Stanford

Khalid Salaheldin, MD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Stanford University Psychiatry and Behavioral Sciences Clinic**

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Bio

BIO

Dr. Khalid Salaheldin is a Clinical Associate Professor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, specializing in early psychosis, schizophrenia-spectrum disorders, and interventional psychiatry. He serves as Assistant Medical Director of Stanford's INSPIRE Clinic and contributes to the advancement of INSPIRE 360, expanding comprehensive, coordinated, recovery-oriented care.

His clinical work spans outpatient early psychosis care, inpatient psychiatry, and interventional treatments, including electroconvulsive therapy (ECT). His approach is grounded in compassion, collaboration, and the belief that exceptional psychiatric care begins with understanding the person in front of the diagnosis. He integrates evidence-based treatments with attention to sleep, exercise, nutrition, mindfulness, psychotherapy, physical health, and meaningful relationships, emphasizing individualized care aligned with each patient's goals and values.

This commitment is also deeply personal. Through his experience supporting a relative affected by schizophrenia, Dr. Salaheldin brings a perspective informed by both clinical expertise and a personal understanding of the challenges faced by individuals and families navigating serious mental illness. This connection continues to shape his dedication to compassionate, family-centered care that preserves dignity, fosters hope, and recognizes the humanity beyond every diagnosis.

His academic interests include early psychosis interventions, precision psychiatry, neuromodulation, novel therapeutics, spirituality and mental health, global mental health, mental health policy, and physician well-being. He is particularly interested in translating advances in precision psychiatry and neuroscience into practical, personalized clinical interventions that improve outcomes and expand access to effective care. As a member of the EPICAL State Task Force, he contributes to expanding coordinated specialty care for early psychosis throughout California.

As the Department's Clinical Documentation and Billing/Coding Optimization Lead, Dr. Salaheldin is advancing innovative approaches that integrate documentation, coding education, and clinician well-being. His work aims to reduce administrative burden, meaningfully capture the complexity of clinical care, and give clinicians more time for patients, teaching, scholarship, and their own well-being.

Before joining Stanford, Dr. Salaheldin served as Academic Chief Resident at Northwell Health, where he helped develop an early psychosis consultation-liaison initiative supporting patients and families from their initial emergency department encounter through hospitalization and transition to outpatient care. This experience continues to inspire his commitment to expanding compassionate, coordinated mental health care locally and globally.

At the heart of his work is the belief that recovery extends beyond symptom reduction to restoring possibility, connection, purpose, and hope.

“True compassion means not only feeling another's pain, but also being moved to help relieve it.”
— Daniel Goleman

CLINICAL FOCUS

- Psychiatry
- Early Psychosis Interventions
- Schizophrenia
- Interventional Psychiatry
- Nutritional Psychiatry
- Novel Therapeutics
- Preventative Psychiatry/Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Assistant Medical Director, INSPIRE Clinic, (2022- present)
- Clinical Documentation and Billing/Coding Optimization Lead, Department of Psychiatry and Behavioral Sciences, (2025- present)

HONORS AND AWARDS

- Selected: Leadership Bootcamp Series for Junior Faculty, Stanford University School of Medicine OFDE (2025-2026)
- Excellence in Teaching Award, Stanford School of Medicine, Department of Psychiatry & Behavioral Sciences (2025)
- Excellence in Teaching Award, Stanford School of Medicine, Psychiatry & Behavioral Sciences (2023)
- Academic Chief Resident, Northwell Health (2020-2021)
- Biology Scholars Program, UC Berkeley (2008-2009)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Psychiatry Consultant, EPICAL- California State Taskforce for Early Psychosis Intervention (2024 - present)
- Consultant, Muslim Mental Health Lab (2022 - present)
- Affiliated Faculty, Wu Tsai Neurosciences Institute (2023 - present)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2021)
- Medical Education: St George's University School of Medicine Grenada West Indies (2017) NY West Indies
- ABPN Dipolmate, Board Certification, American Board of Psychiatry and Neurology, Psychiatry (2021)
- Residency: Zucker School of Medicine at Hofstra Northwell GME Program (2021) NY

