

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS  
MARCH 2019

**REMEMBER**

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

**SAVE THE DATES**

**LEADERSHIP WORKSHOPS**

The next leadership consultation is scheduled for Wednesday May 22, 2019 from 9:00-10:30am at EP12 1<sup>st</sup> floor training room.

**FACULTY DEVELOPMENT SEMINARS**

We have scheduled all of the 2019 seminars so that people can save the dates. These all will be held at EP12 in the 1<sup>st</sup> floor training room, Room 2

- April 3, 2019, 9:00-10:30am - Crafting a Professional Identity – Andrew Furman, Rickey Gillespie, Sheila Rauch
- September 18, 2019, 9:00-10:30am - Erotic Transference and Countertransference
- December 5, 2019, 9:00-10:30am - Harmful Supervision

**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. The next Writing Group is April 3.

**SPOTLIGHTS**

We will now spotlight a faculty member, staff member, and trainee each month. We welcome suggestions about people to highlight.

**FACULTY SPOTLIGHT: Challyn Malone, MD**

Challyn Malone is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences. Challyn also serves as an attending physician at Grady Memorial Hospital working both in the Psychiatric Emergency Service and the Crisis Stabilization Unit. She is also active in quality improvement projects, trying to improve various outcomes of patient care, as well as working on designing a course to make the transition easier for interns rotating through the PES as part of their training.

Outside of Emory, Challyn is a principal investigator for a research project through the NIA Project at Grady. She is also listed as a co-author of a research paper along with a colleague studying relevance of interventions in various points of pharmacologic states. She also has responsibilities as a member of the APA and AAEP, while actively seeking more opportunities for scholarship and service within the community she serves.

What Challyn most enjoys through her work is treating the very sick of the sick. She excels in acute settings where decisions have to be made quickly and chaos is the norm. Serving the underprivileged population is an honor and rewarding at the same time. Ultimately, Challyn wants to get more involved with national organizations and bring her talents to a national or even global scale. She is working towards expanding her repertoire as she is actively seeking promotion in the future to associate professor.

In the future, Challyn hopes to become more involved in the American Association for Emergency Psychiatry and perhaps obtain an administrative position within the organization. She wants to participate in campaigns to end the stigma of mental health, primarily in the African-American population. Overall, she intends on making an impact through her service at Grady in hopes every mental health patient gets the care they very much deserve.

Outside of work, Challyn enjoys spoken word poetry and has performed in various arenas in the city. She is also an avid animal lover and has volunteered at the ASPCA. She enjoys reading biographies with plans on traveling to Montreal in May to see Michelle Obama for her book tour. Challyn also has interests in traveling and exploring different countries and cultures. She tries to practice mindfulness and meditation, which helps her regroup after a stressful day and reprogram her senses. Finally, Challyn is a family-oriented person, so spending time with family is important to her.

#### **STAFF SPOTLIGHT: Vanessa Askot**

Vanessa Askot is the Grady-based administrator for three departments: Psychiatry and Behavioral Sciences, Neurosurgery and Rehab Medicine. She is responsible for the business management of each of the departments, as well as a liaison between Grady and the Brain Health Center. Vanessa got her MSW and MBA simultaneously from the University of Chicago. The MSW/MBA combination is unusual, but it made sense for her because she wanted to serve a vulnerable population by learning how to manage scarce resources efficiently. She loves variety in her work: she is involved with the clinical, education and research arms of three distinct departments. Eventually, she would like to get her Georgia license, so she can work directly with patients as a social worker.

When Vanessa is not at work, she is playing with her two daughters, who are 4 ½ and 9 months. In the few moments when she is not building castles out of play dough, discussing the virtues of Wonder Woman or sweeping up Cheerios, she is planning overly ambitious dinner parties for friends and neighbors, watching and re-watching The Great British Bake-Off and traveling between Philadelphia, New York, New Orleans and Chicago to visit her widely dispersed family. In the future, when time and space allow, Vanessa dreams of setting up a quilting studio in her home to pursue her long-standing love for handmade quilts.

#### **TRAINEE SPOTLIGHT: Madison Silverstein**

Madison Silverstein is currently a doctoral psychology intern with Emory Psychiatry and Behavioral Sciences. She also leads groups in the Grady Psychosocial Rehabilitation Program, conducts diagnostic intakes in the Grady Adult Outpatient Clinic and provides individual therapy and assessment services at the Grady Infectious Disease Program. Madison is also a member of the Atlanta Behavioral Health Advocates (ABHA). Outside of Emory, Madison is the director of the Scholars Committed to Opportunities in Psychological Education (SCOPE) program, which aims to increase the racial/ethnic diversity of psychology graduate programs, as well as the field of psychology through culturally competent mentorship and workshops on the graduate application process. She recently implemented the program through ABHA at Emory, and is implementing the program for the fifth time at Auburn University in late March. Madison most enjoys serving young adults who are HIV+ at the Grady Infectious Disease Program because of the way psychological staff and services are integrated into the medical clinic. It has been a great experience to see how psychological interventions can improve physical health, as well as mental health.

