

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
DECEMBER 2018

REMEMBER

- **Please send me your accomplishments and personal updates for the January 2019 Kudos**

LEADERSHIP WORKSHOPS

The next leadership consultation will be on Wednesday February 6 from 9:00am – 10:30am at EP12 1st floor Training Room 2.

FACULTY DEVELOPMENT SEMINARS

We have scheduled all of the 2019 seminars so that people can save the dates. These all will be held at EP12 in the 1st floor training room, Room 2

- January 16, 2019, 9:00-10:30am - Unconscious Bias Training – Following the training, the Faculty Committee on Race, Ethnicity, and Culture will lead a conversation with the participants
- April 3, 2019, 9:00-10:30am - Crafting a Professional Identity
- September 18, 2019, 9:00-10:30am - Erotic Transference and Countertransference
- December 5, 2019, 9:00-10:30am - Harmful Supervision

WRITING GROUPS: UPCOMING

The next writing group will be held Wednesday February 6, 2019 at EP12 Room 554.

SPOTLIGHT: Yilang Tang, MD, PhD

Yilang Tang is an Assistant Professor in Psychiatry and Behavioral Sciences, joining the department in August of 2016. Yilang also works at the Atlanta VA hospital and Emory Clinic at EP12. At the VA, he works as an attending psychiatrist in the psychiatry emergency room. He also works at the substance abuse clinic and provides evaluation and treatment to veterans with substance use disorders. In addition, Yilang works on the Emory Healthcare Veterans Program and works with patients with substance use disorders or for medication management. As a member of the department's Faculty Development Committee, he looks to improve the involvement of VA faculty in the departmental activities, as well as represent their needs and concerns.

Yilang is also an adjunct faculty member of the Capital Medical University in Beijing, China, as well as Morehouse Medical School. He is a peer reviewer for more than 20 scientific journals including Addiction, Drug and Alcohol Dependence, American Journal of Psychiatry and Frontiers in Psychiatry. Yilang has collaborated with colleagues in China and is currently involved in two nation-wide studies: jobs satisfaction and intention to leave among psychiatrists and psychiatric nurses and alcohol and tobacco use in healthcare professionals.

Teaching is an enjoyment of Yilang's, as he provides formal classroom teaching, as well as clinical teaching to psychiatric residents. He received the department's 2018 PGY2 teaching award, an honor voted on by the residents for his excellent teaching. Yilang is also actively involved in the recruitment of residents in psychiatry, as well as fellows in the Addiction Psychiatry Fellowship program. He often uses his personal time to meet with candidates, answering questions and communicating by email or phone.

Yilang enjoys the dynamic, stimulating and collegial atmosphere within the department and proud to consider himself as an academic physician. He enjoys seeing difficult and challenging patients, while particularly enjoying working with residents on a daily basis. He is a firm believer in Confucius' famous saying, "teaching benefits teachers, as well as students."

Yilang's career can be divided into two parts: his career in Beijing, China, and after he moved to the US. Yilang was a first-generation college graduate in his family after graduating from Peking University Health Sciences Center in Beijing. He completed his first psychiatry residency and became an attending of inpatient psychiatry in the early 1990s at Beijing Anding Hospital. He was elected one of the Best Young Doctors in Beijing, while pursuing further studies and obtaining a master's degree in psychopharmacology and a doctorate in genetics. While carrying on his clinical responsibilities, Yilang was heavily involved in research. Before he moved to the US, he had published over 60 peer-reviewed papers (mostly in Chinese). He had also authored or co-authored 20 books, including three psychiatry textbooks for medical students. Two of his books (both published in Chinese) received a National Best Book Nominee Award (also known as "China's Pulitzer prize") and the Best Science Reading Award in 2001.

Outside of his clinical and research work, Yilang was actively involved in public awareness education and anti-stigma campaign. He gave public lectures and was a columnist for two popular magazines. He published more than 40 articles on various topics of mental health, and was elected as a board member of the Chinese Association for Mental Health in 2000. Yilang's interest in substance use and addiction also started in Beijing. He was involved in the very first Addiction Psychiatry program including a pilot methadone clinic, as well as participated in clinical trials of lofexidine and naltrexone for opioid use disorder. In 2001, Yilang was promoted to Associate Professor of the Capital Medical University and became medical director of a 60-bed inpatient unit.

