

WENDI WAITS, MD
808-284-1798 / wendi@mhinsight.com

Board Certified Psychiatrist and U.S. Army Veteran. Senior leader, recognized as an innovative problem solver and go-to person to identify issues and improve processes for better outcomes. Significant experience in Mental Health Leadership, Psychological Trauma, Inpatient and Adolescent Psychiatry, Lifestyle Medicine, and Telehealth. Leverages technology to effectively deliver services to meet critical requirements. Strong clinical experience providing holistic, patient-centered care to all age ranges.

EXPERIENCE

TRIWEST HEALTHCARE ALLIANCE **2025-PRESENT**

MEDICAL DIRECTOR, CHILD AND ADOLESCENT PSYCHIATRY

Review pre-authorization requests, participate in quality assurance activities, conduct peer consultation.

MH INSIGHT LLC **2022-PRESENT**

INDEPENDENT CONSULTANT (PART-TIME)

Providing subject matter expertise, coaching, teaching, project management, and other time-limited consulting services, as well as training in Accelerated Resolution Therapy (ART) on an as-needed basis.

TALKIATRY **2022-2024**

STAFF PSYCHIATRIST (PART-TIME)

Providing virtual outpatient psychiatric care for adult and child patients in NY, VA, and CO

NEWPORT ACADEMY, FAIRFAX, VA **2022-2024**

MEDICAL DIRECTOR & PSYCHIATRIST, ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM (HOURLY)

Provided virtual psychiatric evaluation and treatment for adolescents with complex psychiatric conditions, including screening assessments, interviews, medication management, and psychotherapy.

WALTER REED NATIONAL MILITARY MEDICAL CENTER, BETHESDA, MD **2021 - 2021**

CLINICAL PROJECT MANAGER, NATIONAL INTREPID CENTER OF EXCELLENCE (NICOE)

Liaisoned with leadership, clinicians, and satellite staff to plan for a 10-fold increase in Anomalous Health Incident (AHI) referrals. Led discussions, prioritized action items, and kept project moving.

WALTER REED NATIONAL MILITARY MEDICAL CENTER, BETHESDA, MD **2018 - 2021**

DIRECTOR FOR BEHAVIORAL HEALTH

Led 350 employees and trainees through the first 16 months of the COVID-19 pandemic. Rapidly enabled global telehealth capabilities, increasing virtual appointments from 50 to 32,000 per month. Reorganized organizational structure to optimally distribute resources in response to personnel cuts.

A.T. AUGUSTA MILITARY MEDICAL CENTER, FORT BELVIER, VA **2017 - 2018**

SERVICE CHIEF AND MEDICAL DIRECTOR, ADOLESCENT PSYCHIATRIC UNIT

Established and ran a 12-bed adolescent psychiatric unit. By implementing patient and family-centered, evidence-based treatment, achieved a recidivism rate 50% less than that of comparable units and reduced average symptom scores from severe to sub-clinical ranges over the course of admission.

A.T. AUGUSTA MILITARY MEDICAL CENTER, FORT BELVIER, VA **2016 - 2017**

MEDICAL DIRECTOR, ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

Served as medical director of a 14-patient program. Improved the staff's workload accounting and provided high-quality, evidence-based treatment for complex adolescent patients. Worked with pharmacy to develop the capability to dispense stimulants and other medications to patients mid-day.

A.T. AUGUSTA MILITARY MEDICAL CENTER, FORT BELVIER, VA **2013 - 2016**

DIRECTOR FOR BEHAVIORAL HEALTH

Oversaw 220 staff and 14 clinical services. Launched first satellite for DoD Brain Injury Program. Introduced novel therapy techniques to improve outcomes for patients with PTSD, Prolonged Grief Disorder, and other conditions. Hosted various events promoting inclusion and celebrating diversity.

DESMOND T. DOSS HEALTH CLINIC, SCHOFIELD BARRACKS, HI **2011 - 2013**

CHIEF OF BEHAVIORAL HEALTH SERVICES

Led 70 personnel serving a catchment of 50,000 beneficiaries. Developed novel techniques to manage referral surges, minimizing the risk of deployment-related issues. Implemented the Behavioral Health Service Line to align providers with units, consolidate retiree and family member care, and integrate behavioral health assets within Patient-Centered Medical Homes and installation brigades.

TRIPLER ARMY MEDICAL CENTER, HONOLULU, HI **2006 - 2011**

CHIEF AND MEDICAL DIRECTOR, ADULT INPATIENT PSYCHIATRIC SERVICE

Oversaw the accreditation of two 14-bed acute psychiatric units while serving as medical director of one of them. Achieved 12 months with zero restraints by implementing evidence-based practices promoting patient dignity and autonomy. Improved staff morale by enhancing physician-nursing cohesion. Received "Faculty of the Year" award from residents. Deployed to Afghanistan in 2010 for six months.

TRIPLER ARMY MEDICAL CENTER, ALEXANDRIA, VA **2005 - 2006**

DEPUTY CHIEF, ADULT INPATIENT PSYCHIATRIC SERVICE AND MEDICAL STUDENT CLERKSHIP DIRECTOR

Assisted Chief in managing a 14-bed unit and covered during Chief's absences. Scheduled and oriented all 3rd and 4th-year medical students. Standardized medical student teaching curriculum, focusing on enhancing student learning and faculty recruitment. Deployed to Iraq in 2006 for six months.

CAMP CASEY, DONGDUCHEON, SOUTH KOREA **2002 - 2003**

DIVISION PSYCHIATRIST AND CHIEF, DIVISION MENTAL HEALTH CLINIC

Managed 12-15 behavioral health staff serving 18,000 Soldiers within 20 miles of North Korea. Provided treatment, fitness for duty assessments, and command consultation on medicolegal issues.

EDUCATION

Uniformed Services University of Health Sciences

Doctor of Medicine

United States Military Academy

Bachelor of Science

CERTIFICATIONS

Diplomat, American Board of Psychiatry and Neurology

General Psychiatry, Number 52975; Child and Adolescent Psychiatry, Number 5919

Diplomat, American Board of Lifestyle Medicine, Number 2598

Certified Trainer, Basic Accelerated Resolution Therapy (ART)