

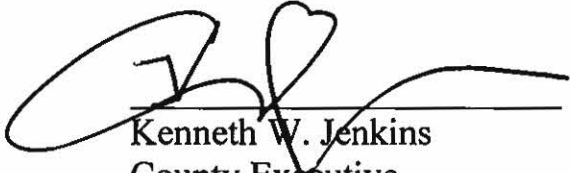


Kenneth W. Jenkins  
County Executive

WHEREAS, a vacancy exists in the membership of the Westchester County Community Services Board:

NOW, THEREFORE, I, Kenneth W. Jenkins, County Executive of Westchester County, in accordance with the terms and provisions of the Westchester County Charter, appoint Dr. Teresa Hsu, 14 Langeland Drive, Mount Kisco, New York as a member of the Westchester County Community Services Board, for the term March 24, 2026 to December 31, 2029.

Given under my hand  
and seal this 24<sup>th</sup> day  
of March, 2026.



Kenneth W. Jenkins  
County Executive

Office of the County Executive

Michaelian Office Building  
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White Plains, New York 10601

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**Kenneth W. Jenkins**  
County Executive

March 24, 2026

**Dr. Teresa Hsu**  
14 Langeland Drive  
Mount Kisco, NY 10549

Dear Dr. Hsu,

It is my pleasure to appoint you to serve as a member of the Westchester County Community Services Board, effective Tuesday, March 24, 2026. This appointment is for a term to expire on December 31, 2029.

Your appointment is subject to confirmation by the Westchester County Board of Legislators, but your service begins immediately. You must complete the attached Oath of Office within 30 days, either by appearing at the County Clerk's office or mailing the signed and notarized form to our office.

When you have filed your Oath of Office, a Resolution to confirm your appointment will be submitted to the County Board of Legislators. As part of the confirmation process, you may be called before the Board for an interview. Please contact Aviva Meyer at (914) 995-2924 to confirm the date, place, and time of the upcoming meeting for your participation.

Pursuant to Local Law, as a member of a Westchester County Board and/or Commission, you are responsible for adhering to the requirements of our Code of Ethics.

Warmest wishes for a successful tenure.

Very Truly Yours,

A handwritten signature in black ink, appearing to be "KWJ", with a long horizontal flourish extending to the right.

**Kenneth W. Jenkins**  
Westchester County Executive

KWJ/ts

cc: **Honorable Board of Legislators**  
**Emily Saltzman, Director of Operations**  
**Michael Orth, Commissioner, Dept. of Community Mental Health**

**CURRICULUM VITAE**  
**TERESA HSU, PHD**  
**thsu@connecttospeak.org**

**EDUCATION:**

- 2004 B.A., Cum Laude, Piano Performance, Northwestern University, Evanston, IL.
- 2004 B.A., Cum Laude, Psychology, Northwestern University, Evanston, IL.
- 2011 Ph.D., Clinical Psychology, The George Washington University, Washington, D.C.

**POST-GRADUATE TRAINING:**

- 7/10-6/11 Psychology Intern, Child Track, King's County Hospital Center, Brooklyn, NY
- 6/12-4/13 Post-Doctoral Research Fellow, New York University, Department of Cariology and Comprehensive Care
- 11/2013 Cognitive-Behavioral Therapy for Post-traumatic Stress Disorder, Beck Institute: Cognitive Therapy Training Center
- 12/2013 Integrated Mental Health/Addictions Treatment Training, Center for Practice Innovations at Columbia Psychiatry, New York State Psychiatric Institute
- 4/15-8/15 Mindfulness Based Stress Reduction for Teens (MBSR-T) Course, New York
- 3/17 Introduction to Chair Yoga, Live Webinar, New York
- 10/17-1/18 Acceptance and Commitment Therapy Course, New York
- 8/19 – 1/20 Certificate Course in Cognitive Behavioral Therapy for Insomnia (CBT-I): Evidence-based Insomnia Interventions for Trauma, Anxiety, Depression, Chronic Pain, & more, New York

