

Dr. Sonia Demetrios

Psychiatrist

Education

Child Adolescent Psychiatry Fellowship (PGY4/PGY5)

Bronx Lebanon Hospital Center/Albert
Einstein University/ Icahn School of
Medicine 07/01/2014 -09/30/2016

General Psychiatry Residency

(PGY2/PGY3)

Metro Health/ Case Western Reserve University Cleveland,
Ohio USA 07/01/2012- 06/30/2014

Internal Medicine Residency

(PGY1)

Aultman Hospital/Mercy Medical Center,(North Eastern
Ohio University of Medicine) . Canton, Ohio USA
07/01/2011 -06/30/2012

Xavier University School of Medicine
08/2006-09/2008
M.D., 09/2008

Ross University School of Medicine,
Dominica 09/2002-08/2005

University of Georgia (UGA), Athens, GA 30602
Biological Sciences 08/1998- 05/2002
Bachelor of Science B.S., 05/2002

Employment / Clinical Experience

Staff Psychiatrist

Comprehensive MedPsych Systems, St. Augustine, Florida
October 2020-Present

Psychiatric Medical Director / General Adult & Child and Adolescent Psychiatrist

St. Michaels Medical Center, Newark, NJ
May 2018-Present

Medical Director / Child and Adolescent Psychiatrist

Northwest Essex Community Healthcare Network (NECHN)
Belleville, New Jersey 02/2017-02/2019

Chief Psychiatrist

Hudson County Correctional Facility
Kearny, New Jersey- 01/2017- 02/2018

Membership and Honorary/Professional Societies

- **AOA Chapter at UGA**
TriBeta Honors
- National Biological Honor Society (1998-2002)
- Phi Sigma Pi National Honors Society (1998-**2002**)
- American Medical School Association (1998-2008)
- Biological Sciences Student Association (1998-2002)
- Alpha Phi Omega(1998-2002)

Medical School Honors/ Awards

- Dean's List and Honor Graduate Xavier University School of Medicine (2006-2008)
Most Likely to perfect patient care

Certifications/ Medical Licensure

- **New Jersey State medical License-25MA09995300 Full Active Effective: 11/14/2016 Expiration:6/30/2019**
- **State Medical Board of Ohio Medical License- 35.125497 Full-Active: Effective 07/15/2015 Expiration 4/01/2019**
- **Florida State Medical License-ME129604 Full Active Effective date 8/25/2016 Expiration date 01/31/2019**
- BLS Basic Life Support Exp. Date 04/2018
- ACLS Advanced Cardiovascular Life support Exp. Date 04 /2018
PALS Pediatric advanced life support Exp. Date 06/2018
- FCCS Fundamental Critical Care Support Certified, Exp 3/2016
Pediatric Fundamental Critical Care Support Certified, Exp 3/2016
Central Venous Access Certified ABIM(Internal Jugular and Subclavian) Peripheral Line Access and Arterial Blood Gases Certified
- Certified in Paracentesis
Certified Course in Psychiatry emergency response team to natural disasters/ Stress events 01/2016

Research Experience

- **The Essentials of Therapy Versus Medication Management in Treatment of Selective Mutism:"
Child with Resolution of Symptoms After Extensive Therapy Alone". Sonia Demetrios, MD.** Juan Penaloza, MD.

Bronx Lebanon Hospital Center, Icahn School Of Medicine, Bronx, New York. *Received 2nd place Award for Best research at conference Aepnya (AACAP 2016 conference in conjunction with Spain Child and Adolescent Psychiatry) held in Don San Sebastian Spain 5/2016. Primary Presenter and Author.

- **"The Infection that Unraveled the Genetic Code to Madness": First Psychotic Episode In a 12 year Old Child Involving a Chromosomal Abnormality and Pediatric Acute Onset Neuropsychiatric Disorders Associated with Streptococcus (PANDAS).**

Bronx Lebanon Hospital Center, Albert Einstein University School of Medicine, NY. **Case Conference 3 hours** (1of 8 total conferences) **Chair and Primary Presenter AACAP 2015 Conference**, (American Academy of Child and Adolescent Psychiatry) San Antonio, Texas. Also in process of publication in pediatric journal with Dr. Purswami (pediatrics) and Dr. Sanchez Lacay (childpsychiatry)

- **"To View the Brain through a Psychotic Mind": Adolescents with Hippocampal Volume Reduction Affecting the Left versus Right Hippocampus with Their Resultant Psychiatric Sequelae and Unique Clinical Presentations.**

Bronx Lebanon Hospital Center, Albert Einstein University School of Medicine, Bronx, New York Poster Presentation Sonia Demetrios M.D primary author **APM 2015 Conference**, New Orleans, Louisiana.

