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EDUCATION

9/91 to 5/01 **Pace University**, New York, N.Y.
Psy.D. School / Clinical - Child Psychology
Full APA accreditation

9/89 to 5/91 **Queens College**, C.U.N.Y., New York, N.Y.
B.A. Psychology

9/87 to 5/89 **Queensborough Community College**, C.U.N.Y., New York, N.Y.
A.A. Liberal Arts

LICENSURE AND CERTIFICATION

December 2002 -	New York State- Psychologist #015372
July 2005 - 2014	Connecticut – Psychologist #002650 (inactive)
January 2006 -	Certified Correctional Health Professional, National Commission on Correctional Health Care
May 2008 -	Surveyor, National Commission on Correctional Health Care

CLINICAL / OPERATIONAL EXPERIENCE

6/2015 to Present **CEO / EXECUTIVE DIRECTOR**
Bleuler Psychotherapy Center, New York, NY

Responsible for all aspects of large scale community behavioral health organization clinic employing over 100 treatment providers and servicing an average population of over 2400 patients. Adherence to all state and local licensure standards. Program development to include partnerships with Departments of Parole and Probation, Reentry and Supervised Release Programs, District Attorney Offices, Alternatives to Incarceration, Forensic services, NYCHA, and other referral sources to promote community linkages. Responsible for growth and risk reduction across fiscal, patient, staff, and partner domains.

8/2015 to 2/2016 **PSYCHOLOGIST**
New York City Department of Correction, New York, NY,

Conduct psychological evaluations for Applicant Investigation Unit. Advise department of candidate suitability and fitness for duty for correction officer employment. Guidance on evaluation standards and advisement to department on criteria for suitability.

11/2013 to 3/2015

SENIOR VICE PRESIDENT

Correct Care Solutions, LLC / Conmed Healthcare Management, Inc.

Responsible for oversight of east coast jail health and mental health care operations. Manages an annual budget of over \$120 million and a staff of over 400 FTEs. Responsible for all health service delivery in over 20 jails of varying sizes and missions. Primary liaison to Psychiatry and Medical leadership. Monitoring of all high risk patients and coordination of care with psychiatric hospital and community mental health departments. Review of all sentinel events and oversight of corrective actions. Primary point of contact to city and county commissioners and Sheriffs. Responsible for policy implementation, monitoring, survey preparation. 100% success record for National Commission on Correctional Health Care and American Correctional Association surveys. Supervision of Health Service Administrators and Mental Health Directors. Oversight of regional support personnel and regional teams. Serve on multiple work groups to include suicide prevention, tele-psychiatry, electronic health records and employee retention.

10/2009 to 11/2013

REGIONAL VICE PRESIDENT OPERATIONS

Correct Care Solutions, LLC

Responsible for oversight of jail and prison full health services contracts including mental health, medical, dental and pharmacy operations. Supervises over 10 health services administrators, regional managers, and regional support. Responsible for assuring service provision to approximately 12,000 inmates and oversight of over 300 FTE staff. Assures compliance with ACA, NCCHC, and all contractual and local standards of care. Manages an annual budget of over \$75 million. Frequent meetings with corrections commissioners, sheriffs, wardens, superintendents and local jail and prison command staff. Primary liaison to local departments of mental health and health as well as academic institutions to create internship, and externship opportunities. Responsible for leadership development of mental health directors, health services administrators, medical directors, directors of nursing, mental health directors, and regional managers.

3/2005 to 10/2009

STATEWIDE DIRECTOR OF MENTAL HEALTH

University of Connecticut Health Center
Correctional Managed Health Care

Responsible for oversight of all mental health services provided to the Connecticut Department of Correction jail and prison population serving a daily inmate population of 20,000 across 20 jails and prisons. Oversee training and staff development for mental health staff of over 250 FTE's. Responsible for policy change, implementation, and compliance with settlement agreement requiring assessment and alternative treatment related to the mentally ill and segregation. Proposed and implemented state wide mental health program based on level of functioning to include staff increases. Review of all instances of self-injury and creation and oversight of resulting treatment plans. As member of Executive Management team, provide oversight to Mental Health Directors and Health Services Administrators regarding budget, contract, and clinical care compliance to \$100 million contract. Oversight of pharmacy and psychiatric utilization including continuous observation and hospitalization practices. Liaison to state agencies having responsibility for behavioral health care. Consultant to the Office of the Attorney General regarding inmate complaints and lawsuits. Responsible for the development, operation, and review of all behavioral health programs and policies and procedures in accordance with local mandates, consent decrees, and settlement agreements. Manage and coordinate care for high profile cases. Provide administrative and clinical supervision to all Supervising Psychologists. Review all QI and

