

Fred R. Moss, MD

BOARD-CERTIFIED PSYCHIATRIST

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SUMMARY

Board-certified psychiatrist. Northwestern educated. 30+ years of diverse clinical experience including telepsychiatry, locum tenens, private practice (treated over 20,000 outpatients and admitted over 10,000 patients to hospitals), and correctional healthcare (Folsom and Pelican Bay State Prisons). Psychiatric consultant to more than 40 nursing homes in the greater Cincinnati, Ohio area for 15+ years. Serve as an expert in utilization and peer review and as an expert witness in court.

FOCUS AREAS

- Psychiatric malpractice
- Suicide
- Involuntary hospitalization
- Correctional healthcare
- Telehealth and telepsychiatry
- Treatment of addiction to alcohol and drugs, including prescription drugs
- Work injuries and disabilities
- Child and adolescent psychiatry
- Geriatric psychiatry
- Posttraumatic stress disorder
- Crisis response
- File and disability reviews
- Dementia

EDUCATION

Northwestern University, Feinberg School of Medicine Doctor of Medicine (MD),
Psychiatry · 1984 - 1988

University of Cincinnati, Department of Psychiatry and Cincinnati Children's Hospital
Two-Year Fellowship, Child and Adolescent Psychiatry · 1991 - 1993

University of Cincinnati
Three-Year Residency, General Psychiatry · 1989 - 1992

University of Illinois at Chicago
Internship, General Psychiatry · 1988 - 1989
Wayne State University
Bachelor of Science (BS), Biological Sciences · 1979 - 1983

LICENSES AND CERTIFICATIONS

Medical Licenses (active, unrestricted) in California
Board Certified, *American Board of Psychiatry and Neurology*, 1993

PROFESSIONAL EXPERIENCE

Happier Living, Inc., September 2023 - present

TeleHealth Psychiatrist, adult outpatient psychiatric clinic

Action Family Drug/Alcohol Treatment Center, Los Angeles, CA, July 2020 – 2022
Telehealth Psychiatrist, adult drug/alcohol rehabilitation

Discovery Mood and Anxiety Program, San Jacinto, CA, July 2020 – 2022
Telehealth Psychiatrist, adolescent residential treatment program

Welcome to Humanity, 2012 - Present

Mental Health Coach, Speaker, Consultant & Advisor - Shifting the conversation on mental illness on a global scale as a holistic psychiatrist. Services include mental health coaching, speaking, and telepsychiatry training. Also working on Global Madness, a film project focusing on the mental health of our planet.

Mastering TeleHealth, Los Angeles, CA, 2016 - 2020

President and Founder - A consulting service, online course, and community for health organizations (private practice, group practice, clinic, hospital, health care system) dedicated to delivering exceptional virtual care.

Sinnissippi Behavioral Health, Rochelle, IL, November 2019 – July 2020

Telehealth Psychiatrist, outpatient clinic, general adult/adolescent/children

Lawrence County Health Department Behavioral Health, Lawrenceville, IL, March 2018 - June 2018

Telepsychiatrist

Stanislaus County Behavioral Health Youth and Family, Modesto, CA, March 2018 - June 2018

Telepsychiatrist

Choate Mental Health and Development Center, Anna, IL, December 2017 - May 2018

Telepsychiatrist

Massac County Mental Health & Family Counseling Center, Inc., Metropolis, IL, September 2017 - May 2018

Telepsychiatrist

AuntMarthaYouthService,OlympiaFields,IL,October2016-June2018

Telepsychiatrist - Child/adolescent outpatient

Ohio Bureau of Workers' Compensation, Cincinnati, OH, 1998 - 2017

Insurance Reviewer

Multiple National Vendors, 1993 - 2017

Psychiatric File and Disability Reviewer

Folsom State Prison, Sacramento, CA, October 2015 - April 2017

Facility Psychiatrist

Pelican Bay State Prison (SuperMax security prison), Crescent City, CA, July 2015 - October 2015

