

Curriculum Vitae

J. Mark Westfall, M.D.

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Date / Place of Birth: June 18, 1964 / Jacksonville, FL

Board Certification: National Board of Medical Examiners
Part I 6/88, Part II 9/89, Part III 3/91

Diplomate - American Board of Psychiatry
and Neurology - 1995 Recertified – 2005,2015

Education and Training

1982 - 1986	B.S. (Biology)	Rhodes College (formerly Southwestern at Memphis) <i>Freeman C. Marr Award (Academics/Track Excellence)</i> <i>Seidman Award (Academics/Athletics Excellence)</i>
1986 - 1990	M.D.	University of Alabama School of Medicine at Birmingham <i>Excellence in Psychiatry Award</i>
July 1990 – June 1994	Resident	Medical University of South Carolina Department of Psychiatry and Behavioral Sciences <i>APA/Mead Johnson Fellowship in Community Psychiatry Award</i>
July 1993 – June 1996	Child Fellow	Medical University of South Carolina

Positions Held

1990 – 1991	Designated Medical Examiner	Charleston County Probate Court
1991 – 1993	Consulting Psychiatrist	Compensation and Pension Examinations for the Veteran's Administration Medical Center
1992	Volunteer Psychiatrist	"Step Ahead" - a psychosocial rehabilitation program of the Charleston Mental Health Center
1992 – 1993	Staff Psychiatrist	Rural Outreach, Advocacy and Direct Services Program (ROADS) - an assertive community treatment model serving seriously mentally ill patients in rural areas
1993 – 1994	Staff Psychiatrist	"Step Ahead" - a psychosocial rehabilitation program of the Charleston Mental Health Center,

1993 – 1994	Staff Psychiatrist	Charleston, SC Coastal Empire Mental Health Center - Child, Charleston, SC
1994 – 1996	Clinical Instructor	Medical University of South Carolina Department of Psychiatry and Behavioral Sciences, Charleston, SC
July1994- June1996	Medical Director	Charleston/Dorchester Community Mental Health Center, Charleston, SC
July1996- Jan2006	President (2001-2006) Staff Psychiatrist	Frank Kay Clinic, Birmingham, AL
2003 - 2007	Talk Radio Co-Host	Doc Talk, WAPI, AM 1070
Feb2006- Oct2010	Staff Psychiatrist	Alabama Psychotherapy and Wellness Center, Birmingham, AL
Nov2010- present	President /owner	Westfall Psychiatric Services, Birmingham AL
May2013- present	Host/Presenter	Housecalls Lecture Series – An interactive community lecture series on mental health topics
January2015- present	Monthly Guest	“Oh Brother” Radio show, Birmingham Mountain Radio 107.3FM
January 2016- present	Creator/Co-Host	“Let’s Think On It” Podcast series

Membership in Professional Societies

American Psychiatric Association
American Academy of Child and Adolescent Psychiatry

Teaching Experience

1985 - 1986	Minor in Education, Rhodes College
1986	Student Teaching of special needs children at the University of Tennessee School of Medicine, Child Development Center
1992 - 1993	Mentor - Interviewing Skills Class for Medical Students
1994 – 1996	Clinical Instructor, Medical University of South Carolina Residency Program
1996 - 2001	Preceptor – Residents and Nursing Students at Princeton Hospital, Birmingham, AL

- 2001 - 2006 Preceptor – Family Practice Residents at Medical Center East, Birmingham, AL
Preceptor of the Year Award, 2004
- 2012 - present Annual Pre-Health Profession Mock Interview Event at Birmingham Southern
College
- 1996 – present Public education for various medical related professionals and student groups .
(See presentation section)

Post Training Hospital Appointments (1996-2006)

- Baptist Medical Center (BMC), Princeton Hospital, Birmingham, AL
- Baptist Medical Center (BMC), Shelby County Hospital, Birmingham, AL
- Baptist Medical Center (BMC), Montclair Hospital, Birmingham, AL
- Medical Center East (Saint Vincent’s East) Hospital, Birmingham, AL
- Hillcrest Hospital, Birmingham, AL
- Brookwood Medical Center, Birmingham, AL