Yilang's career in the US started in 2003 after being selected as an INVEST scholar of the National Institute on Drug Abuse. He and his family moved to New Haven, CT, to receive training in psychiatric genetics at Yale University with Joe Cubells. He followed Joe to Emory and continued conducting research. In addition to Joe, he has worked closely with Kerry Ressler, Rickey Gillespie, Erica Duncan and Bekh Bradley on the Grady Trauma Project. He also contributed to research on the genetics of substance use disorders, most notably cocaine-induced psychosis and tobacco dependence.

Motivated by a dream to become a practicing physician again in the US, Yilang worked very hard to study and complete the required exams. In 2011, he was fortunate to start his second psychiatric residency at Emory, and in 2015 he entered the Emory Addiction Psychiatry Fellowship. He is forever grateful for all the support, encouragement and guidance from many wonderful colleagues and friends, including Rickey Gillespie, Bill McDonald, Joe Cubells, Kerry Ressler and Ann Schwartz.

Despite his busy schedule during training and the large caseload of his current clinical work, Yilang continues to be involved in research. Since 2010, he has published more than 50 peer-reviewed papers, while also being involved in the Practice Guidelines for Alcohol-related Disorders in China.

Yilang's future plan is to continue working as an academic psychiatrist, while being more actively involved in the department, medical school and beyond. He hopes to transition to full-time within the substance abuse treatment program soon, and would like to be involved in more educational efforts. He also wants to pursue his research interest and intends to obtain funding to pursue clinical and translational research.

Yilang is happily married to his wife, Haitao, for more than 20 years and is the proud father of a son who is currently an undergraduate at Yale. He enjoys spending time with his wife, including hand-held walks in the evening. He is active in local politics and neighborhood activities, and enjoys reading spy novels (Tom Caine and Ken Follett). He also enjoys watching movies (animation, romance) and listening to Chinese classical music. When he really has time, he enjoys sitting in his backyard fascinated by all the activities of ants and other insects.

WELCOME NEW FACULTY

None reported

THANK YOU TO FACULTY WHO ARE LEAVING

None reported

DIVERSITY CORNER

None reported

WELLNESS CORNER

Potential earning with Healthy Emory Connect increased to \$775 for 2019. Sign up today! <http://www.hr.emory.edu/eu/wellness/connect/connect.html>

Did you know January is Cervical Cancer Screening AND Blood Donor month?

<https://www.welcoa.org/health-observances/january/>

For some local seasonal fun, check out these venues!

<https://poncecitymarket.com/event/skate-the-sky-6/>

<https://www.stonemountainpark.com/Events/Snow-Mountain>

<https://www.atlantatrackclub.org/2019-resolution-run>

Be sure your New Year's Celebration includes a seasonal veggie!
<https://www.fruitsandveggiesmorematters.org/whats-in-season-winter>

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

None reported

Education

Heather Greenspan participated in an education program seminar at Killian Hill Christian School with the Pre-Medical High School Medical Club.

Research

Jiang F, Zhou H, Rakofsky J, Hu L, Liu T, Liu H, Liu Y*, Tang YL (2018). The implementation of China's mental health law-defined risk criteria for involuntary admission: A national cross-sectional study of involuntarily hospitalized patients. *Frontiers in Psychiatry*, 9, 560. doi: 10.3389/fpsy.2018.00560

Rauch SAM, Kim HM, Powell C, Tuerk PW, Simon NM, Acierno R, Allard CB, Norman SB, Venners MR, Rothbaum BO, Stein MB, Porter K, Martis B, King AP, Liberzon I, Phan KL, Hoge CW. (Published online December 5, 2018). Efficacy of prolonged exposure therapy, sertraline hydrochloride, and their combination among combat veterans with posttraumatic stress disorder: A randomized clinical trial. *JAMA Psychiatry*. doi:10.1001/jamapsychiatry.2018.3412

Seligman, L. D., Anderson, R. E., Ollendick, T. H., Rauch, S. A. M., Silverman, W. K., Wilhelm, S., & Woods, D. W. (2018) Preparing women in academic psychology for their first compensation negotiation: A panel perspective of challenges and recommendations. *Professional Psychology: Research and Practice*, 49, 282-289. doi: 10.1037/pro0000204

Welsh JW, Hou S, Shentu Y, Cook B. (Epub ahead of print). Assessing the association between the strength of state policies on school drug prevention and substance use disorders. doi: 10.1080/10826084.2018.1544644

Honors, Awards, Rankings

Milena Armani passed the adult psychiatry boards exam.

Chanda Graves was elected to serve as Secretary for the American Psychological Association's Division of Psychologists in Public Service.

