPOINTMENTS

11/2007 – 12/2014	Assistant Professor of Psychiatry Department of Psychiatry and Behavioral Sciences Northwestern University/Feinberg School of Medicine
-------------------	--

7. ADMINISTRATIVE APPOINTMENTS

02/2010-04/2014	Medical Director	Satellite Clinic, Emergency Housing Program and Outreach Programs. Northwestern Memorial Hospital.
01/2010 –04/2010	Interim Director	Division of Psychiatry and the Law Northwestern Medical Faculty Foundation.
11/2007 – 07/2009	Medical Director	Inpatient Unit 8E. Stone Institute of Psychiatry
10/2003 – 10/2007	Medical Director	The Partial Hospital Program at Rochester Mental Health Services
10/2004 – 10/2007	Medical Director	Friendship Ridge Long Term Residential Program
09/2013 – 12/2014	Program Director	Geriatric Psychiatry fellowship Northwestern Memorial Hospital. Feinberg School of Medicine.
09/2013 – 12/2014	Medical Director	Older Adult Division Stone Mental Health Center Northwestern Memorial Hospital

9. TEACHING

3/2000	Neuropsychiatric Case Conference. Presented at WPIC to general psychiatry interns
6/2000	Thyroid Hormones Augmentation Strategies in Refractory Mood Disorders. Presented at Benedum Geriatric Center to psychiatry residents and geriatric psychiatry fellows
4/2001	Psychiatric Aspects of Antiparkinsonian Treatment. Clinical Grand Rounds at WPIC
6/2002	Sexual side effects of Antidepressant medications and current trends in treatment. Presented at the Benedum Geriatric Clinic

- 2/2003 Severe and Persistent Mental Health Disorders and Interaction with the Criminal Justice System. Presented at University of Pittsburgh for law students.
- 7/2007 Development of case vignettes for objective structured clinical examination of psychiatry residents.
- 11/2007 Daily supervision, teaching rounds for psychiatry residents and medical students on inpatient unit at Stone Institute of Psychiatry.
- 2/2008 Competency and Testamentary capacity. (recurring yearly)
Lecture for geriatric psychiatry fellows at Northwestern Memorial Hospital.
- 7/2009 Teaching and clinical supervision of psychiatry residents and medical students at Stone Mental Health Center, Stone Institute of Psychiatry.
- 7/2009 Teaching and clinical supervision of psychiatry residents and medical students at Satellite Clinic, Stone Institute of Psychiatry.

10. COMMITTEE MEMBERSHIPS

- 2009 Assistant Residency Training Director Selection committee
Northwestern Memorial Hospital
- 2010 Outpatient Psychiatry committee
Department of Psychiatry & Behavioral Sciences
Northwestern University
- 2015 Infection Control Committee
Metropolitan State Hospital
- 2016 Medical Executive Committee
Metropolitan State Hospital
- 2017 Credentialing & Privileges Committee
Metropolitan State Hospital