Committees / Offices Held

University of Alabama School of Medicine

- 1988 - 1989 Vice-president - Medical School Class (Huntsville campus)
- 1989 - 1990 President - Medical School Class (Huntsville campus)
- 1990 Member - LCME Accreditation Committee

Medical University of South Carolina

- 1991 - 1994 Member - Resident Screening and Selection Committee
- 1992 Chairman - Mental Health Center Moonlighting Committee
- 1992 - 1993 Member - Planning Committee for Resident Retreat
- 1992 - 1993 Co-chairman - Ad Hoc Committee for History and Physical Form Design
- 1992 - 1993 PGY III Representative - Resident Education Committee (REC)
- 1992 - 1993 Member - REC On-Call Committee
- 1992 - 1993 Member - REC Curriculum Committee
- 1993 Member - Ad Hoc Committee to address curriculum issues at the Institute of
Psychiatry
- 1993 - 1994 Member - ACGME Resident Review Committee
- 1993 - 1994 PGY IV Representative - Resident Education Committee (REC)
- 1994 - 1995 Member - Department Steering Committee for Managed Care
- 1994 - 1996 Member - Department Advisory Council

Charleston/Dorchester Community Mental Health Center

- 1994 - 1996 Member - Mental Health Center Management Team
- Member - Risk Management Committee
- Chair - Quality Care Review Board
- Chair - Physician’s Monthly Meeting

Chair - Physician/Nurse Quarterly Meeting
Member - Managed Care Steering Committees

Frank Kay Psychiatric Clinic

1997 - 2006 Member - Board of Directors
2001 - 2006 President

BMC Princeton Hospital

1997 - 2001 Ethics Committee
1998 - 2001 Health Information Management Committee

Research Activities

Summer 1987 Co-investigator with Joseph B. Philips, M.D., UAB Department of Pediatrics, Division of Perinatal Medicine. Investigating effects of prostaglandins in pulmonary artery hypertension in fetal pigs.

1992 - 93 Literature review / research grant proposal with Dr. Jacob Mintzer, M.D., Medical University of South Carolina Department of Psychiatry and Behavioral Sciences (Geriatric Service). Research to investigate a possible relationship of serotonin and agitation in Alzheimer patients.

1993 - 1994 Co-investigator (SCID interviewer) for Rural Outreach, Advocacy and Direct Services Program (ROADS). This is an adaptation of an assertive community treatment model serving seriously mentally ill patients in rural parts of Charleston and Dorchester counties. Principal Investigator was Paul A. Deci, M.D. NIMH Study Number - 1R18 MH49303.

Publications

MUSC's Rural Mental Health Services Initiatives Deci P.A., Santos A.B., McCleod-Bryant S., Deas-Nesmith D., Westfall J.M. Journal of the South Carolina Medical Association. Approx..1996

Rural Assertive Community Treatment: Taking Mental Health Services on The Road. Lachance K.R., Deci P.A., Halewood N., Westfall J.M., Dias J.K., Santos A.B. In S. Henggler and A. Santos, Innovative Services for Difficult to Manage Populations. American Psychiatric Press Inc. Approx. 1996

Five Strategies for Antidepressant-induced Sexual Dysfunction Chapleau C.A., Luthin D.R., Westfall J.M., Cates M.E., Consultant July 2010, Vol.50,No. 7.

Presentations

Hemodynamic Effects of Prostaglandins in Two Different Forms of Pulmonary Artery Hypertension - Westfall J.M. (MSIII), Philips J.B. UAB Medical Student Research Day Poster Presentation, UAB, Birmingham, AL, 1987.

Psychotropics and Orthostatic Hypotension in the Elderly - Inservice Lecture - Geriatric Service, MUSC, Charleston, SC, 1992.

Treatment of Alcohol Withdrawal - Inservice Lecture - Consult Liaison Service, MUSC, Charleston, SC, 1992.

From the Benches to the Trenches, Residents on the Front Line - Workshop presented at American Association of Directors of Psychiatric Residency Training Annual Meeting. Presenters: Zealberg J.J., Santos A.B., Koval M.S., Westfall J.M., Prudent R.M., Palone T., San Diego, CA, 1993.