**POST-GRADUATE PROFESSIONAL EMPLOYMENT AND HOSPITAL APPOINTMENTS:**

- 6/13-5/14 Clinical Psychologist, Institute for Family Health, New York, NY
- 5/11-9/14 Psychoeducational Consultant, Diversified Health Services, LLC, New York, NY (formerly Integrative Psychological Services of New York)
- 8/14-8/23 Supervising Psychologist, Behavioral Health Integration Program (BHIP), Montefiore Medical Group, Bronx, NY
- 10/14-11/20 Instructor of Pediatrics, Albert Einstein College of Medicine/Montefiore Medical Center, Bronx, NY

- 2/16-11/20 Director of Clinical Operations, Behavioral Health Integration Program (BHIP), Montefiore Medical Group, Bronx, NY
- 1/17- Senior Psychologist, Institute for Cognitive Behavioral Therapy and Research, White Plains, NY
- 11/19-8/23 Interim Director, Finances and Grants Management, Behavioral Health Integration Program (BHIP), Montefiore Medical Group, Bronx, NY
- 10/22-8/23 Interim Director of Training, Pediatric Behavioral Health integration Program (BHIP), Montefiore Medical Group, Bronx, NY
- 11/20-8/23 Assistant Director of Pediatric Behavioral Health Integration Program (BHIP), Montefiore Medical Group, Bronx, NY
- 11/20- Assistant Professor, Pediatrics, Albert Einstein College of Medicine/Montefiore Medical Center, Bronx, NY
- 5/22- Montefiore Einstein Psychiatry Associates (MEPA), Staff Psychologist
- 11/23- Founder and Executive Director, S.P.E.A.K.: A Supportive Place for Empowering Asian Americans and Kin
- 1/24- Assistant Professor, Department of Psychiatry and Behavioral Sciences, Albert Einstein College of Medicine, Bronx, NY

**CERTIFICATION:**

2013 License, Psychologist, State of New York #020051

**PROFESSIONAL SOCIETY MEMBERSHIPS:**

- 2007, 2005 Society for Community Research and Action (SCRA)
- 2007-2008 The George Washington University Campus APAGS Representative
- 2007-2009 American Psychological Association (APA)
- 2007, 2010 Society for Prevention Research (SPR)
- 2008 Division 37 of APA: Society for Child and Family Policy and Practice
- 2009 Society for Research in Child Development (SRCD)
- 2009 American Psychological Association for Graduate Students (APAGS)
- 2010 Society for Research on Adolescence
- 2012-2016 American Psychological Association Student and Early Career Advisory Council on Publications (SECAP)
- 2018-2019 American Group Psychotherapy Association
- 2019- American Psychological Association
- 2021- Asian American Psychological Association

## **AWARDS AND HONORS:**

- 2005-2010 Academic Excellence Award, The George Washington University
- 2006 Honorable Mention, APA Minority Fellowship Program, Mental Health and Substance Abuse Services Fellowship
- 2011 Dr. Dorothy Gartner Award, King's County Hospital Center
- 2024 Next Generation Leader, Committee of 100
- 2025 AAPI Heritage Month Honoree, Presented by the New York State Assembly and Senate Asian Pacific American Task Force

## **OTHER ACADEMIC AND PROFESSIONAL ACTIVITIES (SELECTED LIST):**

- 2021 Reviewer, Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference
- 2021 Program Committee Co-chair, Asian American Psychological Association National Convention Meeting
- 2021 Co-facilitator, Workshops via Virtue Mental, focused on mental wellness for the AAPI community (virtual)
- 2022 Panelist/co-panelist, Workshops via Empathie, focused on mental wellness for the AAPI community (virtual)
- 2022 Speaker, Community Workshops, focused on parent-child relationship for the Bronx community (virtual)
- 2022 Speaker, *SPEAK: A Model for Asian American Mental Health*, presented at the OCA-Westchester membership meeting (Scarsdale, NY)
- 2023 Panelist: *Surviving and Thriving*, presented at the Asian American Advisory Board Needs Assessment Event (White Plains, NY)
- 2023 Speaker, Community Workshops in collaboration with OCA-WHV, focused on Asian American teen mental health (Various locations, Westchester, NY)
- 2024 Speaker, *Mental Health in the AANHPI Community*, presented to Montefiore Einstein Associates, AAPI & AVID BRGs (virtual)
- 2024 Panelist, *Asian American Mental Health*, presented to the Federal Reserve Bank of New York
- 2024 Co-chair, Asian American Psychological Association National Convention in Atlanta, GA