Key highlights of Madison's career trajectory include receiving over \$20,000 in grant money to fund the SCOPE program. Because of her work with SCOPE, she received the Excellence in Grassroots Mobilization award from APAGS and a first honorable mention for the Diversity and Outreach Award from APAGS. She was also selected to participate in the APAGS Leadership Institute where she learned more about leadership techniques to improve the SCOPE program.

Outside of work, Madison is involved in efforts to increase access to food in Atlanta. She volunteers at a food distribution where excess food from grocery stores and food warehouses is given away to community members for free. She also enjoys cycling, cooking, and baking.

Starting in Fall 2019, Madison will be an assistant professor in the psychology department at Loyola University in New Orleans. She will teach three undergraduate courses per semester (developmental psychology, adolescent psychology, child psychology), mentor undergraduate research, and supervise clinically-oriented service learning practicum positions. She will also engage in part-time clinical work so she can obtain her clinical license.

## **FACULTY COMINGS AND GOINGS**

### **WELCOME NEW FACULTY**

None reported

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

None reported

## **DIVERSITY CORNER**

None reported

## **WELLNESS CORNER**

Sean Stonehart is doing Tai Chi at EP12 7am M/W. Wear comfortable clothes. He is a "fantastic sensei!"

From the yoga survey there is significant interest in yoga at EP12. We are waiting to hear back from the administration about the class (likely to be taught by Marty from EVP) going forward. Many thanks to Monika and Michele for their effort on this!

The Wellness Curriculum got off to a great start with Ann talking about physician suicide in December to PGY4s. Samir from neuro would be willing to be involved in the work-life balance lecture, so hopefully Chanda you will connect with him. Schedule and last year's class descriptions attached. PLEASE note: March 6<sup>th</sup> lectures for Virginia, Chanda and Sarah!

We reviewed the book Big Girl – excellent description (with humor) of the experience of living with binge eating disorder and obesity.

Great resource for people taking care of patients with SMI:

[https://www.mirecc.va.gov/visn22/EQUIP\\_Wellness\\_Manual\\_Complete\\_6\\_04.pdf](https://www.mirecc.va.gov/visn22/EQUIP_Wellness_Manual_Complete_6_04.pdf)

Resources to keep in mind:

[www.hsph.harvard.edu/nutritionsource/healthy-eating-plate](http://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate)

<https://www.choosemyplate.gov/>

MyFitnessPal – log your food!

Beck Diet Solution workbook

Zipongo: SIGN UP through Healthy Emory Connect and use the VIRGIN PULSE app

Oxford campus of Emory has a CSA

<https://tibet.emory.edu/cognitively-based-compassion-training> - hope you all got to see the sand table!

ATL place to visit this month: <https://atlantabg.org/events-exhibitions>

## **FACULTY KUDOS**

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

Rickey Gillespie was named the Director of Preclinical Undergraduate Medical Education in Psychiatry.

Scott Smith was appointed to the State Board of Examiners of Psychologists and he was sworn in 1/2019.

### **Education**

None reported

### **Research**

Led by PI Adriana Hermida, the Emory neuromodulation team in collaboration with the Wesley Woods inpatient team will participate in a five-year study to investigate the use of electroconvulsive therapy (ECT) to treat severe agitation and aggression in people with Alzheimer's disease.

Forester, B., Mellen, E., Mathias, L., Monette, P., Rahman, A., Harper, D., Seiner, S., Mueller, M., Knapp, R., Hermida, AP, Nykamp, L., Lapid, M., Petrides, G. (2019). Electroconvulsive therapy for the treatment of acute agitation and aggression in Alzheimer's Dementia (ECT-AD). *American Journal of Geriatric Psychiatry*, 27, S125-S126. DOI: S1064-7481(19)30089-2

Hermida AP, Kellner CK, Petrides, G, McDonald WM, Vaughn WM (2019). Update on electroconvulsive therapy in geriatric depression. *American Journal of Geriatric Psychiatry*, 27, S20-S21. S1064-7481(19)30175-7

Hermida AP, Pritchett C, Job GP, McDonald WM, Riva-Pose P, A. Umair Janjua. (2019). Right unilateral electroconvulsive therapy for the treatment of psychotic disorders. *American Journal of Geriatric Psychiatry*.

