**Summary**

Accomplished healthcare professional successful in establishing and building evidence-based, strategically driven national continuing education programming, developing thought leadership, and driving marketing strategy to meet business needs

**Education**

Ph.D. Experimental Psychology, Tufts University, Medford, MA

M.S. Experimental Psychology, Tufts University, Medford, MA

M.S. Clinical Mental Health Counseling, Sport and Exercise Psychology Concentration

University of North Carolina, Greensboro, NC

B.A. Psychology, University of Massachusetts, Amherst, MA

**Experience**

Director Academic Programs and Continuing Education**-** Eating Recovery Center and Pathlight Mood & Anxiety Center, Denver, CO January 2023- Present

* Increasing thought leader placements at national and international conferences by 15%
* Served as SME for collegiate academic audience, developing and presenting curriculum for webinars and conferences, serving as clinical consultant
* Expanded continuing education curriculum for college and university professionals, developing annual virtual symposium, college athletics workshops, and Eating Disorder Informed Professional designation
* Created internal clinical education program, partnering with Chief Clinical Quality Officer and Chief Medical Officer to develop clinical curriculum and offer monthly educational events for clinical departments
* Built and led academic partnership team, fostering academic affiliations and building national program for resident rotations, internships, and practicums for physicians, mental health care providers, dietitians, and nurses
* Developed treatment outcomes report and directed outcomes marketing strategy including website, social, email and traditional marketing arenas
* Earned Joint Accreditation for Interprofessional Continuing Education (ACCME, ANCC, ACPE) affording the opportunity to offer CME and CNE credits in house, increasing reach and saving tens of thousands on contract CME spending

Senior Program Manager, Continuing Education, Research and Events- Eating Recovery Center and Pathlight Mood & Anxiety Center, Denver, CO May 2021- January 2023

* Expanded national continuing education program courses, registrations, and attendance, increasing participation by 25% with an average webinar conversion rate of over 50%
* Built thought leadership strategy, procuring national and regional speaking opportunities for clinical leaders at highly esteemed conferences, symposiums, and meetings
* Led planning and production of virtual annual conference, selected curriculum and faculty, collaborated with digital marketing and marketing operations to deliver organization’s highest registration numbers in 13 years
* Developed publicly accessible digital content library, delivering on demand continuing education courses for providers of all disciplines
* Collaborated with clinical team to provide continuing education events and programs for internal clinicians
* Partnered with regional and national organizations to offer continuing education programming to varied audiences
* Joined Director of National Collegiate and Telehealth Initiatives in development and delivery of continuing education curriculum for college mental health providers
* Created and delivered content to drive digital, social media, and traditional marketing initiatives, leading to creation of organization’s first Continuing Education Catalog and unprecedented digital and social media marketing engagement statistics

Program Manager, Continuing Education and Events- Eating Recovery Center, Denver, CO

Oct 2019- May 2021

* Initiated use of learning management system for delivery of continuing education courses for regional and local events, facilitating transition to virtual delivery with onset of COVID-19 pandemic
* Transitioned regional continuing education program to national virtual program, expanding reach by 43%, driving referrals, and engaging providers from multiple disciplines (MD, RN, RD, and mental health practitioners)
* Developed and implemented strategy for continuing education program delivery based on needs assessment, gap analysis, and mission of the health care organization
* Successfully planned and produced organization’s first virtual national conference
* Maintained existing continuing education sponsorships and co-sponsorships

Director of Research & Clinical Quality- Veritas Collaborative, Durham, NC Oct 2017- Sep 2018

* Directed and administered multisite healthcare outcomes research program
* Administered external research collaborations with faculty at national universities
* Maintained continuing education sponsorships and managed education events and programs for internal and external clinicians
* Performed needs assessments and gap analyses for community providers and planned and created educational programming to meet needs
* Worked with marketing team and corporate executives to determine educational needs of providers in the community
* Collaborated with corporate executives to identify, research, and resolve process improvement initiatives including continuing education initiatives and staff development
* Prepared and reported research findings to Board of Directors as guest member of Board of Directors’ Quality Control and Risk Management Committee
* Participated in Joint Commission Survey Audits, creating and presenting treatment outcomes data and research initiatives