staffing data and implement and monitor corrective actions. Oversight of Sex Offender and Discharge planning programs.

4/2004 to 3/2005

DIRECTOR OF FORENSIC MENTAL HEALTH

Nassau University Medical Center
Nassau County Correctional Center

Responsible for administrative and clinical oversight of all mental health services at the Nassau County Correctional Center clinics and the psychiatric forensic inpatient unit at Nassau University Medical Center. Creation of a mental health program in accordance with US Department of Justice (DOJ) settlement agreement and NCCHC standards. Responsible for development and implementation of all mental health and multiple medical policies and procedures. Development of mental health specialty units and treatment programs for mental health patients, juveniles, women, and segregated inmates. Development and maintenance of evidence based performance indicators. Review of all self-injurious acts and inpatient hospital utilization. Supervision of psychiatric, psychology, social work, discharge planning, and support staff. Collaboration with the Sheriff's Department correctional staff for drug / alcohol services and coordination of services with the county and state Departments of Mental Health. Ongoing in-service training to corrections new recruits and mental health / segregation officers. Training and staff development for all mental health and medical staff. Teach psychiatry residents and psychology interns. Member of county compliance, mortality and morbidity, pharmacy and therapeutics, and quality improvement committees.

4/2002 to 4/2004

DEPUTY DIRECTOR OF MENTAL HEALTH

8/2002 to 2/2003

ACTING DIRECTOR OF MENTAL HEALTH

1/2001 to 4/2002

DIRECTOR OF PSYCHOLOGY (ASST DIRECTOR OF CLINICAL SERVICES)

Prison Health Services
Rikers Island Correctional Facilities

Responsible for oversight of clinical services provided to an inmate population of approximately 15,000. Supervision of unit chiefs, clinical supervisors, psychologists, psychiatrists, and social workers (approx. 140 FTE's). Monitoring of all mental health unit patients and review of all acts of self-injurious behaviors. Implemented policies for compliance with Brad H discharge planning agreement to include hiring of discharge planners and integration into mental health department. Oversight of identification, screening and referral process for provision of discharge planning services to all mental health patients. Involvement with mental health court and community based programs to facilitate post release mental health services. Development and co-leadership of group treatment programs. Management and renewal of grant funded programs for HIV discharge planning (BRIDGE), and substance abuse populations (KEEP/MADE). Active in QI committee participation, Morbidity and Mortality, Journal Club, and staff training committees. In-service presentations to mental health, medical, and corrections staff. Coordination of staff training. Development of special housing units and program development. Ongoing involvement with multiple oversight agencies and Department of Health / Mental Health commissioners.

6/2003 to 12/2003

PSYCHOLOGIST P/T

Industrial Medicine Associates, PC

Conduct fee for service forensic evaluations for social security disability claimants.

6/1997 to 12/2000

**HEALTH SERVICES ADMINISTRATOR /
DIRECTOR OF MENTAL HEALTH SERVICES**

EMSA Correctional Care / Prison Health Services
N.Y.C. Department of Juvenile Justice

Responsible for overall delivery of health services to an adolescent population across all N.Y.C. juvenile secure and non-secure detention centers. Full administrative oversight of a \$4 million plus contract. Start-up of health services at three additional clinics / facilities. Responsible for development and update of all policies and procedures related to health care provision. Directly supervised all health, mental health, and dental staff. Frequent interaction with family courts regarding treatment and discharge planning. Developed and presented in-service training for mental health and juvenile justice staff. Responsible for program development for specialized health units and usage of all health funding. Ongoing collaboration with N.Y.C. Department of Health to assure STD testing. Frequent meetings with Commissioner, corporation counsel, and executive staff.

