

EDUCATION

University of California, Davis (Sacramento, California) 07/2017-06/2018

Division of Psychiatry and the Law

University of Maryland-Sheppard Enoch Pratt Hospital (Baltimore, Maryland) 07/2013-06/2017

Adult Psychiatric Residency

Wright State University Boonshoft School of Medicine (Dayton, Ohio) 07/2009-06/2013

Doctor of Medicine

University of Michigan (Ann Arbor, Michigan)

09/2005-05/2009

B.A. Psychology B.A. Spanish Graduated with Distinction

CERTIFICATION

National Board of Physicians and Surgeons Diplomate	2020
American Board of Psychiatry and Neurology Forensic Psychiatry Certification	2019
American Board of Psychiatry and Neurology Adult Psychiatry Diplomate	2017

LICENSURE

State of Vermont Medical License	Active
State of California Medical License	Active
State of Ohio Medical License	Active
State of Pennsylvania Medical License	Active
State of Illinois Medical License	Active
State of Texas Medical License	Active
State of New York Medical License	Active
State of Maryland Medical License	Inactive

CLINICAL APPOINTMENTS

Clinical Assistant Professor University of Illinois College of Medicine (Rockford, Illinois)	03/2020-current
Forensic Psychiatric Consultant Forensic Psychiatric Associates, L.P. (national)	02/2020-current
Adult and Adolescent Telepsychiatrist Innovatel Telepsychiatry (Erie, Pennsylvania)	09/2018-current
Torrance State Hospital Forensic psychiatric consultant (Torrance, Pennsylvania)	01/2022-current
Vermont Department of Mental Health Adult forensic psychiatric evaluator for those involved with the criminal justice system	06/2021-current
Ravenwood Health Adult clinical psychiatrist for outpatient community mental health (Chardon, Ohio)	02/2019-current
Rosecrance Health Network Adult clinical psychiatrist for outpatient community mental health, offenders incarcerated at Winnebago County Jail, and offenders with a serious mental illness on probation (Rockford, Illinois)	07/2019-12/2020
Adult Psychiatry Inpatient Junior Attending University of Maryland Medical Center, Department of Psychiatry (Baltimore, Maryland)	01/2017-06/2017
Institute of Psychiatry and Human Behavior Chief Resident University of Maryland Medical Center, Department of Psychiatry (Baltimore, Maryland)	01/2017-06/2017
Executive Chief Resident University of Maryland Medical Center, Department of Psychiatry (Baltimore, Maryland)	06/2016-12/2016
Psychiatry Consultant University of Maryland St. Joseph Medical Center Moonlighting resident with an average of 12-24hrs/month. Responsible for emergency room and inpatient consultations and psychiatric inpatient units	07/2015-06/2017
Psychiatry Consultant University of Maryland Medical Center Psychiatry Emergency Services (Baltimore, Maryland)	07/2015-06/2017

COMMITTEE APPOINTMENTS

American Academy of Psychiatry and the Law Criminal Behavior Committee	10/2019-current
American Academy of Psychiatry and the Law Cross-Cultural Committee	10/2019-current
University of Maryland- Sheppard Enoch Pratt Curriculum Committee	07/2015-06/2017
University of Maryland- Sheppard Enoch Pratt Residency Recruitment Committee	07/2013-06/2017
University of Maryland- Sheppard Enoch Pratt Program Evaluation Committee	07/2013-06/2014

RESEARCH AND PUBLICATIONS

National Presentations

Workshop: Daughters of the Motherland: A Look at Southasian Patriarchal Norms	10/27/2022
American Academy of Psychiatry and the Law (AAPL) Annual Conference	
Telepsychiatry Standards and Practices: Understanding and Mitigating Liability Risks HB Litigation Conference LLC Continuing Legal Education Webinar	7/2020
Panel: Treatment of Antisocial Personality Disorder and Psychopathy: Hopeful or Hopeless? American Academy of Psychiatry and the Law (AAPL) Annual Conference	10/28/2017
Ashai, A. Merti, J. Himelhoch, S. Meta-analysis of Efficacy of Pregabalin in the Treatment of Anxiety Disorders. American Psychiatric Association (APA) Annual Conference (Atlanta, Georgia)	05/17/2015
Fernandes, A.K., Ashai, A., Thompson, M., Borges, N.J., & Stolfi, A. Knowledge and Attitudes about Brain-Death among First-Year Medical Students: Implications for Education and Practice. Association of American Medical Colleges (AAMC) Annual Conference in Medical Education (RIME) sub-committee (Philadelphia, Pennsylvania)	11/2013
Fernandes, A.K., Ashai, A., Thompson, M., Borges, N.J., & Stolfi, A. Knowledge and Attitudes about Brain-Death among First-Year Medical Students: Implications for Education and Practice. Central Group on Educational Affairs Spring Conference (Cincinnati, Ohio)	03/2013

Local Presentations

How Community Mental Health Centers and CCBHCs Can Implement A Hybrid Model of Telehealth to Solve Workforce Development Challenges Illinois Association for Behavioral Health Annual Conference 2022	03/08/2022
Defending the Borderline Personality Disorder Client: Challenges and Mitigation Chicago Bar Association Continuing Legal Education Webinar	08/19/2021
Treatment of Antisocial Personality Disorder and Psychopathy: Hopeful or Hopeless?	06/2018

California Department of State Hospitals Public Forensic Mental Health Forum	
Treatment of Antisocial Personality Disorder and Psychopathy: Hopeful or Hopeless? Napa State Hospital Forensic Services	09/28/2017
Napa State Hospital Polensie Services	
Treatment of Antisocial Personality Disorder and Psychopathy: Hopeful or Hopeless?	09/20/2017
Sacramento County Sherriff's Department Main Jail	
Meta-analysis of Efficacy of Pregabalin in the Treatment of Anxiety Disorders	05/26/2016
University of Maryland-Sheppard Pratt Psychiatry Department Grand Rounds	
Ashai, A. Merti, J. Himelhoch, S. Meta-analysis of Efficacy of Pregabalin in the Treatment of Anxiety Disorders. University of Maryland School of Medicine Annual Research Day in Baltimore, Maryland	05/05/2016
A Clinical Conundrum: Unspecified Bipolar Disorder Complicated by Complex Multifactorial Co-Morbidities University of Maryland-Sheppard Pratt Psychiatry Department Grand Rounds	12/17/2015
Fernandes, A.K., Ashai, A., Thompson, M., Borges, N.J., & Stolfi, A. (March, 2013). Knowledge and Attitudes about Brain-Death among First-Year Medical Students: Implications for Education and Practice Wright State University Boonshoft School of Medicine Research Symposium	04/04/2013
Additional Publications	
Sanity Evaluations: The Relationship Between the Mental State and the Criminal Behavior Fpamed Newsletters: Criminal Law and Mental Illness	05/26/2020
Holding On and Letting Go: Acculturation Versus Biculturalism Among International Medical Graduates In Residency Training Falcone, T., Espi, F., Ashai, A., Butler, R., Franco, K.(2014). International Journal of Culture and Mental Health, 7:2, 229-235	05/09/2013

MEDICAL ACHIEVEMENT/AWARDS

The Dr. George U. Balis Award for Excellence in Medical Student EducationUniversity of Maryland/Sheppard Enoch Pratt Psychiatry Residency Program

06/16/2017