

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS  
November 2019

**REMEMBER**

**Please send me your accomplishments and personal updates for the December 2019 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**

The next Faculty Development workshop will be held at EP12 in the 1<sup>st</sup> floor training room, Room 2.

- December 4, 2019, 9:00-10:30am - How to seek and engage in consultation (beyond supervision) as a faculty member – EP 12 1<sup>st</sup> floor Training Room 2

Please note the March Faculty Development Workshop will be held at the Grady Faculty Office Building in Room 101.

**WRITING GROUPS: UPCOMING**

The Writing Group is the 1<sup>st</sup> Wednesday of every month from 8:00-9:00am at EP12 in Room 554. However, the next Writing Group is December 4 at EP12 in Room 357 (instead of 554).

The Writing Group, spearheaded by Erica Lee, has created a blog entitled Overcoming Academic Writers Block - <https://www.overcomingacademicwritersblock.org/>. See our latest blog post by Julie Pace titled [Branching Out into Academic Writing: A Clinician's Perspective](#).

**SPOTLIGHTS**

**FACULTY SPOTLIGHT: Michael Epstein, MD**

Michael Epstein, MD is a member of the faculty in Child and Adolescent Psychiatry. He is currently the director of the ADHD program at the Child Adolescent Mood Program at Emory (CAMP). He joined Emory in February of 2018 after working at the Children's Hospital of Los Angeles and the University of California Riverside. He currently divides his time between the Emory Autism Center where he sees patients up to the age of 25, and CAMP. He also runs the Child and Adolescent Fellowship Pharmacology Clinic with Jennifer Holton.

His primary areas of interest are autism and developmental disabilities. He also has interests in OCD as well as technology with respects to how it can both positively and negatively impact mental health. He enjoys quality improvement and has already

worked to implement several concepts. He also enjoys teaching students of all levels. He is currently involved with an NIH-funded study regarding the 3q29 long arm deletion as well as app for tracking depression and substance abuse with Georgia Tech graduates.

In his free time, Michael enjoys spending time with his wife, daughter, and son. He enjoys building Lego models and has an “office” where he displays them. He enjoys trying new restaurant and is always open to suggestions. He loves to travel and most recently went to Iceland this past January to see the Northern Lights. He is an avid Star Wars fan and is eagerly awaiting the Rise of Skywalker next month. He also enjoys video games, probably to a fault.

### **STAFF SPOTLIGHT: Yamylex Belis**

Yamy Bellis is currently one of the coordinators for the Psychiatry Residency as well as the Clinical Neurophysiology Fellowship. A few of her responsibilities include managing all aspects of annual recruitment activities, maintaining academic records of trainees in accordance ACGME guidelines, and working closely with the offices of GME and ISSS) for trainee onboarding. She also manages the Grand Rounds lecture series for the department.

Prior to starting at Emory in October of 2011, Yamy worked over 15 years at Brigham and Women’s Hospital managing the Clinical Effectiveness Program- a joint initiative of Brigham and Women’s Hospital, Massachusetts General Hospital, Harvard School of Public Health, and Harvard Medical School for physicians who were seeking MPH or MSc degrees. Participants came from all over the world- including current Emory faculty.

One of the most fulfilling aspects of her role as a coordinator is working closely with trainees- witnessing their transitions from nervous, newly-minted physicians just out of medical school unsure of themselves to poised and confident psychiatrists ready to go out into the world and help make positive changes in people’s lives is wonderful to witness and knowing that I had a part in this is humbling.

In recent years Yamy has become the point person for newly hired program coordinators across various departments, working with faculty and GME personnel to train them in the various aspects of our roles, acting as a source of support and helping to establish best practices. It is very rewarding for her to see their confidence grow as they find their own footing and begin to navigate the intricacies of managing these training programs. She notes that in all honesty, this is also beneficial for her because not only does this force her to stay abreast of changing policies among the different entities involved in graduate medical education to ensure that she conveys accurate information to those who are newly hired, but their questions and fresh perspectives often provide ideas for innovation that allow her to add to her skillset and continue to grow in her role.

Outside of work she enjoys spending time with friends, catching up on the latest tv series, checking out restaurants, taking beach vacations, reading, and attempting to

recreate her mother's recipes. Since the majority of her family and friends are in Boston, she tries to go back and visit as often as possible.

Collect more stamps on my passport; spend more time with my nephew, Isaiah, and niece, Emma; work my way up to a decent jog to sign up for more run/walk events; and go back to school for a master's degree are her goals for the future.

