

Matthew K. Nielsen, Psy.D.
Air Force Lt Col (Retired)
 Las Vegas, NV
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EDUCATION

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| Argosy University Schaumburg, IL | 2004-08 | Psy.D, Clinical Psychology (APA accredited/Graduated 8/2008) |
| Argosy University Schaumburg, IL | 2004-06 | M.A., Clinical Psychology (APA accredited/Graduated 6/2006) |
| Air University Maxwell, AFB, AL | 2015-16 | M.A. Military Operational Art and Science (Graduated 6/2016) |
| Brigham Young University Provo, UT | 2000-03 | B.A., Psychology (Graduated 8/2003) |
| University of Nebraska Lincoln, NEB | 1997-98 | General Education |

HONORS AND AWARDS

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| DoD Advancement Toward High Reliability in Healthcare Access to Care Awd | 2018 |
| Below the zone (one year early) promotion to Lieutenant Colonel | 2017 |
| Society of Air Force Psychologists Field Grade Officer of the Year | 2016 |
| Air Force Surgeon General Research Award | 2016 |
| Air Force Meritorious Service Medal | 2015 |
| AFMOA/Directorate Field Grade Officer of the Year | 2013 |
| AF Association-Alamo Chapter Company Grade Officer of the Year | 2012 |
| AFMOA Company Grade Officer of the Year | 2012 |
| Headquarters of the Air Force Company Grade Officer of the 4 th Quarter | 2012 |
| Air Force Meritorious Service Medal | 2012 |
| Army Commendation Medal | 2010 |
| NCAA Academic All American – Track and Field | 2003 |

LICENSURE AND BOARD CERTIFICATION

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| Arizona – PSY-004079 | 2009 |
| Nevada – PY-0925 | 2019 |
| NPI # 1346317740 | |

SECURITY CLEARANCE

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| TS/SCI | 2016 |
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CLINICAL APPOINTMENTS

Owner – Resilient Health Services LLC
Las Vegas, NV

5/2020-Current

- Private practice focused on psychological assessment and therapy for teenagers through adulthood. Also conducts one time evaluations for presurgical procedures, disability claims and employment placement.

Deputy Squadron Commander/Mental Health Flight Commander/Trauma Center Development Program Manager
Nellis AFB, NV

6/2016-5/2020

-Deputy Squadron Commander for the Medical Operation Squadron. I was responsible for leading outpatient services for 484 staff members who work in 7 clinics: Emergency Room, Primary Care, Pediatrics, Primary Care Residency Program, Medical Specialties (dermatology, nephrology, neurology, etc.), Physical Therapy, and Mental Health. Responsible to oversee all business and clinical operations in these clinics.

-Led the Air Force's Air Combatant Command's largest mental health clinic with 73 personnel and 24,000 patient encounters per year for 49,000 medical beneficiaries at two bases and six Wings. Responsible for all personnel actions, business operations, and training requirements. Launched zero suicide pilot study where every patient was screened for suicide risk with the Columbia Suicide Screener at every medical appointment in the hospital and a standardized suicide assessment was conducted for those who were positive. There were 250 positive suicide screeners in the first two years of launching this project. Nellis AFB has the largest primary care behavioral health program in the Air Force with 10 personnel. Nellis AFB has been the flagship military treatment facility to run a stepped care approach where patients go through primary care behavioral health first for treatment and only those who need a referral for specialty outpatient mental health service receive it. We found that 93% of our active duty beneficiaries got their treatment needs met in primary care behavioral health with only 7% being referred to specialty mental health care. Nellis AFB is only 1 of 4 Air Force Bases to have an intensive outpatient program. Nellis AFB saved over \$2M in costs for civilian IOP services in just the first year of operation. Additionally, Airmen are being returned to duty at a much quicker rate than when they were in civilian IOP programs. Led an amazing team that won many awards at the Squadron, Group, Wing, MAJCOM, and Air Force levels.

- Program Manager to help develop and prepare the 99th Medical Group to become a level III trauma center. Worked with community partners to complete all requirements to ensure all regulatory items are met, transfer of patients to other facilities, enrollment in Medicare/Medicaid, and to provide quality patient care. Developed internal medical group processes for patient transfers between units, timely

labs, medication and radiology procedures and other processes that were required to run a successful level III trauma center.

- Conducted independent patient care to include therapy, one-time evaluations for deployment, security, moving, special duty clearances, primary care behavioral health etc. I also completed disability evaluations, forensic evaluations, fitness for duty evaluations and psychological testing evaluations.

