

Paras S. Patel, MD  
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## Education and Training

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2015 – 2019: Psychiatry Residency Training Program, University of Michigan  
2011 – 2015: M.D., The University of Chicago, Pritzker School of Medicine  
2007 – 2011: Bachelor of Public Affairs with Honors, Wayne State University, summa cum laude

## Honors and Awards

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2016 Making A Difference Award, University of Michigan Medicine

- Recognized by nursing staff for calm management of a complex clinical situation

2014 American Psychiatric Association Minority Fellow Travel Award

- Fully-funded travel grant to the annual American Psychiatric Association meeting

2012 Interview with President Barack Obama

- Won a Google-sponsored competition to participate in a live interview with the President
- Chosen by Google and the White House after submitting a question regarding the long-term stability of the Detroit auto industry
- Interview was broadcast live on YouTube with over 800,000 total views
- Also filmed follow-up documentary with Google marketing team about the experience
- View interview at: <https://youtu.be/eeTj5qMGTAI>

2012 Honorable Mention for Excellence at University of Chicago Summer Research Forum

- Awarded by faculty panel for presentation of research project

2011 Academic Merit Scholarship, University of Chicago, The Pritzker School of Medicine

- \$200,000 merit-based recruitment award

2011 Phi Beta Kappa Honor Society, Wayne State University

2009 Honorable Delegation Award, National Model United Nations Conference, New York, NY

- Recognized for contributions to group dynamics, agenda setting, and policy proposals

2007 Presidential Scholarship, MedStart Program, Wayne State University

- Full-tuition undergraduate merit scholarship

## Employment Experience

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2019 – present: Private practice psychiatrist in Troy, Michigan

2018 – 2019: Moonlighting Psychiatrist at Huron Valley Consultation Services

- Outpatient psychiatrist with a high-acuity patient population in a nonprofit mental health clinic
- Provided medication management, psychotherapy (CBT, DBT, problem-solving therapy, and psychodynamic psychotherapy)
- Managed several difficult and complex clinical situations

2001 – 2013: Owner of Dr. Digital Computer Repair

- Started a personal computer repair business

- Performed virus removal, formatting, hardware services, and much more
- Educated customers on proper computer use and maintenance

2008 – 2010:

Analyst for Wayne State University Computing and Information Technology

- Worked at the computing helpdesk to help students with everyday computer problems
- Coordinated with colleagues to efficiently handle high-volume workflow requirements, such as virus removal

## Research Experience

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2018 – 2019:

Standardized Medical Clearance Protocol, State of Michigan, Department of Health Services

- Participated in a workgroup to develop a standardized protocol for medical clearance of psychiatric patients for inpatient psychiatric units
- Fundamental goal is to address wait times for psychiatric patients in emergency settings, which leads to several negative outcomes in a climate of limited mental healthcare access
- Worked with Dr. Debra Pinals, former acting medical director for the State of Massachusetts

2012 – 2015:

University of Chicago, Department of Surgery, Section of Otolaryngology-Head & Neck Surgery, Dr. Jayant Pinto, M.D.: “Imaging Modalities and Radiological Staging Methods in Chronic Sinusitis.”

- Correlated computerized tomography scan data with biological markers in chronic rhinosinusitis patients

2011:

Wayne State University, Department of Political Science, Ronald Brown, Ph.D.; Honors research thesis: “The Patient Protection and Affordable Care Act as American Politics at Work: An Analysis Through the Lens of the Civil Rights Act of 1964”

- Civil Rights Act of 1964 analyzed as a case study for how public notions of justice and equality impact the legislative activity of elected officials
- Studied strategies and tactics of both past and modern politicians to determine their role in shaping national policy

2009 – 2011:

Karmanos Cancer Institute, Wayne State University, Dr. Prahlad Parajuli, Ph.D.; “Anti-cancer Scopes and Associated Mechanisms of Scutellaria Extract and Flavonoid Wogonin.”