### **TRAINEE SPOTLIGHT: Joya Hampton-Anderson, PhD**

Joya Hampton-Anderson, PhD is a postdoctoral fellow in the Department of Psychiatry and Behavioral Sciences. She is funded by the AIM Clinical Science fellowship and conducts research on psychosociocultural determinants of integrated health outcomes in African American populations across the lifespan, with specific interest in how disparities inform culturally competent clinical practice and research. Aside from research, her responsibilities include seeing patients in the Child and Adolescent Mood Program and developing a clinical research program to address contextual stress in youth.

Apart from her clinical and research endeavors, Joya is involved in teaching, service, and outreach. She enjoys presenting her work to academic and lay audiences and believes in the importance of closing the gap between clinical psychology and the public. She also loves supporting and mentoring underrepresented students in the field. Regarding her service activities, she is heavily involved in the Society for a Science of Clinical Psychology as Chair of the Diversity Committee and outgoing Student Representative. She is also a member of the department's Diversity and Inclusion Subcommittee.

Outside of work, Joya enjoys spending time with family and friends, reading, trying new restaurants, exploring Atlanta neighborhoods, and visiting vintage boutiques—thrift shopping is her favorite! She is so happy to be a part of the Emory community and is looking forward to starting her faculty appointment in September 2020!

## **FACULTY COMINGS AND GOINGS**

### **WELCOME NEW FACULTY**

None reported

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

None reported

## **FACULTY DEVELOPMENT COMMITTEE UPDATES**

None reported

## **DIVERSITY CORNER**

The Women Faculty Subcommittee of the Faculty Development Committee invites you to join them for **A Conversation with Carol Henderson, PhD**, on **Monday, January**

**13, 2020** in the **School of Medicine Auditorium 110** from **5:30-6:30 PM**. Dr. Henderson is Emory University's inaugural **Vice Provost for Diversity and Inclusion and Chief Diversity Officer**. This is an event for faculty and staff sponsored by the Emory Alliance for Women in Medicine and Science. The subcommittee would love for anyone from our department to sit together and potentially meet up before or right after the event. If you are interested in attending, please contact Jennifer Holton at [jholton@emory.edu](mailto:jholton@emory.edu) or 404-727-3953. You can register for the event [here](#).

### **National American Indian and Alaska Native Heritage Month** (*Telsie Davis*)

- The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Launched in 1976 as Native American Awareness Week, it was expanded to a month observance in November in 1990 by Congress and President George H. W. Bush.
- Approximately 1.2% of the U.S. population (roughly 4 million Americans) identify as having Native American or Alaska Native heritage (US Census Bureau, 2014).
- Native Americans experience serious psychological distress 1.5 times more, and PTSD more than twice as often as the general population (American Psychiatric Association, 2010).
- “American Indians and Alaska Natives are resourceful and resilient. Despite the insidious and persistent predicaments that they have experienced, they continue to strive to maintain their cultural identities and heritage as well as overcome the socio-economic challenges impacting their communities... The responsibility for the improvement of the psychological and physical wellbeing of these people should be, however, shared by everyone.” (Maria Cristina Cruza-Guet, Med)
- The Library of Congress promotes Native Knowledge 360° (NK360°) <https://americanindian.si.edu/nk360> that provides educational materials that incorporates Native narratives, more comprehensive histories, and accurate information to enlighten and inform learning about Native America. NK360° challenges common assumptions about Native peoples—their cultures, their roles in United States and world history, and their contributions to the arts, sciences, and literature.

### **Transgender Day of Remembrance (TDoR) - November 20** (*Katie Detscher*)

- TDoR is an international, annual day to memorialize and honor the lives of transgender and gender-diverse people who were murdered in the past year due to anti-transgender violence or prejudice. This year marks the 20th anniversary of TDoR, which was founded in 1999 to memorialize the murder of Rita Hester. TDoR is a day to raise awareness about violence and hate crimes against transgender people. During the past year (10/18-9/19), there were reported cases of 331 trans and gender-diverse people killed worldwide. Most murders occurred in Brazil (130), Mexico (63) and the US (30). A full list of names can be found here: <https://tdor.info/>. After years of gathering data about murdered trans people, it has been noted that trans people of color (POC), specifically trans women of color (TWOC), and sex workers (making up 61% of those murdered) are at highest risk to be victims of anti-transgender violence.

- Ways to observe TDoR: attend candlelight vigils, attend/create drives to raise money and awareness, participate in marches supporting the transgender community, and support transgender rights groups (e.g., Trans People of Color Coalition, Sylvia Rivera Law Project, Audre Lorde Project, Casa Ruby, Familia: Trans Queer Liberation Movement, Trans Women of Color Collective, Transgender Europe (TGEU) Protrans Project, Trans Murder Monitoring Project). In addition to remembering the lives of transgender people, it is vital that we continue to focus on the persistent, daily stigma, prejudice, and inequalities faced by transgender people. There has been a call to move beyond memorializing one day to committing to protect trans people, especially Black transgender women and TWOC, year-round. Please see this "13-step plan to ending the epidemic" of violence against TWOC by Raquel Willis, a TWOC, an advocate, and a UGA alumni. <https://www.out.com/print/2019/11/20/how-we-can-end-violence-against-trans-women-color>
- White cisgender and LGTBQ allies must mindfully listen, learn, and attend to the voices and prioritize the needs of trans POC, who historically and continually have been ignored or invisible in the efforts of white-funded or white-led organizations – See <https://www.out.com/transgender/2019/11/20/how-be-white-ally-trans-people-color>.