Student, Air Command and Staff College

7/2015-6/2016

Air University, Maxwell AFB, Alabama

- Top one percent in career field selected to attend this leadership school. In residence intermediate developmental professional military education. Completed an accredited Master's degree in Military Operational Art and Sciences. Course curriculum included topics in international relations theory, military warfare studies, military history, joint military capabilities and operational planning, leadership, and airpower innovation. Collaborated with Army, Navy, Marine, and international military officer partners.

Chief, Behavioral Health Optimization Program

6/2012-7/2015

Air Force Medical Operations Agency Mental Health Branch

-Behavioral Health Optimization Program: Air Force lead for implementing the DoD Behavioral Health in Primary Care initiative and 5-year \$250 Million budget.

Oversaw 170 providers and nurses in the implementation of Behavioral Health in Primary Care to ensure quality of patient care. Created a documentation template for electronic medical record. Developed training curriculum for both Behavioral Health providers in Primary Care as well as Care Facilitators (nurses). Trained over 400 personnel and ensured clinical core competencies. Led monthly consultation calls for sustainment training. Developed productivity dashboard for MTFs to get BHOP metrics quarterly. Participated in BHOP research in PTSD, marital problems, ETOH, suicide, access to care, PCM team and patient satisfaction.

-Mental Health Business Productivity: Wrote FY14 Mental Health Business Practice and Coding Manual for the Air Force Medical Service. Conceptualized new system of mental health business planning based on hours available on provider templates.

Standardized business productivity metrics for MH providers and created MH productivity dashboard. Led webinar trainings to the Air Force Medical System to ensure comprehension and compliance with new standards.

-Air Force Guide to Suicide Risk Assessment, Management, and Treatment: Air Force POC for collaborating with leading suicideologists on updating the Air Force Guide to Managing Suicidal Behavior (2002). Standardized MH documentation templates AFMS wide resulted in an immediate decrease in deficient documentation errors identified during record/care reviews post suicide completions.

-Air Force Staff Action Officer: Involved in numerous policy and implementation projects and queries. Helped create/update Air Force MH policy and ensure implementation. Reviewed documentation for standard of care determinations for cases of suicide completions. Reviewed MH administrative separation packages for compliance to standards.

-Contracting Officer Representative: Managed \$28 Million in MH contracts yearly to ensure compliance with all laws and regulations.

Chief Psychologist

8/2008-6/2012

Luke Air Force Base, Arizona

-Mental Health Element Chief: Organized and provided mental health services to 92K beneficiaries and 13K clinical encounters per year. Supervised 7 mental health providers and 12 mental health technicians and administrative staff. Managed budget of 70K.

-Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program Manager: Managed more than 180 referrals per year. Supervised one social worker, two alcohol and drug abuse counselors and two mental health technicians.

-Family Advocacy Officer: Assessed, treated, oversaw base Family Advocacy Program and consult with base commanders about domestic violence issues and prevention activities.

-Behavioral Health Optimization Program Manager: Assessed and treated patients in Primary Care from a population health theoretic perspective. Consulted with physicians and provide recommendations for mental health assessment and treatment disposition.

-Command Directed Evaluation Coordinator: Consulted with base commanders about the appropriateness of Command Directed Evaluations and provided feedback about the mental health condition of service members and suitability for continued military service.

-Psychological Testing Coordinator: Obtained referrals from other mental health and medical providers for psychological testing. Ensured we have the proper psychological tests and trained mental health technicians to be psychometricians

-Practicum Clinical Director: Oversaw supervision and clinical program for three doctoral psychology students.

-TSR (Traumatic Stress Response) Team Chief: Organized and lead team to provide interventions to those affected after a traumatic events

-Special Needs Coordinator Alternate: Provided psychological evaluations to approve overseas assignments and/or permanent change in duty station

Deployed Psychologist/Joint Expeditionary Tasking

5/2010-8/2010

Tallil AFB/COB Adder, Iraq

-Treatment Provider: Provided psychological assessments and treatments to over 14,000 military service members at my base and surrounding bases. 36 clinical hours scheduled plus at least one 24 hour on call day each week.

-Command Directed Evaluation Coordinator: Consulted with commanders' requests for Command Directed Evaluations to determine their appropriateness. Evaluated service member and gave vital feedback to commanders about their service members' mental health conditions and suitability for continued duty requirements and fitness for continued duty in the deployed environment.

-Psychological Testing Coordinator: Obtained referrals from other mental health providers on this base and surrounding bases for a variety of referral questions. Taught

mental health technicians how to administer psychological tests and hand score personality and IQ assessments.