- Researched in-vitro natural tumor suppressant efficacy on cultured cell lines
- Successfully isolated several natural extracts from plants which synergistically enhance conventional tumor suppressant efficacy
- Authored a review article on alternative flavonoid chemotherapeutics and their mechanisms of action

2008 – 2009:

Detroit Receiving Hospital Emergency Room Research Assistant

- Participated in the enrollment of trauma victims and their families in long-term psychological follow up programs
- Consented patients for health outcomes studies and analyzed charts for qualifying conditions

## Additional Experience

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2017 – 2019:

University of Michigan Health Administration Scholars Program

- Unique introduction to hospital administration facilitated by UM Chief Medical Officer Dr. Jeffrey Desmond, UM Chief of Staff Dr. Marie Lozon, and UM Director of Emergency Services Dr. David Somand
- Program culminated in research project to increase efficiency of inpatient psychiatric admissions from emergency settings

2014 – 2015:

Illinois State Medical Society, Medical Student Section

- Represented the Pritzker School of Medicine as student delegate
- Coordinated with medical schools within the state of Illinois to advocate for student interests
- Strategized with other medical organizations to promote unified goals for student public health initiatives

- 2014: Women's Shelter Discussion Group, YWCA of Evanston
- Met with women who were victims of domestic abuse temporarily staying at the shelter
  - Led group discussions on topics ranging from interpersonal dynamics to mindfulness meditation
  - Was the most popular group at the center within weeks of starting
- 2012 – 2015: Chicago Medical Society Leadership Council
- Represented the Pritzker School of Medicine as district whip
  - Worked on legislative advocacy at the local and state level
  - Set policy goals and developed fundraising methods
- 2010 – 2011: Community Organizer, Organizing for America
- Volunteered for Organizing for America, a project of the Democratic National Committee
  - Organized voters and community leaders to support Obama administration policy objectives
  - Met President Obama and U.S. Senators Carl Levin and Debbie Stabenow as a result of efficient voter recruitment
- 2010: Congressional Intern for U.S. Congressman Gary Peters
- Answered phones and directed constituents to office staff and other resources
  - Assisted with outreach events such as town hall meetings
  - Interacted with constituents from advocacy groups and small businesses
- 2007 – 2010: Wayne State University National Model United Nations Team
- Conferences involved communication with delegates from universities all over the world
  - Effective communication with a diverse group of individuals was required for success in this event
  - Won an Honorable Delegation award in 2009, and was the smallest team to do so

## Publications

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- 9/22/2013 Patel, Paras S. "On Patient Care: What Does It Mean to Be Genuine?" In-Training Digital Magazine [Albany]
- 9/1/2013 Patel, Paras S., Prahlad Parajuli, Nirmal Joshee, and Agnes Rimando. "Anti-cancer Scopes and Associated Mechanisms of Scutellaria Extract and Flavonoid Wogonin." Current Cancer Therapy Reviews 9.1 (2013): 1-9. Print.
- 1/1/2013 Patel, Paras S. "Work Smarter, Not Harder." Chicago Medical Society Magazine [Chicago] Print.

## Presentations

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- 3/21/18 University of Michigan Grand Rounds Panel Discussion on Mentorship, Facilitators: Michael Jibson, M.D., James Abelson, M.D.
- 2018 Patel, Paras S. Teaching presentation of clinical material from psychodynamic psychotherapy, University of Michigan, Michigan Psychoanalytic Institute, Ann Arbor, MI.
- 2018 Patel, Paras S. The Impact of Video Gaming on Child and Adolescent Mental Health, University of Michigan Grand Rounds Presentation, Ann Arbor, MI.
- 2016 Patel, Paras S. The Impact of Federal Legislation on the Delivery of Mental Healthcare, VA Ann Arbor / University of Michigan Grand Rounds Presentation, Ann Arbor, MI.
- Described the purpose and efficacy of several healthcare delivery initiatives in the Veterans Affairs health system
  - Discussed provisions in the Affordable Care Act and how they might impact healthcare in the future
- 2012 Patel, Paras S. Imaging Modalities and Radiological Staging Methods in Chronic Sinusitis, The University of Chicago Pritzker School of Medicine Summer Research Forum; Chicago, IL.
- Presented data derived from clinical imaging as a proxy for the severity of sinus disease

## Memberships in Professional Societies

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2015 – present: Michigan Psychiatric Society  
2019 – present: American Psychiatric Association  
2011 – 2015: American Medical Association  
2011 – 2015: Illinois State Medical Society  
2011 – 2015: Chicago Medical Society