REMEMBER
Please send me your accomplishments and personal updates for the March 2020 Kudos

SAVE THE DATES

LEADERSHIP CONSULTATIONS
The next leadership consultation will be held Wednesday, March 18 from 9:00 – 10:00 am in EP12 Room 162B. These peer consultations are valuable to any faculty member in a leadership role or aspiring to such roles.

FACULTY DEVELOPMENT SEMINARS
Below is the information on the faculty development seminars for 2020. We are sending all the information in advance in hopes that people can clear their schedules.

- March 4, 2020 Grady Faculty Office Building, Room 101 – Wellness – Chanda Graves, Mark Ackerman

WRITING GROUPS: UPCOMING
The Writing Group is the 1st Wednesday of every month from 8:00-9:00am at EP12 in Room 554 (unless noted otherwise). The next meeting is Wednesday March 4, 2020, but it will be held on the Grady campus in the Faculty Office Building, Room 101. See the Writing Group’s latest blog post by Kallio Hunnicutt-Ferguson titled Overcoming Academic Writer’s Block.

CE WORKSHOP SCHEDULE
The next Grady Psychology Division CE Workshop is scheduled for April 10, 9:00 – 12:00 at EP12, room 160A. The title of this workshop is “The Future of Work in Mental Health: Confronting Technophobia to Enhance the Well-Being of Patients and Clinicians. Speakers will be Andrew M. Sherrill and Christopher Wiese from Georgia Tech.

RACIAL ETHNIC AND CULTURAL MINORITY SUBCOMMITTEE
The Racial Ethnic and Cultural Minority Subcommittee will be hosting their next seminar at Grady Faculty Office Building Room 101 at noon on March 27, 2020. During this seminar we will review the barriers contributing to mental health disparities in racial and
cultural minority groups as well as steps that providers can take to enhance mental health care for these groups. Faculty, staff, and trainees are encouraged to attend.

**SPOTLIGHTS**

**FACULTY SPOTLIGHT: Jessica Maples-Keller, MD**

Jessica Maples-Keller, PhD, is an Assistant Professor of Psychiatry and Behavioral Sciences working with the Emory Healthcare Veterans Program (EHVP) and Grady Trauma Project (GTP) and Atlanta Trauma Alliance (ATA). Jessica completed her PhD in Clinical Psychology at the University of Georgia in 2016. She completed a postdoctoral fellowship with GTP and EHVP and subsequently joined the department as a faculty member. Jessica is the Associate Director of Research for EHVP, integrating research investigating biomarkers and predictors of treatment response within this treatment program. Jessica provides psychotherapy within EHVP and Adult Outpatient, has been involved in resident psychotherapy supervision, and is involved in the department’s writing group. Outside of Emory, Jessica is the co-chair of the Wounded Warrior Project Warrior Care Network Statistical Analysis committee and member of the Data and Outcomes Committee. She is a member of the editorial board of Journal of Research in Personality.

Jessica’s primary areas of research interest involve understanding PTSD risk and resilience and how we can understand and improve outcomes in exposure therapy for PTSD and anxiety disorders, particularly in treatment resistant patients. She is involved with GTP emergency department research investigating prospective PTSD risk and with EHVP research investigating psychophysiology of treatment response as well as MDMA and fear learning. Career highlights include being acknowledged with the Anxiety and Depression Association of America Donald F. Klein Early Career Investigator Award, Association for Psychological Science Rising Star Award, and American College of Neuropsychopharmacology Travel Award.

Jessica loves having a job where she is able to engage her curiosity while conducting research aimed at improving the lives of people who are suffering. She is particularly excited about continuing to conduct clinical research aimed at treatment augmentation and helping treatment resistant populations. She is currently part of research investigating psilocybin and MDMA and is excited about continuing research investigating their combination with psychotherapy. One of her favorite parts of her job is the brilliant, talented, and wonderful colleagues and mentors that she gets to work with.

Jessica’s partner Matt is a biologist at the CDC and researches nanopore sequencing for the study and portable surveillance of influenza viruses. They have a 7-month-old son named William who is joyful, sweet, and adventurous. Jessica and Matt each have three siblings and they have 10 nieces and nephews. Jessica loves music and singing and has previously been involved in vocal jazz, choral ensembles, and musical theater. She is currently a member of the Graduates, a co-ed acapella singing group, and also enjoys travel, yoga, hiking, and reading.
Staff Spotlight: Tonya Pollard-Mosley

Tonya Mosley-Pollard is the Patient Care Coordinator for the Treatment Resistant Depression Clinic. She is the initial point of contact for intake and throughout the patient’s experience. She reviews cases to ensure the applicant is appropriate for the clinic, gathers medical records, scheduling and helps facilitate any post-appointment treatments that are recommended. Outside of the TRD clinic, she assists in the Geriatric Psychiatric clinic with provider schedules and assisting clinical staff with many other administrative duties.

