

Arwen Podesta, MD

Board Certified in: Adult Psychiatry • Addiction Medicine
Forensic Psychiatry • Holistic & Integrative Medicine

**1509 Metairie Road #22
Metairie, Louisiana 70005
ap@podestawellness.com
www.podestawellness.com
504.252.0026**

EDUCATION

Tulane University Fellowship, Forensic Psychiatry	July 2008 to June 2009
Louisiana State University Psychiatry Residency	July 2004 to June 2008
Keck School of Medicine University of Southern California	Medical Doctorate, December 2003
Department of Biochemistry Mills College, Oakland, California	Bachelor of Arts, May 1997

TRAINING & CERTIFICATION

American Board of Preventative Medicine, Diplomate in Addiction Medicine	January, 2018
American Board of Psychiatry and Neurology, Diplomate in Forensic Psychiatry	October, 2013
American Board of Integrative and Holistic Medicine, Diplomate	March, 2013
American Board of Psychiatry and Neurology, Diplomate	June, 2011
American Board of Addiction Medicine, Diplomate	December, 2010
US Medical Licensing Examination, Step 3	March, 2006
Harm reduction basics, Addiction educators (10 hours)	July, 2001
Speaker training, Physicians for Social Responsibility (8 hours)	May, 1999
Somatics and Massage Therapy Certification (800 hours)	June, 1992

HONORS/AWARDS/ACCOLADES

Best Doctors, New Orleans Magazine	August, 2019
Distinguished Fellow, American Psychiatric Association	April 2019
Physician Champions, Louisiana	November, 2018
Best Doctors, New Orleans Magazine	August, 2018
DEA Citizens Academy Graduate	May, 2018
Best Doctors, New Orleans Magazine	August, 2017
Everyday Heroes, Times Picayune	October, 2016
Best Doctors, New Orleans Magazine	August, 2016
Community Leadership Award, CADA	April, 2016
Best Doctors, New Orleans Magazine	August, 2015
Best Doctors, New Orleans Magazine	August, 2014
Best Doctors, New Orleans Magazine	August, 2013
Propeller (Social Entrepreneurship New Orleans) winner	May, 2012
PitchNOLA winner, Tulane Social Entrepreneurs New Orleans	October, 2011
40 Under 40, Gambit Weekly	November, 2009
Humanitarianism in Medicine, Eric Cohen Award, USC	March, 2003
Environmental Award for Senior Thesis, Mills College	June, 1997

ORGANIZATION MEMBERSHIP

2010-present	American Society of Addiction Medicine
2002-present	Louisiana Psychiatric Medical Association
2002-present	American Psychiatric Association
2002-present	American Medical Association
2012-2018	American Holistic Medical Association
2008- 2018	American Academy of Psychiatry and the Law
1999- 2006	Physicians for Social Responsibility

PROFESSIONAL POSITIONS

- Consultant- NOLA Detox and Recovery* February 2021-present
Quality improvement and medical oversight
- Consultant-ACER* December 2020-present
Quality improvement and risk management
- Psychiatry Redefined - Affiliate* February 2020-present
Educational Platform for Functional Psych Training
- Psychiatrist/Consultant, LA Department of Public Safety & Corrections* December 2019-present
Orleans Re-entry Program
- Steering Committee Member, NAACME* June 2019-present
Psych Congress Conference committee
- Adjunct Assistant Professor, LSU, Our Lady of the Lake, Psychiatry Residency Program* March 2019-March 2021
- Chief Medical Officer, Project Cultivate* September 2018-present
Outpatient Addiction Services
- Medical Director/Physician, ACER* June 2015-present
Outpatient Addiction Services
- Owner/Director, Podesta Psychiatry LLC* April 2012-present
Outpatient Mental Health Services
- Adjunct Assistant Professor, Tulane University School of Medicine, Department of Psychiatry and Behavioral Sciences* April 2011-Present
- Drug Courts* March 2013-September 2018
- Medical Director, Two Dreams* July 2017-August 2018
Outpatient Addiction Services-New Orleans Location
- Chief Medical Officer, Longbranch Healthcare* November 2017-May 2018
Residential & Intensive Outpatient Addiction Treatment
- Medical Director, Odyssey House Residential and Outpatient Programs* May 2012-January 2018
Direct 50+ bed residential addiction program and outpatient community treatment program

