

FEBRUARY 2018
PROFESSIONAL DEVELOPMENT UPDATES

REMEMBER

- **Please send me your accomplishments for the March 2018 Professional Development Update**
- **Also we are adding a section on personal updates (e.g., marriages, births/adoption of children, loss of a loved one, non-work related accomplishments) going forward, so please send these updates as well**

LEADERSHIP WORKSHOPS

The next Leadership Consultation will be Wednesday June 20th from 9:00-10:30 am and will be held at EP12.

FACULTY DEVELOPMENT SEMINARS

The next Faculty Development Seminar will be on Wednesday May 2, 2018 from 9:00-10:30am, EP12, Room TBD. The topic is sharing your perspective on the Goldwater Rule Going Forward.

WRITING GROUPS: UPCOMING

The next Writing Group meeting will be Wednesday March 21 at 8am at EP12, Room TBD.

SPOTLIGHT: Julie Kable, PhD

Julie Kable is an Associate Professor in the Departments of Psychiatry and Behavioral Sciences and Pediatrics and the Assistant Director of the Emory Neurodevelopmental Exposure Clinic. She officially joined the Department of Psychiatry and Behavioral Sciences in 2013 but has had an office in Maternal Substance Abuse Laboratory in the department since arriving at Emory in 1993. She has over 20 years of experience in teratology research (i.e. alcohol, cigarettes, cocaine) and has specialized in assessing physiological responses (auditory brain stem response, heart rate (cardiac orienting responses or CORS), galvanic skin response, respiration, respiratory sinus arrhythmia, and functional near-infrared spectroscopy (fNIRS)) to assess the impact of these teratogens on arousal and attentional control, early cognitive functioning, and cognitive inhibition skills. Most recently, she has utilized functional near-infrared spectroscopy (fNIRS) to assess prefrontal cortical inhibition in children with FASD as compared to children who were typically developing or had neurobehavioral problems and no history of prenatal alcohol exposure. She was a primary investigator on the Atlanta Neurobehavioral Collaborative Initiative on Fetal Alcohol Spectrum Disorder's (CIFASD) study conducted from 2012-2017 and has been a co-investigator on several grants over the years. Along with Claire Coles, she has worked collaboratively on a nutritional intervention project among Ukrainian women who used alcohol during pregnancy and has assisted with the development of innovative interventions for children with FASDs, focusing on improving math skills, self-regulation and adaptive living skill. I also have participated in a study to establish the prevalence of FASD as a co-investigator

(recently published in JAMA) and translated the MILE intervention project for use in the San Diego and Edmonton (Canada) school systems. Finally, she is also working to establish the psychiatric validity of the Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE) diagnosis.

Julie has been involved with our program's training of psychology postdoctoral residents and has served on the Postdoctoral Steering Committee related to this activity. When she transitioned to the Department of Psychiatry and Behavioral Sciences, she was afforded the opportunity to get more involved in training psychiatry residents and child and adolescent psychiatry fellows and currently participates on the committee evaluating their competency related to their clinical service provided while working on their rotation in our clinic. In addition, she was appointed to the Program Evaluation Committee and has enjoyed offering input into the educational training and seminars provided to the residents and fellows, particularly in the areas of general development and developmental psychopathology.

Outside of Emory, Julie has been asked multiple times to share an integrated perspective of research and clinical practice in the context of various advocacy and policymaking groups regarding the needs and care of children with FASDs. She has been able to express the challenges experienced by the patient population and their families as a result of being stigmatized and by the lack of awareness of the disorder among the systems (educational, social, vocational, judicial, mental health and healthcare) and various providers with which they interact. She was able to express the need for targeted pharmaceuticals and behavioral interventions to help with the habilitation of these children as existing treatment regimens and protocols used for other disorders were not producing positive outcomes as a result of variability in the neural basis of the observable behaviors. She is particularly proud that these activities have led to formal publications and policy statements (i.e., American Academy of Pediatrics, American Bar Association) regarding improving professional education, recognition, and the care of alcohol-affected children. In addition, as part of the diagnostic issues work-up, she was part of group that advocated for the inclusion of a disorder entitled "Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure" in the revision of the Diagnostic and Statistical Manual of the American Psychiatric Association (APA). Through a series of "white papers" and written responses, the group was successful in navigating through the various APA committees needed for approval and the disorder was included in the "Conditions in Need of Further Study" section of the manual and was specifically mentioned as a disorder that could be coded under Other Specified Neurodevelopmental Disorder. She continues to work on establishing the psychiatric validity of this diagnosis.