The most fulfilling part of what Tonya does comes after seeing the patients make progress. When patients come to the TRD Clinic they are having a difficult time in life. What most people do with ease, and often take for granted like smiling, getting up in the morning or even just feeling happy, the clinic’s patients grapple with day in and day out. So, to see the many success stories and knowing she played a part is very rewarding. She also enjoys getting to know other partners in the community that help the process work even better. Establishing relationships with organizations helps the clinic to provide more resources to patients.

Tonya started her journey at Emory with no healthcare experience as a Patient Access Specialist and from there she transitioned to a Patient Services Coordinator. Soon after, she was promoted to the Patient Care Coordinator for the TRD clinic. Highlights include the relationships she has established with the patients, and most importantly, the success stories. Although she works with a team of unique and amazing professionals, Tonya takes ownership of her role and enjoying the challenges and learning opportunities that come with it on a daily basis. She is looking forward to many more highlights on this journey. Her career in general has been full of highlights and diversity from the very beginning. With a background in Law Enforcement and Education, she never thought she would ultimately be pursuing a career in Healthcare, however unless God orders her steps in a different direction, she feels like this is where she will continue her career.

When Tonya is not at work, she enjoys spending time with her family. Her loving husband and three awesome children; two boys, Malachi, 14 and Elias, 6, and her daughter Tonirah, 8. From marching band, to soccer to piano lessons to flag football and more they definitely keep her on her toes! For the past eight years she has also been a volunteer as a Troop Leader for the Girl Scouts of Greater Atlanta where her daughter is also a Girl Scout. When Tonya manages to get some “me time,” she enjoys date nights with her husband, traveling, being pampered, crafting, sewing, DIY projects and watching crime/law enforcement TV shows.

Tonya loves studying and learning, so she has so many goals and plans for her future, however in the near future, she would like to take what she has learned over the past five years in the Brain Health Center and help continue to improve patient care as a Clinic Operations Manager or Department Administrator. Eventually, she would like to earn her PhD in Forensic Psychology.
**TRAINEE SPOTLIGHT: Ryan Hackett, PhD**

Ryan Hackett is a postdoctoral resident with the Emory Neurodevelopment and Exposure Clinic. Within the clinic, Ryan conducts psychoeducational assessments for children suspected of exposure to teratogens 1–2 times per week as part of an interprofessional team (i.e., psychologists, psychiatrists, educational consultant, and developmental pediatrician). He also maintains a small therapy caseload focused on delivering family-based behavior therapy to children living with neurodevelopmental disorders, as well as administering brief cognitive battery to adults participating in a longitudinal study on the sequelae of prenatal alcohol exposure using the NIH Toolbox. Ryan also offers informal support and guidance to junior colleagues within the ENEC team as needed.

Ryan is a member of the Diversity and Inclusion Committee, participating in meetings and follow-up activities to promote diversity, equity, and inclusion at Emory. He also participates with the Atlanta Behavioral Health Advocates through meetings and follow-up activities designed to support improved behavioral health in the Atlanta Metro area and beyond, with a special emphasis on social justice.

Ryan had never really heard of, nor thought much about, behavioral health until he was affected by poor behavioral health. Now he understands its importance and understands the suffering that results from poor access to quality care. The best thing about his job is reducing that suffering for others.

Key highlights of Ryan’s career thus far include competing graduate school, learning the principles and procedures of applied behavior analysis, completing research at the intersection of quantitative and applied behavior analysis with the support of an awesome team and mentors and working and learning in an academic medical center.

Outside of Emory, Ryan has family responsibilities of raising his three-year-old Marshall and five-year-old Foster in partnership with his partner Steph, and his in-laws, Lori and Lou. Lori and Lou have moved in with them to save money and help out with the kids. Ryan also assists in the care of his mother Diane, who is living with moderate-to-late stage Huntington’s disease. She lives two blocks away along with his dad Bob, who serves as her primary caregiver. Ryan also maintains a mutually satisfying relationship with his partner, Steph, and supporting her in her ongoing personal and career development.

