REMEMBER
Please send me your accomplishments and personal updates for the February 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. 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. The next meeting is Wednesday February 5, 2020.

See the Writing Group’s latest blog post by Allison LoPilato titled Overcoming Perfectionism: Creating Space for Influence.

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: Scott Smith, PsyD
Scott Smith, PsyD, currently serves as the Deputy Chief to the Mental Health Service Line with the Atlanta VA Health Care System (VAHCS). He previously served on the
Psychology Core Training Committee and Postdoctoral Training Committee with the Atlanta VAHCS. He has also supervised psychology interns and postdoctoral fellows during this time. In 2014 and 2015, Scott worked on the inpatient psychiatric unit and worked closely with psychiatric residents on the unit. In his current role, he indirectly supports all training programs that fall under the Mental Health Service Line.

Scott previously worked as a forensic psychologist for the state of Georgia at Central State Hospital in Milledgeville, and he remained on a part-time/as-needed basis with East Central Regional Hospital in Augusta until 2017. He worked in a variety of positions at the Ridgeview Institute in Smyrna, Georgia over many years, which included serving as the Assistant Director to the Access Center. He started his career in 1996 at the Devereux Georgia Treatment Network, where he worked as a supervisor with direct care staff.

In 2016, Scott completed the VA Southeast Network (VISN 7) Clinical Executive Leadership Training Program. In 2009, he completed the Coordinated Care Mini-Residency Training with the VA in Portland, Oregon. Scott has also completed the Georgia Competency to Stand Trial Certification process through Georgia’s Department of Behavioral Health and Developmental Disabilities. He has served on multiple committees, workgroups, and projects over the years, which included serving as the Chair of the Disruptive Behavior Committee at the Carl Vinson VA Medical Center in Dublin, Georgia, and the Chair of the Mental Health Environment of Care/Safety Subcommittee at the Atlanta VAHCS. He is a member of the Georgia Psychological Association, the Association of VA Psychologist Leaders, and the Association of State and Provincial Psychology Boards. Scott currently serves on the Georgia State Board of Examiners of Psychologists.

Scott is married and has two sons. His wife is the Director of Marketing for High Performing Systems, Inc., based in Watkinsville, Georgia. His oldest son attends Mercer University in Macon, Georgia, where he is in the marching band. His youngest son attends Gatewood Schools in Eatonton, Georgia. Scott has two West Highland Terriers who are generally up to no good but are loved dearly. Scott enjoys hiking the Appalachian Trail with his sons and spending quality time with extended family in Cashiers, North Carolina; Lake Oconee, Georgia; and Sandersville, Georgia.

Scott was recently selected to serve as the Chief to the Mental Health Service Line at the Carl Vinson VA Medical Center in Dublin, Georgia, where he started his VA career in 2008. A start date has not been determined. He hopes to continue to support and develop clinical providers in the mental health fields, improve access and strengthen mental health programs, and provide clinical services to Veterans.

**STAFF SPOTLIGHT: Ivy Newman, JD**

Ivy Newman, JD, is the Human Resources (HR) Administrator for the Emory Brain Health Center (BHC) and Orthopaedics. She, along with the other members of the HR team, and in collaboration with departmental, SOM, and University Administration, support the HR operations for BHC & Orthopaedics. In this role, she serves as a SME
on HR related matters including recruitment, benefits, compensation, performance management, and employee relations. Ivy is currently also a member of the SOM Faculty & Staff Diversity Working Group. According to Ivy, the most enjoyable aspect of her work is the opportunity to interact with amazing faculty, staff, and other stakeholders and support the work that they do in our academic and clinical missions.

Key highlights of Ivy’s career trajectory have been the opportunity to provide HR/Faculty Affairs support to multiple areas within Emory, including the Task Force for Global Health, Emory Eye Center/Department of Ophthalmology, School of Nursing, and now Emory BHC & Orthopaedics.

Outside of Emory, Ivy enjoys spending time with her husband, Andy, and son, Porter, as well as volunteering in fundraising efforts for her son’s school.

In the future, Ivy would like to continue to improve on delivery of HR services in the areas that she provides support.