- **"The Complex Multimodal Management of First Psychotic Break in Patients with Morphometric Alteration In Hippocampal Formation".** Poster Presentation.

Bronx Lebanon Hospital Center, Albert Einstein University NY Poster Presentation Sonia Demetrios M.D along with Dr. Kadruai and Dr.

Mirchandani NEI2015 Psychopharmacology Conference, Orlando Florida. In addition in the process for publication along with Dr. Arturo Sanchez Lacay (Child psychiatry), Dr. Mirchandani (radiology) and Dr. Kadruai. * **Received 3rd place award at conference for Best poster Research Award presented by Dr. Steven Stahl**

- **"Attack of the Allens" :A Case of Myxedema Madness, Cleveland Ohio**

Medical Researcher and poster presentation with Dr. Syed and Lavakumar, Mallika MD APA conference, San Fran. California

Primary researcher in the area of myxedema psychosis with my poster presentation approval in the annual American Psychiatric Association annual mtg in San Francisco, California.

Also presented at Annual Consult and Liaison mtg in Cleveland, **Ohio 2013 and received award "Honorary-Mention"**

- **Islamic Ethics and End of Life Care: Islamic View**

Ethics Research, Demetrios, Sonia MD and Lavakumar, Mallika MD

Research publication and presented poster at APM2013 "Islamic Ethics and End of Life Care"

- **HUMADAOP, Ohio**
 Poster Research /oral presentation Research
 in Substance abuse/ Suicidality in Hispanic Community.
 Was on Local news, representing Metro in local fair
- **Spasmodic Dysphonia, Ohio**
 Medica I Researcher, Baddour, Ray MD, Adel, Mikhail PhD, M
 Performed detailed research in the area of Spasmodic Dysphonia, whether it is psychological or neurological in origin and its effect on speech. Performed research on the different subtypes and worked with speech pathologist with patients to assess their psychologic and neurologic function. After research was performed, paper and PowerPoint was completed and presented and discussed in round table discussion. Publication Pending.
- **Sleep wake disorders, Florida**
 Medical Researcher, Wahba w. Wahba M.D.Board certified sleep medicine
 As a researcher working with Sleep wake disorders particularly obstructive sleep apnea. Performed detailed research in the field of sleep wake disorders, including areas of obstructive sleep apnea, insomnia, narcolepsy, RLS, parasomnia, testing and research, as well as data collection and analysis, quality assurance, community outreach, health care education, patient compliance, follow ups on all research and evaluation and report testing.
- **New York Eye Institute, New York**
 Student-medical researcher, Dr. Matta
 While doing my ophthalmology elective, I assisted Dr. Ayman Matta on his research dealing with various treatments in conjunction with technological advancement on intraocular glaucoma.
- **University of Georgia, research.**
 Dr. Bill Fitt., PhD
 As a student researcher, I worked with my professor Dr. Bill Fitt in his ecology/biology Dept. lab to assess the medical function, nutritional requirements, and effects of coral calcium on our system. We conducted part of the research at his other site in Key Largo Florida where we spent two weeks there gathering the corals and collecting the data and running tests. We later returned to the University of Ga lab where the rest of the research was conducted.

