

CECILIA PATRICA MARGRET MD, PhD, MPH

Employment

2013 – Present	Attending Psychiatrist, Department of Psychiatry and Behavioral Sciences, Seattle Children's Hospital - University of Washington (UW)
2011 – 2013	Staff Psychiatrist, Overlake and Evergreen Medical Hospitals, WA.
2011 – 2013	Acting Instructor, T-32 fellowship in Primary Care & Psychiatry research, UW
1999 – 2001	Physician, Outpatient Psychiatry, Madras Medical College and Research Center

Clinical Experiences

- Consultant Psychiatrist, Inpatient, Autism Clinic and Partnership Access line (Teleconsultation program for WA/WY primary care providers) services, Seattle Children's Hospital - UW (2016 - current)
- Attending Psychiatrist, Inpatient Psychiatric care, Seattle Children's Hospital - University of Washington (2013 - current)
- Clinical trainer of case managers, nurses, and physicians in TEAM care - a **collaborative care** integrating psychiatry in primary care to improve disease outcomes for mental health and chronic illness like diabetes, and coronary heart diseases, India (2013 - 15) under the leadership of Wayne Katon MD.
- Consultant Psychiatrist to County Pediatrics clinic - developed a primary care based integrated care model for children with ADHD (Attention Deficit Hyperactivity Disorder) with pediatricians and care manager, Harborview medical Center, UW (2011-12).
- Acting instructor/ Attending Physician, UW Consultation- Liaison Psychiatry service (2011-12).
- Clinical Observerships in India and US, cross cultural psychiatry (2000 - 2011)
- Senior Intern, Department of Psychiatry, Madras Medical College & Research Institute, Government General Hospital, Chennai, India (2000-01).
- Organizer for career guidance camps and medical camps for school children, awareness campaign for depression among medical students, promotion of sexual hygiene for adolescent girls and awareness of mental hygiene among high risk urban school dropout population, Chennai, India (1999 – 2000).

Honors

- Resident teaching award, Child and Adolescent Psychiatry training program, UW, 2016
- Outstanding Psychiatry Resident award, Indo-American Psychiatric Association (IAPA) 2009
- Scholarship from International medical graduate Institute, American Psychiatric Association, 2009.
- Achieved distinction grades, Madras Medical College and Research Institute, India, 1993 -99.
- Best Outgoing Student of High School, India, 1990

- High School first in Physics and English and Medical Common Admission Test
- Award of Merit for Science, State Council of Science and Technology, India, 1990
- State Ranking Tennis Player , under - 14 years girls section, India, 1989
- Meritorious Performances in fields of art, science, oratory and athletics among interschool/State levels in high school.

Seminars/ Teaching experiences

- Faculty, Integrated care Psychiatry training fellowship (UW) – Psychiatry in Primary care Services.
- Assistant Course director, Diversity and Culture committee, Child and Adol. Psychiatry fellowship, UW.
- Faculty and supervisor, Dept. Psychiatry, for General Adult, Consultation Liaison, Child and Adolescent psychiatry residents / fellows, medical students, nurse practitioners and school counsellors, University of Washington (2011 - present).
- Grand rounds speaker on Child Mental Health Services, Institute of Mental Health, Sri Ramachandra Medical University and Sri Ramaswamy Memorial University, Madras, India (2014-15).
- Global health seminar series, UW on mental health and related topics (2013-14).
- Graduate teaching assistant, University of Tennessee Health Science Center, Memphis, TN (2001-05).

Membership and license(s) held in Professional Societies

- Washington and Wyoming State Department of Health (current)
- American Child and Adolescent Psychiatry association (AACAP)
- American Psychiatric association (APA) and Washington state chapter.
- Tamil Nadu State Medical Council, India (current)

Education

2011 – 2013	Masters in Public Health, National Institute Mental Health T32 fellowship, UW - Psychiatry & Behavioral Science and Public Health (MPH - 2013)
2008 – 2011	Fellowship, Child and Adolescent psychiatry, UW. ABPN (certified in 2013)
2006 – 2009	General Psychiatry Residency, UW. ABPN (certified in 2012)
2001 – 2005	Ph.D., Neuroscience University of Tennessee, Memphis, TN.
1993 – 1999	Bachelor of Medicine & Surgery (M.B., B.S), Madras Medical College & Research Institute, Chennai, India
1993	High School, Rosary Matriculation Higher Secondary School, Chennai, India.

Publications

Margret, C.P, Dillon- Naftolin, E, Russell, D et al., (2017) Implementing Integrated Care in Pediatric Mental Health: Principles, Current Models and Future Directions, Focus, 2017 – submitted.

Margret, C.P, Ries, R., (2016) Assessment and treatment of Adolescent substance use disorders: Alcohol use disorder. Child Psy clin. North America, June 2016.

Margret, C.P., (2013) Influence of perceived discriminatory experiences on mental health and function among early Adolescent children. Masters Dissertation.

T.D. Chappell, **C.P. Margret**, C.X. Li, R.S. Waters (2007): Long-term effects of prenatal alcohol exposure on the size of the whisker representation in juvenile and adult rat barrel cortex. Alcohol; Jun; 14 (4): 239-51.

A. Oladehin, **C.P. Margret**, S.E. Maier, C.X. Li, T.A. Jan, T.D. Chappell, R.S. Waters (2007): Early postnatal alcohol exposure reduced the size of vibrissal barrel field in rat somatosensory cortex (SI) but did not disrupt barrel field organization. Alcohol; Jun; 14 (4): 253-6.

Margret C.P., (2005) Teratogenic influence of alcohol on the primary somatosensory cortex of rats. Doctoral dissertation.

C.P. Margret, C.X. Li, T. Chappell, A. Elberger, S.G. Matta, R.S. Waters (2005): Prenatal alcohol exposure (PAE) reduces the size of the forepaw representation in forepaw barrel subfield (FBS) cortex in neonatal rats: relationship between periphery and central representation. Exp Brain Res. Jul; 172(3): 387-96. Epub 2006, Jan 20

C.P. Margret, C.X. Li, T. Chappell, A. Elberger, S.G. Matta, R.S. Waters (2005): Prenatal alcohol exposure delays somatosensory barrel field development. Exp Brain Res. Jun; 172(1): 1-13. Epub 2006, Feb 28.

C.P. Margret, C.X. Li, T. Chappell, A. Elberger, S.G. Matta, R.S. Waters (2005): Prenatal alcohol exposure alters the size, but not the pattern of the whisker representation in neonatal rat barrel cortex. Exp Brain Res. Aug; 165(2): 167-78. Epub 2005, Apr 22.

Interests

Expansion of Psychiatric care in Primary care, promotion of mental health awareness, Global mental health, Spirituality and self-care in mental health, neuroscience and culture realms impacting child development, Child mental health service integration and implementation sciences, Suicide and Substance use among adolescence & Preventive mental hygiene.