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Last Updated: 8/24/2023

# Matthew Aaron Sachs, M.D., M.P.H., MBA

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- Current Employment** Matthew Aaron Sachs, M.D., LLC – ADHD Specialist and Psychiatrist for All Ages – solo private practice, CEO/owner, [www.matthewsachsmd.com](http://www.matthewsachsmd.com) – Oct 2021-present  
Medical Director, Beach Counseling, Sep 2022-present
- Previous Employment** Chief Psychiatrist via Locums (Wellpath) – Norfolk, VA City Jail - Oct 2021- April 2022  
Chief Medical Officer – Reboot Private Practice –April 2021-September 2021  
Hospital and Outpatient Psychiatrist; 80% Outpatient, 20% inpatient, Child, Adolescent, & Adult Psychiatrist for Sentara Virginia Beach General Hospital, March 2015-March 2021  
Instructor, Eastern Virginia Medical School, Dept of Pediatrics, June 2014-present  
Inpatient Psychiatrist, Child and Adolescent Acute Units, The Kempsville Center for Behavioral Health, February 2013-February 2015  
Outpatient Psychiatrist, Norfolk Psychiatric Associates, Norfolk, VA, July 2012-Jan 2014  
Medical Director, Blue Ridge First Step (IOP substance abuse facility), Charlottesville, VA, July 2011-June 2012.
- Certifications** ADHD-Certified Clinical Services Provider (ADHD-CCSP), Nov 2021  
CPR/AED Certified through Dec 2023  
Board Certified, Adult Psychiatry, November 2012 (current)  
Board Certified, Child and Adolescent Psychiatry, October 2013 (current)  
Virginia, medical license, issued 5/4/2009, expires 7/31/2022  
North Carolina, medical license, no expiration date
- Completed Education** Master's in Business Administration (**M.B.A.**), Umass-Amherst, 2011-2016.  
Child and Adolescent Psychiatry Fellowship, University of Virginia, 2010-2012.  
Adult Psychiatry Residency, University of Virginia, 2007-2010.  
Masters of Public Health (**M.P.H.**) in Occupational and Environmental Medicine, Harvard School of Public Health, Boston, MA, 2006-2007.  
Doctor of Medicine (**M.D.**), Virginia Commonwealth University School of Medicine (Formerly Medical College of Virginia – M.C.V.), Richmond, VA, 2002-2006.  
Bachelors of Arts (B.A.) in Interdisciplinary Studies, specialization in Atmospheric Chemistry, with distinction. University of Virginia, Charlottesville, VA, 1997-2001.
- Committees** Physicians Advisory Council Member, 2017-2021  
Optima Quality Improvement Committee Member, 2017-2021  
Sentara Pharmacy and Therapeutics (P&T) Committee Member, 2017-2021  
Sentara Finance Committee Member, 2016-2017  
Sentara Compensation Committee Member, 2018-2021  
Physician's Inpatient Advisory Group: 2017-2021
- Honors/Activities** Top Psychiatrist from Top Doctor – 2019-2022 (present)  
Top 100 US Physicians – 2018  
America's Top Psychiatrists -- 2015  
Lillian and Stewart Moore Scholarship: Full Academic Recruitment Scholarship to Virginia Commonwealth University School of Medicine, 2002-2006.  
