

## PROFESSIONAL DEVELOPMENT UPDATES

### **REMEMBER**

- **Please send me your accomplishments for the April 2018 Professional Development Update**
- **We are now seeking personal as well as professional updates – See personal updates in this Kudos.**

### **LEADERSHIP WORKSHOPS**

The next Leadership Consultation will be Wednesday June 20<sup>th</sup> from 9:00-10:30 am and will be held at EP12 in the 1<sup>st</sup> floor training room. All faculty are welcome to attend, even if they have not participated before.

### **FACULTY DEVELOPMENT SEMINARS**

The next Faculty Development Seminar will be on May 2, 2018 from 9:00-10:30am, EP12 1<sup>st</sup> floor training room. We will have a group discussion, possibly with some panelists, about people's perspectives on the Goldwater Rule in the current political climate.

### **WRITING GROUPS: UPCOMING**

The Writing Group offers a structured and supportive environment for people at all stages of the writing process from conceptualization of a writing project through the submission and revision process. Group members offer each other input and resources about potential writing outlets, possible collaborators or mentors for their writing efforts, and even ideas about what to cover. Participating in this group, which meets approximately every six weeks, helps hold people accountable for making progress on various writing projects and overcoming barriers to productivity (e.g., anxiety, time, perfectionism, procrastination, combination of all of the above).

The next writing group at EP12 will be held Wednesday May 2 from 8:00-9:00am in Room 263.

The VA hosts a writing group through VANTS to allow for maximum participation. The group meets the third Thursday of each quarter, with the next meeting occurring on June 21. If you would like to participate remotely, the conference call number is 1-800-767-1750 and the access code is 12330.

#### Writing Group Testimonial:

“The best thing about the writing group was being held accountable for work on my paper in a supportive and non-judgmental way. Early on (when the deadline was months off and easy to ignore), knowing that I would have to report on my progress every month really helped keep me on track. And then at the end, when I did need a slight extension, the group was again really supportive. I was feeling guilty about wanting to request an extension, and group members were reassuring and gave good advice about how to ask for it. My extension request was accepted readily by the

editors, and I finished up the paper prior to the revised deadline. In short, the group was great for pushing me to move forward with writing but did so while also supporting my needs to manage my other job responsibilities and maintain a healthy work-life balance.”

--Julie F. Pace, PhD

### **SPOTLIGHT: DeJuan White, MD**

DeJuan White is an Assistant Professor with the Department of Psychiatry and Behavioral Sciences, as well as the Medical Director of the Psychiatric Emergency Services at Grady Hospital. He also works in Grady’s Crisis Intervention Services. Within the department, DeJuan is the co-chair of the Racial, Ethnic, Cultural Minority Faculty Committee, an appointment he considers to be a highlight of his career thus far. He also serves on the Diversity and Inclusion Subcommittee and the Faculty Development Funds Committee, and he is the department's representative on Grady's Pharmacy and Therapeutics Committee.

Working closely with the combined internal medicine and psychiatry residency program, DeJuan provides lectures to trainees from the two departments on a variety of topics. He also serves as the principal investigator of a pilot study on the value-added by a mobile application (ReliefLink) in combination with Compassion Meditation Training for African American suicide attempters through a grant funded by Emory Medical Care Foundation. In January, DeJuan published a co-authored chapter with Aaron Gluth and Martha Ward about lifestyle interventions in patients with severe mental illnesses in a book titled *Lifestyle in Heart Health and Disease*.

DeJuan most enjoys working with the underserved patient population at Grady given the large impact to be made by delivering a high quality of care with limited resources. He also appreciates the challenge of evaluating and managing psychiatric patients with medical complexities in the acute care setting. In addition, he finds it very rewarding to assist in the development of trainees throughout their years of residency.

Outside of Emory, DeJuan mentors underrepresented minorities in medicine at various levels of training. Away from the workplace, he values spending time with family and friends. He also has an interest exploring socially conscious documentaries, creating playlists consisting of various types of music and being involved in lively discussions from his book club. Most of all, he enjoys spending time with his fiancée as they prepare for their upcoming wedding.

DeJuan’s plans for the future include developing innovative ways to improve collaborative care in emergency and outpatient settings, enhancing the mental health care of inmates with severe mental illnesses, and being involved in additional pursuits to enhance diversity in academic medicine.