**TRAINEE SPOTLIGHT: Elizabeth (Liz) McCord, MD**

Liz McCord, MD currently is a 5th year Emory Internal Medicine- Psychiatry (Med-Psych) resident. She is a participant in the Emory-Addis Ababa Education Innovation Community of Practice Program, which is a virtual, global, and interprofessional community of practice designed to assist behavioral health educators in developing innovative technology-based approaches. She is the rising outpatient Chief for the Department of Medicine, focusing her outpatient curriculum on the treatment of addiction and behaviors health issues in the primary care setting. She was the Med-Psych chief for the fall semester, but has happily passed the baton to her colleague, Trygve Dolber.

In terms of her current/recent roles and responsibilities outside of Emory, Liz recently served as the Emory delegate for the Association of Medicine and Psychiatry. She also is a proud member of the Atlanta Rainbow Trouts Masters Swim Team.

Liz treasures the ability to learn from each and every patient. Learn not only about medical pathology, but also learn about the intricacies of human behavior, including fortitude, understanding, and resilience. She notes that it is an honor to serve the Atlanta population, and she will be forever grateful to the staff, colleagues, and friends she has met along the way.

When Liz reflects upon the key highlights of her career trajectory to date, she notes that being a member of the Global Health Residency Scholars Program was one of her favorite experiences of her career. With funding from the Walter Wellborn Fellowship, she was able to travel to Addis Ababa, Ethiopia in March 2019 and supervise psychiatry residents in the St Paul’s Psychiatry Program. This experience challenged her professionally and emotionally. Truly, it was the most memorable time of her life to date. Another highlight is being chosen as the Outpatient Chief Resident for the Department
of Medicine. It is such an honor for her to be chosen, and she hopes to use her background in psychiatry to help expand behavioral health in the primary care setting.

Following her Medicine Chief year, she plans to complete a fellowship in Addiction Psychiatry. She hopes to remain in academics in her professional career.

Liz is most excited about getting married to her best friend, Charlie Gonzales, on March 7, 2020! Currently, her interests are surviving the wedding planning process.

FACULTY COMINGS AND GOINGS

WELCOME NEW FACULTY
Leigh Ann Dooley – Dr. Leigh Ann Dooley completed undergraduate studies at Henderson State University, in her hometown of Arkadelphia, Arkansas. She obtained her medical degree from the University of Arkansas for Medical Sciences in Little Rock. Her residency was completed at Indiana University in Indianapolis. After eight years of service in the Veterans Administration, she is currently providing outpatient services at the Brain Health Center. Dr. Dooley resides Stone Mountain, GA with her psychiatrist husband who is a 2013 graduate of Emory's Forensic Psychiatry program. Dr. Dooley is step-mother to Gabriella, a social worker. Dr. Dooley is pursuing a Master's Degree in Public Health at Georgia State University where her interests include harm reduction, weight stigma, and health disparities.

THANK YOU TO FACULTY WHO ARE LEAVING
None reported

FACULTY DEVELOPMENT COMMITTEE UPDATES
On December 5, 2019 the Faculty Development Committee hosted a new faculty orientation. Drs. Mark Rappaport and Nadine Kaslow welcomed new faculty, and Dr. Kaslow provided an overview of information relevant to all faculty in the Department of Psychiatry and Behavioral Sciences. Drs. Rachel Ammirati and Kallio Hunnicutt-Ferguson served as members of a junior faculty panel and addressed questions about how to effectively transition from being a trainee to a faculty member, as well as questions about choosing mentors and strategies for flourishing in the Department. New faculty also were introduced to various new faculty development initiatives (e.g., Peer Mentoring and Consultation Program; Ambassador Program; Peer Supervision Consultation Groups).

DIVERSITY CORNER
Atlanta Convention & Visitors Bureau: Things to do for Black History Month in Atlanta.

