

Judah Weathers M.D., D.Phil

Education

- **Ph.D. (D.Phil.) Degree obtained January 06/2013**

Oxford-Cambridge-NIH Scholars Program, Department of Psychiatry, Oxford University, Oxford, England, and National Institutes of Mental Health (NIMH), Bethesda, M.D., USA.

- **M.D. Degree obtained May 06/2013**

Yale University School of Medicine, New Haven, CT, USA.

- **B.S. Behavioral Neuroscience (*magna cum laude*) Degree obtained May 05/2004**

Northeastern University, Boston, MA, USA.

Career/Academic Appointments:

- **Intern**, Pediatrics, Yale-New Haven Hospital, New Haven, CT 07/2013 -06/ 2014
- **Resident**, Albert J. Solnit Integrated Training Program, Yale Child Study Center, New Haven, CT 07/2013 - 06/2018
- **Chief Resident**, Albert J. Solnit Integrated Training Program, Yale Child Study Center, New Haven, CT 07/2017 - 06/2018
- **Adjust Clinical Faculty**, Dartmouth Medical School, Hanover, NH 07/2018-current
- **Voluntary Clinical Faculty**, Yale Child Study Center, New Haven, CT. 07/2018-current
- **Medical Director**, Elliot Hospital Behavioral Health Service, Manchester, New Hampshire 12/2018-current
- **Medical Director**, Parkland Hospital Psychiatry, Derry, New Hampshire 07/2019-03/current
- **Section Chief of Psychiatry**, Elliot Hospital, Manchester, New Hampshire. 03/2020-current

Awards and Recognition

- Physician of the Year Award, Elliot Hospital, Manchester, New Hampshire, 2020.
- American Academy of Child and Adolescent Psychiatry Klingenstein Third Generation Foundation Award for Research in Depression and Suicide, Seattle, WA, USA, 2018.
- Donald J Cohen International Scholars in Child and Adolescent Mental Health, Prague, Czech Republic, 2018.
- Health-Emotions Research Institute Travel Award, Madison, WI, USA, 2017.
- Pilot Research Award for Yale Child Study Center Trainees. New Haven, CT, USA, 2016.
- International Bipolar Foundation Rising Star in Child and Adolescent Research Award. San Diego, CA, USA, 2016.
- National Institutes of Health Clinical Loan Repayment Program. Bethesda, MD, USA, 2015-2017.
- American Academy of Child and Adolescent Psychiatrist Educational Outreach Program for Child and Adolescent Psychiatrist. Washington, D.C. USA, 2015.
- 25th Annual Medical Scientist Training Program MD/PhD Conference Travel Award. Oxford-Cambridge-NIH Scholars Program, National Institutes of Health, Bethesda, M.D., USA, 2010.
- Biomedical Science Careers Program M.D. Scholarship. Harvard Medical School, Boston, M.A., USA, 2004-2005.
- Ruth and William Silen M.D. Scholarship. Harvard Medical School, Boston, M.A., USA, 2003-2004.
- Undergraduate Scholarship Program (UGSP) Award. National Institutes of Mental Health, Bethesda, M.D., USA, 2003-2004.
- The Academy of the College of Arts and Sciences Award. Northeastern University, Boston, M.A., USA, 2001.
- Golden Key International Honor Society. Washington, D.C., USA, 2000.
- National Society of Collegiate Scholars Award. Washington, D.C. USA, 2000.
- Northeastern University Academic Excellence Scholarship. Northeastern University, Boston, M.A., USA, 1999.

Peer-Reviewed Manuscripts

- "A developmental study on the neural circuitry mediating motor inhibition in bipolar disorder." *The American Journal of Psychiatry*. 2012 June 1; 169 (6):633-41.
- "A developmental study on the neural circuitry mediating response flexibility in bipolar disorder." *Psychiatry Research Neuroimaging*. 2013 Oct 30; 214 (1): 56-65.
- "Brain circuitry associated with the development of substance use in bipolar disorder and preliminary evidence for sexual dimorphism in adolescents." *Journal of Neuroscience Research*. 2017 Jan 2; 95 (1-2): 777-791.

- “Longitudinal diffusion tensor imaging study of adolescents and young adults with bipolar disorder.” *Journal of the American Academy of Child and Adolescent Psychiatry*. 2018 Feb 1; 57 (2): 111-117.
- “Preliminary examination of gray and white matter structure and longitudinal structural changes in frontal systems associated with future suicide attempts in adolescents and young adults with mood disorders.” *Journal of Affective Disorders*. 2019 Feb 15; 245: 1139-1148.

