

For the past 12 years, I have served as a clinician, educator, and researcher in the fields of obesity and eating disorders. As a licensed clinical psychologist, I provide behavioral health services for the Johns Hopkins Center for Metabolic and Bariatric Surgery. In my roles as Assistant Professor of Psychiatry and Behavioral Sciences and the Director of Clinical Research for the Eating Disorders Program at the Johns Hopkins School of Medicine, I mentor undergraduate and graduate learners and conduct research studies focused on evaluating post-surgical outcomes for patients undergoing metabolic and bariatric surgery (MBS). My work in these areas provides a solid foundation of clinical and didactic knowledge, and I have been privileged to learn from many patients and several exceptional mentors in my field.

Membership within ASMBS over the past nine years has truly been a boon to my clinical work and my research in MBS. At the annual meetings, I increased my clinical knowledge and gathered ideas for future research studies. Networking sessions offered the opportunity to meet experts in the field, who generously provided support and guidance in clinical care. I have presented regularly at the annual meetings, and last year had the honor to serve as a Course Co-Director for an Integrated Health (IH) Panel. My work as an Associate Editor for SOARD allowed me to advance the dissemination of knowledge to others in the field. Finally, my service to the IH Multidisciplinary Care Committee (MDC) has been the most rewarding aspect of my work within ASMBS. This committee's mission is to increase awareness of the critical role the multidisciplinary approach plays throughout the continuum of care and in improving patient outcomes. In my roles as Co-chair and then Chair of the IH MDC, my primary project was the creation of an IH Multidisciplinary Mentorship Program, which successfully launched this January with an initial group of 18 mentee/mentor pairs. I am grateful for the experiences ASMBS membership has offered and am eager to give back to the ASMBS organization and its members as an IH Member-at Large.

My vision for the position of IH Member-at-Large is three-fold: 1) to utilize my knowledge and experience to represent the integrated health community, 2) to support the IH Executive Council leadership in their efforts to impart knowledge and clinical guidance to ASMBS members, and 3) to promote a multidisciplinary approach to patient care. Obesity is increasingly viewed as a relapsing disease. While MBS is an effective treatment for obesity, patients often require significant support from multiple disciplines working in tandem to minimize weight recurrence and to maintain improved health status post-surgery. The IH Executive Council is comprised of a multidisciplinary team and therefore is uniquely positioned to highlight the importance of multidisciplinary care to address common post-surgical challenges including weight recurrence, substance use disorders, and mental health comorbidities. As an IH Member-at Large, I will endeavor to support all IH members and foster multidisciplinary collaboration in the pursuit of improved clinical care for patients who undergo MBS.