January 2020 Cultural Kudos
• All month: Poverty in America Awareness Month
1/1 – Emancipation Proclamation issued by President Lincoln on Jan 1, 1863, which freed the slaves;
1/1 – New Year’s Day used to be known to enslaved African Americans as “Hiring Day” or “Heartbreak Day”
1/1 Global Family Day/World Peace Day
1/4 - World Braille Day
1/19 – World Religion Day (celebrated on the 3rd Sunday in January)
1/20 – Martin Luther King, Jr. Day: National Holiday on every 3rd Monday of January, that honors the birth of MLK, Jr. (official birthday is 1/5). Also a day to celebrate equal rights for all.
1/25 – Chinese New Year – three-day celebration, starting the Year of the Rat
1/27 International Holocaust Remembrance Day

Poverty in America Awareness Month - Telsie A. Davis, PhD

Growing up in Southwest Atlanta, the home of so many influential African Americans, I long characterized my childhood as privileged. Not until I journeyed to my new home at Georgia Tech in Northwest Atlanta as a college freshman, did I begin to challenge that belief. Atlanta was and remains one of the most racially segregated cities in America. Because race and class are so inextricably linked, it is no surprise that when I looked at my childhood community with educated eyes, the poverty and disparity was glaring. What was most glaring for me was the shame I felt about it.

I took Poverty in America Awareness Month as an opportunity to re-examine my beliefs about poverty and those who are poor. One outcome of my self-examination has been deep gratitude to patients at Grady hospital that granted me the privilege of clinically serving them throughout my internship and fellowships. There is no other patient group to whom I am most grateful!

Rachel Pearson, MD, highlights just how much health care providers owe to patients who are poor. Here is an edited excerpt from her book No Apparent Distress - A Doctor’s Coming-of-Age on the Front Lines of American Medicine: “A nurse practitioner, specializing in gynecology at a private clinic said to Rachel, just trained on speculum exams, but with only one completed at the time: ‘Don’t worry, I take students in my clinic sometimes, but I don’t let them touch my patients until they have spent a week at the prison clinic. You go there and you can do 20 pap smears in a day.’ Rachel made a simple calculus… ‘so before touching the genitals of an insured woman, a student needed to practice on a hundred poor women.’”

Let us all join the effort to increase awareness about people living in poverty and eliminate health, treatment, educational, and societal disparities due to poverty. [https://www.swgacac.com/january-is-national-poverty-in-america-awareness-month/](https://www.swgacac.com/january-is-national-poverty-in-america-awareness-month/)

1/20 – Martin Luther King, Jr. Day - Douglas E. Lewis, Jr., PsyD

It is well known that MLK Day was established as a national holiday to commemorate the valiant efforts of Dr. Martin Luther King, Jr., the leader of the American Civil Rights Movement. Dr. King fought tirelessly to upend laws fueling a system riddled with the
vestiges of chattel slavery. Many view MLK day as a time to celebrate diversity, equality, and goodwill. Nonetheless, similar to responses seen across the States with regard to other federal legislation that seemingly departs from America’s “dark tradition,” the holiday was met with resistance.

I was born and reared in Danville, Virginia, a place where many still celebrate that our city served as the last capital of the Confederacy. The state of Virginia explicitly showed its resistance to King’s holiday by designating in 1986 that its citizens would celebrate Thomas Jonathan “Stonewall” Jackson and Robert E. Lee, revered generals of the Confederacy, on the same day as Dr. King. I recall looking at my school's academic calendar in bewilderment at such an odd and to some, offensive juxtaposition. Virginia’s General Assembly voted in 2000 to celebrate only Dr. King on the third Monday of every January, thereafter. Let us continue to celebrate our nation’s progress while working diligently to seek the dream envisioned by MLK so many decades ago. (Source: Haider-Markel, D. P. (Ed.). (2008). Political encyclopedia of US states and regions. p. 323. CQ Press.)

Hate crimes against Muslim women and its impact on mental health - Ishrat J Khan, MD, FAPA.
The term “Islamophobia” is defined by Runnymede Trust Report as “unfounded hostility towards Muslims, and therefore fear or dislike of all or most Muslims” (1). Although Islamophobia and stereotyping of Muslim women date back to several centuries, the past few decades have seen an exponential increase in Islamophobic rhetoric which undesirably stereotypes Muslim women.

