

Jeffrey Scott Forrest, M.D., F.A.P.A
A Diplomate of the American Board of Psychiatry and Neurology
A Fellow of the American Psychiatric Association

Education

Board-Certified in Psychiatry (Diplomate of American Board of Psychiatry and Neurology effective September 24, 2018, Certificate #74124)	2018-present
Resident in Psychiatry , East Tennessee State University, Johnson City, TN	2014-2018
*See Attachment	2011-2014
Resident in Internal Medicine , Baptist Health System, Birmingham, AL (Resigned position after being diagnosed with T cell lymphoma 2011, treated 2011-13, 10 year remission mark 2021)	2010-2011
Doctor of Medicine , Virginia Commonwealth University School of Medicine, Richmond, VA	2005-2009
Graduate coursework in M.S. Medical Imaging program, Rosalind Franklin University of Medicine and Science, North Chicago, IL (withdrew upon acceptance to medical school)	2003-2005
Active job and graduate program search	2002-2003
Bachelor of Science in Biology , (Psychology minor) Georgetown University, Washington, DC	2000-2002
Undergraduate Coursework in Biochemistry and Psychology, University of Maryland Baltimore County, Baltimore, MD	1998-2000

Current Positions

Staff Psychiatrist, Orange County Health Care Agency (California) Adult and Older Adult Mental Health Recovery Services (MHRS) Age 18-60	2019-present
<ul style="list-style-type: none">• Adult and Older Adult MHRS – Anaheim, Aliso Viejo Clinic<ul style="list-style-type: none">○ Outpatient evaluation and management of patients in a community mental health center with severe and persistent mental illness (SPMI), focus on the outpatient management of patients who have	2019-present

- recently been hospitalized or incarcerated as the result of their impairments
- Stabilizing and optimizing ongoing treatment strategies to promote maximal clinical outcomes
- Primary clinical focus in the initial evaluation of patients at a community mental health access point, seeing a socioeconomically and culturally diverse population
- Worked together in a collaborative team alongside social workers, therapists, peer specialists, and service chiefs to administer comprehensive and compassionate mental health care
- Facilitated care coordination referral for patients benefitting from continued community support or case management resources
- Supervised Nurse Practitioners and PGY-4 Psychiatry residents

- **MHRS Anaheim Program for Assertive Community Treatment** 2020-2023

- Management of chronically ill psychiatric patients under assertive community treatment model
- Focus on patients who have required multiple hospitalizations of significant length to assist in improving outcomes
- Participated in and facilitated daily treatment team meetings with comprehensive care team (social workers, therapists, nurses, mental health specialists, etc.)
- Provided guidance on optimizing care treatment plans to promote recovery and reduce re-hospitalization

- **Consultant Psychiatrist, Orange County Health Care Agency Program For Prevention and Early Intervention (PEI), Center For Resiliency, Education, and Wellness (OC CREW)** 2021- Present

- Provided evaluation, diagnosis, treatment, and management of index-case and first-break mental health conditions
- Focused on providing education to patients and families with initial exposure to mental illness

- **Consulting Psychiatrist, Cerebral, Inc. (San Francisco, California)** 2022-Present

- Providing supervision for psychiatric nurse practitioners delivering care on a virtual platform
- Reviewed and audited at least 25 NP charts monthly
- Participated in quality assurance and provided feedback to care delivery process
- Hosted a monthly office hour to provide education and feedback to nurse practitioners under a collaborative care agreement
- Utilized virtual platform software (e.g. Slack, OKTA,

JIRA et al) to communicate and integrate services
with clinical managers, care administrators

Additional Professional Experiences

Advisory Board, COGNOA, Inc.

