

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS  
JANUARY 2024

**REMEMBER**

**Please send me your accomplishments, program/team activities, and personal updates for the February 2024 Kudos**

**SAVE THE DATES**

**FACULTY DEVELOPMENT SEMINARS**

Upcoming faculty development seminars, which will be held from 9:00-10:30a, [Zoom](#) link:

- Wednesday March 6, 2024 – Giving Feedback: Faculty Perspective
- Wednesday May 22, 2024 – Promotion: DEI Section of CV, Service Portfolio

**WRITING GROUPS: UPCOMING**

The Writing Group is the 1<sup>st</sup> Wednesday of every month from 8:00-9:00am. These meetings are on [Zoom](#).

**SPOTLIGHTS**

**FACULTY SPOTLIGHT: Paul Kim, MD, PhD**

Last year Paul Kim joined the faculty as an Assistant Professor of Psychiatry and Behavioral Sciences at the School of Medicine. His primary role involves providing care to individuals who seek assistance at the Psychiatric Emergency Service (PES) at Grady Hospital.

What Paul finds particularly fulfilling in his current role at PES is the collaborative effort with the PES Core Team. Together, they strive to ensure patients receive timely care within a safe and supportive environment.

Before joining the faculty, Paul successfully completed his residency training in psychiatry at Emory. An integral part of his journey included participating in the research track at Emory, where he received invaluable support. This support significantly contributed to shaping his career as a clinician-scientist.

Beyond Paul's clinical responsibilities, he is actively engaged in laboratory work. His ongoing project focuses on developing a functional model of the blood-brain barrier in a dish. The ultimate goal is to establish a platform for testing potential therapeutics, reflecting his commitment to advancing research alongside clinical practice.

**STAFF SPOTLIGHT: Cara Waiswilos**

Cara Waiswilos has been a Licensed Professional Counselor for about five years. Currently, she is a clinical assessment specialist at the Emory Child and Adolescent Mood Program (CAMP). Essentially it means she does intake screenings

and coordination for new patients in the clinic, and also research assessments for a study about treatment for adolescents with depression.

Previously at Emory, Cara worked for the RadX team that trialed new over the counter Covid tests. Before coming to Emory, she worked at the Georgia Vocational Rehabilitation Agency and a non-profit called Bobby Dodd Institute as a Certified Rehabilitation Counselor assisting people with disabilities to access the work place. She also has previous therapeutic work experience at an inpatient psychiatric hospital, a PHP/IOP clinic for adolescents and a methadone clinic.

Cara likes so many things about her job at CAMP. First of all, she feels camaraderie with her coworkers. She values the importance of the work CAMP does and its impact on the future generations of our community. Lastly, she appreciates the work/life balance.

Prior to getting her masters in counseling, Cara worked for ten years in various roles of healthcare administration, specifically skilled nursing facilities and hospice.

Outside of work, Cara volunteers as a Court Appointed Special Advocate for children in foster care with Fulton County. She loves to travel, and in 2023 took trips to Amsterdam and Morocco. In 2024, she has a tentative plan to visit to Greece.

## **WELLNESS COMMITTEE**

### **Wellness Resources:**

Healthy Emory is bringing back the [Eat Smart, Move More, Weigh Less](#) program in September.

Challenges with Healthy Emory are ongoing - the Sharecare app is the platform and incentive dollars are available!

[Operation Eat Right](#) encourages you to improve your nutrition and boost your well-being using Healthy Emory Connect!

Resources from Healthy Emory and a link below to the ACPH.

- [Benefits](#)
- [Rewards](#)
- [Career](#)
- [Learning](#)
- [Wellness](#)
- [Work Life](#)
- [Employee Assistance](#)
- [Employee Assistance – Physician Wellbeing Conference](#)

Healthy Emory resources including the Sharecare platform for Move More, Refresh from Stress and more! Open to University and Healthcare Employees [Healthy Emory Connect | Emory University | Atlanta GA](#)

Wellbeing and mental health support for Emory University Employees [Faculty Staff Assistance Program](#) and for [Emory Healthcare Employees](#) username EHC (800 327 2251)

Graduate Medical Education Well-being [Resident Well Being | Emory School of Medicine](#)

International Conference on Physician Health (alternates years with American Conference) [International Conference on Physician Health™ | American Medical Association \(ama-assn.org\)](#)

[Dr. Lorna Breen Heroes Foundation | Dedicated to Protecting the Well-Being of Physicians and Health Care Professionals \(drlornabreen.org\)](#)

Office of Well- Being established for Woodruff Health Sciences [Emory's Woodruff Health Sciences Center establishes Office of Well-Being | Emory University | Atlanta GA](#)

### **DISC COMMITTEE**

DISC is excited to celebrate you and your diversity. Please let the committee know more about you by completing [this survey](#) so you can be highlighted in the diversity kudos.

### **FACULTY KUDOS**

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

Jennifer Holton will be promoted to the rank of Associate Professor effective September 1, 2024.

DeJuan White will be promoted to the rank of Associate Professor effective September 1, 2024.