UVA Housestaff Co-President, 2009-2010  
UVA Medical Alumni Board of Directors, 2010-2011  
UVA Dept of Psychiatry Residency Training Committee, 2009-2010  
UVA Fellow Top Researcher Award, 2012  
UVA Young Scientist Research Award: Operation Clean: Reducing Health-Care Associated Infections in an Outpatient Psychiatry Clinic, 2011  
UVA Key Quality Award: Operation Clean: Reducing Health-Care Associated Infections in an Outpatient Psychiatry Clinic, 2011

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| Honors/Activities<br>(continued)                                                                                                                                                                                                                          | <p>Google Earth Pro Grants for Educators, \$350 for "Using Geographic Information Systems (GIS) to Plot Patient Demographics and Determine Future Placements of Telemedicine Sites."</p> <p>UVA Young Scientist Research Award, "Links Between the Weather and Psychiatric Disorders," 2008</p> <p>UVA Representative, Medical Society of Virginia, 2008-2009</p> <p>UVA Health Systems, Internal Review Committee, Psychiatry Representative, 2008</p> <p>Student Doctor, Physicians for Peace, Managua, Nicaragua, 2005.</p> <p>Scholarship, Betty Ford Summer Institute for Medical Students, 2004.</p> <p>Michael Garstang Award: Outstanding undergraduate in Atmospheric Sciences, 2001.</p> <p>Faculty Senate Undergraduate Research Award, 2001.</p> <p>Echols Scholar: University of Virginia, 1997-2001.</p> <p>Resident of the Lawn at the University of Virginia, 2000-2001.</p> <p>Graduated with Distinction from UVA, 2001.</p> <p>UVA: Phi Beta Kappa. Dean's List all semesters, all four years. 1997-2001.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                 |  |                                                                                                                                                                                         |                                                                                                                                                                                       |                                                                                                                                                                                                        |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                 |
| Posters/<br>Presentations/<br>Proposals                                                                                                                                                                                                                   | <p>Poster, "Operation Clean: Reducing Health-Care Associated Infections in an Outpatient Psychiatry Clinic," Resident Research Day, UVA, 2011</p> <p>Poster, "The Sachs Factor: A Novel Mathematical Model to Predict Growth of a New Telepsychiatry Practice.</p> <p>Poster, "Using Geographic Information Systems (GIS) to Plot Patient Demographics and Determine Future Placements of Telemedicine Sites," 2011</p> <p>Poster, "Children's Reactions to Weather," Resident's Research Day, University of Virginia, 2009</p> <p>Poster, "Relationships Between Weather and Psychiatric Admissions," Resident's Research Day, UVA, 2009</p> <p>Poster, "PRN use and the Occurrence of Snowfall," Resident's Research Day, University of Virginia, 2009</p> <p>Poster, "Investigating Relationships Between Snowfall and PRN Use," Resident's Research Day, UVA, 2008</p> <p>Poster, "Investigating Relationships Between Snowfall and PRN Use," Psychiatric Society of Virginia Annual Meeting, Virginia Beach, 2008</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                 |  |                                                                                                                                                                                         |                                                                                                                                                                                       |                                                                                                                                                                                                        |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                 |
| Publications                                                                                                                                                                                                                                              | <p>Sachs MD, Matthew and Madaan MD, Vishal. Electroconvulsive Therapy in Children and Adolescents: Brief Overview &amp; Ethical Issues, AACAP Ethics Committee, 1/1/2012</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                 |  |                                                                                                                                                                                         |                                                                                                                                                                                       |                                                                                                                                                                                                        |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                 |