Heather Greenspan joined the Mental Health ED Protocol Committee and the Georgia Psychiatric Physicians Association Women's Committee.

Ebrahim Haroon was elected a member of the American College of Neuropsychopharmacology.

Nadine Kaslow received a School of Medicine Imagine, Innovate and Impact Award for education for “A Virtual, Global, Interprofessional Community of Practice: Feasibility and Effectiveness at Developing Innovative Behavioral Health Educators.” This is in collaboration with Rob Cotes and Dan Hoke.

Laura Jane Miller passed the adult psychiatry boards exam.

Seth Norrholm was acknowledged for distinction in scholarship in the American Journal of Physiology – Regulatory, Integrative and Comparative Physiology for the article “Elevated Resting Blood Pressure Augments Autonomic Imbalance in Posttraumatic Stress Disorder (PTSD).”

Sheila Rauch was elected a member of the American College of Neuropsychopharmacology.

Barbara Rothbaum was acknowledged for distinction in scholarship in the American Journal of Physiology – Regulatory, Integrative and Comparative Physiology for the article “Elevated Resting Blood Pressure Augments Autonomic Imbalance in Posttraumatic Stress Disorder (PTSD).”

Justine Welsh presented a workshop, “Transitional Age Youth: Integration of the Family System,” at the AAP Annual Meeting and Scientific Symposium.

Zhexing Wen received a School of Medicine Imagine, Innovate and Impact Award for research for “Understanding Mechanisms of Individual Variation in Antidepressant Response for Precision Medicine.”

Quality and Safety Initiatives and Capital Campaign Initiatives

None reported

Community Benefit Programs and Activities

Toby Goldsmith spoke at the Georgia Department of Behavioral Health and Developmental Disabilities’ Winter Colloquium on “Treating the Pregnant Woman with Severe Mental Illness: Before, During and After.”

Justine Welsh provided testimony to the Georgia State Senate & House Study Committee on Risks Associated with Kratom.

Facilities

None reported

Emory in the Media

Marianne Celano (1) – The Specialist: [Couple and Family Psychology: Professional values and attitudes](#). (Page 20)

Nadine Kaslow (1) Dance Magazine - #Instagram overload

Mark Rapaport (1) – New York Times: [Giving Patients a Voice in Their Mental Health Care Before They're too Ill to have a Say](#).

Shelia Rauch (1) – Healio: [Different Combinations of PTSD Medications may be Effective](#).

Jennifer Stevens (1) – Medical Xpress: [New Research Suggests How Parents Protect Children from the Long-Term Effects of Stress](#).

Rachel Waford (1) – Tedx Talk: [Early Intervention for Psychosis: Building a Mental Health Community](#).

Other Accomplishments

Loucks, L, Yaskinski, C, Maples-Keller, J, Rizzo, AA, & Rothbaum, BO. "Application of Virtual Reality Exposure in the Prolonged Exposure Treatment of PTSD Due to Military Sexual Trauma." Association for Behavioral and Cognitive Therapies, Washington D.C. (symposium).

ADJUNCT FACULTY

Yassar Kanawati's article "Saving the Lost Generation of Syria" was recently published in American Academy of Child and Adolescent Psychiatry News. The article detailed Yassar's work with Syrian refugees affected by the war in Syria, as well as best practices for trauma recovery.

Ren Massey was voted onto the World Professional Association for Transgender Health (WPATH) Global Education Initiative Committee, as well as became Director-at-large on the WPATH Board of Directors.

Watson-Singleton NN, Black AR, & Spivey BN. (2018). Recommendations for a culturally-responsive mindfulness-based intervention for African Americans. *Complementary Therapies in Clinical Practice*, 34. doi:10.1016/j.ctcp.2018.11.013.

TRAINEE KUDOS

Madison Silverstein, under the auspices of the Atlanta Behavioral Health Advocates (ABHA) was awarded two groups to support the Scholars Committed to Opportunities in Psychological Education (SCOPE) Program: (1) American Psychological Association of Graduate Students Student Diversity Initiative Award and (2) Emory Racial Justice Microgrant (with Ryan Hackett).

Ana Martinez de Andino, Maite Silva, and Madison Silverstein were selected as recipients of the Emory School of Medicine Department of Psychiatry and Behavioral Sciences Psychology Group at Grady Dr. Steven Walfish Travel Awards.

STAFF KUDOS

None reported

PERSONAL UPDATES

Laura Jane Miller welcomed a son, Joseph "Rush" Woodliff, on December 24.