### **WELCOME TO NEW FACULTY**

None noted

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

None noted

## **DIVERSITY CORNER**

The Subcommittee on Diversity and Inclusion will be sharing information monthly regarding various holidays and heritage months and celebrations of various forms of diversity. Volunteers to briefly educate members of the department about a specific form of diversity and to share some personal experiences are welcome.

**Passover – David Goldsmith, MD, Assistant Professor** - The holiday of Passover is a time when Jews reflect on the retelling of the Exodus story, when we recall the biblical narrative of being freed from slavery in Egypt. It is a holiday of great preparation – cleaning and clearing out homes of any unleavened food in preparation for eight days of Matzah. As a child, I remember having great fun packing up our usual sets of dishes and bringing out the boxes of Passover dishes stored away to come out for their yearly 8-day foray. Everything was cleaned and nothing was left unturned, as we would scour the house the night before the holiday looking for the last crumbs of bread. Passover was a time of getting together with family – it was one of the few times a year when I would see aunts, uncles, and cousins who would come for the Passover Seder at my Grandparents house. Today, memories of my Grandfathers leading the Seder permeate my mind as we sit around the table, telling the story of the Exodus for yet another year. Though the words don't change and we sing the same songs, we try to bring some relevance to the discussion – connections to the holocaust and the civil rights movement, a discussion of modern-day injustices throughout the world and in our own country. I think this is the reason we retell the Exodus story each year. We're commanded to teach the story of the Exodus to future generation, and though this may be our story, the history of slavery and oppression is not singularly ours. For this reason, the words of the Hagaddah that guide the Seder call on us to share in the matzah – literally referred to as the bread of affliction – not just so that others may have food to eat (as the text explicitly states) but to also hear their stories and feel connected to others (as I read the text as implicitly stating). To me, Passover is a holiday that forces us to look beyond ourselves – to recognize those who suffer and help with their struggles.

**Passover – Betsy Gard, PhD, Adjunct Professor** - Passover is a major holiday in the Jewish religion. Passover commemorates when the Pharaoh set the Jews who lived in Egypt free to follow Moses into the desert after experiencing ten plagues. Jews celebrate their freedom by participating in two nights of Seders, which are held after Sundown. Seders are ritual meals that include a service recounting the story of the Exodus from Egypt. During the eight days of Passover, Jews are to refrain from eating any leavened products, called chametz. Chametz include foods with grain as these foods may rise, and in the Exodus story, Jews had no time to let their dough rise. Jews may eat only prescribed, unleavened food items, specific for Passover, which have a special designation as KOSHER or meeting required Jewish law and customs. An example of a kosher for Passover food is Matzo, which is unleavened bread that looks

like a cracker. Observant Jews will be very careful to eat only Kosher for Passover foods, which can make eating out or eating hospital or cafeteria food very challenging.

**Good Friday - Sandra Parks, BS, Administrative Assistant** – Simply stated, Good Friday commemorates Jesus Christ's crucifixion and occurs annually on the Friday just before Easter Sunday (preferably Resurrection Sunday). Christians observe His death on the cross on this day, one filled with purpose for the salvation of all mankind. Crucifixion has been considered the cruelest form of execution. Why would observance of such a day be called "Good" Friday? Jesus Christ was crucified, symbolically becoming the sacrificial lamb whose shed blood would redeem sinful mankind, restoring the righteous relationship between God and man. In 2018 it falls on March 30; but varies each year. (Determining the date can get complicated. Easter Sunday is based on the vernal equinox which occurs on or around March 21. However, the date—typically anywhere between March 22 and April 25—is set for the first Sunday which occurs after the first ecclesiastical full moon. So, Good Friday will occur somewhere within this formula.) Celebration of this day is almost second nature to Christians, but it deserves so much more reverence. However, many fundamental premises of the Christian faith rest upon this day. If there were no death, burial and resurrection, Jesus Christ's story would not need to be told. (At Christmas time, do not forget to add His birth to that sequence.) Synoptic or not, the latter chapters of the four gospels—Matthew, Mark, Luke, and John—all tell some version of the crucifixion events. Ironically, considering its significance to Christians, the Bible does not command we observe Good Friday. This is not blasphemous, but it really does not command us to observe the resurrection either. Maybe we should not tell this to all the little boys and girls who have labored to learn those dreaded recitations they must say before the whole congregation. However, we can partake of the Lord's Supper (1 Corinthians 11:23-26) to honor His death. Various faiths and denominations celebrate Good Friday in different ways. Though it commemorates Jesus Christ's death, it is not a somber occasion. Starting with the previous Sunday, which is observed as Palm Sunday (Jesus's triumphant entry into Jerusalem), several events are clustered together and recognized by Christians at this time of year. Some engage in week-long (Holy Week) worship services where the Seven Last Words of Jesus Christ from the cross are preached. Or, some simply have a similar worship service on Good Friday. There are still others who choose to engage in personal or corporate worship, meditation, penitence and, of course, partaking of the Lord's Supper. Appreciation for this day rests solely in the heart of the believer. Another piece of trivia—just as with Jesus Christ's birth, we do not know the exact day of the week on which The Crucifixion occurred. If you acknowledge it in any way, know that it is not about colored eggs or hunting for them, chocolate bunnies or baskets filled with other goodies or dressing up in your Sunday best to say recitations. Again, simply stated for Christians, Good Friday commemorates Jesus Christ's death by crucifixion for mankind's redemption from the penalties of sin (Romans 5:8).