The negative stereotyping in the media regarding Muslim women portray them as a homogenous group supporting regressive views, values, and practices discordant with modern life, totally ignoring the history and diversity of Muslim women. Contrary to these stereotypes, Muslim women have made important contribution throughout medieval and early modern history (2) and they are still striving or have broken the glass ceiling and cultural barriers to inspire women from all walks of life to pursue their dreams (3). Although women in general face discrimination and inequities, studies suggest that Muslim women, particularly those who wear hijab or niqab, carry a unique burden. Women who wear hijab or niqab are perceived as visible representations of Islam, and as such face a significant risk of exposure to discrimination, harassment and attacks (4). According to a study in the Netherlands, 90% of the Islamophobia victims were women (5). According to the European Network Against Racism’s report dated May 26, 2016, covering eight countries: Belgium, Denmark, France, Germany, Italy, the Netherlands, Sweden and the United Kingdom. In most European countries hate crimes against Muslims are disproportionately higher for Muslim women then Muslim men, especially if they wear a headscarf. Muslim women are targeted by threats, hate speech, violence, assault and online hate but nothing is done to address the multiple discriminations they face (5). The report further shows that prejudices and stereotypical representation about Muslim women are spread by media and public discourse, including some politicians, which also contributes to generating an environment for discriminatory practices and violence on the ground.
In the United States, according to women’s right project by American civil liberties union, up to 69% of Muslim women wearing a hijab (head covering) have experienced discrimination at least once compared to 29% of women who did not wear hijab. These violations occurred in a variety of contexts such as: 1) women have been denied the right to wear a headscarf at work, 2) Muslim girls who wear headscarves or whose mothers wear headscarves have been harassed and assaulted, and, 3) students have been denied the right to wear hijab and have been prevented from participating in athletic events or musical concerts (6). Muslim women, like other Americans, have the right to practice their religion and be treated equally. They have the right not to be discriminated against or harassed because of their religion, gender, or perceptions about their nationality or ethnicity. Numerous United States laws protect these rights. (6)

Islamophobic incidents create an insoluble barrier for Muslim women to assimilate into western societies. The social isolation indorses negative stereotypes of Muslim women and widens the gap between them and the society. In order to break this vicious circle, there is a need especially in the clinical settings to understand, evaluate, and treat Muslim women based on their unique individual characteristics and preferences (7). This will dissipate myths, avert stigmatization, and circumvent delivery of suboptimal care. (8)

References:
1. https://www.crg.berkeley.edu/research/islamophobia-research-documentation-project/
3. https://www.huffpost.com/entry/the-time-muslim-countries-had-female-presidents-and_b_58d008a5e4b0e0d348b345f9 (accessed Jan 17, 2020)
WELLNESS CORNER

Upcoming Events:
Music and the Brain: A performance by the Gary Motley Trio
Remarks by Gary Motley, MM, Director of Jazz Studies at Emory University, Paul Lennard, PhD, Director of Neuroscience and Behavioral Biology and Andrew C. Furman, MD
February 11, 2020; Reception: 7:00 pm Program: 7:30 pm
The Emory Brain Health Center, 12 Executive Park Drive, Atlanta, GA

Burnout, Satisfaction and Work-Life Integration Symposium
February 11, 2020; 12:00 pm-2:00 pm; SOM Room 120
https://form.jotform.com/200064606278149

Wellness Wheel Highlights:
Physical Wellness:
- Healthy balance of physical activity, sound nutrition, sleep, and relaxation
- Engaged with enjoyable activities that promote optimal health
- Responsible and safe environmental arrangements to protect oneself from injuries and harm
- Empowered ability and confidence to take control of own physical health and well-being

NIH:
- Physical Wellness Toolkit - https://www.nih.gov/health-information/physical-wellness-toolkit-more-resources

Atlanta
- Strong4Life: https://www.choa.org/medical-services/wellness-and-preventive-care/strong-4-life
- CHOA: https://www.choa.org/medical-professionals/physician-wellness/physical-wellness
- CHOA: https://www.choa.org/medical-professionals/physician-wellness/mental-and-emotional-wellness