Published Abstracts

- “Brain predictors of suicide attempts in adolescents and young adults with bipolar disorder.” Annual Conference of the International Society for Bipolar Disorder, Washington, DC, May 2017.
- “Longitudinal diffusion tensor imaging of bipolar disorder in adolescence.” American College of Neuropsychopharmacology 50th Annual Meeting, Hollywood, FL, December 2016.
- “White matter abnormalities associated with the development of substance use in bipolar disorder.” American College of Neuropsychopharmacology 50th Annual Meeting, Hollywood, FL, December 2016.
- “Brain circuitry associated with the development of substance use in bipolar disorder and preliminary evidence for sexual dimorphism.” Society of Biological Psychiatry 71st Annual Meeting, Atlanta, GA, May 2016.
- “An fMRI investigation of response flexibility in bipolar disorder.” Oxford-Cambridge-NIH Scholars Colloquium, Oxford, England, June 2012.
- “A developmental study on the neural circuitry mediating motor inhibition in bipolar disorder.” Oxford-Cambridge-NIH Scholars Colloquium, Washington, D.C., USA, June 2011.
- “The neural basis of reward learning using a variable ratio of conditioned reinforcement.” 25th Annual Medical Scientist Training Program (MSTP) MD/PhD Conference, University of Colorado, Boulder, CO, USA, June 2010.

Media

- Television Interview, WTNH Channel 8, Interviewed by Jocelyn Maminta on suicide in adolescents and young adults.

Research Experience

- **Yale Solnit Integrated Training Program 07/2013 – 06/2017**

As a child and adult psychiatry, and research training resident at Yale, I was involved in an intensive research experience, at the post-doctoral level, in the laboratory of Dr. Hilary Blumberg, where I used fMRI and diffusion tensor imaging to study the development of brain dysfunction in adolescents and young adults with bipolar disorder. This research examined how neural activation, neural networks, and brain structure changed over the life span, with a specific focus in emotion processing, and how this resulted in mood disorders. This includes examining the effects of age, psychotropics, mood changes, genetics, and history of psychosis on development of bipolar disorder. Primary research techniques included MRI data analysis with advance software, post-hoc analysis with extracted MRI data in SPSS to examine correlations with demographic variables, and genotype-phenotype correlation analysis.

- **Ph.D. (D.Phil.) Training 08/2007 – 01/2013**

As a graduate student in the laboratories of both Dr. Ellen Leibenluft (NIMH) and Professor Guy Goodwin (Oxford University) we sought to characterize the neuropsychological and neurophysiologic underpinnings of bipolar disorder. Specifically, I studied decision-making, impulsivity, motor inhibition, memory, and response flexibility using a combination of computer-based tasks, self-report questionnaires, and functional magnetic resonance imaging (fMRI). Our data suggests that child versus adult bipolar patients show abnormal prefrontal and striatal activation during a motor inhibition task, and abnormal prefrontal, temporal, and parietal activation during a response flexibility, relative to healthy controls. However, euthymic adult bipolar patients were no different from healthy volunteers in behavior or neural activation during a decision-making task.

- **Research Intern 06/2007 – 08/2007**

As a summer intern in the laboratory of Dr. Amy Friedman, MD, Yale University School of Medicine, I collected publically available data, from various countries, in attempt to better understand the global diversity in the use of live donor kidney transplants. Data were analyzed to measure the associations between transplant types and rates, with educational, societal, and demographic characteristics for each nation. Preliminary data analysis indicated that, in nations with a heavy reliance on living donor transplantation, there were positive correlations between rates of transplantation, medial age of the population, and literacy rates. These data were submitted to the American Society of Nephrology Renal Week in 2007.

- **Research Intern 06/2005 – 08/2005**

During my summer internship in the neurosurgery laboratory of Dr. Murat Gunel, MD, Yale University School of Medicine, I collected retrospective clinical data to examine the relationship between genotype and phenotype in patients with familial forms of cerebral cavernous malformations (CCM). The long-term goal of this multi-center study was to assess whether there are associations between specific genetic mutations in familial CCM, and prognosis or surgical management.

