

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
MARCH 2020

REMEMBER

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

SAVE THE DATES

LEADERSHIP CONSULTATIONS

The next leadership consultation will be held at a time TBD when the shelter-in-place recommendations are over. 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.

- June 10, 2020 EP 12 Room TBD - Harmful Supervision – Nadine Kaslow, Rachel Ammirati, Nori Lim, Andrea Crowell
- September 30, 2020 EP12 first floor training room – Erotic Transference – Stefanie Speanburg, Lauren Schmidt, Patrick Amar, Negar Fani
- December 9, 2020 EP12 first floor training room – How to Get Promoted: Service Portfolio – Nadine Kaslow, Andrew Furman, Marianne Celano

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 April 1, 2020 and will be on Zoom.

See the Writing Group's latest blog post by Kandi Schmidt titled [Talking My Way Through the Writing Process](#).

CE WORKSHOP SCHEDULE

The next Grady Psychology Division CE Workshop is scheduled for Friday June 12, 2020, 9:00 – 12:00 at Grady Faculty Office Building. The title of this workshop is “Buzz!: Inside the Minds of Thrill-Seekers, Daredevils, and Adrenaline Junkies” and the presenter is Kenneth Carter, PhD, ABPP. The CE workshop is based on his recent book, which was highlighted on the Emory homepage -

<https://news.emory.edu/features/2019/10/esc-thrills-and-chills/index.html>

The Future of Work in Mental Health: Confronting Technophobia to Enhance the Well-Being of Patients and Clinicians, scheduled for April 10, 2020, to be presented by Andrew M. Sherrill, PhD and Christopher Wiese, PhD will be rescheduled.

RACIAL ETHNIC AND CULTURAL MINORITY SUBCOMMITTEE

None reported

DIVERSITY AND INCLUSION SUBCOMMITTEE

Our nation is facing an extraordinary time in which our people and entire communities are striving to come together in an effort to combat the COVID-19 pandemic. However, the continued macro and micro aggressions, assaults, and insults that occur in our communities and worldwide are dividing our people and detrimental to the progress we have made thus far. The DISC hate crimes subcommittee is committed to responding to all forms of such encroachments that often amount to, or lead to, hate crimes. We are saddened to see many members and individuals in our communities affected not only by the virus, but also by the systematic problems and the negative messages delivered from our nation's leaders, whom we trust to create a healthy and prosperous environment for all. Thus, we as a group, would like to support and empower each other during a time filled with uncertainty, difficulty and fear; not to push each other away or create more hatred for one another.

In current debates over the novel human coronavirus pandemic, COVID-19 has been referred to as "the Chinese Virus" and "kung flu." As a result, these messages, delivered consciously or unconsciously, have created mistrust, disrespect and even riots among our people, who should unite in difficult times. On several occasions we have seen Chinese and other Asian descended members of our community experience racist and bigoted comments, verbal and physical insults, and overt discrimination stemming from fear and ignorance regarding the COVID-19 pandemic. We believe hate cannot alleviate the anxiety and the fear instigated by this global pandemic. Only kindness and wisdom can dispel the darkness. In the past, immigrants have been targeted and scapegoated when our nation faces difficulties; these actions only serve to spur hatred and conflict among our people. Despite these negative instances, organizations such as The Atlanta Chinese Association have donated PPE to Grady to assist in the fight to combat this deadly virus. Acts of unity and support such as this are to be imitated to further establish a sense of security for every individual in our communities.

Unprecedented times of crises like this one require wisdom and unity, not hateful entertainment. As a committee dedicated to advancing the mental health and well-being of the Emory community and beyond, we are cognizant of the effect of such actions on our students, faculty, and members of the community-at-large. We condemn these macroaggressions as acts of hate and racism and call for an immediate halt of those irresponsible actions. We join with members of the Chinese and larger Asian community and stand with them against this act of discrimination and hate and against all racism. Together we can.

We unequivocally condemn all acts of bigotry and hate and commit to supporting victims, families, and communities at Emory and beyond during these difficult times. Humans' civil liberties are fundamental components of psychological and community health. As such, we are especially concerned about the actions of hate directed toward

Chinese communities both within the U.S. and globally. We remain vigilant in considering the impact of losing a sense of safety and dignity.