Research & Education Manager- Veritas Collaborative, Durham, NC Dec 2016-Oct 2017

* Created and directed research program examining process improvement, quality control, and treatment outcomes
* Created and managed continuing education program to provide eating disorders education for community providers in several states (GA, VA, NC, SC, TN, DC)
* Established and maintained continuing education sponsorships and accreditations with local and national professional organizations

Outreach Education Manager- Veritas Collaborative, Durham, NC July 2015-Dec 2016

**Academic/ Research Experience**

2011-2015 Research Assistant Professor, Center for Excellence in Eating Disorders,

Department of Psychiatry, University of North Carolina, Chapel Hill, NC

2009-2011 Research Assistant Professor, Center for Excellence in Eating Disorders,

Department of Genetics, University of North Carolina, Chapel Hill, NC

2008-2009 Postdoctoral Research Fellow, Department of Psychiatry, Center for Excellence in Eating Disorders, University of North Carolina, Chapel Hill, NC

2002-2006Research Associate and Lecturer, Department of Psychology, Tufts University, Medford, MA

2000-2002 Postdoctoral Research Fellow, Molecular Pharmacology Research Center,

New England Medical Center Hospitals, Inc., Boston, MA

**Clinical Experience**

Counselor- Private Practice, Durham, NC and Raleigh, NC Aug 2015-Present

Staff Counselor- The Counseling Center, Student Health Services, University of North Carolina, Greensboro, NC Sep 2014-May 2015

Counseling Intern- The Counseling Center, Student Health Services, University of North Carolina, Greensboro, NC Aug 2013-May 2014

**Licenses, Certifications, and Credentials**

Licensed Clinical Mental Health Counselor State of North Carolina License #10995

TMH-BC Certification #1524 Valid 1/03/2019- 1/31/2024

NCSBN Certificate in Test Development and Item Writing February 2021

**Professional Memberships**

Academy for Eating Disorders

International Association for Eating Disorder Professionals

American Association of Sport Psychology

American Counseling Association

American College Counseling Association

American Mental Health Counselors Association

**Additional Training/ Continuing Education**

Acceptance and Commitment Therapy

Distance Counseling

Mindfulness Based Stress Reduction

Sport and Exercise Psychology

Animal Assisted Therapy

Dialectic Behavior Therapy

Motivational Interviewing

**Presentations**

“Recognizing and Addressing Eating Disorders: A Workshop” Carteret County Health Department, Morehead City, NC, November 4, 2015

“Recognizing Eating Disorders in Children and Adolescents.” 14th Annual NC School Nurse Conference, Pinehurst, NC, January 19-20, 2016

“Eating Disorders in Collegiate Recovery Communities.” 7th National Association of Recovery in Higher Education Conference, Atlanta, GA, April 6-8, 2016

“Understanding Eating Disorders” Johnson County Schools All Staff Meeting, Smithfield, NC, May 2, 2016

“Eating Disorders and Substance Abuse: The other dual diagnosis.” Vidant Health 2016 Collaboration of Care Conference, Greenville, NC, May 18-19, 2016

“Eating Disorders and Substance Abuse.” Northstar Recovery Community, Richmond, VA, June 2, 2016

“Understanding and Treating Eating Disorders: A Collaborative Approach.” 2016 American Mental Health Counselors Association Annual Conference, New Orleans, LA, July 14-16, 2016

“Eating Disorders and Substance Abuse: The other dual diagnosis.” MARR Addiction Treatment Centers, Women’s Center, Lawrenceville, GA, August 25, 2016

“Eating Disorders and Substance Abuse: The other dual diagnosis.” MARR Addiction Treatment Centers, Men’s Center, Doraville, GA, August 26, 2016

“Eating Disorders in Recovery Communities.” WellStone Behavioral Health, Huntsville, AL, September 23, 2016

“Understanding and Treating Eating Disorders: A Collaborative Approach.” Wake Forest University Counseling Center, Winston-Salem, NC, November 18, 2016