Medical Director, Odyssey House Medical Detox
September 2011-January 2018
Direct Medically Assisted Substance Detoxification Unit

Medical Director, Dependency Pain Treatment Centers
October 2016-September 2017
Outpatient Dependency Service

Consulting Psychiatrist: Unity for the Homeless, New Orleans
June 2007-July 2013
Psychiatric Evaluations with recommendations for treatment

Medical Director, Townsend Addiction Clinics, Multiple Locations
April 2011-December 2012
Outpatient Addiction Service

Orleans Criminal Court
Sanity Commission
July 2009-July 2012

Forensic Psychiatrist, New Orleans Coroner's Office
August 2010-June 2011

Medical Director, Townsend Addiction Clinic, Metairie Office
August 2010-April 2012
Intensive Outpatient and Continuing Care Addiction Treatment

*Assistant Professor of Psychiatry, Tulane University School of Medicine,
Department of Psychiatry and Neurology, Forensic Division*
July 2009-April 2011
Attending Psychiatrist at Eastern Louisiana Mental Health System
Competency evaluations and treatment for Forensic and Civil
patients at ELMHS

Medical Director and Psychiatrist: Odyssey House Louisiana
July 2009-April 2010
Created, opened and directed 20 bed Medically Assisted Substance
Detoxification Unit; Treatment Team Leader for residential
treatment (100+ residents); Outpatient Psychiatry Clinic

Outpatient Psychiatrist, moonlighting during residency, Odyssey House, LA
June 2007-June 2009

Tulane Forensic Fellowship
July 2008-June 2009

Psychiatry Residency, Louisiana State University, New Orleans
July 2004-June 2008

- Research Associate Bayer Research Division* 1997-1999
 Researching neurological diseases using genetic and molecular techniques of gene discovery, cloning, protein engineering and purification.
- Research Associate Chiron Corporation* 1996-1997
 Molecular research in gene discovery, gene mapping and cloning. Investigating the genetics of several diseases through molecular mapping.
- Massage therapist, private practice* 1991-1998
 Specialized in patients with disability and acute injuries in Oakland, California.

PUBLICATIONS

Arwen Podesta MD, with Ali Nakup MD and Elli Richardson MD. HOOKED, A concise guide to the underlying mechanism of addiction and treatment for patients, families and providers. *Bright Communications. 2021. Print*

Arwen Podesta MD: What Makes the Psych Congress Different Than Other Psychiatry Conferences. *Doximity, September 2020*
<https://www.doximity.com/articles/870544be-ea92-4ed6-8ae3-9d15b15f75bc>

The Cambridge Handbook of Substance and Behavioral Addictions, 2020
 Precision Behavioral Management (PBM): A Novel Genetically Guided Therapy to Combat Reward Deficiency Syndrome (RDS) Relevant to the Opiate Crisis (Cambridge Handbooks in Psychology, pp. V-Vi). Cambridge: Cambridge University Press.

Kenneth Blum, PhD, DHL, Alphonse Kenison Roy III, MD, DFASAM, DLFAPA, Arwen Podesta, MD, Edward J. Modestino, PhD, Bruce Steinberg, PhD, Marjorie C. Gondré-Lewis, PhD, David Baron, DO, Panayotis K. Thanos, PhD, Lisa Lott, PhD, Sampada Badgaiyan, MD, Jessica Valdez Ponce, MS, Brent Boyett, DMD, DO, David Siwicki, MD, Mark Moran, MD, Drew Edwards, PhD, Thomas McLaughlin, MD, Eric R. Braverman, MD, Thomas A. Simpatico, MD, Mary Hauser, MA, Bernard William Downs, BS, and Rajendra D. Badgaiyan, MD

Journal of Systems and Integrative Neuroscience, 2018 May
 Would induction of dopamine homeostasis via coupling genetic addiction risk score (GARS) and pro-dopamine regulation benefit benzodiazepine use disorder (BUD)?