More recently, she became involved in working with the Georgia Chapter of the American Academy of Pediatrics to assist with planning educational activities at yearly meetings and volunteered to serve on the DBHDD's advisory council to provide advocacy for children with neurodevelopmental problems, particularly FASDs, so that appropriate financial and service supports were accessible to families to minimize the burden of care and improve both the child and family's overall quality of life.

Julie enjoys the challenge of what she does and the creativity it requires of her to meet those challenges. At an individual client level, she enjoys coming up with strategies and work arounds to help a child who has neurocognitive impairments learn basic skills needed to be successful in life and to provide assistance to frustrated family members who have struggled to deal with their child's difficulties. From a research perspective, she appreciates being able to advance the field so we better understand the obstacles that children with alcohol and drug exposure face and then working to design interventions to address these challenges. She has found over the years that her individual case work feeds into her research questions and the results of these studies then provide new information that impacts her future case conceptualizations.

When reflecting upon her career successes, Julie noted that although while in graduate school, she swore she would never do intervention work, her efforts in this area have been the most rewarding to her. After years of investigating the teratogenic impact of prenatal alcohol exposure and working in a clinic that provided care to affected individuals, it became apparent to her that typical intervention strategies and programs were not effective for children with FASD. This resulted in her attempts to develop intervention programs for children with FASD that appropriately accommodated for their neurodevelopmental weaknesses and provided opportunities for habilitation. Working with Claire Coles, they developed two interventions, the Math Interactive Learning Experience (MILE) Program and the GoFAR program. The MILE program was among the first few clinical trial studies conducted with alcohol-affected children and established that targeted interventions could be successful remediating their alcohol-related neurodevelopmental deficits. The program was developed so that it could be translated into community settings to evaluate the effectiveness of the interventions. The MILE program now has a full set of manuals and DVD training videos to assist with others using this program and has been utilized across the United States and in various other countries (i.e., Canada, Ukraine). The GoFAR program, their most recent intervention project, targets teaching affective regulation and adaptive life skills to children with FASD. Their initial pilot work has indicated that the program was effective in changing parent report of behavioral functioning and the child's sustained attention skills. Julie also has had the honor to serve as an officer and committee member for various groups within her field and these have been career highlights. For example, she was an officer of the Fetal Alcohol Syndrome Study Group (FASDSG) and transitioned from Secretary to President and then an Advisory Board Member.

In terms of her interests and involvements outside of the workplace, Julie has been married for 30 some odd years and she and her husband have raised two children, Emily (18) and Joshua (22). Much of her outside activities have involved activities related to her children. Over the years, she has served as a coach for softball teams (3 park championships), Academic teams, Odyssey of the Mind and volunteered and helped with various fund-raising activities that supported their activities, including the delivery of a semi-truck full of Coca-Cola product that had to be distributed to a softball team for a fund-raising event. She enjoys photography and worked professionally doing this in her youth so she has often spent time taking pictures of her family's various activities. She also enjoys leisure reading and is looking forward to being able to spend

more time doing this over the next few years given that she and her husband will become empty nesters soon.

Regarding her goals/plans for the future, Julie noted that her most immediate goals are related to her research, including securing funding to further explore the impact of prenatal alcohol exposure on vascular functioning, particularly related to the perfusion of oxygen in the prefrontal cortex, and to evaluate the GoFAR intervention program.

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.

We would like to draw your attention to the Principles in the Care of Transgender and Intersex Patients Conference - <https://ce.mayo.edu/psychiatry-and-psychology/content/principles-care-transgender-and-intersex-patients-2018#group-tabs-node-course-default1>

Lunar New Year (Ginny Chan, PhD, Adjunct Faculty – Georgia Regional Hospital - Atlanta, and Jungjin Kim, MD, Psychiatry Resident). The Lunar New Year is a widely observed holiday in many Asian countries including China, Korea, Vietnam, Malaysia, Philippines, Singapore, and Taiwan. It is based on the lunar calendar that has traditionally been used in these countries and represents the beginning of a new year. Given the varied cultures celebrating this holiday, it is also referred to as Spring Festival in China, *Seollal* in Korea, *Tết* in Vietnam, and the Chinese New Year in Singapore/ Malaysia/ Philippines. While the respective countries have their own take on this holiday including the duration of celebration and traditions involved, there are a few common themes including family reunions, galore of local delicacies, playing games, and celebrating the upcoming year.