FORENSIC EXPERIENCE

Forensic Consultant

- Perform Sanity Boards mental health evaluations to determine sanity during the alleged incident and competency to stand trial.
- Mental health expert consultant to the defense on a domestic violence court-martial case: Davis Monthan AFB, AZ, 2012; Mental health expert consultant to the defense on a sexual assault court martial case: Nellis AFB, NV, 2016.
- Provide clinical treatment for both alleged victims and offenders of criminal acts

INTERNSHIP

Clinical Psychology Resident

8/2007-8/2008

Wright Patterson Medical Center, Ohio

United States Air Force (APA-accredited Internship)

- *Mental Health Clinic rotation*: Provided wide range of treatment to active service members and dependents (individual and group)
- *Neuropsychological Assessment Rotation*: Conducted six full neuropsychological batteries for a wide range of neuropsychological issues.
- *Primary care rotation*: Acted as Behavioral Health Consultant and provided relevant behavioral interventions in a family medicine clinic
- *Clinical Health Psychology rotation*: Conducted wide range of behavioral health interventions (individual and group) including treatment for a wide range of medical issues as well as psychological assessments for bariatric and spinal cord stimulator surgeries.

DISSERTATION

6/2007

“A head-to-head study of mixed amphetamine salts (Adderall XL) and dexamethylphenidate (Focalin XR) on the sustained attentional affects in male ADHD-children”

PRACTICUM EXPERIENCE

Doctoral Psychotherapy Practicum

John Schuler, Ph.D. 8/2006-7/2007

Counseling Connections; Libertyville, IL

- Provided clinical services to an out-patient group practice serving children, adolescents, adults, and families ages nine to sixty-five.
- Treated both short and long term therapy patients with a wide range of Axis I disorders.
- I led and co-led personal management and social skills groups for the affiliated therapeutic day school.
- I worked on a multidisciplinary team of psychologists, psychiatrists, social workers, and school psychologists.

Doctoral Psychotherapy Practicum Joe Roszkowski, Psy.D. 7/2006-7/2007

Center for Assessment and Psychological Services; Wheaton, IL

- I co-led outdoor adventure groups for boys with a wide range of social problems and Axis I disorders. The focus of the interventions were to equip the group members with a set of coping and social skills that will aid them in relating to others, managing their stress and raising their self-esteem.

Doctoral Psychodiagnostic Practicum J. Brian Conant, Psy.D. 9/2005-6/2006

Riveredge Hospital; Forest Park, IL

- Riveredge Hospital is an inpatient psychiatric hospital serving children, adolescents, and adults. The patient demographic was primarily urban, poor, African-American, Hispanic-American, and European-American.
- I completed 42 integrated psychological testing batteries including: neuropsychological, cognitive, and personality assessments.
- I assessed, diagnosed, and made treatment recommendations for a wide range of Axis I and Axis II disorders.
- I participated in a multidisciplinary team of psychiatrists, psychologists, social workers, nurses, and placement agencies.

Professional Military Education

Air War College

8/2017-12/2017

Air University, Maxwell AFB, Alabama

- Completed this course in correspondence. Course focused on international relations theories, war strategies, war history, and joint military operations/war planning.

Air Command and Staff College

7/2015-6/2016

Air University, Maxwell AFB, Alabama

- In residence intermediate development professional military education. Completed an accredited Master's degree in Military Operational Art and Sciences. Course curriculum included topics in international relations theory, military warfare studies, military history, joint military capabilities and operational planning, leadership, and airpower innovation. Collaborated with Army, Navy, Marine, and international military officer partners.

Publications

Air Force Medical Service. (2013). *Air Force Guide for Suicide Risk Assessment, Management, and Treatment*. Field Manual, Air Force Medical Operations Agency, Joint Base – Lackland, Texas.

Air Force Medical Service. (2013). *FY14 Mental health business practice and coding guidelines*. Field Manual, Air Force Medical Operations Agency, Joint Base – Lackland, Texas.

Air Force Medical Service. (2014). *Primary care behavioral health services: Behavioral Health Optimization Program*. Field Manual, Air Force Medical Operations Agency, Joint Base – Lackland, Texas.

Cigrang, J. A., Cordova, J. V., Gray, T. D., Najera, E., Hawrilenko, M., Pinkley, C., **Nielsen, M.**, Tatum, J., & Redd, K. (in press). The Marriage Checkup: Adapting and Implementing a Brief Relationship Intervention for Military Couples. *Cognitive and Behavioral Practice*.

Dobmeyer, A. C., Hunter, C. L., Corso, M. L., **Nielsen, M. K.**, Corso, K. A., Polizzi, N. C., & Earles, J. E. (2016). Primary care behavioral health provider training: Systematic development and implementation in a large medical system. *Journal of Clinical Psychology in Medical Settings*, 23 (3), 207-224.

Ghahramanlou-Holloway, M., Baer, M., **Nielsen, M.**, Neely, L., & Koltko, V. (under review). Suicide prevention in the United States military. In S. Bowles and P. Bartone (Eds.), *Military Psychology*.