### **WELLNESS CORNER**

Two great road races to consider:

- Support the Veterans - <https://donate.teamrwb.org/team/155112>

- Support the Breast Cancer Community - <https://ww5.komen.org/RaceForTheCure/>

Great recipe for a healthy dinner:

- <https://www.emoryhealthcare.org/recipes/entrees/index.html#wraps>

Try a new meditation app:

- <https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#insight-timer>

## **FACULTY KUDOS**

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

#### **Education**

Jordan Cattie and Josh Spitalnick provided a continuing education workshop entitled Ethics and Obsessive-Compulsive Disorder: Addressing Barriers to Care through Screening, Consultation, and Treatment.

Oakman SA, Frank A, Blankenship K, DeJong S, Schwartz AC. “Shaping the future of addiction psychiatry education.” American Association of Directors of Psychiatric Residency Training Annual Meeting, New Orleans, LA, 2018 (workshop).

Stagno S, Crapanzano K, Schwartz AC, Sperber J, Tynes L. “Professionalism – It’s a developmental thing: Remediating for growth.” American Association of Directors of Psychiatric Residency Training Annual Meeting, New Orleans, LA, 2018 (workshop).

Walaszek A, Blanco C, Schwartz A, Saxon A, Welsh J, Kidd J, Gorrindo T, DeJong S. “AADPRT Presidential Symposium at the APA. From bench to buprenorphine: The role of psychiatry residencies and fellowships in addiction psychiatry training.” American Psychiatric Association Annual Meeting, New York, NY, May 2018.

#### **Research**

Barger, B., Rice, C., Wolf, R., & Roach A. (published online 2 February 2018). Better together: Developmental screening and monitoring best identify children who need early intervention. *Disability and Health Journal*. doi: 10.1016/j.dhjo.2018.01.002

Hunnicut-Ferguson, K., Wyka, K., Peskin, M., Cukor, J., Olden, M. & Difede, J. (published online 14 March 2018). Posttraumatic stress disorder, social and occupational impairment, and subjective distress in World Trade Center disaster recovery workers. *Journal of Traumatic Stress*, doi:10.1002/jts.22268.

Lamis, D. A., Innamorati, M., Erbuto, D., Berardelli, I., Montebovi, F., Searafini, G., & Pompili, M. (2018). Nightmares and suicide risk in psychiatric patients: The roles of hopelessness and male depressive symptoms. *Psychiatry Research*. doi: 10.1016/j.psychres.2018.03.053

Schwartz, A.C., McDonald, W.M., Vahabzadeh, A.B., & Cotes, R.O. (2018). Keeping up with changing times in education: Fostering lifelong learning in millennial learners.”

*FOCUS: The Journal for Lifelong Learning in Psychiatry*, 16, 74-79. doi:  
[10.1176/appi.focus.20170004](https://doi.org/10.1176/appi.focus.20170004)