Hobbies for Ryan include heavy resistance training and general exercise, as well as consuming books, audiobooks, podcasts, current events, online courses (Kahn Academy!) and obscure professional military doctrine (TRADOC!). He also enjoys fun with family and friends and tinkering with applied behavior analysis principles and procedures on everyone around me (sorry!), especially himself.

**FACULTY COMINGS AND GOINGS**

**WELCOME NEW FACULTY**
Barry Narapareddy, MD completed his intern year in Internal Medicine at University of Maryland Midtown campus where he was named the transitional intern of the year. He then completed his psychiatry residency at The Johns Hopkins Hospital and went on to complete a Behavioral Neurology and Neuropsychiatry Fellowship at Johns Hopkins Bayview Medical Center. His clinical interests include the behavioral and cognitive aspects of Neurological Diseases including: Traumatic Brain Injury, Parkinson’s Disease, Huntington’s Disease, Autism spectrum disorders, Epilepsy, and Alzheimer’s Disease. Barry also has strong interests in Geriatric Psychiatry and medication refractory mood and psychotic disorders. His research interests include the effects of traumatic brain injury in athletes. He will be seeing patients in the Geriatric psychiatry Clinic at the Brain Health Center.

THANK YOU TO FACULTY WHO ARE LEAVING
None reported

FACULTY DEVELOPMENT COMMITTEE UPDATES
None reported

DIVERSITY CORNER
Cultural Kudos for February 2020:
- All month: Black History Month
- 02/01 – Pagan and Wiccan: Imbolc begins at sundown, celebration of fire and light and the return of life
- 02/02 – Christian: Candlemas – the blessing of the church’s supply of candles for the year
- 02/10 – Jewish: Tu Bishvat begins at sundown – a minor holiday, New Year of the Trees is widely celebrated to renew the land and plant trees
- 02/11 – LGBTQ+: Tammy Baldwin – Birthday of first openly LGBT politician elected to the U.S. Congress, and first elected to U.S. Senate
- 02/15 – Buddhist: Parinirvana or Nirvana Day – commemorates Buddha’s death in 483 BC and his final nirvana – for more religious holidays, see our 2020 Interfaith Calendar
- 02/15 – Women: Susan B. Anthony – Birthday of leader of women’s rights and the effort to enable women to vote
- 02/21 – Black: Barbara Jordan – Birthday of first Black woman elected to the Texas State Senate
- 02/21 – Hindu: Maha Shivaratri (Shiva’s Night) – honors Shiva, one of the most important Hindu deities
- 02/25 – Baha’i: Festival of Ayyam-i-Ha (2/25-2/29) – gifts, charity and preparation for fasting preceding the New Year
- 02/26 – Christian: Ash Wednesday – the start of Lent, prayer and fasting for 40 days until Easter Sunday

Black History Month: A personal reflection by Telsie Davis. My eldest son was given his first name in honor of his father and grandfather. His second name was given
in honor of the father of Black History Month – Dr. Carter G. Woodson. Reflecting on American History that highlights the contributions of Black Americans is a celebration for my family and community. Sometimes it brings sadness that despite the great accomplishments, much work remains to bring about cultural equity and inclusion for African Americans. Given this, I have used this month to start a meditative practice to increase my emotional resilience and connection to like-minded others to sustain my work around social justice. The practice was developed by an African American law professor and meditator named Rhonda V. Magee and can be found in her book and audio-book titled: The Inner Work of Racial Justice: Healing ourselves and our communities through mindfulness. I invite you to join me.

Tu B'Shvat – David Goldsmith, MD – Tu B'Shvat, literally “the 15th day of the month of Shevat” is also referred to as Chag Ha'illanot, or holiday of the trees (sometimes also known as the New Year of the Trees). Falling in the wintertime, the holiday dates back to the early Middle Ages, celebrating the prospect of regeneration and the coming of Spring. More modern celebrations of the holiday center around ecological awareness and eating foods native to Israel. For me, as a child, this meant the yearly tradition of eating carob with its bark-like shell and chewy center. We were always told it would taste like chocolate, but it seemed magical nonetheless. Now, Tu B'Shvat takes on additional meaning as issues of climate change and the environment takes on a greater urgency. It serves as a time to reflect on our relationship with the planet and a call to action, both large and small, to support environmental sustainability.

