

JEFFREY CLARK, MD

E-mail: jeffreygclark@gmail.com

Work Experience

Medical Director for Mental Health Integration, Intermountain Healthcare, Weber/North Davis County Region, Ogden, Utah, 07/2019 – Present

Adjunct Clinical Assistant Professor, Rocky Vista University, Ivins, Utah, 11/2019 – Present

Education

Chief Residency

Chief Resident for Outpatient and Consultation-Liaison Psychiatry, Harborview Medical Center, Seattle, Washington, 07/2018 – 06/2019

Residency

General Adult Psychiatry

University of Washington Affiliated Hospitals, Seattle, Washington, 06/2015 – 06/2019

Distinction in Advanced Psychotherapy Studies, Community Leadership, and Integrated Care

Medical

Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, Cleveland, Ohio, 07/2010 – 05/2015

MD with Special Qualifications in Biomedical Research

Thesis: The effects of infliximab on depressive symptoms and response to psychotherapy in adolescents with inflammatory bowel disease

Undergraduate

Brigham Young University, Provo, Utah, 08/2003 – 04/2004, 07/2006 – 04/2010

BS, Neuroscience, *magna cum laude*

Minor in Management

Awards and Honors

Graduating Psychiatry Resident Award in Clinical Excellence, University of Washington Department of Psychiatry and Behavioral Sciences, 06/2019

Grand Prize, Psychiatry Innovation Lab, American Psychiatric Association, San Diego, California, 05/2017

Helen and Leland Schubert Medical Student Award for Excellence in Child and Adolescent Psychiatry, Case Western Reserve University, Cleveland, Ohio, 05/2015

2013 Ohio Psychiatric Physician's Foundation Research Award, Best Medical Student Paper, 03/2014

National Institute of Mental Health Medical Student Fellowship in Mental Health Research, University of Pittsburgh, 07/2012 – 06/2013

American Academy of Child and Adolescent Psychiatry Life Members Mentorship Grant for Medical Students, 10/2012

American College of Rheumatology Research Education Fund/Abbott Medical Student Preceptorship, American College of Rheumatology, 07/2011 – 09/2011

Full-Tuition Academic Scholarship, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, Cleveland, Ohio, 07/2010 – 05/2015

Undergraduate Research Award, Department of Chemistry and Biochemistry, Brigham Young University, 01/2009 – 04/2010

Office of Research and Creative Activities Grant, Brigham Young University 01/2009 – 04/2010

Excellence in Tutoring Award Nominee, Center for Service and Learning, Brigham Young University, 04/2007

Full-Tuition Academic Scholarship, Brigham Young University, Provo, Utah, 09/2008 – 04/2010

Half-Tuition Academic Scholarship, Brigham Young University, Provo, Utah, 09/2007 – 04/2008

Research Experience

Medical Coping Clinic, Children's Hospital of Pittsburgh
The effects of anti-TNF biologics on depressive symptoms and response to cognitive behavioral therapy in adolescents with inflammatory bowel disease
Mentor: Eva Szigethy, MD PhD
07/2012 – 06/2013

Pediatric Institute, Cleveland Clinic Foundation
The effects of biologic therapies on joint replacement rates in juvenile idiopathic arthritis
Mentor: Steven Spalding, MD
05/2011 – 06/2012

Center for Spine Health, Cleveland Clinic Foundation
A systematic review of perioperative outcomes in open vs. percutaneous posterior cervical laminoforaminotomy
Mentor: Thomas Mroz, MD
10/2010 – 10/2011

Lerner Research Institute, Cleveland Clinic Foundation
Structural determination of the Ig10 domain of human filamin A.
Mentor: Saurav Misra, PhD
07/2010 – 09/2010

Department of Chemistry and Biochemistry, Brigham Young University
Synthesis of antimicrobial ceragenins
Mentor: Paul Savage, PhD
07/2008 – 06/2010

Peer-Reviewed Publications

Manuscripts

Clark JG, Srinath AI, Youk AO, Kirshner MA, McCarthy FN, Keljo DJ, Bousvaros A, Demaso DR, Szigethy EM, "Predictors of depression in youth with Crohn's disease," *Journal of Pediatric Gastroenterology and Nutrition*, 2014; 58(5), 569-573.

Clark JG, Abdullah KG, Steinmetz MP, Benzel EC, Mroz TE, "Minimally invasive versus open cervical foraminotomy: A systematic review," *Global Spine Journal*, 2011; 1(1), 9-14.

Page RC, **Clark JG**, Misra S, "Structure of filamin A immunoglobulin-like repeat 10 from Homo sapiens," *Acta Crystallographica F*, 2011; 67(8), 871-876.

