

# Behavioral Health Nutrition

a dietetic practice group of the  
**eat right.** Academy of Nutrition  
and Dietetics

## Member Spotlight Template

BHN would like to highlight their members by doing a member spotlight. Submission content should be 150 – 350 words with a picture to be used with your spotlight. Spotlights may be used on social media, BHN’s website and newsletters. Once completed send this form to [membershipchair@bhndpg.org](mailto:membershipchair@bhndpg.org)

### **Member Name and Credentials**

Siobhan Walsh, MBA, MS, RD

### **Current Position**

Director of Food and Nutrition Services at the Northern Virginia Mental Health Institute

### **How long have you been a RDN?**

15 years

### **How long have you been in the Behavior Health Nutrition area?**

2 years

### **Why did you join BHN?**

I joined BHN so I can network and learn from others in this new area of practice for me.

### **How has BHN helped you professionally?**

The webinars offered through BHN have been helpful. The information has been timely and I have applied what I have learned from the expertise of the presenters right away.

### **What do you think other RD’s should know about BHN?**

BHN hosted a luncheon at FNCE that was a great way to connect with other members in person. We enjoyed a delicious lunch, a rejuvenating yoga class and recognized some outstanding RDs in the group. I was also fortunate to receive a copy of Rebecca Scritchfield’s book, “Body Kindness”. This event was a great introduction to the BHN family.

### **A little about me**

I graduated with my BS in Food Science and Human Nutrition from Colorado State University. En route to my dietetic internship I became a Certified Teacher of Yoga from the Sivananda School of Yoga in Grass Valley, California. After my dietetic internship I began my career in San Antonio, Texas and

graduated with a MS in Nutrition from the University of the Incarnate Word. I have enjoyed a variety of practice settings; hospitals, long-term care communities, home health, freelance, and fitness centers. Most recently I moved to Alexandria, VA where I began work within the Department of Behavioral Health and Developmental Services at a mental health hospital in Northern Virginia. My dietetics career continues to be a pleasure, a passion and a gift, especially my role as a dietetic preceptor.