WELLNESS CORNER

Social Wellness:
- Healthy positive interactions with others
- Engaged into social relationships with feelings of belonging and inclusivity
- Responsible and safe decisions when interacting with others
- Empowered ability and confidence to cultivate healthy relationships, share talents, and contribute to your community

NIH:
- Social Wellness Toolkit: https://www.nih.gov/health-information/social-wellness-toolkit
- Additional Resources: https://www.nih.gov/health-information/social-wellness-toolkit-more-resources

Atlanta Area Events:
- Upcoming Health and Wellness Activities in the Atlanta Metropolitan Area
  - https://www.eventbrite.com/d/ga--atlanta/health-and-wellness/

Emory Events:
• **Emory Move More Challenge**

• Emory Active Works Pledge: https://healthyemory.wufoo.com/forms/klq6dfd0vp2dr0/

• **Emory Spring Softball League**: Softball season is here and the Great Reasons to get Emory Employees Together (GREET) committee is sponsoring COED SOFTBALL GAMES once again! If you are interested in playing, email Russell Clark at Russell.clark@emoryhealthcare.org by March 13, 2020. Games officially begin Sunday, April 19, so sign up today!

• **National Walking Day is Wednesday April 1st**. For more information visit www.heart.org. Interested in leading a walk on National Walking Day? Please send an email to Marisa Hutchinson with the details of your walk no later than March 4th.

• **Earn Double Points with the New Whil Programs on Healthy Emory Connect**. Healthy Emory Connect has expanded its offering of "Whil" Programs for 2020. These digital resources available on the web platform and mobile app powered by VirginPulse help you improve your mental wellbeing, performance, relationships and sleep. From now through the end of February, you can earn double the points for completing Whil programs on Healthy Emory Connect. Points are used to earn medical plan incentives which helps you save money on medical costs.

**FACULTY KUDOS**

**Major Leadership Appointments, Activities and Achievements**
None reported

**Education**

**Research**


**Honors, Awards, Rankings**


Justin Palanci completed his certification as a trainer of Open Dialogue through the Institute for Dialogic Practice.

Sheila Rauch was appointed the Mark and Barbara Klein Distinguished Professor in Psychiatry. The Mark and Barbara Klein Chair was established to recognize a preeminent scientist with a focus on the group of disorders that involve the translation of psychic distress into physical symptoms and the associated biological consequences and treatments. Dr. Rauch is recognized as one of the foremost experts on PTSD and its psychobiology as well as unsurpassed work developing evidence-based treatments for PTSD.

Jennifer Stevens received a 2020 Winship Invest Pilot Grant for her project "Identifying the Impact of Chronic Psychosocial Stress on Tumor Immunity in Breast Cancer Patients."

Monika Stojek was awarded an Alies Muskin Career Development Leadership Program Award for clinical track from the Anxiety and Depression Association of America.

Sanne van Rooij was awarded the Donald F. Klein Early Investigator Award from the Anxiety and Depression Association of America.

**Presentations**

Laura Watkins and Katie Ragsdale presented “Assessment of PTSD: Diagnostic Consideration and Differential Diagnosis” at a GPA CE workshop.
Liza Zwiebach and Jessica Chang presented at the OB/GYN grand rounds on "Sexual Trauma: The Intersection of OB/GYN and Psychiatry."

**Quality and Safety Initiatives and Capital Campaign Initiatives**
None reported

**Community Benefit Programs and Activities**
None reported

**Facilities**
None reported

**Emory in the Media**
Brian Dias (1) Elemental – *Scientists are Discovering How Trauma can be Inherited.*

Boadie Dunlop (1) WSB-TV – *Emory Looks into Using Psychedelic Drugs as Possible Treatment for Depression.* (2) AJC – *Emory Looks into Using Psychedelic Drugs as Possible Treatment for Depression.*

Toby Goldsmith (1) AJC – *A Silent Epidemic: How to Combat Depression as a Nurse.*


Sheila Rauch (1) Fatherly – *Prolonged Exposure Therapy and the Making of Shia LeBeouf’s ‘Honeyboy’.*


Christina Wilson (1) CBS46 – *VA Focuses on Suicide Prevention After Multiple Veteran Deaths.*

**Other Accomplishments**
None reported

**ADJUNCT FACULTY KUDOS**
Gail Anderson MD, Lisa Rosof MD, and Jane Yates PhD, are participating in the *Emory Executive Coaching Diploma Program* being offered from January 14 to April 25, 2020. This is a joint venture of the Psychoanalytic Institute within the Department of Psychiatry and the Goizueta Business School.