- 2024 Speaker, *Social Isolation: the AAPI Suburban Experience*, presented at the New York State AAPI Legislative Summit (Albany, NY)
- 2020, 2023, 2025 Reviewer, *Clinical Practice in Pediatric Psychology*
- 2024-2025 Mental Health Advisory Board, OCA-WHV
- 2025 Reviewer, *Asian American Journal of Psychology*
- 2025 Panelist, *Pediatric Mental Health*, presented at the Stuyvesant High School Parent Association meeting (virtual)
- 2025 Speaker, *The pain of "Kung-Flu", the model minority, and Jackie Chan: Asian American mental health*, presented at the Early Care & Learning Council, Early Learning Café (virtual)
- 2025 Speaker, *No, Where Are You REALLY From?: Clinical Guidance on Improving Racial Mental Health Inequity for Asian Americans*, presented via Charlie Health (virtual)

#### RESEARCH:

- Germán, M., Cirilli, C., Merrill, E., **Hsu-Walklet, T.** Rinke, M., Colman, S., Haliczzer, L., Briggs, R. (February, 2015). *Integrating Behavioral Health into Community-Based Pediatrics in the Bronx*. Poster session presented at the annual conference of the Association of Psychologists in Academic Health Centers, 2015.
- Hsu-Walklet, T.**; German, M.; Gurney, B.; Berman, R.S.; Parekh, J.; Mulroy, M.; Faro, E.; Herrick, J.; Oberhand, E.; Cuno, K.; Kairy, T.; Briggs, R.D. (April, 2018). "Nice To Meet You": A Quality Improvement Project to Increase Warm Hand-Offs. Poster session presented at the meeting of Society of Pediatric Psychology, Orlando, FL.
- Hsu-Walklet, T.** (August, 2018). *Parenting in the Bicultural Household: Zuo Yue Zi and Push Presents*. Lecture presented at the meeting of Chinese-American Academic and Professional Association in Southeastern United States.
- Pressimone, V., **Hsu-Walklet, T.**, Thaxter, L., & Andrews, C.C. (September, 2019). *Development and Evaluation of a Behavioral Health Training Program for Medical Trainees (Teaching Residents, Attendings & Interns in Urban Pediatrics, TRAIIN-UP)*. Poster session presented at the meeting of Developing and Research Advanced Models of Integrated Primary Care (DREAM IPC) Conference, Wilmington, DE.
- Germán, M. & **Hsu-Walklet, T.** (August, 2020). *Montefiore Medical Group: Redesigning Screening in the Midst of the Bronx COVID-19 Crisis*. Advancing Integrated Models National Webinar: Engaging Patients with Complex Needs Amid COVID-19: Lessons from provider Organizations by the Center for Health Care Strategies, Bronx, NY.

Chen, A., Adamek, E., Koonce, S., **Hsu-Walklet, T.** (September, 2021). *Feasibility of Brief Anxiety Telehealth Group in an Integrated Primary Care Setting*. Poster session presented at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Bronx, NY.

**Hsu-Walklet, T.**, Pressimone, V., Sheu, A., Levine, S., Umylny, P, Germán, M. (September, 2021). *Can You See Me Now? Use of Teletherapy Groups Interventions to Meet the Needs of an Urban Pediatric Primary Care Population during the COVID-19 Pandemic*. Oral Data Blitz Presentation at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Bronx, NY.

Sheu, A., **Hsu-Walklet, T.**, Germán, M. (September, 2021). *Can We Please Start Asking About Racism and Bias at the Doctor's Office?* Poster session presented at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Bronx, NY. *\*winner of People's Choice Poster Award*

Al Ghabra, D., **Hsu-Walklet, T.**, Umylny, P., Herrick, J. (September 2023). *More Referrals, No Problem: Cost-effective Management of Referrals Following Post-Pandemic Short Staffing*. Poster presented at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Wilmington, DE.