- Provide professional consultation as an experienced Board-Certified General Adult Psychiatrist from the community mental health perspective 2022

Professional Private Tutor Self-employed

- Private, in-home tutor for high school, college, and professional level students 2009-2014
- Instructor for chemistry, biology, SAT, MCAT, English, mathematics, study skills; also graduate/professional level biochemistry and physiology
- Worked with a broad range of age and ability, including students with special needs/IEP as well as professional school students

Certified MCAT Instructor The Princeton Review, Inc. Bethesda, MD

- Certified instructor and lecturer for MCAT biological sciences 2013
- Tutoring and advisement for premedical students

Cell Biology Research Assistant Kemp Biotechnologies, Inc. Frederick, MD

- Optimized procedure and yield for a transfection agent via experiments 2004
- Performed transfections, tissue cultures, plasmid preparations, western blots
- Presented company seminar, reported conclusions at end of summer research project
- Produced groundwork for product research that influenced corporate business model

Senior Research Project Georgetown University Medical Center Washington, DC

- Performed of single cell photometry experiments and preparation of tissue cultures 2001-2002
- Conducted research on human multi-drug resistant protein MDR-1, sodium-proton transporter NHE1, and analyzed ion transport perturbances under various conditions
- Prepared buffers and operated appropriate equipment and software
- Gathered data for future usage and publication in Senior Thesis Project

Junior Research Tutorial Georgetown University Medical Center Washington, DC

- Performed neuroscience research on Sprague-Dawley rodents 2000-2001
- Assisted with surgical installation of neurological drug delivery systems in rodents

- Utilized techniques of biochemical molecular analysis, such as western blots, Bradford protein Assays, and rtPCR

Other Positions and Employment

Certified United States Soccer Federation Referee 1995-2014

Certification and Licensure

Board Certified in General Adult Psychiatry, American Board of Psychiatry and Neurology # 74124 2018-Present

California State Medical License # A156743 2018-Present

Virginia State Medical License #0101262834 2017-Present

Clozapine REMS Certification 2019-Present

Professional Memberships and Activities

Fellow of the American Psychiatric Association 2021-Present

Member, American Psychiatric Association 2019-Present

Member, American Association of Community Psychiatry 2019-Present

Contributor and Editor, Medscape Reference Drugs & Diseases 2011-Present

Honors and Awards

Nominee, Steve Ambriz Award for Team Excellence, Adult and Older Adult Behavioral Services, Anaheim Clinic – Orange County Health Care Agency 2020

Highest Overall Psychiatry Resident In-Training Exam (PRITE) Score, ETSU Psychiatry Training Program 2017-2018

ETSU Quillen College of Medicine Psychiatry Clerkship M3 Teaching Award 2018

Woodridge Psychiatric Hospital Teaching Award 2018

Nominations, ETSU School of Medicine Caduceus Club Award for Excellence in Teaching 2016, 2018

R. Conrad McAllister, M.D. Scholarship, VCU School of Medicine 2008

Susan J. Mellette, M.D. Scholarship, VCU School of Medicine 2007

Nominated by Peers to Georgetown University Admission Committee 2002

Committee Assignments and Administrative Services

Member, Georgetown University Alumni Admissions Program

2005-Present

Educational Activities

Clinical Supervisor, University of California Irvine Residency Training Program Community Mental Health Rotation	2019-Present
Co-course director, M2 Intro to Psychiatry course, Quillen College of Medicine • Acted as lecturer, exam contributor, co-curriculum coordinator	2018-2019
Senior Resident Advisor, Quillen College of Medicine M3 Psychiatry clerkship	2017-2018
Question Contributor, 2018 ETSU Quillen College of Medicine Intro to Psychiatry Course Exam	2017-2018
Instructor, ETSU Psychiatry Resident Didactics	2018
Contributor, American Association of Geriatric Psychiatry CME questions	2017-2018