Publications

- Demetrios, Sonia., and Alan Arauz. "**Depression (Low Mood) May Have a Survival Advantage**" *JOURNAL OF HUMANISTIC PSYCHIATRY Volume VI Issue 1.2013: page 7. TJHP*. Oral Presentation
2 Case Conference/Grand Rounds presentations at Bronx Lebanon Hospital Center in affiliation with Icahn School Of Medicine. Both in 2015 and 3/2016.
- **The Essentials of Therapy Versus Medication Management In Treatment of Selective Mutism: "Child with Resolution of Symptoms After Extensive Therapy Alone"**. Sonia Demetrios, MD. Juan Penalosa, MD. Bronx Lebanon Hospital Center, Icahn School Of Medicine, Bronx, New York. at conference Aepnya (AACAP 2016 conference in conjunction with Spain Child and Adolescent Psychiatry) held in Don San Sebastian Spain 5/2016. Primary Presenter and Author.
- **"The Infection that Unraveled the Genetic Code to Madness": First Psychotic Episode in a 12 Year Old Child Involving a Chromosomal Abnormality and Pediatric Acute Onset Neuropsychiatric Disorders Associated with Streptococcus (PAN DAS)**. Bronx Lebanon Hospital Center, Albert Einstein University School of Medicine, NY. Case Conference 3 hours (1 of 8 total conferences) Chair and Primary Presenter along with Dr. M. Jennings. AACAP 2015 Conference, (American Academy of Child and Adolescent Psychiatry) San Antonio, Texas. Also in process of publication in pediatric journal with Dr. Purswami (Pediatrics)
- Demetrios, S. (2009, September). *Spasmodic Dysphonia* all Publication Pending. Oral Presentation presented at: round table Discussion-Oral presentation/ PowerPoint completed; Mansfield, OH.

Poster and Paper Presentations

"To View the Brain through a Psychotic Mind": Adolescents with Hippocampal Volume Reduction Affecting the Left versus Right Hippocampus with Their Resultant Psychiatric Sequelae and Unique Clinical Presentations.
Bronx Lebanon Hospital Center, Albert Einstein University School of Medicine, Bronx, New York

Poster Presentation Sonia Demetrios M.D primary author with Arturo Sanchez Lacay MD. APM 2015 Conference, New Orleans, Louisiana.

The Complex Multimodal Management of First Psychotic Break in Patients with Morphometric Alteration in Hippocampal Formation. Poster Presentation. Bronx Lebanon Hospital Center, Albert Einstein University NY Poster Presentation

NEI 2015 Psychopharmacology Conference, Orlando Florida. In addition in the process for publication along with Baskim Kadruai, Gu Wen, Dr. Arturo Sanchez Lacay (Child psychiatry), Dr. Mirchandani (radiology).

Demetrios, S. Lavakumar, M. (2013 3/13). **"Attack of the Aliens "A Case of Myxedema Madness / /**
Publication pending. **Clinical paper and Literature Review:** Cleveland,
Ohio. Poster presentation approved at **APA 2013** and presented in San
Francisco. Also presented at the **IPA conference 2013** in Philadelphia
Also presented in Local CL Cleveland conference and won best poster " **Honorary mention " 2012**

Demetrios, S. Lavakumar, M. (2013 11'13) **An Irreversible Delirium: Pushing the Envelope/or
Goals of Care Within the Islamic Bioethical Framework**

Islamic Ethics and End of Life Care: Islamic View

Poster presentation approved and presented at **APM Nov 2013**.
Currently working on paper publication to submit for publication

Language Fluency (Other than English)

1. English (primary)
2. Arabic (secondary)

Other Awards/Accomplishment/Memberships/Scholarships:

- 2nd place award at Presentation at Aepna Conference, Spain May 2016
- 3rd place Award to Poster Presentation at NEI Conference Orlando, Florida Nov 2015
- CL Cleveland conference "Honorary mention" on poster presentation. 2012
- Certificate of Achievement in the Continuing Research Education Credit Program Thru 8/6/2016
- Dean's List and Honor graduate-Xavier University School of Medicine (2008) Award "most Likely to perfect patient care" 2008
- Dean's List and Honor graduate University of Ga (1998-2002)
- University of GA National Honor Society TriBetaNational
- Biological Honor Society (1998-2002) Phi Sigma Pi National
- Honors Society (1998-2002) American Medical School
- Association (1998-2008) Biological Sciences Student
- Association (1998-2002) Alpha Phi Omega Honor Society
- President(1998-2002) Current Membership
- AMA (American Medical Association) Present
- APA (American Psychiatric Association) 2012 till present
- AACAP (American Academy of Child Adolescent Psychiatry 2014-present