

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS  
DECEMBER 2020

**REMEMBER**

**Please send me your accomplishments and personal updates for the January 2021 Kudos**

**SAVE THE DATES**

**FACULTY DEVELOPMENT SEMINARS**

Below is the information on the first faculty development seminar for 2021. We will send out the rest of the information as soon as possible so that people can clear their schedules. All seminars are from 9:00-10:30am and will be virtual this year.

- January 6, 2021 – How to Get Promoted: Service Portfolio – Nadine Kaslow, Andrew Furman, Marianne Celano, Julie Kable - <https://zoom.us/j/98771903965>

**WRITING GROUPS: UPCOMING**

The Writing Group is the 1<sup>st</sup> Wednesday of every month from 8:00-9:00am. The next meeting is Wednesday January 6, 2021 and will be on Zoom -

<https://zoom.us/j/6213030759?pwd=T0hpY056a0N1RFdvWjFIQ3d4UU1vZz09>

**CE WORKSHOP SCHEDULE**

TBD.

**SPOTLIGHTS**

**FACULTY SPOTLIGHT: Heather Greenspan, MD, MS**

Heather, an Assistant Professor in the Department of Psychiatry and Behavioral Sciences, serves as the Director of Emory University Hospital's (EUH) Psychiatric Consultation- Liaison (C/L) Services and the Telepsychiatry Physician Champion. She is a member on these committee memberships: Women's Faculty Subcommittee within the department, Telemedicine and Pharmacy and Therapeutics Committee within the institution, and the Women's Committee in the Georgia Psychiatric Physician's Association.

Heather tries to have a good work/home balance and treasures being a wife, daughter, aunt, and sister, as well as mother to our lovely 7-year-old Italian Greyhound rescue dog, Tinley whom Heather and her husband Steven may occasionally spoil. She enjoys being married to her best friend and soulmate. She most enjoys working with residents and students; the opportunity to participate in the educational lives of her future colleagues and peers is a rare and true gift. She learns as much from them as they do from her, and that kind of educational reciprocity is what she values in her colleagues here at Emory as well. After completing residency in Paramus, N.J. at Bergen Regional Medical Center, Heather matched as a C/L Fellow at Emory University. After graduation, she and her husband stayed in the Atlanta area. She worked at an affiliate

hospital until a C/L job became available at Emory University. For the first 4 years at EUH, she divided her time as an outpatient (transplant) and inpatient C/L psychiatrist. Heather was promoted to become Associate Director during that timeframe. In July 2020, she was honored to be selected as the Director of EUH C/L Psychiatric C/L Service.

She loves spending time with her family, does her best to take care of herself and make sure she practices what she preaches when it comes to self-care, managing stress, and taking advantage of her free time when it's available. However, during COVID, some of these items have been more challenging including spending time their extended family and friends, as well practicing self-care. Heather will continue to hone her leadership skills; publish, publish, publish; and find new ways to continue contributing and participating in the EUH community and the psychiatric community both locally and nationally, and achieving the status of Associate Professor within the School of Medicine.

### **ADJUNCT FACULTY SPOTLIGHT: Vanderlyn Sewell, MD**

Vanderlyn's passion has always been for children and adolescents with the most severe symptoms of mental illness. Working with this population has taught her to measure success in small increments, that change is gradual, and setbacks are inevitable. She is humbled when she gets to bear witness to a child overcoming odds that would be too much to bear for most. She didn't set out to work with patients with Autism and developmental disabilities. She inherited this population in taking on my current role. In doing so, she has found a facet of psychiatry that is only now being fully explored. She doesn't consider herself as a pioneer or an expert, but she is am aware that she is doing the work of few, with limited direction or authoritative data.

As an adjunct faculty, her primary role is that of teacher. Vanderlyn enjoy spending time with trainees formulating cases and getting them to really think about their patients holistically. In today's medical environment, productivity is often the most highly prized metric. However, the metric that she sets for her trainees is the depth of impact they can have with their patients and families. She wants to increase their sense of competency with their patients, and understand their role as a leader within the treatment team.

At this stage of her personal and professional life, Vanderlyn has limited professional activity outside of her full-time job as Medical Director at Laurel Heights; her other full-time job is as mom and wife. She has held recent past offices in GCCAP and currently is on the Advisory Council of the DDD Foundation (dentistry for the developmentally disabled). She came to know them after sending several patients from our facility to them for dental work. She was impressed with the work they are doing with the developmentally disabled population, and was honored to be invited to join their organization.