Publications

1. **Forrest JS, Shortridge AB, "A 37-year-old Male with Anger after a Motor Vehicle Collision"** [Intellectual disability vs. psychosis vs. substance usage Case Challenge]. Medscape Drugs & Diseases. Published June 27, 2022. Available at: <https://reference.medscape.com/viewarticle/993192>
2. **Forrest JS, Shortridge AB, Kraft J. "Alarming Behavior in a 26-Year-Old Soldier and Father of Three"** [PTSD vs. Adjustment Disorder Case Challenge]. Medscape Drugs & Diseases. Published June 27, 2022. Available at: <https://reference.medscape.com/viewarticle/975750>
3. **Forrest JS, Shortridge AB. "Hallucinogen Use"**. Medscape Drugs & Diseases. Updated September 28, 2020. Available at: <https://emedicine.medscape.com/article/293752-overview>
4. **Forrest JS, Shortridge AB. "History and Mental Status Examination"**. Medscape Drugs & Diseases. Updated September 24, 2020. Available at: <https://emedicine.medscape.com/article/293402-overview>
5. **Forrest JS, Shortridge AB. Case Challenge: "An Enraged 36-Year-Old Man with Razorblade Slashes on His Arms"** [Borderline Personality Disorder Case Presentation]. Case Challenge series for Medscape Drugs & Diseases. Published September 18, 2020. Available at: <https://reference.medscape.com/viewarticle/937560>.
6. **Forrest JS, Shortridge AB. Case Challenge: "A 23-Year-Old With Blindness After a Fall She Can't Remember"** [Conversion Disorder Case Presentation]. Case Challenge series for Medscape Drugs & Diseases. Published November 27, 2019. Available at: <https://reference.medscape.com/viewarticle/921730>
7. **Forrest JS, Shortridge AB. Case Challenge: "A 45-Year-Old Woman Who 'Feels Like a Zombie'"** [Psychopharmacology: Drug-Drug Interaction Case Presentation]. Case Challenge series for Medscape Drugs &

- Diseases. Published June 24, 2019. Available at:
<https://reference.medscape.com/viewarticle/914730>
8. **Forrest JS**, Shortridge AB. Case Challenge: “**A 65-Year Old Man Brought to the ED by Military Police**”. Case Challenge series for Medscape Drugs & Diseases. Published August 6, 2019. Available at:
<https://reference.medscape.com/viewarticle/916277>
 9. Yates D, **Forrest JS**, Shortridge AB. “**Somatic Symptom Disorder**”. Medscape Drugs & Diseases. Updated April 24, 2019. Available at
<https://emedicine.medscape.com/article/294908-overview>
 10. **Forrest JS**, Kendell SF. Case Challenge: “**A 66-Year-Old Man Who Heard His Deceased Spouse’s Voice** [Alcohol Withdrawal Case Presentation]”. Case Challenge series for Medscape Drugs & Diseases. Published January 31, 2019. Available at
<https://reference.medscape.com/viewarticle/908341>
 11. **Forrest JS**, Kendell SF. “**Phencyclidine (PCP)-related Psychiatric Disorders**”. Medscape Drugs & Diseases. Updated February 14, 2018. Available at <https://emedicine.medscape.com/article/290476-overview>
 12. **Forrest JS**, Kase GY. “**Therapeutic Hypnosis**”. Medscape Drugs & Diseases. Updated September 20, 2017. Available at:
<https://emedicine.medscape.com/article/1948365-overview>
 13. **Forrest JS**, Kraft CA. “**Pediatric Persistent Depressive Disorder**”. Medscape Drugs & Diseases. Updated October 14, 2016. Available at:
<https://emedicine.medscape.com/article/913941-overview>
 14. **Forrest JS**, Natarajan N. “**Pediatric Panic Disorder**”. Medscape Drugs & Diseases. Updated December 7, 2015. Available at:
<http://emedicine.medscape.com/article/914490-overview>