- **Research Intern 06/2004 – 09/2004**

As a summer student in the National Institutes of Health Undergraduate Scholarship Program, I worked in the laboratory of Dr. Craig Blackston, MD, National Institutes of Neurological Disorders and Stroke. During this internship, I used yeast two-hybrid, immunoprecipitation, and gel-electrophoretic techniques to examine the cellular function and enzyme interactions of the mutated DJ-1 protein found in familiar forms of parkinsons disease. An abstract for the work I accomplished during this internship was presented at the Biomedical Sciences Career Program (BSCP) conference at Harvard Medical School.

- **Research Intern 01/2000 – 05/2004**

As an undergraduate research student in the laboratory of Dr. James Stellar, PhD, Northeastern University, we used a rodent model of cocaine addiction to examine the neuroanatomical substrates of drug recidivism. My responsibilities included both animal surgery (intravenous catheter implantation) and behavior modification (food training, shaping, reinforcement, and extinction) in rats, as well as behavioral data analysis. I presented an abstract on this work at the 2004 New England Science Symposium at Harvard Medical School, where I was awarded the Ruth and William Silen M.D. Award.

Clinical Experience

- **LaMora Psychological Associates 10/2020 – current**

As a Child and Adolescent Psychiatrist in the LaMora Psychological Associates Practice in Nashua and Bedford, New Hampshire, I assess and treat youth, adults and families with a range of behavioral health conditions, ranging from mood disorders, anxiety, psychosis, and behavioral disorders with medication management and talk therapies. My work is complete remote, which affords youth and their families flexibility to receive clinical services directly from their home.

- **Parkland Hospital Behavioral Health Services 08/2019 – current**

In my role as Board Certified Psychiatrist (Adult and Child and Adolescent Psychiatry) at Parkland Hospital in Derry, New Hampshire, I assess, treat, and develop disposition plans for adult patients suffering from acute psychiatric conditions, ranging from psychosis to substance use disorders. I additionally supervise mid-level professionals and emergency room social workers who work as 'physician extenders' to deliver patient care. Finally, building upon my extensive experience in providing telemental health assessment and treatment planning, I provide the assessment and psychiatric management of youth and adults with eating disorders by way of telepsychiatry. In my short tenure in the hospital, we improved measured patient experience scores and actively worked to improve the quality and outcomes of hospitalized patients. Furthermore, we worked with nearby hospitals, that do not have their own inpatient behavioral health units, to develop a program of direct admission to our inpatient behavioral health unit for crisis stabilization.

- **Frisbee Memorial Hospital Geropsychiatry Service 04/2021 – current**

Portsmouth Regional Hospital, Parkland Hospital, and Frisbee Memorial Hospitals are all local community hospitals under the Hospital Corporation of America (HCA) umbrella of hospitals in southern New Hampshire. In my affiliation with HCA I have had the opportunity, over the past approximately 1.5 years, to cross cover the 5 to 10 bed inpatient geropsychiatry unit. Here, I assess, diagnosis, treat to stabilize, and develop disposition plans (including to returning home with family, to assisted living facilities and to nursing homes) of patient suffering from acute psychiatric symptoms in context of neurocognitive disorders. Neurocognitive diagnoses range from Alzheimer's, to Lewy Body Dementia, to dementia related to chronic alcohol use disorders, among others. It has been an honor to work in this particularly vulnerable population, and have been an active part in guardianship, durable power of attorney, and restoration of decision-making capacity proceedings.

- **Medical Director, Elliot Hospital Behavioral Health Services 07/2018 – current**

As Medical Director of Behavioral Health Services, I supervise and conduct the assessment, treatment planning, and disposition planning of behavioral health patients who present to the emergency room, inpatient services, and consult liaison services at Elliot Hospital in Manchester, New Hampshire. I have been actively involved in the restructuring of work flow of the inpatient unit

(utilizing LEAN management system techniques), and was involved in the opening of a newly expanded psychiatric emergency pod (PEP) where we assessed and treated all comers from the community with psychiatric complaints. I also work on developing medical student/residency training component to the behavioral health services, in collaboration with nearby Dartmouth College. I provided lectures to students and allied professionals through grand rounds and presentations.