In her spare time, Vanderlyn enjoys reading everything from fiction to self-help. Currently she is taking tennis lessons with her husband and son; let's just say, she will be keeping my day job. She looks forward to once again having the bandwidth to reengage as an officer in our local and national psychiatric organizations.

### **TRAINEE SPOTLIGHT: Scot Seitz, MS**

Scot is a Psychology Doctoral Intern at the Emory University School of Medicine Internship in Health Service Psychology. In this role, he provides supervised clinical services throughout Grady Health System and at Children's Healthcare of Atlanta – Egleston. An active member of the Atlanta Behavioral Health Advocates (ABHA), he serves on ABHA's Blog Subcommittee and reviews and helps publish blog posts through PsychologToday.com. He initiated and oversaw ABHA's Voting Video Project, which involved developing and distributing videos to promote voting among historically disenfranchised groups. He also serves on the DISC and spearheaded the development of an anti-racism action guide focused on how to talk with adult clients about race, racism, and anti-racism.

A doctoral student in the dual clinical and community psychology program at Georgia State University (GSU), his research focuses on developing and evaluating programs that promote well-being. In addition to external clinical practicum experiences, he served as one of the clinic assistants at GSU's Psychology Clinic and taught a course on multicultural psychology. He feels fortunate to have had supportive supervisors throughout graduate school who helped his grow professionally and personally.

As a therapist in training, Scot enjoys collaborating with consumers to help them achieve their therapy goals. He loves the human-to-human connection that therapy offers and cherishes the "aha" moments when consumers gain clarity about their presenting concerns and how to address them. He also values utilizing program evaluation results to inform programmatic improvements and finds it refreshing to see the direct link between "research" and "practice" can lead to improved experiences for program participants.

In terms of key highlights of his career trajectory, Scot feels fortunate to have matched with Emory's Internship in Health Service Psychology, where he has been afforded the opportunity to hone his clinical skills, engage in advocacy work, and develop psychotherapy guides that integrate principles of social justice into cognitive behavioral therapy approaches. Another career highlight was helping evaluate national training programs at the Boys and Girls Clubs of America. Through this experience he learned about the importance of program evaluation within a culture of continuous quality improvement.

Outside the workplace, you can find Scot on the tennis court! He plays in a few different recreational tennis leagues. He also enjoys riding his bike, playing video games, and watching television shows with his husband. His career goals are to provide clinical

services (with a focus on serious mental disorders and trauma-related conditions) and develop and evaluate mental health prevention and treatment programs in underserved communities. He has lived in Atlanta since college and plans to continue living in this wonderful city that he calls home.

## **FACULTY COMINGS AND GOINGS**

### **WELCOME NEW FACULTY**

None reported

### **THANK YOU TO FACULTY WHO ARE LEAVING**

None reported

## **FACULTY DEVELOPMENT SUBCOMMITTEE UPDATES**

### **DIVERSITY AND INCLUSION SUBCOMMITTEE (DISC)**

**Chanukah – David Goldsmith, Assistant Professor** – Chanukah is the Jewish Festival of Lights that falls yearly on the 25th day of the month of Hebrew month of Kislev, roughly falling sometime in November/December. The holiday has an interesting historical narrative with many rituals and traditions. The Hebrew word חנוכה roughly translates to “rededication,” and the holiday commemorates the historical period (approximately 168-166 BCE) recounted in the ancient Book of the Maccabees where the Jews defeated the Seleucid ruler Antiochus IV who had overtaken and desecrated the Temple in Jerusalem. Jews were forbidden from practicing their religion and many Jews were killed during this time period. The Talmud recounts how the Maccabees (the group of Jews who led the revolt against Antiochus) re-entered the Temple and found enough oil to burn the Menorah (ritual candelabra) in the Temple for one night, and yet, it lasted eight nights. For this reason, we light candles, starting with one and increasing by one each night for eight nights on traditional candelabra’s known as chanukiah’s, though more colloquially referred to as menorahs. Many Jews traditionally place the lit chanukiah’s in a window or space facing outside the home in order to remind others of the miracle the holiday celebrates (though this custom has not always been practiced due to periods of increasing antisemitism). Other Chanukah traditions include eating potato pancakes, known as latkes, made with oil, as well as donuts, traditionally filled with jelly. The dreidel, or spinning top, is a well-known Chanukah icon. Historically, it was thought that during the persecution under Antiochus’s rule, Jews would continue to study the Torah in hiding though would have a toy top available so that should a soldier come by the house, they could claim to be playing a game. The game of dreidel is still played and each face of the dreidel has a Hebrew letter (the four letters make up a Hebrew acrostic that translates to, “a great miracle happened there”) corresponding to how much of the pot of game pieces (often chocolate coins called gelt) one gives or takes. Finally, children were historically given “gelt” or small amounts of money during the holiday, though this custom has morphed in more recent times to now include larger gifts being given each night, likely influenced by gifts given during the Christmas season.