Emory
- Your Wellness: https://www.hr.emory.edu/eu/wellness/index.html
- Healthy Emory Connect: https://www.hr.emory.edu/eu/wellness/healthy-emory-connect/index.html
- Healthy Emory Initiative: https://www.hr.emory.edu/eu/wellness/healthy-emory.html
- Health and Wellness Champions: https://www.hr.emory.edu/eu/wellness/health-and-wellness-staff.html
- Physical Fitness: https://www.hr.emory.edu/eu/wellness/physical-activity-fitness/index.html
**FACULTY KUDOS**

**Major Leadership Appointments, Activities and Achievements**
Andrew Miller was selected for the 2020 Dean’s Distinguished Faculty Lecture and Award. This award is the highest and most celebratory of all faculty honors in the School of Medicine. Andrew’s work on the interactions between the brain and the immune system has paved the way for the use of immunotherapy to treat psychiatric disorders. The impact of his work on the scientific community and on his trainees was specifically noted by the Selection Committee.

**Education**
None reported

**Research**


**Honors, Awards, Rankings**
Jordan Cattie has joined the Planning Committee of the International OCD Foundation.

Charles Gillespie was elected to Distinguished Fellow of the American Psychiatric Association.

Jeffrey Rakofsky was elected to Distinguished Fellow of the American Psychiatric Association, as well as invited to join the Association for Directors in Medical Student Education in Psychiatry and its Executive Council.
Monika Stojek’s SCORE Pilot application for Dysregulated Eating and Inflammation in Men and Women with and without PTSD will be funded. Monika was also recently accepted to participate in the Alies Muskin Career development Leadership Program (CDLP) under the auspices of the Anxiety and Depression Association of America (ADAA).

**Presentations**
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**
Nadine Kaslow (1) Medpage - ED visits for suicidal ideation and self-harm on the rise

Vas Michopoulos (1) Georgia CTSA – Former Georgia CTSA TL1 Trainee Links Inflammation to Risk for PTSD.

**Other Accomplishments**
None reported

**ADJUNCT FACULTY KUDOS**
None reported

**TRAINEE KUDOS**
Congratulations to the chief residents for 2020-21:
- Ashley Subler, MD, Chief Resident, Emory University Hospital
- Kathryn Bertacchi, MBChB and Adam Rudolph, MD, Co-Chief Residents, Grady Memorial Hospital
- Jack Van Bezooyen, MD, Chief Resident, Atlanta VA Medical Center
- Brandi Burke, MD, Chief Resident Outpatient Psychotherapy and Psychopharmacology Clinic, Emory
- Justin Ellis, MD, PhD and Michael Lucido, MD, PhD, Co-Chief Residents, Research Track

The Wellborn Fellowship Committee is pleased to announce three new fellows for the next academic year:
• **David Thylur** will be using his funding to provide training in techniques to better understand the psychoneuroimmunology of patients with first episode schizophrenia. His primary research site is Grady and his mentors are Brad Pierce of the Rollins SPH and Christopher Tipton in the Department of Medicine.

• **Eric Stanshine** and **Umair Janjua** will be using their funding to enroll in the Goizueta Business School’s Executive Coaching Diploma Program (ECDP). The ECDP is based on a multidisciplinary curriculum taught by faculty members from both the Emory School of Medicine (Department of Psychiatry and Psychoanalytic Institute) and the Goizueta Business School. Their primary mentor is Richard Gilkey of the Goizueta Business School.


Jesse Fredeen was the recipient of the department’s Resident Recognition Award for January 2020. The award is given three times per year for residents who demonstrate excellence in leadership, teaching, and clinical care.


**STAFF KUDOS**

Christine Agnone will be leaving the BHC to accept a new role as Research Associate in the Rollins School of Public Health.

Yulonda Christie’s proposal entitled, “The Next Step Along the Residency Program Coordinators’ Career Track,” has been selected for the staff track program at the SGEA Annual Conference.

**PERSONAL UPDATES**

Erin and Bobby Elliott are excited to welcome baby Bobby to the family! Robert Hare Egerton Elliott IV arrived on January 7 at 9lb, 9oz and 22.5in.