**Presentations (Continued)**

“Understanding and Treating Eating Disorders: A Collaborative Approach.” Appalachian State University Counseling Center, Boone, NC, December 13, 2016

“Fostering a Collaborative Community: Working Together to Save Lives.” 15th Annual NC School Nurse Conference, Fayetteville, NC, January 17, 2017

“Eating Disorders and Substance Abuse: The other dual diagnosis.” Mental Health Association of Eastern Carolina Annual Conference, Greenville, NC, May 17, 2017

“ED101: Identification and Assessment of Eating Disorders.” Veritas Collaborative Training Series, Washington, DC, June 2, 2107

“Understanding Eating Disorders.” Elon University Sorority Education Event, Elon, NC, October 22, 2017

“Examining the Relationship between Weight and Health.” UNCG Student Health Services, December 19, 2017

“Eating Disorders and Substance Abuse: The other dual diagnosis.” Mental Health Association of Eastern Carolina Annual Conference, Atlanta, GA, August 7, 2018

**“**Punching through the break: What to do when you are “caught Inside” outpatient and the ER.” Foundations of Connection Summit, Maui, HI, July 16, 2021

**“**Breaking the Cycle of Crisis Care: Treatment Options Between Outpatient and the ER.” Virtual College Education Series, Eating Recovery Center and Pathlight Mood& Anxiety Center, November 17, 2021

**“**Breaking the Cycle of Crisis Care: Treatment Options Between Outpatient and the ER.” Accepted for presentation at American College Counseling Association Conference, Las Vegas, NV, February 17-20, 2022

**AUCCCD 2023**

**Peer Reviewed Publications**

Yamamoto, R.T., **Foulds-Mathes, W.**, Kanarek, R.B. Antinociceptive actions of peripheral glucose administration. *Pharmacology, Biochemistry, and Behavior*, 117, 34-39, 2014.

Collaborative Cross Consortium. The genome architecture of the Collaborative Cross mouse genetic reference population. *Genetics,* 190(2), 389-401, 2012.

Kanarek, R.B., **Mathes, W.F.**, D’Anci, K.E. Exercise promotes positive impression formation for both men and women. *Appetite*, 58(3), 786-789, 2012.

**Mathes, W.F.**, Kelly, S.A., Pomp, D. Advances in comparative genetics: influence of genetics on obesity. *British Journal of Nutrition,*106(S1), S1-S10, 2011.

**Mathes, W.F.**, Aylor, D.L., Miller, D.R., Pardo-Manuel de Villena, F., Chesler, E., Threadgill, D., Churchill, G., Pomp, D.P. Architecture of energy balance traits in the emerging lines of the collaborative cross. *American Journal of Applied Physiology; Endocrinology and Metabolism*; 300(6), E1124-34, 2011.

**Peer Reviewed Publications (Continued)**

Aylor, D.L., Valdar, W, **Foulds-Mathes, W.,** Buus, R.J., Verdugo, R.A., Baric, R.S. Ferris, M.T., … & Churchill, G.A. Genetic Analysis of Complex Traits in the Emerging Collaborative Cross. *Genome Research*; 21(8), 1213-22, 2011.

**Mathes, W.F.**, Nehrenberg, D.L., Gordon, R.R., Hua, K., Garland, T., Pomp, D. Dopaminergic dysregulation in mice selected for exercise and obesity related traits. *Behavioral Brain Research;* 210(2), 355-363, 2010.

Kanarek, R.B., D’Anci, K.E., Jurdak, N., **Mathes, W.F.** Running and addiction: precipitated withdrawal. *Behavioral Neuroscience*; 123(4):905-12, 2009*.*

**Mathes, W.F.**, Brownley, K., Mo, X., Bulik, C.B. The biology of binge eating. *Appetite;* 52(3):545-53, 2009.

Kas, M.J., Kaye, W.H., **Foulds Mathes, W.**, Bulik, C.B. Interspecies genetics of eating disorder traits. *American Journal of Medical Genetics*: 150B(3), 318-327, 2008.