- **Resident Physician: Solnit Integrated Training Program 07/2013 – 06/2018**

In the Albert. J. Solnit Integrated Training Program, a residency that integrates child, adult, and research psychiatry, I completed clinical rotations in Pediatrics, Neurology, Geriatric Psychiatry, Adult Consult Psychiatry, Child Consult Psychiatry, Emergency Psychiatry, Addiction Psychiatry including certification for initiation of suboxone maintenance therapy, Child and Adolescent Psychiatry (inpatient and outpatient services), Adult Psychiatry (inpatient and outpatient services), School Assessments/Individualized Education Plans, and additional General Psychiatry experiences. Additionally, as on call resident psychiatrist, I was responsible for cross covering patients during overnight hours and weekends at the Yale Psychiatric Hospital, Connecticut Mental Health Center, and Psychiatry Consult Liason service at Yale.

- **TeleMental Health Services: West Haven Veterans Affairs 07/2017 – 06/2018**

In the TeleMental Health training experience under the supervision of Dr. Eric Hermes M.D. in the West Haven, CT Veterans Affairs Department of Psychiatry, I learned to provide TeleMental Health services, including psychiatric assessments, medication management, therapy, substance use disorder treatments, and crisis management to Veterans located in Maine at outlying Community Based Outpatient Clinics (CBOCs). I assessed and treated Veterans remotely (from the West Haven, CT VA) using the latest technology in video conferencing and provide individualized psychiatric interventions with the ultimate goal of reducing obstacles to providing excellent psychiatric care to all Veterans.

- **Moonlighting Physician: Hartford Health Care System 07/2015 – 06/2018**

As Moonlighting Psychiatrist for the Hartford Health Care System hospitals, and under the supervision of Medical Directors Deborah Weidner M.D. and Jonathan Raub M.D., I was responsible for performing psychiatric assessments, diagnosing, and treatment planning for child, adolescent and adult patients admitted to Natchaug Psychiatric Hospital. These overnight-call shifts included aspects of acute crisis management (e.g. acutely agitated patients, substance withdrawal patients), managing multidisciplinary teams including nursing, social work and mental health worker staff, and consultation to nearby medical emergency rooms/medical inpatient units for psychiatric emergencies.

- **Yale University 01/2005 – 08/2007**

As a participant in the Yale School of Medicine *Donald J. Cohen (DJC) Mentorship Program*, I had early exposure to the clinical assessment and medical management of young psychiatric patients. Specifically, under the close supervision Dr. James Leckman, Nelson Harris Professor of Pediatrics and Psychiatry at the Yale Child Study Center, I participated in the initial observations, diagnosis, and treatment planning of a patient referred to the Child Study Center for specialty care. I was additionally involved in the neuropsychological assessment of the child, as well as regularly scheduled play periods and family meetings. A particularly formative experience I had during this fellowship was visiting the child's school to independently gather academic and social functioning data from teachers and staff. Finally, as a member of the planning committee for the DJC, I was involved in the scheduling of guest lectures, catering of semi-monthly meetings, and the regular recruitment of medical students interested adolescent psychiatry.

Teaching Experience

- **Yale University 08/2018 – current**

As associate, voluntary clinical faculty at the Yale Child Study Center, I provide lectures to Fellows on the development of mood disorders in youth, including on disruptive mood dysregulation disorder (DMDD) and bipolar disorder, as well as provide seminars on Ethics in the practice of Child and Adolescent Psychiatry. Additionally, I am on the admissions panel, and as such interview potential Child and Adolescent Psychiatry Fellowship candidates, at the Yale Child Study Center.

- **Jagiellonian University 01/2016 – 06/2018**

As a visiting lecture in Psychiatry at Jagiellonian University in Krakow, Poland, I am responsible for giving lectures to 6th year medical students (final year in European medical schools) in general psychiatry. Specific lecture topics include mood disorder, schizophrenia, and principles in psychotherapy. In addition to these medical student lectures, I give lectures within the Department of Biophysics on topics of neuroimaging in Psychiatry, with the aim of ultimately developing research collaborations in the neuroimaging of mood disorders.

- **Oxford University 09/ 2009 - 04/2010**

During my Ph.D. (D.Phil) training in the Department of Psychiatry at Oxford University I was afforded the opportunity to mentor an undergraduate psychology student. Over a period of eight months, our weekly meetings covered a range of aspects important in research, including: 1) designing a research question, 2) power analysis, 3) behavioral and fMRI data collection, 4) behavioral and fMRI data analysis, and 5) writing results. The student applied these skills directly in an fMRI study designed to examine the neural activation associated with conditioned reinforcers during reward learning. This culminated with the student submitting a dissertation on this data to her home university, where she is now pursuing a research career on the cognitive underpinnings of remorse.