- BA, University of California Berkeley , Public Health (2009)
- BA, University of California Santa Cruz (Transfer to UC Berkeley) (2007)
- HSDG, Lowell High School, San Francisco, CA (2005)

COMMUNITY AND INTERNATIONAL WORK

- EPICAL State Taskforce for Early Psychosis Intervention

Research & Scholarship

CLINICAL TRIALS

- A Study to Assess Efficacy and Safety of Adjunctive KarXT in Subjects With Inadequately Controlled Symptoms of Schizophrenia, Not Recruiting
- A Study to Assess the Effects of RO6889450 (Ralmitaront) in Participants With Schizophrenia or Schizoaffective Disorder and Negative Symptoms, Not Recruiting
- An Extension Study to Assess Long-Term Safety and Tolerability of Adjunctive KarXT in Subjects With Inadequately Controlled Symptoms of Schizophrenia, Not Recruiting
- CONNEX-3: A Study to Test Whether Iclepertin Improves Learning and Memory in People With Schizophrenia, Not Recruiting
- Improving Cognition Via Exercise in Schizophrenia, Not Recruiting
- Journey Study: Evaluate the Efficacy, Safety, and Tolerability of Valbenazine as Adjunctive Treatment for Schizophrenia, Not Recruiting
- Study to Evaluate the Long-term Safety, Tolerability, and Durability of Treatment Effect of ALKS 3831, Not Recruiting

PROJECTS

- The Genomics of Electroconvulsive Therapy (ECT)

Publications

PUBLICATIONS

- **Pathways to Mental Health Care: The Role of Religion and Spirituality in Help Seeking for Psychosis.** *Psychiatric services (Washington, D.C.)*
  Badran, L., Niendam, T., Shapiro, D. I., Burch, K. E., Hardy, K. V., Wright, S., Safdar, M., Bhatt, A., Giroux, C., Hotz, B., Adhikari, N., Salaheldin, K., Hayes, et al
  2026: appips20250629

- **Administering Electroconvulsive Therapy to Critically Ill Individuals: Risks, Monitoring, and Benefits.** *The primary care companion for CNS disorders*
  Ibrahim, S., Cumming, D., Robbins-Welty, G. A., Bond, K., Mastronardi, K., Dragonetti, J. D., Roy, K., Bui, M. P., Salaheldin, K., Lorenzo, J., Henry, M., Stern, T. A.
  2026; 28 (2)

- **I THINK MY PATIENT MAY BE EXPERIENCING PSYCHOSIS - NOW WHAT? HOW PROVIDERS CAN SUPPORT EARLY IDENTIFICATION AND INTERVENTION.**
  Eisen, K., Chari, S., Salaheldin, K., Zepp, C., Ballon, J., Hardy, K.
  OXFORD UNIV PRESS INC.2022: S1

- **The relationship between prototype ratings of personality and self and interpersonal functioning with an adolescent inpatient sample** *CLINICAL PSYCHOLOGY & PSYCHOTHERAPY*
  Haggerty, G., Esang, M., Salaheldin, K., Lima, A.
  2021; 28 (2): 364-372

- **Phobias** *5MinuteConsult*
  Farooq, U., Salaheldin, K.
  Wolters Kluwer.2020

PRESENTATIONS

- Utility of a First Episode Psychosis Order Set for Inpatient Hospital Services - Northwell Health (5/1/2021)

- A Case Report of LSD Induced Psychosis in an Adolescent - Northwell Health (5/1/2021)
- Is it real or is it all in my head?: A case of auditory hallucinations in a patient with familial cerebral cavernous malformation syndrome - Academy of Consult Liaison Psychiatry Annual Conference (11/1/2021)
- A Case Study of Suspected Cannabis Withdrawal VS Sleep Deprivation Psychosis - APA 2020 (Cancelled due to COVID)
- Case Study- Clozapine Associated NMS - New York State Psychiatric Association (2018)
- Investigating the validity of the Readiness for Inpatient Psychotherapy Scale (RIPS): Comparisons with the Child Behavior Checklist and the Youth Self-Report with an adolescent inpatient sample - AACAP (October 2019)
- Prototype Matching Approach to Adolescent Axis I Diagnosis - AACAP (October 2019)