Ghahramanlou-Holloway M., **Nielsen, M.**, Crimmins, K., Neely, L., Recommendations on how to Best Characterize and Document Suicide Risk. Center for Deployment Psychology, blog post March 5, 2016: <http://deploymentpsych.org/blog/guest-perspective-recommendations-how-best-characterize-and-document-suicide-risk>.

Landoll, R. R., **Nielsen, M. K.**, & Waggoner, K. K. (2018). Factors affecting behavioral health provider turnover in U.S. Air Force primary care. *Military Psychology*. Manuscript in press.

Landoll, R. R., **Nielsen, M. K.**, Waggoner, K. K., & Najera, E. (2018). Innovations in Primary Care Behavioral Health: A Pilot Study across the United States Air Force. *Translational Behavioral Medicine*. Epub ahead of print. <https://doi.org/10.1093/tbm/iby046>

Landoll, R. R., **Nielsen, M. K.**, & Waggoner, K. K. (2017). Understanding Primary Care Behavioral Health (PCBH) Across Military Settings: A Preliminary Comparison Between Deployed and In-Garrison Care. *Military Medicine*, 182, e1575-e1579.

Landoll, R. R., **Nielsen, M. K.**, & Waggoner, K. K. (2017). U.S. Air Force Behavioral Health Optimization Program: Team Members' Satisfaction and Barriers to Care. *Family Practice*, 34, 71-76.

Nielsen, M. (2016) Revolutionizing mental health care delivery in the United States Air Force by shifting the access point to primary care. Muir S. Fairchild Research Information Center, Air University, Maxwell AFB, Montgomery AL.

Ogbeide, S. A., Landoll, R. R., **Nielsen, M. K.**, & Kanzler, K. E. (2018, October 11). To Go or Not Go: Patient Preference in Seeking Specialty Mental Health Versus Behavioral Consultation Within the Primary Care Behavioral Health Consultation Model. *Families, Systems, & Health*. Advance online publication. <http://dx.doi.org/10.1037/fsh0000374>.

Presentations and Poster Presentations

Landoll, R.R., Dobmeyer, A.C., **Nielsen, M.K.**, & Robinson, P.J. (2017, August). Advances in Primary Care Behavioral Health: Data to Guide Us and Competencies to Ground Us. American Psychological Association. Washington, DC. Continuing Education Workshop [7 hrs]

Landoll, R. R., Najera, E., **Nielsen, M. K.**, Kanzler, K. E., Waggoner, K. K., & Nicolas, M. (2016, April). Healthcare transformation in primary care behavioral health. Society for Behavioral Medicine. Washington, DC.

Landoll, R., **Nielsen, M.**, Najera, E., Kanzler, K., Nicolas, M., (2016) Health Care Transformations in Primary Care Behavioral Health. Panel discussion presented at the 37th Annual Meeting of Society of Behavioral Medicine, Washington DC.

Landoll, R., **Nielsen, M.**, Waggoner, K. (2016) Providing Integrated Primary Care Behavioral Health in a Combat Environment: Challenges and Opportunities. Poster presented at the 37th Annual Meeting of Society of Behavioral Medicine, Washington DC.

Landoll, R., **Nielsen, M.**, (2016) Utilization of Behavioral Health Technicians to Improve Service Delivery in Integrated Primary Care. Post presented at the Annual Continuing Education Meeting for the Association of Military Surgeons of the United States, National Harbor, MD.

Nielsen, M. (2014) Primary Care Behavioral Health Services in the United States Air Force. Presentation conducted on the Veteran Affairs and Department of Defense Monthly Mental Health Webinar. Washington DC.

Nielsen, M. (2016) Shifting the Mental Health Access Point to Primary Care. Presentation conducted at the Air Force Mental Health Leadership Conference, San Antonio, TX.

Nielsen, M. (2016) Revolutionizing Mental Health Care Delivery in the United States Air Force. Presentation conducted at the Air University Faculty Forum, Maxwell AFB, Montgomery AL.

Nielsen, M., Lobbestael, C., (2018) Leading in the Midst of Chaos. Presentation conducted at the Air Force Mental Health Leadership Conference, San Antonio, TX.

Waggoner, K., Landoll, R., **Nielsen, M.** (2015) Patient Satisfaction in Primary Care Behavioral Health Services: A 10 Year Update on the U.S. Air Force Behavioral Health Optimization Program (BHOP). Poster presented at the 36th Annual Meeting of the Society of Behavioral Medicine, San Antonio TX.

Spangler, P., **Nielsen, M.,** Crimmins, K., Holloway, M. & Yang, C. (2013) Common Errors in Suicide Risk Assessment, Management, and Treatment: Lessons Learned. Poster presented at the 46th Annual Conference of the American Association of Suicidology, Austin TX.