# John Slightam, MD

Normandy Park, WA jslightam@msn.com

#### **PROFILE**

Board Certified psychiatrist with 33 years post-residency experience in a variety of areas. Expertise includes consultation/liaison, co-occurring disorders, personality disorders, adult ADHD and complex diagnoses. Established organized consultation/liaison service at Miami Valley Hospital, Dayton Ohio. Active staff at Highline/Riverton since 1991. Several times interim medical director inpatient/outpatient geropsychiatry program. Excellent working relationship with clinical staff in various settings. Presented numerous lectures, inservices, public appearances. Created the Physician Wellness Committee and have been chairman since inception from 1993 to 2014.

#### **EDUCATION**

1977 University of Dayton Dayton Ohio

B.S., Biology, Minor: Psychology

GPA: 3.7. Member Alpha Epsilon Delta (Premedical honor society)

Magna Cum Laude

Honors Biology laboratory

research/development of RIA for vitamins A and E

1980 The Ohio State University College of Medicine Columbus, Ohio

**Doctor of Medicine** 

Honors recognition in Consultation/Liaison Psychiatry and Sleep Disorders Medicine

Graduated in 3 years via independent study track

1981 Oakland Naval Hospital Oakland, CA

**Internship** 

Rotating psychiatric internship including 9 months non-psychiatric specialties

Combat Casualty Care Course, Fort Sam Houston, TX

1985 National Naval Medical Center Bethesda, MD

**Psychiatric Residency** 

Along with hospital chaplain, developed spiritual/psychiatric liaison and support for

acute cardiac unit patients and families

Research in Time Limited Psychodynamic Group therapy

**Grand Rounds Presentations:** 

Hyper-religiosity and Spirituality: Psychosis vs The Mystical Experience

The Impaired Physician

Member of Command Residents Advisory Board

#### PROFESSIONAL EXPERIENCE

1981 to 1982 US Navy USS Niagara Falls (AFS-3) Homeport: Alameda CA

Medical Department Head, ship's medical officer

Responsibilities: Sole medical care of crew onboard Niagara Falls as well as other support ships without a medical officer in task force (total population 2,800) Coordination of search and rescue, communicable disease control, food inspection,

potable water, heat stress

1985 to 1987 US Navy Naval Hospital, Oakland CA

**Department of Psychiatry** 

Responsibilities: diagnosis/treatment of active duty personnel, recommendations to line commands regarding fitness for duty, security clearance, screening for Operation Deep Freeze (Antarctica), processing for administrative and Medical discharges. Also served as liaison and expert witness for JAG office in courts martial.

1987 to 1991 Fidelity Psychiatrists, Inc Dayton, OH

Partner, private practice single specialty group

Practice profile: 5% inpatient, 20% contract/consultant (see below), 75% outpatient private practice (diagnostic assessment and medication management, individual and

group psychotherapy, professional teaching)

1989 to 1991 Miami Valley Hospital Dayton, OH

Medical Director, Department of Psychiatry

MVH is a 850 bed tertiary care teaching facility, responsibilities include:

inpatient ward staff advisor, head of consultation/liaison services

medical, administrative and nursing staff liaison

nursing staff support group facilitator

1990 to 1991 Miami Valley Hospital Dayton, OH
Chief of Service

Responsibilities:

member of hospital executive committee psychiatry department quality assurance/credentials media spokesperson chair of departmental section meetings

1987 to 1991

Miami Valley Hospital Dayton, OH

Pastoral Counseling Center, psychiatric consultant/supervisor

12-15 hours/month instruction and supervision of pastoral counselors in areas of pharmacologic, psychodynamic, medical/legal and diagnostic issues of mental health

1987 to 1991

Miami Valley Hospital Dayton, OH

Departments of Internal Medicine and Family Practice, psychiatric consultant 8-14 hours/month teaching residents via case conferences, live interviews, group discussions

1988 to 1991

Miami Valley Hospital Dayton, OH

Employee Assistance Program, psychiatric supervisor

Supervise rapid diagnostic assessment, crisis intervention, brief therapy, appropriate disposition of clients referred by any one of 30 companies contracted with the EAP

1988 to 1991

Wright State University College of Dayton, OH

Medicine

Assistant clinical professor, Department of Psychiatry

Instructor of 12-hour course and supervision of PGY-2/3 psychiatric residents in group psychodynamics