Abstracts and Presentations

Oral Presentations

1. **Forrest, Jeffrey S., M.D. "The Mental Status Exam in the Community Mental Health Setting."** Performance Improvement Project for Orange County Health Care Agency Adult and Older Adult Behavioral Services, Anaheim Clinic, September 2022.
2. **Forrest, Jeffrey S., M.D. "Distinguishing Intellectual and Developmental Delays from other Psychiatric Conditions in the Community Mental Health Setting."** Performance Improvement Project for Orange County Health Care Agency Adult and Older Adult Behavioral Services, Anaheim Clinic, October 20, 2021.
3. **Forrest, Jeffrey S., M.D. "Differentiating Bipolar Disorder and Borderline Personality Disorder in the Community Mental Health Setting."** Performance Improvement Project for Orange County Health Care Agency Adult and Older Adult Behavioral Services, Anaheim Clinic, October 8, 2020.
4. **Forrest, Jeffrey S., M.D., Shortridge, Alexander B. (2019). "Clinical Approaches to Posttraumatic Stress Disorder."** Presented as Performance Improvement Project to Orange County Health Care Agency Adult and Older Adult Behavioral Services, Anaheim Clinic, November 6, 2019.
5. **Forrest, Jeffrey S., M.D., Shortridge, Alexander B. (2019) "Neuroinflammatory Exosomes as Biomarkers for Major Depressive Disorder."** Presented at East Tennessee State University Neuroinflammatory and Immuno-Psychiatry Research Group, July 24, 2019.
6. **Forrest, Jeffrey S., M.D. (2018) "Personality Disorders."** Two lecture hour presentation for second-year medical school course at Quillen College of Medicine, East Tennessee State University. Presented on December 6, 2018.
7. **Forrest, Jeffrey S., M.D. (2018) "Psychedelics as Antidepressants: A Potential Link Between Depression and the Fibrinolytic System."** Presented as Psychiatry Grand Rounds to ETSU Department of Psychiatry and Behavioral Sciences, May 25, 2018
8. **Forrest, Jeffrey S., M.D. (2018) "It's on the Board: Psychiatry on Standardized Exams."** Presented to ETSU Department of Psychiatry and Behavioral Sciences Grand Rounds, May 25, 2018
9. **Forrest, Jeffrey S., M.D. (2018) "Psychopharmacology and PTSD."** Presented to ETSU Department of Internal Medicine Residency Program, May 1, 2018
10. **Forrest, Jeffrey S., M.D. (2018) "Personality Disorders."** Presented to ETSU Department of Internal Medicine Residency Program during Resident Didactics, April 17, 2018
11. **Forrest, Jeffrey S. (2004). "Exploring Polyethylenimine: A Powerful Transfection Reagent for Mammalian Cell Lines."** Presented to Kemp Biotechnologies, Frederick, MD, Summer, 2004.

12. **Forrest, Jeffrey S.** (2002). "*Ion Flux in Multi-Drug Resistant Cells.*" Senior thesis, and accompanying seminar, as a requirement for B.S. Biology at Georgetown University, May, 2002.

Other Creative Products

Medication Consent Power-Form - Quality Improvement Initiative for Orange County Health Care Agency

- Created version of Medication Consent form to modified version with drop-down menus of commonly prescribed medications
- Improved form gained support of Agency Medical Direction
- This initiative increased speed, accuracy, and legibility of mandatory medication consent process for OCHCA Behavioral Health Service providers that choose to utilize it
- Goal was to improve compliance with mandatory system of care standard

Creator and Presenter, "Psychiatry Vignette Case Conference - Lunch and Learn"

- Authored and presented a series of over 100 psychiatric clinical vignettes for M3 clerkship groups at ETSU Quillen College of Medicine, with intention of simulating and improving student performance on NBME Psychiatry and USMLE Step 2 CK exams
- Gradually this program was expanded into resident level vignettes for psychiatric residency in training exam performance improvement
- Evaluated student and resident performance on test items utilizing difficulty and discriminatory indices, quality improvement metrics
- Provided ongoing presentation and instruction regarding item solutions during case conferences at approximate 2 week intervals
- Presented data from this project at ETSU Psychiatry Grand Rounds

Attachment 1: Explanation of Circumstances

*Diagnosed with T-cell lymphoma in 2011, treatment per protocol 2011-2014, in remission >10 years in 2021

NOT YET RETAINED