| Memberships                                                                                                                                                                                                                                               | <p>Member, American College of Physician Executives</p> <p>Member, American Association of Child and Adolescent Psychiatrists</p> <p>Medical Society of Virginia, UVA Representative</p> <p>Member, Psychiatric Society of Virginia</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                 |  |                                                                                                                                                                                         |                                                                                                                                                                                       |                                                                                                                                                                                                        |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                 |
| References                                                                                                                                                                                                                                                | <p>(Top three MD's can be reached via the UVA Operator at 434-924-0000, bottom by email)</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 33%;"> <p>Dr. Roger Burket<br/>Psychiatry Program Dir.<br/>UVA Health System<br/>PO Box 800623<br/>Charlottesville VA 22901<br/><a href="mailto:RCB8N@virginia.edu">RCB8N@virginia.edu</a></p> </td> <td style="vertical-align: top; width: 33%;"> <p>Dr. Jim Tucker<br/>Child/Adol. Psychiatry<br/>UVA Health System<br/>PO Box 800623<br/>Charlottesville, VA 22901<br/><a href="mailto:jbt8n@virginia.edu">jbt8n@virginia.edu</a></p> </td> <td style="vertical-align: top; width: 33%;"> <p>Dr. Zachariah Dameron<br/>Adult Psych Program Dir.<br/>UVA Health System<br/>2955 Ivy Rd, Suite 110<br/>Charlottesville VA 22901<br/><a href="mailto:zcd9g@virginia.edu">zcd9g@virginia.edu</a></p> </td> </tr> <tr> <td style="vertical-align: top;"> <p>Dr. Leslie Kryzanowski<br/>Staff Psychiatrist<br/>Virginia Beach CSB<br/>297 Independence Blvd<br/>Pembroke 6, Suite 126<br/>Virginia Beach, VA 23462<br/>Phone: 804-339-1926<br/><a href="mailto:lesliekmd@verizon.net">lesliekmd@verizon.net</a></p> </td> <td style="vertical-align: top;"> <p>Dr. Ubha Rayamajhi<br/>Staff Psychiatrist<br/>Virginia Beach CSB<br/>297 Independence Blvd<br/>Pembroke 6, Suite 126<br/>Virginia Beach, VA 23462<br/>Phone: 203-545-0585<br/><a href="mailto:ubharayamajhi@yahoo.com">ubharayamajhi@yahoo.com</a></p> </td> <td style="vertical-align: top;"> <p>Ellen Nogueira, FNP-BC<br/>Family Nurse Practitioner<br/>Previously at Sentara,<br/>now w/ Naval Base<br/>1550 Tomcat Blvd<br/>Virginia Beach, VA 23460<br/>Phone: 757-319-2799<br/><a href="mailto:ellen.nogueira@live.com">ellen.nogueira@live.com</a></p> </td> </tr> </table> |                                                                                                                                                                                                                                                                 |  | <p>Dr. Roger Burket<br/>Psychiatry Program Dir.<br/>UVA Health System<br/>PO Box 800623<br/>Charlottesville VA 22901<br/><a href="mailto:RCB8N@virginia.edu">RCB8N@virginia.edu</a></p> | <p>Dr. Jim Tucker<br/>Child/Adol. Psychiatry<br/>UVA Health System<br/>PO Box 800623<br/>Charlottesville, VA 22901<br/><a href="mailto:jbt8n@virginia.edu">jbt8n@virginia.edu</a></p> | <p>Dr. Zachariah Dameron<br/>Adult Psych Program Dir.<br/>UVA Health System<br/>2955 Ivy Rd, Suite 110<br/>Charlottesville VA 22901<br/><a href="mailto:zcd9g@virginia.edu">zcd9g@virginia.edu</a></p> | <p>Dr. Leslie Kryzanowski<br/>Staff Psychiatrist<br/>Virginia Beach CSB<br/>297 Independence Blvd<br/>Pembroke 6, Suite 126<br/>Virginia Beach, VA 23462<br/>Phone: 804-339-1926<br/><a href="mailto:lesliekmd@verizon.net">lesliekmd@verizon.net</a></p> | <p>Dr. Ubha Rayamajhi<br/>Staff Psychiatrist<br/>Virginia Beach CSB<br/>297 Independence Blvd<br/>Pembroke 6, Suite 126<br/>Virginia Beach, VA 23462<br/>Phone: 203-545-0585<br/><a href="mailto:ubharayamajhi@yahoo.com">ubharayamajhi@yahoo.com</a></p> | <p>Ellen Nogueira, FNP-BC<br/>Family Nurse Practitioner<br/>Previously at Sentara,<br/>now w/ Naval Base<br/>1550 Tomcat Blvd<br/>Virginia Beach, VA 23460<br/>Phone: 757-319-2799<br/><a href="mailto:ellen.nogueira@live.com">ellen.nogueira@live.com</a></p> |
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