Ginny: I spent most of my Lunar New Year holidays in Singapore where there were always plenty of food, gatherings of family and friends, awkward interactions with distant relatives, receiving money (“red packets”) from married relatives in exchange for mandarin oranges – always a good deal, and playing card games (mostly blackjack and poker). One celebration unique to Singapore and Malaysia is *lo hei* (Cantonese; meaning to toss up) where we gather to valiantly toss ingredients of a raw fish salad while making wishes for the new year. Businesses also hire lion dance troupes (where they mimic lion movements in a lion costume) for a rousing performance to usher in good fortune and luck for the year ahead. As half of my family is Taiwanese, the best

part of the few celebrations I remember from there were filled with fireworks which are set off to scare away ill fortune.

Jungjin: *Seollal* is one of the most celebrated national holidays in Korea and usually lasts for three days (the day of, the day before, and the day after) during which Korean people wear *hanbok* (traditional clothes), perform ancestral rites, play folk games, eat traditional foods, listen to stories and talk well into the night. The main dish of the day is *tteokguk*, a traditional soup made with sliced rice cakes, beef, egg, vegetables, and other ingredients and eating *tteokguk* on New Year's Day is believed to add a year to one's age

WELLNESS CORNER

The departmental Wellness Subcommittee will be sharing monthly wellness tips.

- 1) Summer activities for kids -

http://www.worklife.emory.edu/childcare/news/EmorysAnnualCampLearningExpo2018-ComeExperienceSummer.html?utm_source=NYCU+-+January+2018&utm_campaign=7e6f9979da-EMAIL_CAMPAIGN_2018_01_22&utm_medium=email&utm_term=0_345c5fa97b-7e6f9979da-83089049

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Patrick Amar will serve as Director for Professional Liaison at Grady within Grady Behavioral Health.

Sarah Cook will assume the role of Director of the Crisis Intervention Service (CIS) at Grady.

Heather Greenspan has been appointed to the Emory University Hospital Pharmacy and Therapeutics Committee.

Justine Welsh, MD has been appointed as the Director of Addiction Services for the Emory Healthcare component of the Department of Psychiatry and Behavioral Sciences.

Education

Jeff Rakofsky is the Education Chair for the American Foundation for Suicide Prevention – Georgia Chapter.

Research

Sheila Rauch and Michael Saenger were funded at the Atlanta VAMC to examine Treatment and Prevention of Opioid Use Disorder in the SATP and Empowering Veterans for Pain Program through the Researchers in Residence Program.

Goldsmith, D.R., Haroon, E., Miller, A.H., Strauss, G.P., Beckley, P.F., & Miller, B.J. (in press). TNF-alpha and IL-6 are associated with the deficit syndrome and negative symptoms in patients with chronic schizophrenia. *Schizophrenia Research*.
Hendrickson, T.J., Mueller, B.A., Sowell, E.R., Mattson, S.N., Coles, C.D., Kable, J.A., Jones, K.L., Boys, C.J., Lee, S., Lim, K.O., Riley, E.P., Wozniak, J.R. & the CIFASD (in press) Two-year cortical trajectories are abnormal in children and adolescents with prenatal alcohol exposure (PAE). *Developmental Cognitive Neuroscience*

Kaslow, N.J., Finklea, J.T., & Chan, G. (2018). Personality assessment: A competency-capability perspective. *Journal of Personality Assessment*, 100, 176-185. DOI: 10.1080/00223891.2017.1381970

May, P.A., Chambers, C.D., Kalberg, W.O., Zellner, J., Feldman, H., Buckley, D., Kopald, D., Hasken, J.M., Xu, R., Honerkamp-Smith, G., Taras, H., Manning, M.A., Robinson, L.K., Adam, M.P., Abdul-Rahman, O., Vaux, K., Jewett, T., Elliott, A.J., Kable, J.A., Ashkoomoff, N., Falk, D., Arroyo, J.A., Hereld, D., Riley, E.P., Charness, M.E., Coles, C.D., Warren, K.R., Jone, K.L. & Hoyme, H.E. (2018). Prevalence of fetal alcohol spectrum disorders in 4 US communities. *JAMA*, 319, 474-482. DOI:10.1001/Jama.2017.21896

McClintock, S.M., Reti, I.M., Carptenter, L.L., McDonald, W.M., Dubin, M., Taylor, S.F., Cook, I.A., O'Reardon, J., Husain, M.M., Wall, C., Krystal, A.D., Sampson, S.M., Morales, O. Nelson, B.G., Latoussakis, M., George, M.S., & Linsanby, S.H., on behalf of both the National Network of Depression Centers rTMS Task Group and the American Psychiatric Association Council on Research Task Force on Novel Biomarkers and Treatments (2018). Consensus recommendations for the clinical application of repetitive transcranial magnetic stimulation (rTMS) in the treatment of depression. *The Journal of Clinical Psychiatry*, 79, 16cs10905. DOI: 10.4088/JCP.16cs10905

Norrholm, S.D., & Jovanovic, T. (2018). Fear processing, psychophysiology, and PTSD. *Harvard Review of Psychiatry*.