Psychiatrist

ProMedica-Herrick Medical Center, Tecumseh, MI, October 2015 - June 2016

Telepsychiatrist

WellSpring Resources, Alton, IL, July 2013 - July 2014

Telepsychiatrist

Tuscola Behavioral Health, Caro, MI, December 2013 - April 2014

Telepsychiatrist

Hiawatha General Hospital, Sault Sainte Marie, MI, April 2013 - July 2013

Telepsychiatrist - Child/adolescent

Southwest General Hospital, Cleveland, OH, October 2011 - January 2013

Attending Psychiatrist; Director-Geriatric Inpatient Unit

Epworth Center, South Bend, IN, September 2010 - September 2011

Attending Psychiatrist - General inpatient psychiatry

Logansport State Hospital, Logansport, IN, February 2010 - July 2010

Attending Psychiatrist

Addictsupport.com, 2007

CEO and Founder

MidWest Exams, Inc. (IME), 2006 - 2010

Psychiatric Consultant

Greater than 40 nursing homes, Cincinnati, OH, 1993 - 2010

Psychiatric Consultant

Private Practice, Cincinnati, OH, 1991 - 2008

Psychiatrist - All ages, all conditions

Adolescents, Summit Behavioral Health, Cincinnati, OH, 1998 - 2005

Medical Director, Crisis Response Team

Camelot Care Centers (indigent children and adolescents), Cincinnati, OH, 1999 - 2001

Medical Director - Provided psychiatric services for indigent children and adolescents.

St. Aloysius Orphanage, Cincinnati, OH, 1997 - 1998

Medical Director

Psychiatric Systems of Cincinnati, Cincinnati, OH, 1996 - 1997

Medical Director

Cincinnati Area Senior Services, Cincinnati, OH, 1990 - 1994

Psychiatric Consultant - Evaluated geriatric patients in their homes to determine need for guardianship.

Bethesda Oak Hospital / Spectrum Partial Hospital Program, Cincinnati, OH, 1994

Medical Director

St. Elizabeth's Hospital, Covington, KY, 1991 - 1993

Psychiatric Services Provider / Coordinator

Pauline Warfield Lewis Center / Summit Behavioral Health Center, Cincinnati, OH, 1990 - 1992

Admitting Psychiatrist - State hospital

Drop-in Center (homeless shelter), Cincinnati, OH, 1990 - 1991

Psychiatric Consultant - Indigent population; 8 hours a week, pro-bono

Childcare Worker Northwestern University Adolescent Inpatient Unit, Chicago, IL, 1986 - 1988

Childcare Worker Fairlawn Center, Pontiac, MI, 1980 - 1985

Publications

“The Creative 8: Healing Through Creativity and Self-Expression” - 2019 published book on healing mental health symptoms with Creativity and Human Connection

“Find Your True Voice!” - 2021 published book on discovering what is important and expressing that to the public as a form of healing self and others

“The Sound of Listening,” The Journal of the 2020 Conference For Global Transformation, Volume 20, Number 1, May 2020

"Global Madness: What Must Happen To Unite?" The Journal of the 2019 Conference for Global Transformation, Volume 19, Number 1, May 2019

Posttraumatic Stress Disorder Chapter, Psychodynamic Concepts in General Psychiatry, J. Lindy, MD; F. Moss, MD; L. Spitz, MD, American Psychiatric Press, Inc., 1992

Presentations & Media

“True Voice Course” - creator of online course, using podcast as template, helping people to find their true voice with interactions, multimedia interactive course truevoicecourse.com

Podcast Host: Welcome to Humanity, 2019 - 2023, over 100 episodes, conversations with extraordinary human contributors

Podcast Host: The Healthy Healer, 2023 - present, conversations with spectacular healers from all specialties

Podcast Guest: over 200 appearances speaking as Welcome to Humanity, and transforming narrative of Mental Illness

“Global Madness: How Mental Illness Is Perceived Around the World,” Podcast appearance on ReachMD.com, January 2020

“Introducing Telepsychiatry: How Technology is Revolutionizing Mental Health Services,” Podcast appearance on ReachMD.com, December 2019

“How to 10x Your Effectiveness as a Provider,” Telehealth Secrets Conference, Newark, CA, October 2019

“Mastering Telehealth,” Instructor for an online course, March / April 2019

“Substance Abuse and Mental Illness,” Arlington Heights Academy, 2007

“Perils of Substance Abuse,” Indian Hill High School, 2007

“The Agitated Geriatric Patient,” Middletown Regional Hospital, 2006

“Psychotropic Medications for the Severely Disturbed Youth,” St. Aloysius Orphanage, 1997

Seminar: St. Joseph’s Orphanage, 1997

“Adolescents at Risk,” Bob Hope Center for Hope, 1994

“Three Worlds of Alzheimer’s Disease,” Jewish Hospital Center on Aging with M. Folstein, MD, 1992

“Suicide and Huntington’s Disease,” Huntington’s Disease Society of America – SW Ohio Chapter, 1992

“Benzodiazepines: Use them or Lose Them,” University of Cincinnati Grand Rounds with L. Graham, MD and T. Tangvald, MD, 1991

01/23/2026