In the wake of this hate crime, we support being mindful not to give in to divisiveness by stereotyping entire communities for the thoughtless actions of a few no matter what office they hold. We also advise acknowledgement of history and systems of oppression that implicitly or explicitly perpetuate such bigotry. We need to stand together, united in combating hatred and denouncing acts of racism.

As behavioral health professionals, we also acknowledge the devastating impact such bigoted acts have on families, friends, and entire communities that are unfairly targeted and mislabeled by the actions of a minority of individuals. We know that hate breeds hate; we also know that we can break the cycle of hate by remaining empathic and kind. We encourage everyone to transcend the pain and strong emotions by embracing actions of wisdom and patience.

We must all work together to strive to reject derogatory statements and defeat bigotry and racism in all its forms. Behavioral health professionals are tasked with considering how to assist individuals who entertain hate in their hearts toward others because of what they believe and how to proactively approach the apparently flourishing culture of intolerance. We continue to advocate for adopting a positive role in the formation of improved relationships with our neighbors across our differences.

If you or your family are impacted by these events, we encourage you to make yourself a priority and make space for your personal self-care and that of your community. We also encourage you to consider reaching out to your family, friends, religious and spiritual institutions, mental health professionals, and local community and support groups.

For allies and supporters, we encourage you to reach out to folks within your network to allow space for sharing, venting, grieving, fear, and any other emotions that might arise. Make your allyship local and visible. Note that it is important to provide validation for those communities most impacted. At this critical time, we encourage continuing to build a sense of strength through love and community-- all of which have been shown to support healing and mental health.

We support every community and individual impacted by this and all acts of hate. We will not fight hate with hate and are committed to model tolerance and love for humanity. In the face of rising intolerance and bigotry, we fight and share our faith in our petition for peace and unity. We uphold our communities in building an existence free of hate and complete with love and tolerance.

In Solidarity,
DISC Members

Resources

- Association for Multicultural Counseling and Development 2020 Virtual Summit,

<https://multiculturalcounselingdevelopment.org/events/amcd-summit/amcd-2020-virtual-summit/>

- For an informed view on naming diseases, <https://theconversation.com/naming-the-new-coronavirus-why-taking-wuhan-out-of-the-picture-matters-131738>
- Guidelines from WHO on best practices for naming infectious diseases. <https://www.who.int/mediacentre/news/notes/2015/naming-new-diseases/en>

FACULTY DEVELOPMENT COMMITTEE UPDATES

Quarterly Faculty Development Seminars

The Department of Psychiatry and Behavioral Sciences Faculty Development Committee sponsors four faculty development seminars per year. One seminar always focuses on promotion, and the topics of other seminars change annually. The Faculty Development Committee chooses these other topics at the beginning of each year and partners often with other committees and subcommittees within the department. The format for each seminar is similar – a panel of individuals with expertise in the seminar topic each answer three to four questions related to the topic. Slideshow presentations often are used to structure these seminars and interactive discussion is encouraged.

Peer Mentoring and Consultation Program

We believe that peer mentoring and consultation are key vehicles for supporting the successful professional development of faculty at all ranks. In addition, peer mentoring and consultation are likely to promote career satisfaction, faculty wellness, and a sense of community. Therefore, we have created a new Peer Mentoring and Consultation Program to provide opportunities for Department of Psychiatry and Behavioral Sciences faculty of all disciplines to support one another and advance clinical skills and career aspirations through networking, partnership, and information sharing.

Our peer mentoring groups consist of two or more faculty members with similar interests, and our peer supervision consultation groups consist of four to eight faculty involved in the provision of clinical supervision. Whereas our peer mentoring groups are less stringent with regard to attendance, we ask that members of peer supervision consultation groups attend at least 75% of monthly meetings.