Innovative Programs in Community Mental Health - Lecture presented to Sumter Mental Health Association, Co-presenters: Hiott D. W., Westfall J.M., Sumter, SC, December 1993.

Adult Attention Deficit Disorder, Lecture - Psychopharmacology Seminar, MUSC, Charleston, SC, 1993.

Psychiatric Evaluation and the Mental Status Exam - Lecture - PGY I orientation, MUSC, Charleston, SC, 1993.

Other Psychiatric Disorders in Patients with Mental Retardation - Child Fellowship First Year Presentation, MUSC, Charleston, SC, 1993.

Community Psychiatry and Residency Training Programs: The Rural Chronically Mentally Ill - Westfall J.M. Presentation at the Hospital and Community Psychiatry Annual Meeting. Presented along with other Mead Johnson Fellows, San Diego, CA, 1994.

Violence in Psychiatry - Westfall J.M. Presentation at the Hospital and Community Psychiatry Annual Meeting, San Diego, CA, 1994.

When is it a Personality Disorder? - Intradepartmental continuing education. Charleston/Dorchester Community Mental Health Center, Charleston, SC, 1995.

Depression Diagnosis / Treatment in Primary Care – Baptist Health Centers, CME for primary care physicians, Jasper, AL, 1996.

Attention Deficit / Hyperactivity Disorder in Primary Care - Baptist Health Centers, CME for primary care physicians, Jasper, AL, 1998.

A Caregiver's Guide to Dementia – Alabama Nursing Association Presentation, Bessemer Civic Center, Bessemer, AL, 1998.

Update on Dementia Diagnosis and Treatment – Grand Rounds, Medical Center East Hospital, Birmingham, AL, 2003.

The Mental Status Exam – Family Practice Residency Lecture, Medical Center East Hospital, Birmingham, AL, 2003.

Update on Depression Diagnosis and Treatment – Grand Rounds, Medical Center East Hospital, Birmingham, AL, 2004.

Delirium in the Medical Patient – Family Practice Residency Lecture, Medical Center East Hospital, Birmingham, AL, 2004.

Attention Deficit and Hyperactivity Disorder – Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October, 2005.

Differentiating Dementia and Delirium – Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, November, 2006.

Disruptive Behaviors in Dementia – Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, November, 2007.

Novel Therapeutics in Psychiatry - Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, December, 2008.

What's So Odd About Psychiatry – Guest Lecturer for Pharmacy Students, McWhorter School of Pharmacy, Samford University, Birmingham, AL, January, 2009.

Compassionate Care for Dementia and Agitation – Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October, 2009.

‘Active Minds’ panel discussion member at Samford University, Birmingham, AL, October 2009

Freshman Stress – Convocation speaker for the Freshman class of 2009 at Samford University, Birmingham, AL, October 2009.

Thinking Non-categorically About Mood Regulation – Continuing Education - 3 Hour Symposium, McWhorter School of Pharmacy, Samford University, Birmingham, AL, November, 2009.

Who's Afraid of the Big Bad Wolf – 2 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, September, 2010.

How To Talk To Patients – 1.5 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October, 2010.

Let's Talk About Alcohol – Convocation Speaker for Freshman Class of 2010 at Samford University, Birmingham, AL October, 2010.

Novel Therapeutics in Psychiatry – Focus on Depression - 1.5 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, December 2010.

Psychological First Aid – Series of presentations given to the First Responders (Fireman/Paramedics) following the Tornado disasters in AL in spring of 2011. Given at Hueytown, AL and Homewood, AL Fire Departments. (Also presented to Paramedics training class at Herzing University Birmingham, AL, October/November 2011)

Trauma and the Brain - 3 Hour Continuing Education Symposium. McWhorter School of Pharmacy, Samford University, Given at Tuscaloosa and at Birmingham, AL, October 2011.

Tabula Rasa? The Developing Brain - 2 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, November 2011.

Unraveling: An overview of Dementia - 3 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, August 2012.