**Mathes, W.F.,** Kanarek, R.B. Chronic running wheel activity attenuates the antinociceptive actions of morphine and morphine-6-glucuronide administration into the peri-aqueductal gray in rats. *Pharmacology, Biochemistry and Behavior* **83**(4): 578-84, 2006.

**Mathes, W.F.**, Kanarek, R.B. Persistent exercise attenuates nicotine-but not clonidine-induced antinociception in female rats. *Pharmacology, Biochemistry and Behavior* 85(4): 762-8, 2006.

**Mathes, W.F.**, Kanarek, R.B. Wheel running attenuates the antinociceptive properties of morphine and its metabolite, morphine-6-glucuronide, in rats. *Physiology and Behavior*74(1-2): 245-251, 2001.

Kopin, A.S., **Mathes, W.F.**, McBride, E.W., Nguyen, M., Al-Haider, W., Schmitz, F., Bonner-Wier, S., Kanarek, R.B., Beinborn, M. The cholecystokinin-A receptor mediates inhibition of food intake yet is not essential for the maintenance of body weight. *Journal of Clinical Investigation* 103(3): 383-391, 1999.

Kanarek, R.B., D’Anci, K.E., Przypek, J.M., **Mathes, W.F.** Altering dietary levels of protein or vitamins and minerals does not modify morphine analgesia in male rats. *Pharmacology, Biochemistry*, *and Behavior* 62(2): 203-208, 1999.

Kanarek, R.B., Wildman, R., Gerstein, A., **Mathes, W.F.**, D'Anci, K.E. Chronic running wheel activity decreases sensitivity to morphine-induced analgesia in male and female rats. *Pharmacology, Biochemistry*, *and Behavior* 61(1): 19-27, 1998.

Kanarek, R.B., **Mathes, W.F.**, Heisler, L.K., Monfared, L.S., Lima, R.P. Prior exposure to palatable solutions enhances the effects of naltrexone on food intake in rats. *Pharmacology, Biochemistry, and Behavior* 57(1/2): 377-381, 1997.

Kanarek, R.B., **Mathes, W.F.**, Przypek, J.M. Intake of dietary sucrose or fat reduces amphetamine drinking in rats. *Pharmacology, Biochemistry, and Behavior* 54(4): 719-723, 1996.

Qu, D., Ludwig, D.S., Gammeltoft, S., Piper, M., Pelleymounter, M.A., Cullen, M.J., **Mathes, W.F.**, Przypek, J., Kanarek, R., Maratos-Flier, E. A role for melanin-concentrating hormone in the central regulation of feeding behavior*.* *Nature* 380: 243-247, 1996.

**Book Chapters**

Kanarek, R.B., D’Anci, K.E., **Mathes, W.F.**, Yamamoto, R., Coy, R.T., Leibovici, M. Dietary modulation of the behavioral consequences of psychoactive drugs. Nutritional Neuroscience: Overview of an emerging field. CRC Press, 2005.

**Other Publications**

Blog- What causes Eating Disorders 8/27/2015

<http://veritascollaborative.com/blog/2015/08/what-causes-eating-disorders>

Gurze E-Newsletter November/2015

<http://www.edcatalogue.com/nasogastric-ng-tube-feeding-and-anorexia-nervosa-why-and-when/>

## Blog- [Creating Your New Normal: Staying the Course toward Recovery as You Navigate the Holiday Season](http://bedaonline.com/creating-new-normal-staying-course-toward-recovery-navigate-holiday-season/) 8/30/2016

<http://bedaonline.com/creating-new-normal-staying-course-toward-recovery-navigate-holiday-season/>

Nutritional Consequences of Bulimia Nervosa. *Eating Disorders Resource Catalo*gue; Gurze/Salacore, pp 6-7, 2017.

Relapse Prevention Strategies. *Counseling Center Guidelines: Program and Evaluation Plan for Campus-Based Eating Disorder Services;* Hynes Recovery Services, pp 22-23, 2018.

When the Eating Disorder is Not Standing Alone. *Alliance for Eating Disorders Family Action Committee Informational Packet* January/2018.