Bliss, B., Wallace, S., **Hsu-Walklet, T.**, Umylny, P. (September 2023). *Breaking Down Silos in Pediatric Primary Care: Bridging the Gap between OB/GYN and Pediatrics*. Skills workshop presented at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Wilmington, DE.

Khoo, O., Sheu, A., **Hsu-Walklet, T.**, Germán, M. (September 2023). *We Don't Talk About Racism & Bias (Enough)*. Poster presented at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Wilmington, DE.

Umylny, P., **Hsu-Walklet, T.**, Bliss, B.; Patel, A. (September 2023). *Distant Socializing: How the COVID19 Pandemic Taught Us to Support HealthySteps Families, Bridge OB and Pediatrics, and Navigate Autism Services through Virtual Group-Based Interventions*. Workshop Presentation presented at the Zero to Three Conference, Minneapolis, MN.

Bliss, B., Wallace, S. A., Umylny, P., & **Hsu-Walklet, T.** (September 2023). *Breaking down silos in primary care: Bridging the gap between OB/GYN & pediatrics through HealthySteps*. Workshop Presentation presented at the Developing and Researching Advanced Models of Integrated Primary Care (DREAM-IPC) Conference, Wilmington, DE.

George, G., Wallace, S., Bliss, B., Umylny, P., & **Hsu-Walklet, T.** (July 2024). *Implementation of the HealthySteps:BRIDGE pilot project*. Poster presented at the Postpartum Support International Conference, Washington, DC.

## BIBLIOGRAPHY:

### A. Original Contributions

1. Danielwicz, J.; Deaner, J.; Garcia, R.; **Hsu, T.**; Nelson, C.; Shagott, T., ... Olson, B. (2005, May). Oxford House: A Place to Call Home. *Family Therapy Magazine*, 4(3), 24-27.
2. Colibazzi, T.; **Hsu, T.T.**; Gilmer, W. S.; Arana, F. (2006). Human Immunodeficiency Virus and depression in primary care: A clinical review. *Primary Care Companion to the Journal of Clinical Psychiatry*, 8(4), 201-211.
3. Heyman, R. E., Slep, A. M. S., Sabathne, C., Erlanger, A. C. E., **Hsu, T. T.**, Snyder, D.K., Balderrama-Durbin, C., Cigrang, J. A., Talcott, G. W., Tatum, J., Baker, M. T., Cassidy, D., & Sonnek, S. M. (2015). Development of a multilevel prevention program for improved relationship functioning in active duty military members. *Military Medicine*, 180(6), 690-696.
4. German, M.; **Hsu-Walklet, T.**, Gurney, B.A., Parekh, J., Berman, R.S., Herrick, J., Briggs, R.D., Aviv, E.C., Faro, E.Z. (2020). 'Nice to Meet You': A Quality Improvement Project to Increase Warm Handoffs. *Clinical Practice in Pediatric Psychology*, 8(3), 247-256.
5. Milrod, B., Seham, J., & **Hsu-Walklet, T.** (2024). Post-Traumatic Stress Disorder (PTSD). In M. Cabana (Ed.), *The 5-Minute pediatric consult* (9th ed., pp. 780-781). Wolters Kluwer Health.
6. **Hsu, T.** (2025). *The Asian American teen's mental health workbook: Skills for children of immigrants to navigate family and cultural expectations, challenge racism, and celebrate who you are.* New Harbinger Press.