5/1997 to 4/1998

PSYCHOLOGY CONSULTANT

Federal Bureau of Prisons Project
Daytop Village, Inc, New York, N.Y.

Provided individual outpatient therapy to adult criminal population released on parole or continuing sentence in community halfway programs. Also conducted psychosocial examinations and referred for appropriate treatment. Ongoing consultation with federal probation and parole officers regarding treatment, disposition planning, and program placement.

7/1996 to 6/1997

SCHOOL PSYCHOLOGIST

EMSA Correctional Care.
N.Y.C. Department of Juvenile Justice
Spofford Juvenile Detention Center, Bronx, N.Y.

School Psychologist in juvenile detention center for adolescents awaiting trial and sentencing. Responsibilities included group and individual therapy as well as crisis intervention. Conducted court ordered assessments for suicide risk. Completed initial and tri-annual psychological assessment for special education placement. Chair of Review and Evaluation Committee child study team. Coordinated and conducted intake sessions and treatment planning. In-service presentations of mental health topics to education staff. Coordinated case conferences. Ongoing consultation to education and mental health staff.

9/1993 to 8/1995

PSYCHOLOGICAL SERVICES CONSULTANT

Developmental Disabilities Program
N.Y.C. Department of Probation, New York, N.Y.

Primary duties included assessment and treatment of a substance abusing adult criminal population. Responsible for program development and development of test batteries. Provided periodic program evaluation presentations to interdisciplinary advisory council.

EXPERT CONSULTATION

4/2019 to Present

CORRECTIONAL MENTAL HEALTH CONSULTANT

NCCHC Resources, INC (NRI)

Provides expert Correctional behavioral health consultation and guidance to jail and prison systems to include accreditation preparation, policy review and analysis, facility plant and workflow review, suicide prevention, staffing analysis. Often functions as part of a multidisciplinary team to drive compliance and reduce risk.

1/2004 to Present

CORRECTIONAL MENTAL HEALTH CONSULTANT

Conduct reviews and needs assessments of county jail systems. Expert in behavioral treatment plans for mentally ill and disruptive offenders to improve functioning and reduce system distress. Expert witness case review and testimony. Consultant on inmate suicides. Creation of healthcare policies in accordance with local statutes and NCCHC and ACA standards. Establishment of suicide prevention assessment protocols and self-injury tracking systems.

3/2015 to 2017

CONSULTANT

New York Correct Care Solutions, LLC, White Plains, NY.

Responsible for day to day assistance and regulatory guidance to Westchester County Jail operations to include program development and adherence to Department of Justice jail based settlement agreement. Advisement to commissioner and Jail Managers on mental health programming and directives. Liaison to county department of mental health. Preparation for NCCHC and ACA accreditation.

TEACHING EXPERIENCE

9/2014 to Present

ADJUNCT ASSISTANT PROFESSOR

7/1997 to 5/2009

Pace University, New York, N.Y.

Teach undergraduate and graduate courses through psychology department. Courses taught include: General Psychology I, II, Personality Theory, Introduction to Psychological Counseling, Social Psychology, Abnormal Psychology, and graduate Forensic Psychology.

9/2000 to 6/2002

PSYCHOLOGY INSTRUCTOR

Upward Bound, New York, NY

Teach undergraduate psychology courses to selected high school minority students eligible to take university level courses. Courses taught include General and Abnormal Psychology.

9/2000 to 12/2002

ADJUNCT LECTURER

Fashion Institute of Technology, SUNY

Teach undergraduate courses through social sciences. Courses taught include: General Psychology and Development Psychology

DOCTORAL TRAINING

9/1995 to 8/1996

PSYCHOLOGY INTERN

The Children's Village, Dobbs Ferry, N.Y. - Full APA accreditation

7/1994 to 6/1995

PSYCHOLOGY EXTERN

Metropolitan Hospital Center, New York, N.Y.