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

- Yolanda Graham was selected as Psychiatrist of the Year for the Georgia Psychiatric Physician's Association. The annual award recognizes a psychiatrist's exceptional contributions to his or her patients, the profession of psychiatry and the community.
- Jeff Rakofsky was honored by the School of Medicine Recognitions Committee for Doctor's Day 2018. He also was given a 2017 Provider Excellence Award for being named one of Emory Clinic's highest-rated providers based on patient satisfaction results, as well as scoring in the 90<sup>th</sup> percentile for Psychiatry, nationwide in FY17, Q3-Q4.
- Sheila Rauch received the 2018 VA Special Achievement Award for Serving as a Measurement Based Care Champion Site Lead. She also was honored by the School of Medicine Recognitions Committee for Doctor's Day 2018.
- Keith Wood was honored by the School of Medicine Recognitions Committee for Doctor's Day 2018.
- Larry Young was awarded a 5 year, \$12.5 million renewal of the Silvio O. Conte Center for Oxytocin and Social Cognition. The project uses cutting-edge technologies, such as CRISPR gene editing and optogenetics, to understand the neural mechanisms by which oxytocin tunes the brain to attend to social cues by enhancing signal to noise and facilitating neural communication across brain regions. The goal is to translate this knowledge to treatments to improve social functioning in disorders such as autism. Conte team members include Mar Sanchez, James Rilling, Katalin Gothard, Robert Liu and Donald Rainnie.

### **Quality and Safety Initiatives and Capital Campaign Initiatives**

None reported

### **Community Benefit Programs and Activities**

None reported

### **Facilities**

None reported

### **Emory in the Media**

Emory University neuroscientist **Gregory Berns** is cited in Psychology Today.  
<https://www.psychologytoday.com/blog/animal-emotions/201803/sniffing-dogs-have-expectations-what-theyre-looking>

### **Other Accomplishments**

Nadine Kaslow gave the Michael Dinoff Memorial Lecture at the University of Alabama Tuscaloosa in the Department of Psychology on the Nia Project.

Dorian Lamis (1) gave a talk at the University of Pennsylvania School of Medicine Center for Studies of Addiction titled "Enhancing patients' life meaning and purpose in the treatment of depression and suicidal behaviors"; (2) provided the keynote address at the Center for Suicide Prevention Research Annual Conference in Jinan, Shandong Province titled "Evidenced based best practices in effectively addressing patients' suicidal ideation and behaviors"; and (3) gave a Guest Lecture at the Department of Psychology at the Central University of Finance and Economics in Beijing titled "Human Behavior and the Social Environment: Understanding Suicide."

The following faculty and trainees will be presenting workshops at the 2018 annual meeting of the Georgia Psychological Association, April 13-15.

- Ethical and cultural considerations in psychological testing as part of clinical and forensic evaluations – Adriana Flores, Sanjay Shah, and Glenn Egan
- An evidence-based approach to assess, diagnose and treat OCD with the gold standards: Exposure and response prevention – Josh Spitalnick and Jordan Cattie
- Trauma as a risk factor for psychosis – Michelle Casimir and Ashley Jarvis
- Behavioral activation for adolescents – Ed Craighead and Allison LoPilato
- When pain is more than emotional: What all psychologists need to know about dealing with chronic pain – Jennifer Steiner and Jennifer DeVentura

### **TRAINEE KUDOS**

Kaplan, J., Schwartz, A.C., & Ward, M.C. (2018). Clozapine-associated aspiration pneumonia: Case series and review of the literature. *Psychosomatics*, 59, 199-203. doi: 10.1016/j.psych.2017.08.011

### **STAFF KUDOS**

- Derek Dodds has moved into a new role with BHC IT. He will now support all EHC workstations and requests at Executive Park.
- Marques Young joins the BHC IT team, providing desktop support to all research departments.

### **PERSONAL UPDATES**

- Kelsey Bohlke and her spouse are buying their first house together.
- Jordan Cattie and partner James welcomed a second adopted dog (Lilly) into their family this winter; Jordan was unwisely left unattended at an adoption event. Their first pup (Tobin) had just completed a year of separation anxiety treatment and was ready to welcome a friend to stay home with during work hours. Tobin and Lilly enjoy stealing each other's toys and jumping on furniture.
- Congratulations to Andrea Florez, who was married to Brent Beaver in Bogota, Colombia on March 18.
- Kallio Hunnicutt-Ferguson is training with her newly adopted 2-year-old Lab mix.
- Condolences to Erica Lee, as she has had two uncles pass away within three weeks of each other.
- Abby Lott, along with her husband John and 3-yr-old son Abram welcomed June Eleanor Lott into their family on 2/11/18.

- Cristina Poscablo-Stein and her husband James Stein welcomed their second child, Maxwell Jacob Stein on 2/9/18.
- Sheila Rauch recently adopted a new 11-month-old kitten named Everest.
- Kara Snead and her husband Rob Brendle announced the birth of their son, James Robert, on January 29.