### MEDIA:

1. Panelist, *Town Hall*. 'COVID-19 Town Hall by Butler Memorial United Methodist church and State Senator Jamaal T. Bailey'. June 13, 2020.
2. Interviewee, *Bronx Times*. Montefiore pediatric specialist shares advice on how COVID-19 has affected children. June 2020. <https://www.bxtimes.com/montefiore-pediatric-specialist-shares-advice-on-how-covid-19-has-affected-children/>
3. Interviewee, *Modern Healthcare*. 'Pandemic Adjustments'. March 2021. <https://www.modernhealthcare.com/behavioral-health-hospitals/stressing-already-burdened-pediatric-behavioral-health-system>
4. Interviewee, *City Limits*. 'NYC Youth Struggling with OCD Face Compounded Challenges in Pandemic'. April 2021. <https://citylimits.org/2021/04/23/nyc-youth-struggling-with-ocd-face-compounded-challenges-in-pandemic/>

5. Interviewee, *Romper*. 'The Pros & Cons of Using a Reward Chart'. July 2021. <https://www.romper.com/parenting/reward-chart-pros-cons-for-kids>
6. Interviewee, *WHYY: The Pulse, National Public Radio*. 'Kids and Mental Health'. August 2021. <https://whyy.org/episodes/kids-and-mental-health/>
7. Interviewee, *Romper*. 'How to Talk to Kids about 9/11'. September 2021. <https://www.romper.com/parenting/how-to-explain-9-11-to-a-child>
8. Interviewee, *Deseret News*. 'The next teen epidemic'. February 2022. [Teen depression: Why is anxiety up among teens during COVID pandemic? - Deseret News](#)
9. Interviewee, *Let's Talk Kids Health Podcast*. December 2022. <https://www.youtube.com/watch?v=S15ekNt0BU>
10. Interviewee, *New York Times*. 'Health Panel Recommends Screening All Kids 8 and Up for Anxiety'. October 2022. <https://www.nytimes.com/2022/10/11/well/family/anxiety-screening-recommendation-children.html>
11. Interviewee, *verywell family*. 'New Guidelines Say Screening for Anxiety Should Begin at Age 8'. October 2022. <https://www.verywellfamily.com/screening-for-anxiety-should-begin-at-age-8-6750943>
12. Interviewee, *NJ.com*. 'NJ nonprofit providers alternative supports to Asian American mental health'. November 2024. <https://mosaic.nj.com/community/2024/11/nj-nonprofit-provides-alternative-supports-to-address-asian-american-mental-health.html>
13. Interviewee, *Young OCA Podcast*. Asian American Mental Health, December 2024. <https://www.youtube.com/@OCAYouthPodcasting>
14. Interviewee, *CA Ground Truthing Podcast*. 'Voices Unheard: Addressing Mental Health in the Asian Community' January 2025. <https://soundcloud.com/user-849602554/wca-ground-truthing-voices-unheard-addressing-mental-health-in-the-asian-community>
15. Interviewee, "Local News Report: Westchester Health." Local News. News 12, May 1, 2025.
16. Interviewee, *Preferred Health Magazine*. 'Mental health impact of screen time on kids'. In press.
17. Interviewee, *Affirming Minds Podcast*. The Asian American Teen's Mental Health Workbook. November 2025. <https://open.spotify.com/episode/1SANMgAV9U6ydx3rQEofzF>

**COUNTY OF WESTCHESTER  
OATH OF OFFICE**

**For Appointees to County Boards and Commissions**

STATE OF NEW YORK )  
 ) ss.:  
COUNTY OF WESTCHESTER )

I, Teresa Hsu do solemnly swear (or affirm) that I will support  
(Print or Type Name)

the constitution of the United States, and the constitution of the State of New York, and that I will faithfully discharge the duties of the office of Westchester County Community Services in and for the  
(Print or Type Board Name)

County of Westchester, according to the best of my ability.

Date: 3/30/26  
4/6/26

[Signature]  
(Signature)

Sworn to and subscribed before me this 6<sup>th</sup> day of April,  
2026.

[Signature]  
(Signature)

Luis Rodriguez  
(Print or Type Name)

Notary Public  
(Title of Official Administering Oath)

**LUIS RODRIGUEZ**  
Notary Public - State of New York  
No. 01RO0036017  
Qualified in Bronx County  
My Commission Expires Apr. 10, 2029

Mail original Oath of Office to Office to Andrew Ferris, Office of the County Executive, 148 Martine Ave., Room 916D, White Plains, NY 10601 for filing within thirty (30) days of the commencement of the term of office or the notice of appointment.