### **Mexico – Day of the Dead (10/31 – 11/2) (Telsie Davis)**

Beginning on the evening of October 31 and celebrated through November 2 by Mexicans and Mexican Americans, this holiday has its roots in two traditions: the Christian observance of All Saints and All Souls Day, and two Aztec festivals in which the souls of the dead were welcomed back to visit those who remembered them.

### **Dutch American Heritage Day (11/16) (Telsie Davis)**

Commemorates the longstanding relationship between the United States and the Netherlands. ... Some prominent Dutch American political figures include Presidents Martin Van Buren, Warren G. Harding and Theodore and Franklin D. Roosevelt.

## **WELLNESS CORNER**

### **Environmental Wellness**

- Healthy relationships with people who foster positivity and support your personal goals
- Engaged in fostering a climate of respect and gratitude
- Responsible and safe habits that promote a healthy environment
- Empowered ability and confidence to identify opportunities to contribute to sustainability efforts and public spaces

### **NIH**

<https://www.nih.gov/health-information/environmental-wellness-toolkit>

<https://www.nih.gov/health-information/environmental-wellness-toolkit-more-resources>

### **Atlanta Area**

<https://www.earthsharega.org/>  
<https://www.southface.org/>

### **Emory**

<https://www.emory.edu/home/life/sustainability.html>  
<https://sustainability.emory.edu/>  
[https://sustainability.emory.edu/wp-content/uploads/2018/01/VisionReport\\_5-5-16.pdf](https://sustainability.emory.edu/wp-content/uploads/2018/01/VisionReport_5-5-16.pdf)

## **FACULTY KUDOS**

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

Mar Sanchez was named the GlaxoSmithKline Distinguished Professor in the Department of Psychiatry of Behavioral Sciences.

### **Education**

None reported

### **Research**

Cattie, JE, Buchholz, JL, & Abramowitz, JS. (2019). Cognitive therapy and cognitive-behavioral therapy (pp. 142-183). In S.B. Messer and N.J. Kaslow (Eds.), *Essential psychotherapies: Theory and practice (4<sup>th</sup> edition)*. New York: Guilford Press.

Dunlop, BW, Rothbaum BO. (2019). Medication-Assisted Psychotherapy for PTSD. *PTSD Research Quarterly*. Vol 30/Issue 3. ISSN: 1050-1835.

Farber, EW. (2019). Interpersonal psychotherapy and brief psychodynamic therapy (pp. 407-442). In S.B. Messer and N.J. Kaslow (Eds.), *Essential psychotherapies: Theory and practice (4<sup>th</sup> edition)*. New York: Guilford Press.

Hermida AP, Tang Y, Glass O, Janjua AU, McDonald WM: Efficacy and Safety of ECT for Behavioral and Psychological Symptoms of Dementia (BPSD): A retrospective chart review. *The American Journal of Geriatric Psychiatry* 2019, accepted <https://doi.org/10.1016/j.jagp.2019.09.008>

Jiang F, Hu L, Zhao R, Rakofsky, Zhou H, Wu Y, Liu T, Liu H, Liu Y, Tang YL. Satisfaction of family members with inpatient psychiatric care and its correlates: a national survey in China, *BMC psychiatry*, 2019, accepted

Kaslow, NJ, Mirsalimi, H, & Celano, MP. (2019). Family therapies (pp. 1297-332). In S.B. Messer and N.J. Kaslow (Eds.), *Essential psychotherapies: Theory and practice (4<sup>th</sup> edition)*. New York: Guilford Press.

Li XB, Wang LB, Xiong YB, Bo QJ, He F, Li F, Hou WP, Wen YJ, Wang XQ, Yang NB, Mao Z, Dong QH, Zhang FF, Yang R, Wang D, Xiang YT, Zhu YY, Tang YL, Yang Z, Wang CY. Altered Resting-state Functional Connectivity of the Insula in Individuals

with Clinical High-Risk and Patients with First-episode Schizophrenia, *Psych Research*, 2019 Oct 11;282:112608. doi: 10.1016/j.psychres.2019.112608. [Epub ahead of print]

Messer, SB, & Kaslow, NJ. (Eds.) (2019). *Essential psychotherapies: Theory and practice (4<sup>th</sup> edition)*. New York: Guilford Press.

