

NYSPA Leadership Institute 2016-2017 Fellow: Angela Antonikowski, PhD



Angela Antonikowski, PhD, is a clinical psychologist and Assistant Professor at Albany Medical Center.

Dr. Antonikowski began her career at the State University of New York – Albany where she obtained her BA in Psychology working with Leslie Halpern, PhD.

At the time, Dr. Antonikowski's interests were focused on high-risk children's emotional and cognitive development with a particular interest in the influence of early interactions on later development in these children. Having her second child in graduate school only strengthened an interest in these early dynamics.

Dr. Antonikowski graduated from SUNY-Albany and completed her doctorate education with a focus on Clinical Psychology with pre and post-doctorate training in inpatient and outpatient psychiatric settings. Her training has focused on the familial impact of medically complex children and pre-term birth.

Dr. Antonikowski completed her pre and post-doctoral education at Albany Medical Center (AMC) in the Department of Psychiatry at the Capital District Psychiatric Center/Stratton VA/Albany Medical Center Consortium. This experience included training medical providers in the use of brief interventions for substance abuse disorders. During this time, Dr. Antonikowski was exposed to a multitude of supervisory mentoring experiences; all of which contributed to a perspective regarding the ways in which psychologists could influence and impact not only the development of future psychology trainees, but allied and medical professionals as well. An appreciation for the role of psychology was fostered while working in the Department of Pediatrics at AMC. During that time, issues related to advocacy for children's mental health, the role of stigma in access to care and difficulties with systems of care all contributed to an interest in diversity factors as well as policy issues related to children's mental health; particularly for those with chronic illness.

While in Pediatrics, Dr. Antonikowski developed a novel pediatric plan program within the Department of Neurology. Currently, Dr. Antonikowski is Director of Behavioral Science and Director of Research in the Department of Family and Community Medicine at AMC, and Co-Director of the pediatric headache and pain program in the Department of Neurology.

Dr. Antonikowski's interests are in the area of multicultural and diversity factors in psychological and medical education, the complex interplay of biology and behavioral manifestations of pain disorders in adults and children, and clinical health psychology.

Dr. Antonikowski has lectured on the area of policy and integrative health, the role of stigma in access to mental health, and adjustment difficulties associated with medical diagnoses such as diabetes and chronic health conditions. Creating an environment for all children and adults where mental health stigma is reduced or eliminated and brokering partnerships with stakeholders to enact system change and priority. While developing an interest in policy changes related to access to mental health is an emerging focus, finding ways to watch more baseball with her husband and three children would be the priority.