K Blum, M Gold, EJ Modestino, D Baron, B Boyett, D Siwicki, L Lott, A Podesta, AK Roy, M Hauser, BW Downs, RD Badgaiyan

Journal of Systems and Integrative Neuroscience, 2019 Oct
Death by Opioids: Are there non-addictive scientific solutions?
B William Downs, Kenneth Blum, David Baron, Abdalla Bowirrat, Lisa Lott, R. Brewer, B. Boyett, D. Siwicki, A Kenison Roy, A. Podesta, S. Badgaiyan, R. Hajela, L. Fried, R. Badgaiyan

Journal of Dual Diagnosis, 2017 Jan
A Post-Hurricane Katrina Examination of Substance Abuse Treatment Discharges with Co-Occurring Psychiatric and Substance Use Disorders.
Shuler M, Suzuki S, Podesta A, Qualls-Hampton R, Wallington SF.

Arwen Podesta MD: HOOKED, A concise guide to the underlying mechanism of addiction and treatment for patients, families and providers. *Indianapolis, Dog Ear Publishing, 2016. Print*

White Paper: Re-Entry Court Best Practices, October 2016. Authored by Judge William J. Knight (Consultant)

Substance Use and Misuse. 2016 Jul 26:1-13.
Trend Analysis of Substance Abuse Treatment Admissions in New Orleans From 2000-2012: A Population-Based Comparison Pre- and Post-Hurricane Katrina.
Shuler MN, Wallington SF, Qualls-Hampton RY, Podesta AE, Suzuki S.

Arwen Podesta MD: Treatment with Zubsolv in a Case Study of Opioid Addiction. *The Fix, 2016*
<https://www.thefix.com/treatment-zubsolv-case-study-opioid-addiction>

Arwen Podesta and D. Clay Kelly: Forced Medication for Death Penalty Appeals. *Journal of the American Academy of Psychiatry and the Law*, 2009 37: 567-570.

Arwen Podesta MD: Credentialed. *The Journal of the American Academy of Psychiatry and the Law, Fellows Corner*, September 2009

J La State Med Soc. 2007 Sep-Oct;159(5):268-75.
The Louisiana emergency department behavioral health challenge.
Griffies WS, Collins WJ, Adams AE.

Arwen E Adams[a]; Chiu Choi Ying; Duhl David; Gorman Susan W; Leng Song; Sheffield Val; Welch Juliet. Myosin IXa and cyclic nucleotide gated channel-15 (CNGC-15) polynucleotides, polypeptides, compositions, methods, and uses thereof. [Patent]
Official Gazette of the United States Patent & Trademark Office Patents. [e-file] 1251(2). Oct. 9, 2001

QUALIFIED AS AN EXPERT IN THE FOLLOWING COURTS

Superior Court in Maricopa County, Phoenix, AZ
Rankin County Justice Court
Orleans Criminal District Court, Sections B, E, F, G, J, K and L
Jefferson Parish Criminal District Court, Sections E, K and O
Lincoln Parish Criminal District Court
Ouachita Parish Criminal District Court
Feliciana Parish District Court
Avoyelles Parish District Court

TEACHING/LECTURES/CONSULTING

Addiction: Alcohol Use and Opioid Use Disorders – From Neurobiology to Treatments

LSU Health Grand Rounds – December 2021

Benzodiazepine Injury, Discontinuation, and Treatment

Psych Congress National Conference – San Antonio, TX
November 2021

Prescription Digital Therapeutics: The New Paradigm for SUD, OUD, and Insomnia

Pear Product Theater-Psych Congress National Conference
San Antonio, TX – November 2021

Cases and Practical Pearls: The Intersection of Chronic Pain and Substance Use Disorder

Psych Congress National Conference – San Antonio, TX
November 2021

Methamphetamines, trends and treatment options

Louisiana Society of Addiction Medicine Conference
Virtual - October 2021

Taking a Team Approach to Opioid Overdose Treatment: Facilities, Patients, and Caregivers

National Conference on Addiction Disorders
Fall 2021 Virtual Sessions
Baltimore, Maryland – November 2021

Evidence-Based, Holistic Treatments for Addiction in the Age of the Opioid Crisis