Currently we have peer mentoring groups that focus on integrated care/health psychology, trauma, and substance use disorders. Peer supervision consultation groups have been formed at Grady and Executive Park 12, and we hope to start additional groups at other sites where Department of Psychiatry and Behavioral Sciences faculty practice and provide clinical supervision. Faculty at any site are welcome to join any of the groups (e.g., VA-based faculty are welcome to attend the Grady-based peer supervision consultation group), and each group can determine if they would like meet in person or use technology to facilitate meetings. Peer supervision consultation groups use HIPAA compliant technology to facilitate meetings.

For additional information on this new program, please visit our webpage:
http://psychiatry.emory.edu/faculty/development/mentoring_consultation/index.html

WELLNESS CORNER

Wellness during the COVID-19 Pandemic:

- Stay Connected
- Regularly Engage in Wellness Activities
- Manage Stress and Anxiety
- Managing Work-Life Related Responsibilities

NIH:

- [Your Healthiest Self Wellness Toolkits](#)

CDC:

- <https://www.coronavirus.gov/>

Additional Resources:

- [COVID-19 Resources](#)
- <https://cpa.ca/corona-virus/>
- [Psychology Tools for COVID-19](#)
- [MGH Psychiatry Guide](#)

Atlanta Area:

- [Mayor Bottoms COVID-19 Response](#)
- [Atlanta COVID-19 Response](#)
- [GA DPH COVID-19 Response](#)

Emory:

- [Psychological Wellness Guide](#)
- [CBCT® Response to COVID-19](#) - Daily Meditation: Free, live, online CBCT® drop-in sessions that will also provide a chance to connect with others. Monday through Friday, 7 -7:45 p.m.; Saturday & Sunday, 9 -9:45 a.m.
- [Emory Move More Challenge](#)
- [Healthy Emory COVID-19 Resources](#)
- [Emory FSAP](#)
- [Scheduling Support & Consultation Calls](#)
- [ABHA Blog Post - Coming Together in a Crisis](#)
- [Emory Spiritual Health - Coping with Stress - COVID-19 Video](#)
- Daily yoga sessions are being offered virtually for Emory employees. These sessions will take place daily at 5:30pm led by certified yoga instructors and can be access via zoom: <https://zoom.us/j/587193971>

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Kandi (Felmet) Schmidt assumed the lead role of Director of Transplant Behavioral Health effective March 1.

Education

None reported

Research

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

Hamilton HK, Roach BJ, Bachman PM, Belger A, Carrion RE, Duncan E, Johannesen JK, Light GA, Niznikiewicz M, Addington J, Bearden CE, Cadenhead KS, Cornblatt BA, McGlashan TH, Perkins DO, Seidman LJ, Tsuang MT, Walker EF, Woods SW, Cannon TD, Mathalon DH (2019) Association between P300 responses to auditory oddball stimuli and clinical outcomes in the psychosis risk syndrome. *JAMA Psychiatry*, 76, 1187-1197. DOI: 10.1001/jamapsychiatry.2019.2135

Han X., Jiang F., Tang Y., Needleman J., Guo M., Chen Y., Zhou H, Liu Y. (2020). Factors associated with 30-day and 1-year readmission among psychiatric inpatients in Beijing China: a retrospective, medical record-based analysis. *BMC Psychiatry*, 20, 113. DOI:10.1186/s12888-020-02515-1

Hollander JA, Cory-Slechta DA, Jacka FN, Szabo ST, Guilarte TR, Bilbo SD, Mattingly CJ, Moy SS, Haroon E, Hornig M, Levin ED, Pletnikov MV, Zehr JL, McAllister KA, Dzierlenga AL, Garton AE, Lawler CP Ladd-Acosta C. (advanced publication online, 2020). Beyond the looking glass: recent advances in understanding the impact of environmental exposures on neuropsychiatric disease. *Neuropsychopharmacology*. DOI: 10.1038/s41386-020-0648-5

Mcclintock SM, Martin D, Lisanby S, Alonzo A, McDonald W, Aaronson ST, Husain MM, O'Reardon JP, Shannon Weickert C, Mohan A, Loo CK. (2020). Neurocognitive effects of transcranial direct current stimulation (tDCS) in unipolar and bipolar depression: Findings from an international randomized controlled trial. *Depression and Anxiety*, 37. DOI: 10.1002/da.22988.