Growing up, Chanukah was a time when my parents would decorate the house with various dreidels and chanukkiyahs that had been collected and amassed over time. Candles would be lit each night and we would sing traditional Chanukah songs followed by the opening of presents. As a child, this was always the most exciting holiday of the year. As time passed and I studied and learned the historical narrative of Jewish infighting and civil war that occurred during the period of time in which the Chanukah story took place, I became more challenged by the narrative and the whimsical nature of lights, gifts, and latkes had to be balanced with consideration of antisemitism and religious zealotry. Now, with my own children, the tradition of lighting candles, singing songs, and giving gifts has taken a more primary focus again. These days I am increasingly intrigued by the idea of this being a time of rededication. With all the winter-holidays and the new year, it tends to be a time when we break and spend time with family and friends. This year is obviously different due to COVID-19, and many of us will not be spending these holidays the way we have traditionally done in the past. I imagine many may find it more challenging to engage with our own holiday traditions, but perhaps the re-dedication inherent in the word Chanukah may task us all to find new ways to engage with our families, our own personal cultures and traditions, as well as our work.

**Christmas -Mar Sanchez, PhD, Professor-** Christmas is one of the holiest seasons in the Christian faith, spanning the 12 days between the birth of Jesus Christ on December 25 (**Christmas**) and the visit of the Three Kings of Orient (or The Three Wise Men) to honor him on January 6 (**Epiphany**). This is the most joyful of all Christian holidays, representing God being born into the full human form of Jesus Christ, who later died in the cross to redeem all of humanity's sins. As Pope Francis said in 2019, "the humility of the God who became man in order to encounter every man and woman" invites us to begin a spiritual journey each year, inspired by his love to become one of us. Thus, Christmas is a celebration of Love. As such, it was my favorite holiday growing up in Spain. Every house set up a Nativity representing the humble manger where Jesus was born surrounded by his parents, an ox, a mule and some shepherds. Families and close friends gathered for dinner on December 24 and then we all went together to the Midnight mass, full of joy and carols, to celebrate God's Love for each and every person in the whole world. Of course, there were also delicious traditional foods in beautifully prepared "Christmas trays" containing turrón (a traditional almond-based sweet similar to halvah), marzipan and polvorones (a Spanish shortbread that will dry all your saliva for a week!). And, of course, as a child there was the eternal wait for the magic of gifts brought by The Three Kings of Orient the night of January 5, in commemoration of the gold, incense and myrrh they brought to Jesus on the Epiphany. Of course, you only got presents the morning of Epiphany if you had been good the whole year; if not, you only got coal by your shoes!. Oh, and after opening presents (or your bag of coal) we would have hot chocolate and Roscon de Reyes for breakfast (a round sweet bread that reminds me of the Louisiana king bread). I try to maintain these traditions at home, here in Atlanta. But, as we slide into Christmas and finish this very difficult year, the message that resonates the deepest in me and that I want to share with you for the Holidays is.... to celebrate Love. Let's focus on nurturing and sharing Love with each and every person. That is the true meaning of Christmas.

## **FACULTY KUDOS**

### **Major Leadership Appointments, Activities and Achievements**

David Goldsmith completed his Master of Science in Clinical Research degree.

### **Education**

None reported

### **Research**

Beasley LO, Ciciolla L, Jespersen JE, Chiaf AL, Schmidt M, Shreffler KM, Breslin FJ, Bakhireva LN, Sanjuan PM, Stephen JM, Coles CD, Chambers CD, Kable JA, Leeman L, Singer LT, Zellner J, Morris AS, Croff JM. (2020) Best Practices for Engaging Pregnant and Postpartum Women at Risk of Substance Use in Longitudinal Research Studies: a Qualitative Examination of Participant Preferences. *Advers Resil Sci*, 1-12, Online ahead of print.

Bowes SM, Ammirati RJ, Costello TH, Basterfield C, & Lilienfeld SO. (2020). Cognitive biases, heuristics, and logical fallacies in clinical practice: A brief field guide for practicing clinicians and supervisors. *Professional Psychology: Research and Practice*, 51(5), 435–445. <https://doi.org/10.1037/pro0000309>

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Ford CL and Young LJ. Translational opportunities for circuit-based social neuroscience: advancing 21st century psychiatry, *Current Opinion in Neurobiology*. 2021. 68: 1-8. doi.org/10.1016/j.conb.2020.11.007.