Integrative Medicine for Mental Health Conference
Atlanta, GA – August 2021

Crossroads of Opioids, Pain & Addiction
SIU School of Medicine – May 2021

MAT & Harm Reduction
Access Health Louisiana – April 2021

Indivior-Advisor
March 2021 - present

Access Health Louisiana-Consultant
March 2021 – June 2021

When Addiction and Criminal Justice Intermingle
LPMA Conference - February 2021

Nutrition and Addiction Recovery
Tulane Didactics - February 2021

Ask the Experts Series
Psych Congress Regionals - Virtual Conferences 2021

COVID-19 Update: Substance Use Disorders
Psych Congress Regionals - Virtual Conferences 2021
National Dialogues on Behavioral Health – Virtual
Conference, October 2021

Leveraging a Team Approach to Medication-Assisted Treatment for Patients with
AUD and OUD
NACCME Virtual Webinars - January 2021

SageSurfer-Consultant/Advisor
December 2020 - present

Chronic Pain and SUD: When Worlds Collide
Psych Congress National-September 2020

What are the Key Elements Holding Medical Practitioners Back from Taking
Ownership of the Treatment of Opioid Use Disorder
Psych Congress National-September 2020

Reconciling Accessibility and Treatment Barriers for Substance Use Disorders
During the COVID-19 Pandemic
Behavioral Health Symposium-LA Department of Health-
September 2020
Psych Congress Regionals-Virtual Conferences 2020

IntellxxDNA-Consultant/Advisor
August 2020-present

Changing the Narrative of Opioid & Alcohol Dependence Treatment
Alkermes Speaker Programs for Vivitrol-2020
NADCP Conference-May 2020

Substance Use Disorders/Addiction: What's Up?
Tulane Psychiatry Didactic-May 2020
Louisiana Opioid Crisis Symposium-June 2020
IMMH Conference-August 2020

The Neurobiology of Addiction: Challenging What We Know and Implications for
Treatment of Moderate to Severe OUD
Indivior Speaker Programs for Sublocade - 2020

Pear Therapeutics-Consultant
Member of reSET & reSET-O Advisory Panel-March 2020
Consultant - March 2020-present

Benzodiazepines Receptors: Translating Data from Bench to Bedside
Tulane Grand Rounds-January 2020

Patients with Moderate to Severe Opioid Use Disorder
Indivior Speaker Programs for Sublocade-2019

What You Need to Know about Buprenorphine Treatment for Opioid Use
Disorder
Psych Congress
San Diego, CA – October, 2019

Solving Clinical Challenges in Substance Use Disorders
Psych Congress
San Diego, CA – October, 2019

Applying Medication-Assisted Therapy for OUD Across Treatment Settings
Psych Congress
Austin, TX – September, 2019
St. Louis, MO – November, 2019

Neuroscience of Addiction
Woman's Hospital
Baton Rouge, LA – June, 2019

Addiction Medicine & Integrative Psychiatry
Institute of Functional Medicine Conference
San Antonio, TX – May, 2019

The Opioid Crisis: How Did We Get Here?
New Paradigms in Mental Healthcare Conference
Rapid City, SD – March, 2019

Neurobiology and Treatment of Addiction

New Paradigms in Mental Healthcare Conference
Rapid City, SD – March, 2019

Medication-Assisted Therapy for Opioid Use Disorder Across Treatment Settings

Psych Congress Regional- Philadelphia, PA – March, 2019
Psych Congress Regional- Atlanta, GA – April, 2019
Psych Congress Regional- Seattle, WA – May, 2019
Psych Congress Regional- Chicago, IL – May, 2019
Psych Congress Regional- Tampa, FL – June, 2019

Pay Attention! Integrative Approach to ADHD/ADD

Tulane Child & Adolescent Psychiatry Grand Rounds
March, 2019

Combating Opioid Use Disorder with Medication-Assisted Therapy: *Strategies for Success*

Psych Congress Elevate- Boston, MA – March, 2019

Addiction and Treatment, Traditional and Integrative Approaches

Tulane Grand Rounds – January 2019

Understanding the Role of VIVITROL in the Criminal Justice System

American Correctional Association Conference
New Orleans, January 2019

Opioid Use and Pregnancy

LSU-OLOL Grand Rounds-December 2018

Hooked: Understanding Addiction and Evidenced Based Treatment and Applications in Specialty Courts

Nevada Specialty Court Conference-November, 2018

Medication-Assisted Treatment for Opioid Use Disorder: Navigating Clinical Challenges for Improved Adherence and Outcomes