#### **Research**

Lewis PC, Cheong YF, Kaslow NJ, & Yount KM. (2024). Collateral effects of COVID-19 stay-at-home orders on violence against women in the United States, January 2019 to December 2020. BMC Public Health (24), 51. doi:10.1186/s12889-023-17546-y

Li W, Chen L, Hsu M, Mo D, Xia L, Min K, Jiang F, Liu T, Liu Y, Liu H, Tang YL. The association between workload, alcohol use, and alcohol misuse among psychiatrists in China. Frontiers in Psychiatry, 2023, 14:1171316

McDonald WM. (2024). Editorial: [Theta burst TMS technology: Great promise and a lot to learn.](#) The American Journal of Psychiatry, 181 (1), 14-15.

Mo D, Gluck R, Jiang F, Tao R, Geng F, Liu T, Liu Y, Liu H, Tang YL. [The Association between mental health symptoms and alcohol use among Chinese Psychiatrists during the early stage of COVID-19 pandemic](#). *Alcohol*, 2024, 114:1-7.

Pan W, Hu XY, Zhu DD, Li L, Bao F, Li R, Mao P, Ma X, Ren YP, Tang YL. The cognitive effects of adjunctive repetitive transcranial magnetic stimulation for late-onset depression: a randomized controlled trial with 4-week follow-up. *Frontiers in Psychiatry*, *Front. Psychiatry* 14:1240261. doi: 10.3389/fpsy.2023.1240261

Powers A, Lathan EC, McAfee E, Mekawi Y, Dixon HD, Lopez E, Ali S, Hinrichs R, Bradley B, Carter S, & Kaslow N. (2024). Feasibility and acceptability of a virtual mindfulness-based intervention for Black adults with PTSD and depression: Randomized controlled trial. *Journal of Mood and Anxiety Disorders*, online 11 Jan 2024, 100048. DOI: 10.1026/j.xjmad.2024.100048

Wang X, Wu H, Wang D, Wang W, Wang W, Jin WQ, Luo J, Jiang W, Tang YL, Ren YP, Yang CL, Ma X, Li R. Reduced suicidality after electroconvulsive therapy is linked to increased brain activity in frontal regions of depressed patients: a resting state fMRI study. *Frontiers in Psychiatry*, 2023, 10.3389, DOI: 10.3389/fpsy.2023.1224914

Xu JJ, Pan Y, Sun C, Wang M, Tang YL, Ren Y, Wang W, Wang G. Immune-Inflammatory Responses and Pulmonary Embolism in Catatonia: A Report of Two Cases. *Asian Journal of Psychiatry*, 2023 Jul 8;87:103693. doi: 10.1016/j.ajp.2023.103693.

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

Yilang Tang was selected as one of Emory University's CFDE DEI Teaching Fellows for 2024-25. His project will focus on enhancing the cultural sensitivity of addiction evaluation and intervention, as well as addressing the health inequalities and disparities associated with substance use disorders.

### **Presentations**

Rebecca Schneider (1) facilitated the CHOA Behavioral and Mental Health Project ECHO series on Pediatric Obsessive-Compulsive Disorder. (2) She also gave a presentation titled "What do you meme? Use of defusion in treatment" for high schoolers who attended the International OCD Foundation's Online OCD Camp.

### **Education**

Kaleel Hatten, Sydnee Akubuiro and Dejuan White attended the region 4 SNMA conference to recruit and represent the residency program.

### **Media**

Joseph Cubells (1) AJC – [Georgia Medical Board Restores Telehealth Prescribing Flexibility](#)

Negar Fani (1) CNN - First of All with Victor Blackwell – [Racism Produces Subtle Brain Changes and Increases Risk Of Disease Among Black People](#). (2) WRFG 89.3 Atlanta – [Progressive News Hour: Voices from the Spectrum](#). (3) WOSU – [Wellness Wednesday: How Racism Factors into Health Risks for African-Americans](#)

Rachel Hershenberg (1) Men's Health – [I Used the Future Fitness App for a Full Year. Here's What I Thought](#).

Barbara Rothbaum (1) WABE-FM – [Georgia lawmakers push for bipartisan bill to support first responders with PTSD](#)

### **ADJUNCT FACULTY KUDOS**

Matthew Norman has been promoted to the rank of Adjunct Professor.

Beverly Stoute edited and wrote chapters of a new book titled “The Trauma of Racism: Lessons from the Therapeutic Encounter.”

### **TRAINEE KUDOS**

Akubuiro S, Clay W, Nelson S, Cowan AE. Addressing Structural Racism in Child and Adolescent Psychiatry in Psychotherapy. *Innov Clin Neurosci*. 2023 Dec 1;20(10-12):29-34. PMID: 38193101; PMCID: PMC10773604.

The Wellborn Fellowship recipients for 2023-2024:

- Abby Clark plans to participate in the ongoing, multi-departmental exchange Emory has with Addis Ababa University in Ethiopia. She is looking to cultivate the relationship between Emory Psychiatry, AAU and SPMMC, aiming to improve our mutual understanding of the importance of providing culturally informed, socially contextualized treatment for patients in psychiatric settings.
- Caitlin Smith plans to complete a one-month elective at the University of Pittsburgh Medical Center's Center for Eating Disorder and hopes to develop skills in the diagnosis, stabilization and management of eating disorders in inpatient, PHP and IOP settings.