

## Contact

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adenablickstein (LinkedIn)

## Top Skills

Social Entrepreneurship  
Strategic Communications  
Marketing Strategy

## Languages

Yiddish  
Hebrew (Native or Bilingual)  
English

# Adena Chaviva Blickstein

Clinical Fellow at Westchester Medical Center, a member of WMCHHealth

Bronx

## Summary

Dr. Blickstein is a physician and public health professional (MD, MPH) with a passion for mental health and public health. She is a graduate from Columbia University's Mailman School of Public Health (2015) and completed her medical internship at Westchester Medical Center (2016), and psychiatry residency at Metropolitan Hospital (2019). She is currently a fellow in Child/Adolescent Psychiatry in Westchester Medical Center and will be completing training as a subspecialist in Child/Adolescent Psychiatry (2021). With her skills, passion, and experience, she is focused on supporting, leading, and building progressive mindsets that yield systemic change in our currently fragmented mental health and educational system in order to optimize access and quality of care for children and families. Beyond her clinical skills, she possesses strong skills in communications, child advocacy, and community activism. She is a catalyst for empowerment for individuals and communities and uses her creativity and skills as a physician and mental health professional for targeted engagement on a mass scale. She has special interests in vulnerable youth such as those struggling with sexuality and gender identity. She has presented on internet addictions and its effect on children and she seeks to build upgraded models of education that embrace neurodiversity. She is the founder of Teal Dragon (Tealdragon.org), an organization whose mission is to empower and inspire families through collaborative and integrated care among providers and medical/educational systems as well as Meshugenamama (Meshugenamama.com) a movement that seeks to expedite familial healing through poetry, rap, and good old fashion educational entertainment.

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## Experience

Westchester Medical Center, a member of WMCHHealth

Clinical Fellow

July 2019 - Present (1 year 9 months)

Child Psychiatry Fellow

Metropolitan Hospital NYC

Psychiatry Resident

July 2017 - Present (3 years 9 months)

Greater New York City Area

Westchester Medical Center, a member of WMCHealth

Internal Medicine Resident

July 2016 - July 2017 (1 year 1 month)

Performed complete history and physical of patient and provided plan and assessment along with attending physician.

Professional Women's Theater

Founder and Executive Director

October 2006 - July 2017 (10 years 10 months)

New York, NY

Created and implemented national program for empowering women through performing arts. Programs included an online talent agency, and fellowship program.

Columbia University Mailman School of Public Health

1 year 2 months

Award Recipient- Best Media Campaign of the Core

January 2014 - February 2015 (1 year 2 months)

New York, NY

Birth Control Campaign

MPH

September 2014 - 2015 (1 year)

Albert Einstein College of Medicine

Research Consultant

September 2013 - June 2014 (10 months)

- Assisted with assessment and implementation of national insurance reimbursement for lactation services in collaboration with organizational leaders in breastfeeding policy (AAP, CDC, USPTF).
- Conducted stakeholder outreach with 50 infant, child and maternal health nonprofit organizations to develop a collaborative program to better advocate for lactation support services.

- Designed and implemented surveys on clinic billing services and analyzed program evaluation data to create published policy paper on the comparative effectiveness of in-person lactation support services.

RAMBAM HOSPITAL, MONTEFIORE MEDICAL CENTER, NEW YORK PRESBYTERIAN

PEDIATRICS MEDICAL TRAINEE/STUDENT|

September 2010 - March 2013 (2 years 7 months)

- Performed medical training rotations in developmental pediatrics, family medicine, pediatric emergency room, and outpatient pediatric care. Provide direct clinical care, including diagnosis, physical exams, and family health education and outreach.

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## Education

Columbia University Mailman School of Public Health

Master's Degree, Public Health · (2014 - 2015)

Technion - Israel Institute of Technology

M.D., Clinical Medicine · (2006 - 2013)