

WENDI WAITS, MD
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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 FOR CHILD AND ADOLESCENT PSYCHIATRY

Help manage delivery of medical benefits throughout the TRICARE West Region, engage providers and facilities to optimize quality of care delivered, participate in provider credentialing and peer review committees, lead and participate in team-based quality improvement activities and innovative initiatives

MH INSIGHT, LLC **2022-PRESENT**

INDEPENDENT CONSULTANT (PART-TIME)

Provide subject matter expertise, coaching, teaching, and other consulting services on an as-needed basis, including training clinicians in Basic and Advanced Accelerated Resolution Therapy (ART).

TALKIATRY **2022-2024**

STAFF PSYCHIATRIST (PART-TIME)

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

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

STAFF PSYCHIATRIST, ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM (HOURLY)

Provided virtual psychiatric care for up to 12 adolescents with complex psychiatric conditions

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

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

Connected with leaders, clinicians, and satellite staff to plan for a 10-fold increase in Havana Syndrome referrals while sustaining optimal care quality and minimizing provider burnout.

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

DIRECTOR FOR BEHAVIORAL HEALTH

Led a diverse organization of 350 behavioral health employees and trainees through the first 16 months of the COVID-19 pandemic. Rapidly enabled global telehealth capabilities to increase virtual appointment utilization from 50 to 32,000 encounters per month. Reorganized directorate's leadership structure to optimize distribution of resources and engagement 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, the only unit of its kind in the Department of the Defense. 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 BELVIOR, 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 BELVIOR, 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.

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

CHIEF AND MEDICAL DIRECTOR, ADULT 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 PSYCHIATRIC SERVICE, AND MEDICAL STUDENT CLERKSHIP COORDINATOR

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 BEHAVIORAL 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