Book Chapters

Abdullah KG, **Clark JG**, Lubelski D, Mroz TE, "Posterior cervical spine surgery," Farag E (editor), *Anesthesia for Spine Surgery*, 1st edition, Cambridge University Press, 2012; 118-121.

Clark JG, Abdullah KG, Mroz TE, Steinmetz MP, "Biomechanics of the craniovertebral junction," Klika V (editor), *Biomechanics in Applications*, InTech, 2011; 189-204.

Presentations

Clark JG, "Slumber Camp: Conquer Insomnia," American Psychiatric Association Annual Meeting, San Diego, California, 05/2017 (Oral Presentation)

Clark JG, Srinath AI, Kirshner MF, McCarthy FN, Keljo DJ, Bousvaros A, DeMaso DR, Youk AO, Szigethy EM, "Predictors of depressive symptoms in youth with Crohn's disease," AACAP Annual Meeting, Orlando, Florida, 10/2013 (Poster)

Clark JG, Srinath AI, Kirshner MF, McCarthy FN, Keljo DJ, Bousvaros A, DeMaso DR, Youk AO, Szigethy EM, "Predictors of depressive symptoms in youth with Crohn's disease," Western Psychiatric Institutes and Clinics Research Day, Pittsburgh, Pennsylvania, 06/2013 (Poster)

Clark JG, Abdullah KG, Steinmetz MP, Benzel EC, Mroz TE, "Percutaneous versus open laminoforaminotomy in the cervical spine: a comprehensive summative analysis," Cleveland Clinic Foundation, Neurological Institute Research Day, Cleveland, Ohio, 05/2011 (Poster)

Clark JG, "Evidence that polyurethane thin films excessively sequester antimicrobial CSA-13," Brigham Young University, College of Physical and Mathematical Sciences Spring Research Conference, Provo, Utah, 03/2009 (Oral Presentation)

Clark JG, "First-year initiatives for new student integration," National Orientation Directors Association Regional Conference, Boise, Idaho, 02/2007 (Oral Presentation)

Other Publications

Patient Care

Clark JG, "Simplified Cognitive Behavioral Therapy for Insomnia," a single sheet, evidence-based intervention used by physicians and care managers in collaborative care settings, April 2019.

Articles

Clark JG, "Yearning for a good death," Stethos: Medical Humanities Journal of CCLCM, 2013; 3, 23-24.

Editorials

Clark JG, Harari D, "We know long doctor shifts are dangerous. Why won't hospitals adapt?" Washington Post, 12/18/2015

Clark JG, "Virtue or vice? A brief introduction to the smart drug debate," Chiasm: BYU Undergraduate Journal of Neuroscience, 2009; 1(1):5-8.

Poetry

Clark JG, "Hurricane season," Pulse: Voices from the Heart of Medicine, 11/21/2013.

Clark JG, "This white coat," Stethos: Medical Humanities Journal of CCLCM, 2011; 1, 6.

Clark JG, London D, Matthys S. "Routine visit," Stethos: Medical Humanities Journal of CCLCM, 2011; 1(1), 27.

Editorial Boards

Associate Editor, Chiasm: BYU Undergraduate Journal of Neuroscience, 01/2009 – 04/2010

Teaching

Adapting cognitive behavioral therapy for insomnia for collaborative care and inpatient psychiatry settings, University of Washington, 07/2017 – 06/2019

Practical Perspectives on Personality Disorders, an introduction for first-year psychiatry residents, University of Washington, 09/2017 – 09/2018

Small Group Facilitator, Behavioral Medicine Course, University of Pittsburgh School of Medicine, 01/2013 – 04/2013

Software Development

Languages:

Java, Javascript, Swift, Python, Ruby, Matlab/Octave, C# (early)

Frameworks:

Android, iOS, Node.js, Vue.js, Ruby on Rails, Django, Unity (early)

Extracurricular Activities and Interests

Ongoing

Slumber Camp (online, client-focused cognitive behavioral therapy for insomnia)

Past

Euthymic Labs, developer of the mobile app CBT Keeper (discontinued)

Resident Interviewer, University of Washington Psychiatry Residency Program

Business Meeting Leadership Team, University of Washington Psychiatry Residency Program
Student Interviewer for the Cleveland Clinic Lerner College of Medicine Admissions Committee
Northeast Ohio Society of Child and Adolescent Psychiatry
Students Interested in Neurology, Neurosurgery, and Psychiatry
Student Interest Group in Pediatrics
Internal Medicine Interest Group Leader
Child Life Volunteer, Cleveland Clinic Foundation