1988 to 1991

Miami Valley Hospital

Dayton, OH

**Utilization Review Committee** 

review inpatient records for adequate documentation, treatment plans and discharge planning

1991 to 1992

Highline Community Hospital, Riverton Specialty Campus

Seattle, WA

### Medical Director, Seattle Day Hospital

Responsibilities:

psychiatric evaluation and treatment of partial hospital patients staff education and training

community and public education/awareness of mental health issues

1991 to 2013 Highline Community Hospital, Riverton

Seattle, WA

**Specialty Campus** 

Co-Occurring consultant, Riverton chemical dependency unit

Evaluate/treat psychiatric illness in various stages of chemical dependency

Education resource for counseling staff

1993 to 1995 Rader Institute of Washington

Auburn, WA

**Medical Director** 

Evaluation/treatment of patients suffering from a variety of eating disorders and

complicated psychiatric comorbidities

1996 to 1998 Sound Recovery

Seattle, WA

**Psychiatric Consultant** 

Evaluation/treatment of psychiatric illnesses in chronically chemically dependent

population

Member of multidisciplinary treatment planning group

Patient and staff education

1998 to 2013

Recovery Centers of King County Seattle and Kent, WA

**Psychiatric Consultant** 

Evaluation/treatment of co-occurring patients in a chronically ill population

Staff and patient education

1996 to 2013

Highline Community Hospital, Riverton

**Specialty Campus** 

Staff Psychiatrist, Riverton Georpsychiatry Service

Admit and treat variety of psychiatric and organic illnesses in the elderly

1997 to 2005

Highline Community Hospital, Riverton

Seattle, WA

Seattle, WA

**Specialty Campus** 

### Medical Director, Geropsychiatry Service

(Interim director several times)

Responsibilities:

Oversee quality assurance of patient care

Member of planning and strategy meetings

Administrative liaison

Facilitator of nursing staff support group

1993 to 2014

Highline Community Hospital Seattle, WA

## Chairman, Wellness Committee

Director of hospital-based physician committee providing case finding, evaluation, disposition and case management of physicians suffering from various chemical, emotional and physical difficulties

Coordination with Washington Physician Health Program

1992 to 2014

Highline Community Hospital Seattle, WA

### **Psychiatric Consultation Service**

Member of rotating mental health staff responsible for evaluation/treatment of referral requests for medical/surgical inpatients

2000 to Present

Pioneer Counseling Services

Seattle, WA

#### **Psychiatric Consultant**

Evaluation/treatment of psychiatric patients in a multi-disciplined outpatient community clinic, some transitioning from Federal Prison System

Education of staff therapists, chemical dependency counselors and probation officers

2008 to Present

Co-Occurring Residential Program Seattle, WA

### **Psychiatric Director**

Evaluation/treatment in co-occurring residential population of severely chemically addicted population referred from the Drug and Mental Health Court systems *Licensed provider of Suboxone (DEA XS 1559345)* 

2013 to Present Des Moines U

Des Moines University College of Osteopathic Medicine

Touro University College of Osteopathic Medicine, Vallejo CA

## **Adjunct Assistant Professor**

Attending Psychiatrist for PGy3/4 students for outpatient rotations

1991 to Present

Highline Counseling Center Normandy Park, WA

#### **Private Psychiatric Practice**

General adult psychiatric practice, treating variety of illnesses in a setting with other individual multi-disciplined therapists

75% private practice, 25% contracted consultant

#### RECOGNITION

• Physician of the Quarter 2005

#### PROFESSIONAL MEMBERSHIPS

- American Board of Physicians and Surgeons, 1980
- American Psychiatric Association, 1984
- Diplomat, American Board of Psychiatry and Neurology, 1987

#### PRESENTATIONS AND PUBLIC APPEARANCES

- Chemical Dependency in the Geriatric Population
- Comprehensive Review of Personality Disorders. (Supplemented by movie clips)
- Delirium, Dementia and Depression
- Psychiatric Illness in a Primary Care Setting
- Differential Distinction of Depression and Bipolar Spectrum Disorders
- Comprehensive Review of DSM-4
- Neurobiologic Basis of Post Traumatic Stress Disorder
- Psychiatric Aspects of Aging
- Relationship Between Depression and Cardiac Disease
- Impact of Substances on Sleep and Circadian Rhythmicity
- Concepts of Milieu Therapy