Psych Congress-Orlando, FL – October 2018

Hooked: Integrative Treatment Strategies for Addiction

Integrative Medicine for Mental Health Conference
Dallas, TX- September 2018
Tulane Psychiatry Upper Level Didactic-November 2018

Alkermes

Member of the Advisory Board, January 2020
Member of the Addiction Advisory Board, August 2018

A Primer on Medication-Assisted Treatment in Opioid Use Disorder
Office of Behavioral Health, Baton Rouge - April 2018
LSBA/LJC Summer School, Destin - June 2018

Managing a Difficult Judge or Attorney Client
Judiciary Commission CLE, New Orleans-May, 2018

Addressing Barriers to Optimal Medication-Assisted Treatment for Opioid Use Disorders
Psych Congress- San Francisco, CA – May 2018
Psych Congress- Raleigh, NC – October, 2018
Psych Congress- San Antonio, TX – December 2018

A Primer on Medication-Assisted Treatments for Substance Use Disorders
Elevate-by Psych Congress, Austin - February 2018

US WorldMeds
Participated as a leader of the Opioid Withdrawal Forum
Dallas, TX November 2017
Member of the Lucemyra Advisory Board November, 2018

Drug Testing in Addiction and Pain Management
American Academy of Addiction Psychiatry Conference
San Diego, CA December 2017

The State of Medication in Addiction Treatment
Arizona Employment Assistance Program - annual meeting
Phoenix, AZ October 2017

Kaléo Pharma
Member of the Commercial Advisory Board October, 2017

Addiction & the Courts
Fall Judges Conference-New Orleans, October 2017

Addiction Treatment in the Primary Care Setting
LANP Primary Care Conference, September 2017

Opioid Dependence: The Crossroads between Pain & Addiction
Psych Congress, New Orleans-September 2017

Issues of Addiction in Chronic Pain
Southern Pain & Southern Headache Societies' Conference,
September 2017

Nutrition & Psychiatry
Tulane Psychiatry Grand Rounds, July 2017

Introduction to Psychiatry for Judges & Lawyers
LSBA/LJC Summer School, Destin - June 2017

Addiction & Substance Use Disorders (6 hour seminar)
UNO-Big Times in the Big Easy: Seminars in Counseling
November 2016

Addiction and Treatment-AMA CME Category 1 credit
Grand Rounds-East Jefferson, August 2016

Addiction and Treatment
Grand Rounds-LSU, January 2016

Addiction Treatment in the Court Setting
LADCP (Louisiana Association of Drug Court Professionals)
2016, 2017

Professionalism: Physical and Mental Health, Performance, Effectiveness, and
Longevity with panel members Judge Christopher Bruno, & Dr. Edwin Dennard
Louisiana State Bar Association, December 2015

Bipolar Disorder in the time of diagnosis variables
American Psychological Association, Louisiana,
Fall workshop, November 2015

Neurobiology of Addiction (2 modules)
East Jefferson Family Practice Residency, 2014, 2015, 2016

Opioid Addiction and Novel Treatments
Orexo programs, 2014, 2015, 2016, 2017, 2018, 2019

Opioid and Alcohol Addiction, Treatment and Prevention
Alkermes programs, 2014, 2015, 2016, 2017, 2018, 2019

Addiction Overview and Treatment
New Orleans Police Academy, September 2014 and January
2015, 2016, 2017

Holistic and Integrative Psychiatry (2 modules)
Tulane Psychiatry Residency, 2014

The State of Medicine in Addiction Recovery
Key Note Speaker LASACT, August 2014
Louisiana Association of Drug Court Professionals, February
2016, May 2017
AIDS Education & Training Program, July 2017

Psychiatry and the Law

Tulane Law Clinic, October 2013, 2014, 2015, 2016, 2017, 2018, 2019

Addiction, Depression and Methyl Folate Reductase, Deplin

PamLab dinner programs, 2013-2014

Neurobiology of Addiction (2 modules)

LSU Pain Fellowship, 2012

Neurobiology of Addiction (2 modules)

Tulane Psychiatry Residency and fellowships, 2010-2018

Addiction Treatment (4 modules)

Tulane Psychiatry Residency, 2010-2018

Psychotropics and side effects (4 modules)

Tulane Psychiatry Residency, 2010-2014

Malingering (1 module)

Tulane Psychiatry Residency, 2010