10/1992 to 5/1995

THERAPIST

McShane Center for Psychological Services - Pace University, New York, N.Y.

9/1992 to 6/1994

SCHOOL PSYCHOLOGY INTERN

Valley Stream School District, Valley Stream, N.Y.

AFFILIATIONS

Academy of Correctional Healthcare Professionals – Chairman - Board of Directors (2005, 2009)

Certified Correctional Healthcare Professional (CCHP)

BOARD WORK

NYSDOH Regional Planning Consortium Advisory Board Co-Chair (2019-Present)

Behavioral Health NYC IPA, Co-Chair Board of Managers (2018-Present)

NYS BHCC Steering Committee Officer (2017-2018)

Federation of Mental Health Services, Vice President (2015 to Present)

COMMITTEE WORK

National:

2015- 2016 Member, National Institute of Correction / National Commissioner on Correctional Health Care Mental Health Curriculum Development work force.

2015-2017 Member, National Commission on Correctional Health Care Facility Design Task Force

2008-2009 Member, National Governor's Association Public Programs Implementation Taskforce of State Alliance for e-health

2008-2010 Member, Juvenile Health Committee, National Commission on Correctional Health Care

2008-2009 **Chair**, Academy of Correctional Health Professionals

2008-2010 Member, Academy of Correctional Health Professionals Board of Directors

2008-2010 Member American Psychological Association Health Information Technology (HIT) Workgroup
 2007-2009 Member, Mental Health Task Force – Key Contributor to NCCHC Mental Health Standards
 2007 Member, National Commission on Correctional Health Care Roundtable Discussion on Position Statement on Inmate Abuse
 2007-2009 Reviewer, Journal of Correctional Health Care
 2006-2010 Member, Education Committee, Academy of Correctional Health Professionals
 2004-2005 **Chair**, Academy of Correctional Health Professionals
 2004-2014 Surveyor, National Commission on Correctional Health Care
 2003-2005 Co-Chair, Mentoring Committee, Academy of Correctional Health Professionals
 2002-2006 Member, Academy of Correctional Health Professionals Board of Directors

Local:

2016 – 2019 Member, NYC DOHMH Regional Planning Consortium Advisory Board
 2015 – 2019 Co-Chair, NYC DOHMH Regional Planning Consortium Provider Committee
 2008 - 2009 Member, State Agency (CT) Collaborative & Planning Committee for Women’s Services
 2007-2008 Co-Chair, Mental Health Strategic Planning Subcommittee, University of Connecticut CMHC / CT Department of Corrections
 2005- 2007 Co-Chair, Mental Health Sub Committee of Connecticut Multi Agency Working Group for Youth
 2004-2005 Co-Chair, Nassau County Sheriff’s Department’s Department of Justice Settlement Agreement Committee.
 1998-2000 Chair, Mental Health Strategic Planning Committee, New York City Department of Juvenile Justice
 1993-1995 Member, Developmental Disabilities Advisory Council, New York City Department of Probation

DISSERTATION

Helfand, SJ (2001) Evaluation of the Wechsler Intelligence Scale for Children and the Das-Naglieri: Cognitive Assessment System in association with internalizing and externalizing childhood psychopathology. Pace University

PUBLICATIONS

Helfand, SJ. “Managing Disruptive Offenders: A Behavioral Perspective.” In Correctional Mental Health: From Theory to Best Practice. Thomas J. Fagan, Ph.D., Robert K. Ax, Ph.D. ED Sage Publications, 2011. pp309-326.

Helfand, SJ, Sampl, S, Trestman, RT. “Managing the Disruptive / Aggressive Inmate,” In Handbook of Correctional Mental Health, 2nd Edition, Charles Scott, ED APPI, 2009. pp187-230.

Fagan, TJ, Cox, J, **Helfand, SJ**, Aufderheide, D. (2010) Self-injurious behavior in correctional settings. Journal of Correctional Health Care Jan: 16(1): 48-66.

Helfand, SJ. Contributor to *Mental Health Standards in Corrections*. National Commission on Correctional Health Care (NCCHC). NCCHC Mental Health Standards Task Force, (2008).

