

SHELBY ADLER

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EDUCATION

- Albert Einstein College of Medicine**, The Bronx, NY *Present*
- MD Candidate, Class of 2021
- Bennington College**, Bennington, VT *June 2016*
- Certificate of Completion for the Post Baccalaureate Pre-Medical Program
- University of Wisconsin, Madison**, Madison, WI *May 2015*
- Bachelor of Arts in Psychology with Honors
- Dean's List 2011 – 2015
- Undergraduate Research Scholar Award, one of only 20 recipients, 2015
- University of New Haven/CEA Buenos Aires Center** – Buenos Aires, Argentina *Spring 2014*
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RESEARCH

- Dr. Joan Berman's HIV Lab**, Lab Volunteer, The Bronx, NY *Winter 2016*
- Assisted with NeuroAIDS lab work understanding the mechanisms of how HIV infected monocytes transmigrate across the blood brain barrier to cause HIV associated neurocognitive disorders (HAND)
- Gained first-hand lab experience creating media, counting cells, and analyzing data utilizing western blot, chromatin immunoprecipitation, fluorescence activated cell sorting, and PCR
- Collaborated with PhD student on her research on HIV Tat protein and its effect on HAND
- Presented my research titled "Role of HIV Tat Protein in the Regulation of Gene Expression in Macrophages that May Contribute to NeuroAids" to principal investigator and students
- The Infant Learning Lab**, Assistant Researcher, Madison, WI *Jan 2013 – May 2015*
- Spearheaded primary research and performed data analyses for studies evaluating relationships between learning abilities and language acquisition
- Developed and executed an original honors thesis, collaborating with researchers at Carnegie Mellon University, that examined individual differences in second language acquisition
- Presented my thesis titled "Individual Differences in Second Language Learning: Effects of Inhibition" at the University of Wisconsin Undergraduate Honors Research Symposium, winning Scholar Award
- Harlow Center for Biological Psychology**, Assistant Researcher, Madison, WI *Aug 2013 – Dec 2013*
- Conducted research within the psychoneuroimmunology lab evaluating the relationship between inflammation, the development and functioning of the brain, and psychological well-being
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PUBLICATIONS

Samuel, D., **Adler, S.**, Vilardo N., & Gressel G. (2019). Academic influence in gynecologic oncology is associated with industry funding: An analysis of the Open Payments database. *Journal of Clinical and Translational Science*, Abstract, 3(S1), 32.

VOLUNTEER EXPERIENCE

- Grocery Delivery for Community Members**, The Bronx, NY *April 2020 – Present*

- Conducted phone calls to community members on food stamps to assess their food supply and inquire about their need for grocery deliveries supplied by local food pantries
- Informed community members about their options for free food delivery services provided by the city and connected individuals with social workers at Montefiore Medical Center

Crisis Text Line, Remote

March 2020 – Present

- Supported people in crisis through active listening, collaborative problem solving, safety planning, and referrals to mental health resources and emergency assistance

Einstein Community Health Outreach Clinic, The Bronx, NY

Fall 2017 – Fall 2019

- Educated patients in student-run free clinic about their health conditions and supported patients throughout their clinic visit by providing physical and emotional care
- Counseled patients on healthy lifestyle choices, diabetes care, and reproductive options

Montefiore’s Resident Advocacy Development Program, The Bronx, NY *Fall 2018 – Spring 2019*

- One of three selected to participate in workshops led by professional advocates on patient storytelling, written advocacy, legislative processes, and advocacy for incarcerated individuals

Abortion Clinic Escort for Bronx Abortion, The Bronx, NY

Fall 2017 – Spring 2019

- Aided patients in accessing Bronx Abortion Clinic for their appointments and provided support for their reproductive choices
- Facilitated an onsite training, collaborating with experienced abortion clinic escorts

Saving Mothers, New York, NY

Nov 2016 – May 2017

- Assisted with fundraising, grant writing and research for a nonprofit dedicated to eradicating maternal mortality and birth-related complications in developing nations, working alongside the organization’s founder, Dr. Taraneh Shirazian
- Traveled to West Pokot, Kenya for a week with Dr. Shirazian, staff volunteers, and a team of healthcare providers to provide medical care and training in gynecological care and birth practices

LEADERSHIP EXPERIENCE

Board Member of Medical Students for Choice (MSFC) and Creator of Jacobi Women’s Options

Abortion Doula Program, The Bronx, NY

Spring 2017 – Fall 2018

- Created the first Abortion Doula Program at Jacobi Medical Center during my second year, collaborating with abortion providers at Jacobi Women’s Options Clinic
- Built an ongoing volunteer program run by Board Members of MSFC to provide patients with compassionate emotional, physical and informational support regarding their procedure
- Attended MSFC Annual Conference in 2017 and 2018

Board Member of Adolescent Health Interest Group, The Bronx, NY

Spring 2017 – Fall 2018

- Organized a pediatric transgender care lecture on the role of the physician in the treatment of the gender questioning child, presented by an adolescent medicine fellow at Montefiore
- Collaborated with an adolescent medicine fellow on her research during the summer of 2017, focusing on the effects of Nexplanon and the Mirena IUD on weight gain in adolescent patients

Nutrition Co-Chair of Body, Obesity, Diabetes, and You, The Bronx, NY

Spring 2017 – Fall 2018

- Volunteered for BODY, a group dedicated to educating children in The Bronx about healthy lifestyles
- Created the first lecture series on body positivity and presented to 5th graders in The Bronx

Vice President of Ob/Gyn Interest Group, The Bronx, NY

Spring 2017 – Fall 2018

- Organized events relating to reproductive justice including workshops on birth control options and IUD placements, facilitated by residents and attendings from Albert Einstein College of Medicine

PROFESSIONAL MEMBERSHIPS

American Medical Association, American Psychiatric Association, Psychiatry Student Interest Group Network (attendee at PsychSIGN 2020 Virtual Conference)

PERSONAL INTERESTS

Advocacy for vulnerable populations, women's mental health, yoga (vinyasa), long distance running, attending comedy shows, discovering new ramen restaurants