Geng F, Jiang F, Conrad R, Liu T, Liu Y, Liu H, Tang YL. Factors Associated with Involuntary Psychiatric Hospitalization of Children and Adolescents in China based on a Nationally Representative Sample. *Frontiers in Psychiatry*, 2020,11:607464. doi: 10.3389/fpsyt.2020.607464

Henry TL, Schmidt S, Lund MB, Haynes T, Ford D, Egwuogu H, Schmitz S, McGregor B, Toomer L, Bussey-Jones J. Improving Depression Screening in Underserved Populations in a Large Urban Academic Primary Care Center: A Provider-Centered Analysis and Approach *Am J Med Qual*. 2020 Jul/Aug;35(4):315-322. doi: 10.1177/1062860619884639. Epub 2019 Nov 8. PMID: 31701768

Hong J, Aspey L, Bao G, Haynes T, Lim SS, Drenkard C. Chronic Cutaneous Lupus Erythematosus: Depression Burden and Associated Factors. *Am J Clin Dermatol*. 2019 Jun: 20(3):465-475. DOI: 10.1007/s40257-019-00429-7. PMID: 30877492

Morris AS, Wakschlag L, Krogh-Jespersen S, Fox N, Planalp B, Perlman SB, Shuffrey LC, Smith B, Lorenzo NE, Amso D, Coles CD, Johnson SP.(2020) Principles for guiding the selection of early childhood neurodevelopmental risk and resilience measures: HEALthy Brain and Child Development Study as an Exemplar. *Advers Resil Sci*, 1-121, Online ahead of print.

Schneider RL, Long EE, Arch JJ, & Hankin BL. (2020). The relationship between stressful events, emotion dysregulation, and anxiety symptoms among youth: longitudinal support for stress causation but not stress generation. *Anxiety, Stress, & Coping*, 1-16.

Singer, LT, Chambers, CD, Coles, CD, & Kable, JA (2020) Fifty years of research on prenatal substances: Lessons learned for the opioid epidemic. *Advers Resil Sci*, 1-121, Online ahead of print.

Watson-Singleton N, LoParo D, Mekawi Y, Hampton-Anderson JN, & Kaslow NJ. (2020). Africultural Coping Systems Inventory psychometrics in a clinical sample of African American women. *Journal of Black Psychology*, 46 (6-7), 457-481. DOI: [10.1177/0095798420957503](https://doi.org/10.1177/0095798420957503)

Wu Y, Jiang F, Ma J, Tang YL, Wang M, Liu Y. Experience of Medical Disputes, Medical Disturbances, Verbal and Physical Violence, and Burnout among Physicians in China. *Frontiers in Psychology*, 2020, DOI: 10.3389/fpsyg.2020.556517

### **Honors, Awards, Rankings**

Tamara Haynes received the Association of Medicine and Psychiatry 2020 Innovative Models of Integrated Care Award presenting Medical and Psychiatric Outcomes in a Med-Psych Co-Management Clinic.

Dorian Lamis was selected as the recipient of the 2021 Shneidman Award from the American Association of Suicidology.

Patricio Riva Posse was elected to Associate Member status in the American College of Neuropsychopharmacology.

Sanne van Rooij participate in the 2021 School of Medicine Junior Faculty Development Course!

### **Presentations**

Kaslow NJ & Ward MM. (December 2020). Hospital disaster preparedness and mental health. Workshop conducted for the Emirates Society of Emergency Medicine in the United Arab Emirates. Virtual Presentation.

Erica Lee did an episode of *Public Service Psychology* related to policy and advocacy.

### **Emory in the Media**

David Goldsmith (1) WebMD – [What's the Link Between Alcohol and Schizophrenia?](#)

Jennifer Felger (1) Real Simple – [Feel Like You Don't Enjoy Anything Anymore? There's a Name for That – and You Can Break Through It.](#)

Nadine Kaslow (1) Washington Post – [How to Talk to Loved Ones When You're Worried About Their Mental Health.](#) ; (2) Pointe Magazine – [Yes, You Can Take a Day Off: The Physical and Mental Health Benefits of Rest](#)

### **ADJUNCT KUDOS**

Dinah Ayna participated in the Activate Disaster - Reflections from ER Physicians Responding to Port of Beirut Explosion Zoom Webinar.

Beverly Stoute was appointed to Co-Chair of the Holmes Commission on Racial Equality of the American Psychoanalytic Association.