



TIFFANY CLARK, M.D.

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Project Team

Tiffany Clark, M.D. will be the sole owner and operator of Mintal Garden. Dr. Clark is a practicing psychiatrist, who specializes in trauma-based mental health care, emergency psychiatry and mindfulness practices. Through the practice of psychiatry, she has first-hand experience witnessing the impact of social determinants of health on one's mental health, which sparked the idea for the current passion project of Mintal Garden.

Dr. Clark was raised in Wilkinsburg and spent a lot of time in the Hill District as her grandmother resided in the Hill District for the majority of her childhood. Dr. Clark graduated from Howard University, attended Creighton University for medical school and completed her psychiatric training residency program at Temple University, along with the completion of a specialty psychiatry training at the University of Pittsburgh Medical Center (UPMC). Currently, Dr. Clark is a practicing psychiatrist at UPMC Western Psychiatric Hospital.

The Core Values of Mintal Garden:

- Boldness
- Harmony
- Honesty
- Creativity/Expressiveness
- Vitality/Legacy