Sowell, K.D., Uriu-Adams, J.Y., Van de Water, J., Chambers, C.D., Coles, C.D., Kable, J.A., Yevtushok, L., Zymak-Zakutnya, N., Wertelecki, W., Keen, C.L. and the Collaborative Initiative on Fetal Alcohol Spectrum Disorders (CIFASD) (2018). Implications of altered maternal cytokine concentrations on infant outcomes in children with prenatal alcohol exposure. *Alcohol*, 68, 49-58. DOI.org/10.1016/j.alcohol.2017.08.006

Stojek, M., Shank, L.M., Vannucci, A., Bongiorno, D.M., Nelson, E.E., Waters, A.J., Engel, S.G., Boutelle, K.N., Pine, D.S., Yanovski, J.A., and Tanofsky-Kraff, M. (2018). A systematic review of attentional biases in disorders involving binge eating. *Appetite*, 123, 367-389. DOI: 10.1016/j.appet.2018.01.019

Honors, Awards, Rankings

Andrew Furman was promoted to the rank of Professor.

Adriana Hermida was promoted to the rank of Associate Professor.

Leonard Howell was appointed as Professor Emeritus of Psychiatry and Behavioral Sciences.

Helen Mayberg was appointed as Professor Emeritus of Psychiatry and Behavioral Sciences.

Bruce Rudisch was certified in Adult Psychoanalysis by the American Board of Psychoanalysis.

Quality and Safety Initiatives and Capital Campaign Initiatives

None reported

Community Benefit Programs and Activities

Jeff Rakofsky gave a talk at the DBSA-Atlanta meeting entitled “Managing the guilt and shame of bipolar disorder.”

Facilities

None reported

Emory in the Media

Greg Berns: (1) Great Big Story – Decoding a dog’s brain

Ben Druss: (1) Healio – Panel advises psychiatrists to target risk factors, general medical comorbidity

Emory University Psychoanalytic Institute: (1) New York Times – Still talking after all these years

Rachel Hershenberg: (1) Atlanta Journal Constitution – Self-help books to help you live your best life in 2018

Nadine Kaslow: (1) Dance Magazine – Baring it all; (2) US News & World Report – How eating disorders can affect young athletes

Seth Norrholm: (1) Yahoo.Com – Why kids are afraid of everything, and how to help

Sarah Vinson: (1) WAGA-TV – Child psychiatrist encourages candid conversations about violence

Larry Young: (1) Global Animal – The evolution of love; (2) Spectrum News – Optimism, confusion greet federal fast track for autism drug

Other Accomplishments

Jennifer Felger was made Associate Member of ACNP and added to the Editorial Board for their journal, *Neuropsychopharmacology*.

Heather Greenspan gave a talk entitled “Transplant Psychiatry: A Concise Presentation”, for the Adult & Child/Adolescent Transplant Emory Healthcare Staff.

Ziegler, S. M. T., & Morrier, M. J. (2018, February). *The Buddy Game: A structured outdoor play curriculum in an integrated preschool*. Poster presented at the annual Association for Applied Behavior Analysis International Autism Conference, Miami, FL.

TRAINEE KUDOS

Kim, Y., Hack, LM., Ahn, ES., Kim, J. (2018) Practical Outpatient Pharmacotherapy for Alcohol Use Disorder. *Drugs Context*, 7, 212308. doi: 10.7573/dic.212308

Bite Size Teaching:

Virginia Dawson - Love Talk: Using the *5 Love Languages* to Communicate Love

John Mahler - 1/10th of 1% of everything you need to know about psychodynamic theory

Amanda McMillan - Incorporative Principles of Dialogic Practice into Everyday Client Interactions

Collin Reiff will present his painting to a cancer patient at Brushes with Cancer in Tel Aviv. The painting reflects her 4-year journey with breast cancer and will tour as part of an exhibit, after which it will reside with the patient who it is a portrait of, Maya. The painting is attached.

STAFF KUDOS

Vanessa Askot has assumed the role as Administrator for the Department of Psychiatry and Behavioral Sciences at Grady.

Cynthia Maxwell's poster on was selected by her peers for an oral presentation at the Completion Ceremony.

Jennifer Johnson McEwen has accepted the full-time position of Communications Director, Brain Health Center.

Amy Moore will join the Brain Health Center as Director of Academic Programs. Georgia Public Broadcasting has offered Jaye Watson the opportunity to host Brain Health's own half hour TV show to air in prime time monthly throughout Georgia and the show will be shared with PBS national.