“What’s Up Dude?” Why Teens Think The Way They Do 2 Hour Interactive Lecture for the public as part of Housecalls Lecture Series. Homewood Public Library May 2013

“Focus” On ADHD 2 Hour Interactive Lecture for the public as part of Housecalls Lecture Series. Homewood Public Library August 2013

Why College Students Think The Way They Do Interactive Lecture for Birmingham Southern College Student Development Staff Retreat. August 7th 2013.

Who’s Afraid Of The Big Bad Wolf? An Exploration of Anxiety. 2 Hour Interactive Lecture for the public as part of Housecalls Lecture Series. Homewood Public Library November 2013

“What’s Up Dude?” Why Teens Think The Way They Do Grand Rounds Presentation at Children’s Hospital (1 hour CME for Health Care Providers affiliated with Children’s Hospital of Alabama). February 20th, 2014.

Who’s Afraid of the Big Bad Wolf A 1.5 hour in-service presentation for the Student Development staff at Birmingham Southern College. October 2014.

Taming the Big Bad Wolf A public education class on managing anxiety. This class met for 2 hours once a week for 6 weeks. Homewood AL, November – December 2014.

Resilience A 1.5 hour in-service presentation for the Student Development staff at Birmingham Southern College. August 2015.

Taming the Big Bad Wolf A 3 Hour CE class for Housecalls Lecture Series, for LMFT, MSW,RN. Homewood Public Library. September 13th 2015.

Getting Off Track – What Happens When Our Brain Won't Regulate Our Mood? 1.5 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October 3rd 2016.

Raising Children in Current Times 3 one hour weekly presentations for All Saints Sunday School Class. All Saints Episcopal Church, Birmingham AL, February 2016

Taming the Big Bad Wolf 3 Hour CE presentation at the Alabama Marriage & Family Therapy Association Annual Conference, Montevallo Alabama. February 20th 2016.

Unraveling: Dementia and Delirium 1.5 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October 3rd 2016

Anxiety Or Stress Which Is It? 2 Hour Presentation for students at Birmingham Southern College. Presented by the Panhellenic Council and Chi Omega for the student body at large. March 2017

Parenting Teens 4 One Hour presentations for All-Saints Sunday School Class. All-Saints Episcopal Church, Birmingham AL, February/March 2017

Addiction And The Brain 1.5 Hour Continuing Education, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October 29th 2017

Appropriate Use Of Controlled Substances In ADHD And Anxiety, 1 Hour Continuing Education at the Prescribing And Pharmacology Of Controlled Drugs Course; Medical Association of the State of Alabama; Montgomery, AL, March 17th 2018

Boundaries 3 one hour weekly presentations for All Saints Sunday School Class. All Saints Episcopal Church, Birmingham AL, March 2018

Being Elderly: A Vulnerable Life Stage 1.5 Hour Continuing Education at Consultant Program, McWhorter School of Pharmacy, Samford University, Birmingham, AL, October 2018

Treating ADHD and Avoiding Addiction, 1 Hour Continuing Education at the Prescribing And Pharmacology Of Controlled Drugs Course; Medical Association of the State of Alabama; Presented three times/yr. annually across the state in 2019,2021.

Discipline Your Child With Care 3 one hour weekly presentations for All Saints Sunday School Class. All Saints Episcopal Church, Birmingham AL, April 2019

The Middle and Upper School Brain Half day seminar, with 1 hour middle school and 1 hour upper school assemblies, 1 hour teacher and 1 one hour parent presentations for Tuscaloosa Academy. Tuscaloosa AL, Feb 2020.

Coping With COVID 3 one hour weekly Zoom presentations for All Saints Sunday School Class. All Saints Episcopal Church, Birmingham AL, March 2020

Neurocognitive Disorders in the Elderly 1.5 Hour Continuing Education at Consultant Program, McWhorter School of Pharmacy, Samford University, Birmingham, AL September 2020

Treating ADHD and Avoiding Addiction, 1 Hour Continuing Education at the Prescribing And Pharmacology Of Controlled Drugs Course; Medical Association of the State of Alabama; Presented three times/yr. annually in 2019, 2020 (cancelled-COVID), 2021