Roach B, Carrion RE, Hamilton HK, Bachman P, Belger A, Duncan E, Johannesen JK, Light GA, Niznikiewicz M, Addington J, Bearden CE, Cadenhead KS, Cannon T, Cornblatt BA, Mcglashan TH, Perkins D, Seidman L, Tsuang M, Walker EF, Woods SW & Mathalon DH. (2019). Reliability of mismatch negativity event-related potentials in a mMultisite, Traveling Subjects Study. *International Journal of Methods in Psychiatric Research*, DOI: 10.1101/768408.

Shulman C, Esler A, Morrier MJ, Rice CE. Diagnosis of autism spectrum disorder (ASD) across the lifespan. (advanced publication online, 2020). *Child and Adolescent Psychiatric Clinics of North America*. DOI: 10.1016/j.chc.2020.01.001

Shulman C, Rice CE, Morrier MJ, Esler A. (advanced publication online, 2020). The role of diagnostic instruments in dual and differential diagnosis in autism spectrum disorder across the lifespan. *Child and Adolescent Psychiatric Clinics of North America*. DOI: 10.1016/j.chc.2020.01.002

Wiggins LD, Durkin M, Esler A, Lee LC, Zahorodny W, Rice C, Yeargin-Alsopp M, Dowling NL, Hall-Lande J, Morrier MJ, Christensen D, Shenouda J, & Baio J. (2020). Disparities in the diagnosis of autism spectrum disorder based on demographic, individual, and service factors. *Autism Research*, 13, 464-473. DOI:10.1002/aur.2255

Honors, Awards, Rankings

Nine faculty members and one senior resident successfully completed the Emory-Addis Ababa Education Innovation Community of Practice: Wendy Baer, Sarah Cook, Dorian Lamis, Erica Lee, Allison LoPilato, Liz McCord, Marsha Stern, Yilang Tang, Martha Ward and DeJuan White.

Nadine Kaslow was honored by the Georgia Women's Legislative Caucus with the Nikki J. Randall Servant Leadership Award.

Erica Lee completed the Woodruff Health Educators Academy Teaching Fellowship.

Laura Jane Miller received Faculty Development Funds to expand her expertise in infant mental health.

Kalpana Prasad was selected to the Georgia Physicians Leadership Academy XIII.

Martha Ward was selected as a Fellow for the Woodruff Health Educators Academy.

Emory in the Media

Elsa Friis (1) Atlanta Behavioral Health Advocates Blog – [Coming Together in a Crisis](#).

Toby Goldsmith (1) GPB Radio – [What you Need to Know: Coronavirus with Jaye Watson Featuring Dr. Toby Goldsmith](#).

Nadine Kaslow (1) USA Today – [Suicide has Only Gotten Younger. These Two Facilities, Bonded by Loss, are Taking Action](#). (2) GPB Radio – [Mental Health Experts Urge Self-Care to Soothe Coronavirus Anxiety](#). (3) AJC – [Panic-Buying a Natural Reaction to Uncertainty, Behavioral Experts Say](#). (4) USA Today – [Isolation is a Big Trigger: Feelings of Suicide are Amplified Amid a Pandemic](#).

ADJUNCT FACULTY KUDOS

Mirsalimi, H. (2020). Bringing psychotherapy to immigrants. In J. Zimmerman, J. E. Barnett, & L. F. Campbell (Eds.), *Bringing psychotherapy to the underserved: Challenges and strategies* (pp. 184-207). New York, NY: Oxford University Press.

TRAINEE KUDOS

Michael Lucido was selected to participate in the APA MindGames competition, a national residency team competition to test knowledge on patient care, medical knowledge and psychiatric history.

David Thylur was selected to participate in the APA MindGames competition, a national residency team competition to test knowledge on patient care, medical knowledge and psychiatric history.

Diana Woodall was selected to participate in the APA MindGames competition, a national residency team competition to test knowledge on patient care, medical knowledge and psychiatric history.

PERSONAL UPDATES

Meg Martinez and Drew Teer welcomed Mary Catherine Teer on March 29, 2020. She is 6lb 14 oz.

Sanne van Rooij welcomed a son Harris Johannes Vermeulen on March 20.