PRESENTATIONS

- Helfand, SJ**, Jones, N, Stephens, D (2016) *NCCHC-AJA Webinar: Contemporary Issues in Jail Mental Health*. National Commission on Correctional Health. Ongoing Webinar Series
- Helfand, SJ**, Stephens, D, Gibson, B (2015) National Institute of Corrections Mental Health Curriculum Training, Aurora, CO. Three Day training
- Helfand, SJ**, Cox, J. (2010 – 2018; annually by invitation) *An In-Depth Look at NCCHC's 2008 / 2015 Standards for Mental Health Services in Correctional Facilities*. National Commission on Correctional Health Care (NCCHC) Annual Spring and Fall Conferences.
- Helfand, SJ** (2013) *Managing Disruptive Offenders: A Behavioral Perspective*. National Commission on Correctional Health Care Spring Conference, April 22, 2013 Denver, Co.
- Helfand, SJ** (2009) *Streamlining Mental Health Services to Cut Costs and Save Time*. 2nd Annual Operational Excellence in Correctional Healthcare, World Research Group, June 25, 2009, Washington, DC.
- Helfand, SJ** (2009) *Interdisciplinary Behavioral Management Plans*. Academy of Correctional Health Care Professionals Regional Conference, June 12, 2009, Farmington, CT.
- Helfand, SJ** Wiborg, R. (2009) *Treating PTSD in Returning War Veterans*, National Commission on Correctional Health Care (NCCHC), Updates in Correctional Health Care, April 7, 2009 Las Vegas, NV
- Helfand, SJ**, Chavez, S (2009) *An Inside Look at the New NCCHC Mental Health Standards and Accreditation*. National Commission on Correctional Health Care (NCCHC), Updates in Correctional Health Care, April 7, 2009 Las Vegas, NV
- Helfand, SJ**, Cox, J. (2009) *An In-Depth Look at NCCHC's 2008 Standards for Mental Health Services in Correctional Facilities*. National Commission on Correctional Health Care (NCCHC), Updates in Correctional Health Care, April 4, 2009 Las Vegas, NV.
- Helfand, SJ, Berger, RH** (2009) *Assessment of Suicide Risk in Jails and Prisons*. University of Connecticut Correctional Managed Health Care Mental Health Conference, January 29, 2009 Farmington, CT
- Helfand, SJ** (2008) *Psychologists in Corrections: Management of Maladaptive Inmate Behaviors*. Connecticut Psychological Association Annual Conference, November 14, 2008 Windsor, CT
- Helfand, SJ** (2008) *Interdisciplinary Behavioral Management Plans*. 5th Annual Correctional Security Network Conference, October 1, 2008 Cincinnati, OH
- Helfand, SJ**, Trestman, RL (2008) *Suicide Prevention: The Six-Sigma Method*. American Academy of Psychiatry and the Law (AAPL) October 2008 Seattle, WA.
- Helfand, SJ**, Trestman, RL, Gallagher, C (2008) *Suicide Prevention: The Six-Sigma Method*. National Commission on Correctional Health Care (NCCHC) October 20, 2008 Chicago, IL
- Fagan, TJ, **Helfand, SJ**, Aufderheide, D, White, N, Cox, J (2008) *Mental Health Round Table Discussion*, National Commission on Correctional Health Care (NCCHC) October 21, 2008 Chicago, IL
- Helfand, SJ**, Cox, J. (2008) *An In-Depth Look at NCCHC's 2008 Standards for Mental Health Services in Correctional Facilities*. National Commission on Correctional Health Care (NCCHC) October 18, 2008 Chicago, IL
- Helfand, SJ** (2008). *Co-Occurring Disorder: Utilization of National Standards for Services in Correctional Facilities*, Integrated Care Conference: Benefits, Barriers, Beginnings, September 10, 2009, Cheshire, CT