Roane, S., Kapoor, S., Sun, S., Cramer, R., & Lamis, D. A. (2020). The interactive effect of the serotonin transporter genotype and drug use on suicidal behaviors in patients diagnosed with bipolar disorder. *Journal of Affective Disorders*, 262, 49-54.

Sun S, Pickover A, Goldberg S, Bhimji J, Nguyen J, Evans A, Patterson B, Kaslow N. (2019). For Whom Does Cognitively Based Compassion Training (CBCT) Work? An Analysis of Predictors and Moderators among African American Suicide Attempters. *Mindfulness*. DOI: 10.1007/s12671-019-01207-6.

Thase ME, Parikh SV, Rothschild AJ, Dunlop BW, DeBattista C, Conway CR, Forester BP, Mondimore FM, Shelton RC, Macaluso M, Li J, Brown K, Jablonski MR, Greden JF. (2019). Impact of Pharmacogenomics on Clinical Outcomes for Patients taking Medications with Gene-Drug Interactions in a Randomized Controlled Trial. *Journal of Clinical Psychiatry*, 80, 19m12910. DOI: 10.4088/JCP.19m12910

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

Sarah Cook was selected to join the Emory Professional Leadership Enrichment and Development Program (EM-ProLEAD) cohort of 2020.

Negar Fani is the first recipient of the department's Nadine J. Kaslow Excellence in Diversity, Equity and Inclusion Award.

Adriana Hermida was given a department award by the Patient Experience and Executive Leadership teams for her Gold Provider status for 100% patient satisfaction for last year by Press Ganey.

Matthew Segal was selected to participate in the 2020 School of Medicine Junior Faculty Development Course.

Sanne van Rooij was selected the 2020 Anxiety and Depression Association of America Donald Klein Award winner.

Liza Zwiebach was selected to join the Emory Professional Leadership Enrichment and Development Program (EM-ProLEAD) cohort of 2020, as well as being named the vice-chair of the Warrior Care Network's Clinical Practices Committee.

### **Presentations**

Nadine Kaslow presented a workshop on clinical supervision at the University of Cambodia in Phnom Penh.

Erica Lee presented on a panel entitled Social Justice Advocacy in Postdoctoral Training at the 53<sup>rd</sup> Annual Association for Behavioral and Cognitive Therapies Convention in Atlanta, Georgia.

Carly Yasinski presented at the 53<sup>rd</sup> Annual Association for Behavioral and Cognitive Therapies Convention in Atlanta, Georgia on the subject “Applying Exposure Principles to the Treatment of Depression: Exposure-Based Cognitive Therapy.”

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

None reported

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

The Emory Healthcare Veterans Program participated in the 38<sup>th</sup> annual Atlanta Veterans Day Parade on November 9.

### **Facilities**

None reported

### **Emory in the Media**

Andrew Furman (1) WABE – [Emory Event Explores the Intersection of Psychiatry and the Humanities](#).

Nadine Kaslow (1) Dance Magazine – [Four Ways to Boost Your Body Image in the Studio](#).

Barbara Rothbaum (1) CB646 – [Virtual Reality Sessions Help Veterans with PTSD](#).

### **Other Accomplishments**

None reported

## **ADJUNCT FACULTY KUDOS**

None reported

## **TRAINEE KUDOS**

Benson Ku gave an oral presentation titled “Climate Psychiatry: What Every Psychiatrist Should Know-- Implication of Environmental Policy on Mental Health” at the IPS Conference.

Jesmond Fair received a credentialing scholarship from the National Register of Health Service Psychologists.

Martinez de Andino (Chair): *Risk and Resilience Factors in Racial and Ethnic Minority Populations*. Symposium conducted for the annual meeting of the Association for Behavioral and Cognitive Therapies. Atlanta, GA. Presentations by Madison Silverstein, Joya Hampton, Natalie Watson-Singleton, and Abigail Powers Lott. Sierra Carter served as the discussant.

Mekawi Y, Murphy L, Munoz A, Briscione M, Tone EB, Norrholm SD, Jovanovic T, Bradley B, & Powers A. (*In press*). The Role of Negative Affect in the Association between Attention Bias to Threat and Posttraumatic Stress: An Eye-Tracking Study. *Psychiatry Research*.

Petri J, Weathers F, Witte T, Silverstein M. (2019). The Detailed Assessment of Posttraumatic Stress–Second Edition (DAPS-2): Initial Psychometric Evaluation in an MTurk-Recruited, Trauma-Exposed Community Sample. *Assessment*. 107319111988096. 10.1177/1073191119880963.

### **STAFF KUDOS**

None reported

### **PERSONAL UPDATES**

None reported