Wendy Jacobson, MD along with Jay Kwawer, PhD, co-chairs of the Institute Advisory and Consultation Section of the Department of Psychoanalytic Education of the
American Analytic Association, wrote an article that appeared in The American Psychoanalyst. The article highlighted a wide range of consultation services their committees provide to 38 psychoanalytic institutes nationwide.

Ray Kotwicki, the Charles B. West, Chief Medical Officer of Skyland Trails, was named the Psychiatrist of the Year by the Georgia Psychiatric Physicians Association. This award recognizes a GPPA member who has demonstrated an exceptional commitment to psychiatry and has used his/her skills as a psychiatrist.

Ren Massey - In Hanoi, Vietnam, January 2020, an international team from the World Professional Association for Transgender Health (WPATH) Global Education Initiative trained over 130 varied healthcare professionals in mental health, hormonal, and surgical care of transgender and gender diverse (T/GD) patients. The faculty of 12 psychologists, psychiatrists, primary care physicians, endocrinologists, and surgeons volunteered their time for a week, after sending their slide decks to be translated in November 2019 and educating themselves on Vietnam specific research and training materials about cultural concerns and transhealthcare. They held advance conference calls about cultural humility and sensitivity plus preparatory conversations with members of the local transcommunity. They also were briefed by the non-governmental organization that sponsored them, largely from a Dutch Embassy grant. Supporting Community Development Initiative (SCDI) sponsored the training held at the Viet-Duc public hospital. SCDI envisioned them as change agents to empower healthcare professionals to be competent in trans healthcare who can advocate for the government to pass the law recognizing transgender people and provide the services they have increasingly had requested by patients. The Minister of Health blocking the law has retired, and they hope the law will pass soon because most transpeople get hormones on the black market and go out of country for surgery. The political importance of the training was seen as opening remarks were provided by the Dutch Embassy and the interim Minister of Health. Additionally, the translators informed the presenters about the plenary sessions being translated in parallel (simultaneously with the audience wearing headsets) versus some of the smaller sessions translated consecutively, which is a slower process of back and forth especially during Q & A. Having translators familiar with the content material, issues, and concepts was essential to the program’s success. The presenters were able to discuss concerns like shortages of mental and medical healthcare providers and cultural issues such as the impact of filial piety. They were embraced and their presentations were so well-received that the SCDI, hospital staff, and transcommunity requested numerous specialized extra trainings that they provided for surgeons, staff, the pediatric hospital, and the community. Ren noted that working in another country and culture was exciting, exhausting, rich, and incredibly rewarding. Ren and Ren’s colleagues all walked away with gratitude for the American healthcare system and for the opportunity to influence healthcare and access, especially for a marginalized community, in another country. On a personal note, Ren stated that visiting a country that had been a central concern in Ren’s growing up years (Ren’s father served two tours of duty in Vietnam) was a powerful and healing experience. Seeing a country move on from occupation and wars on its soil to welcome foreigners
from a country it fought against gave Ren hope for reconciliation in other countries and conflicts.

John Paddock, PhD, ABBP, recently graduated from psychoanalytic training at the Institute of Contemporary Psychotherapy + Psychoanalysis and was accepted as a member of the American Psychoanalytic Association. He has been an Adjunct Professor within the Department of Psychiatry for a number of years and now is a welcome addition to the faculty of the Psychoanalytic Institute.

Karen Schwartz, PhD, creates visual art at the intersections of psychoanalysis and social concerns. Her solo exhibit, Let’s Face It is currently at the Hathaway Gallery and has been open thru Black History Month until March 7, 2020. If you haven’t seen it already, you will enjoy seeing her work. (Hathaway Gallery. 887 Howell Mill Rd NW Suite 200 Atlanta, GA 30318. Public Viewing Hours: Tuesday - Saturday 10 am - 2 pm

Beverly Stoute, MD, chaired the University Forum at the American Analytic Association annual meeting in February 2020, entitled Racism in America IV: Return of Biological Race: Has the Old Become the New Again?

**TRAINEE KUDOS**

Ana Martinez de Andino was awarded an Alies Muskin Career Development Leadership Program Award for clinical track from the Anxiety and Depression Association of America.

Yara Mekawi was awarded an Alies Muskin Career Development Leadership Program Award for research track from the Anxiety and Depression Association of America.


**STAFF KUDOS**

None reported

**PERSONAL UPDATES**

None reported