- Fagan, TJ., **Helfand, SJ.**, Mills, JF, Morgan, R., Boothby, J. (2008) *Improving Correctional Mental Health Care Symposium*. American Psychological Association – 2008 Convention, August 15, 2008 Boston, MA.
- Helfand, SJ**, Lazrove, S, Sampl, S. (2008). *Neither Twixt Nor Tween: Innovative Initiatives for “Mental Health 4” Women at York Correctional Institution*. CT Women’s Consortium
- Helfand, SJ.** (2008) *Critical Mental Health Interventions*. National Commission on Correctional Health Care (NCCHC), Updates in Correctional Health Care, May 20, 2008 San Antonio, TX.
- Helfand, SJ**, Cox, J. (2008) *An In-Depth Look at NCCHC’s 2008 Standards for Mental Health Services in Correctional Facilities*. National Commission on Correctional Health Care (NCCHC), Updates in Correctional Health Care, May 17, 2008 San Antonio, TX.
- Helfand, SJ**, Weinstein, HC. (2008) *Creating More Effective Services through Mental Health Standards*. CMHS National GAINS Center Conference, March 19, 2008 Washington, DC.
- Helfand, SJ** (2007). *Interdisciplinary Behavioral Management Plans*. National Commission on Correctional Health Care (NCCHC), National Conference on Correctional Health Care, October 16, 2007 Nashville, TN.
- Helfand, SJ**, Appelbaum, K., Metzner, JL., Kaplan, J., Ruggles, T. (2007) *Segregation Management of Mentally Ill Inmates (Panel Presentation)*. American Academy of Psychiatry and the Law (AAPL), October 18, 2007 Miami, FL.
- Helfand, SJ** (2007) Conference Lunch Seminar - *Interdisciplinary Behavioral Management Plans*. National Commission on Correctional Health Care (NCCHC), July 16, 2007 Las Vegas, NV.
- Helfand, SJ** (2007) *Behavioral Management Plans*. National Commission on Correctional Health Care (NCCHC), May 7, 2007 Orlando, FL.
- Helfand, SJ** (2007) *Interdisciplinary Behavioral Management Plans*. Academy of Correctional Health Care Professionals (ACHP) - Regional Conference: A Systemwide Approach to Managing Chronically Ill patients in Correctional Health Care, March 31, 2007 Quincy, MA.
- Helfand, SJ** (2006). Introduction to Forensic *Psychology*: Presented to Pace University Psy.D. Students.
- Helfand, SJ** (2004). *Psychology in Corrections: A History Behind Bars*: Presented to Pace University Psy.D. Students.
- Helfand, SJ** (2004). *Incarceration of Juvenile Offenders*. Presented at the Nassau University Medical Center Psychiatry Grand Rounds.
- Helfand, SJ** (2004). *Mental Health Strategies that Work for Juveniles in Corrections*. Presented at the National Commission on Correctional Health Care: Mental Health in Corrections Conference.
- Helfand, SJ** (2003) *Understanding Attention Deficit Hyperactivity Disorder*: Presented at the New York Chapter Adoptive Parents Committee Meeting.
- Helfand, SJ** (2003). *Psychology in Corrections: A History Behind Bars*: Presented to Pace University Psy.D. Students.
- Helfand, SJ** (2002). *Disaster Counseling in an Urban Jail Setting*. Presented at the National

Commission on Correctional Health Care: Clinical Updates Conference.

Helfand, SJ (2002). *Violent Juvenile Offenders: Profiles of School Shooters and Traditional Violent Offenders*. Presented at the New York Academy of Sciences: Violence in the Schools Symposium.

Helfand, SJ (2002). *Psychology in Corrections: A History Behind Bars*: Presented to Pace University Psy.D. Students.

Helfand, SJ (2002). *Disaster Counseling in an Urban Jail Setting*. Presented at the Prison Health Services Grand Rounds to Rikers Island staff.

Helfand, SJ (2001) *Acute Stress Disorder in Disaster Workers*: Presented to New York City Department of Corrections

Helfand, SJ (2001) *Behavioral Disorders of Childhood*. Presented at the New York Chapter Adoptive Parents Committee Symposium.

Helfand, SJ (1999) *Understanding Attention Deficit Hyperactivity Disorder*: Presented at the New York / New Jersey Adoptive Parents Committee: Annual Conference.