Janjua AU, Dhingra A, Abken E, Hermida AP (2019). Successful use of electroconvulsive therapy for the treatment of neuropsychiatric manifestations of Dementia with Lewy bodies. *American Journal of Geriatric Psychiatry*, 27, S95-S96. DOI: 10.1016/j.jagp.2019.01.043

Janjua AU, Mohsin M, McCord E, Hermida AP (2019). A case of bigeminy and successful completion of acute electroconvulsive therapy. *American Journal of Geriatric Psychiatry*, 27, S96. DOI: 10.1016/j.jagp.2019.01.044

Jiang F, Liu T, Zhou H, Rakofsky J, Liu H, Liu Y\*, Tang YL. (Epub ahead of print, 2019 February). Developing medical record-based, healthcare quality indicators for psychiatric hospitals in China: a modified Delphi-analytic hierarchy process study. *International Journal for Quality in Health Care*. DOI: 10.1093/intqhc/mzz005

Jiang F, Zhou H, Rakofsky J, Liu T, Liu Y\*, Tang YL\*. (2019). Psychiatry residents in China: Socio-demographic characteristics, career satisfaction, and related factors. *Frontiers in Psychiatry*, DOI: 10.3389/fpsy.2019.00177

Malone M., Mori N., Hermida AP. (2019). A complicated case of diagnosing grief. *American Journal of Geriatric Psychiatry*, 27, S114-S115. DOI: S1064-7481(19)30076-4

Riva-Posse P, Inman CS, Choi KS, Crowell AL, Gross RE, Hamann S, Mayberg HS. (Epub ahead of print 2019 January). Autonomic arousal elicited by subcallosal cingulate stimulation is explained by white matter connectivity. *Brain Stimulation*, DOI: 10.1016/j.brs.2019.01.015

Wiggins LD, Rice CE, Barger B, Soke GN, Lee LC, Moody E, Edmondson-Pretzel R, Levy SE. (Epub ahead of print 2019 March). DSM-5 criteria for autism spectrum disorder maximizes diagnostic sensitivity and specificity in preschool children. *Social Psychiatry and Psychiatric Epidemiology*. DOI: 10.1007/s00127-019-01674-1

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

Wendy Baer was recognized by the School of Medicine on Doctor's Day.

Jordan Cattie was recognized by the School of Medicine on Doctor's Day.

Claire Coles was presented the Starfish Award by the International Conference on Fetal Alcohol Spectrum Disorders. The award is presented by professionals and families to those who work to improve the lives of individuals with FASD and their families.

Rickey Gillespie was recognized by the School of Medicine on Doctor's Day.

David Goldsmith was recognized by the School of Medicine on Doctor's Day.

Chanda Graves was recognized by the School of Medicine on Doctor's Day.

Adriana Hermida gave a lecture at the at the American Association of Geriatric Psychiatry annual meeting in Atlanta titled "Update on Electroconvulsive Therapy in Geriatric Depression."

Jennifer Holton was recognized by the School of Medicine on Doctor's Day.

Emily Jackson was recognized by the School of Medicine on Doctor's Day.

Jessica Maples-Keller was awarded a CTSN/Conte Pilot Project grant.

Dorian Lamis has been selected as a 2019 American Society of Clinical Psychopharmacology Annual Meeting New Investigator Award recipient and was recognized by the School of Medicine on Doctor's Day.

Devon LoParo was awarded faculty development funds to attend the Career Development Leadership Program Research Track program sponsored by the Anxiety and Depression Association of America.

Abigail Powers Lott was recognized by the School of Medicine on Doctor's Day.

William McDonald chaired three symposia at the at the American Association of Geriatric Psychiatry annual meeting in Atlanta. The symposia subjects included "Review in Geriatric Psychiatry: Self-Assessment Program and Preparation for Subspecialty Exam," "Diagnostic Considerations in Evaluating Geriatric Patients with

Movement Disorders” and “Update on Electroconvulsive Therapy in Geriatric Depression.”

Jeff Rakofsky was recognized by the School of Medicine on Doctor’s Day.

Melissa Smith was recognized by the School of Medicine on Doctor’s Day.

Jennifer Steiner was named a chair of the Continuing Education Committee for the Georgia Psychological Association.

Monika Stojek was awarded faculty development funds to attend the Anxiety and Depression Association of America Conference where she will present her first authored research entitled PTSD Symptoms and Emotional Awareness in African American Women with Diabetes Mellitus with and without Food Addiction.

Jennifer Wootten was recognized by the School of Medicine on Doctor’s Day.

Carly Yasinski was awarded faculty development funds for her attendance at the Behavior Therapy Training Institute sponsored by OCD Georgia and the International OCD Foundation.

Liza Zweibach was recognized by the School of Medicine on Doctor’s Day.

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

None reported

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

Devon LoParo served as a panelist on the Emory Faculty Staff Assistance Program’s “Survival Skills for Parents” panel.

### **Facilities**

None reported

### **Emory in the Media**

Brian Dias – (1) BBC – [Can the Legacy of Trauma be Passed Down the Generations?.](#)

### **Other Accomplishments**

Melissa Smith attended a Wilderness Medicine Conference. She also earned her Advanced wilderness and expedition provider certificate.

### **ADJUNCT FACULTY KUDOS**

Sierra Carter was selected as one of the National Minority Quality Forum’s 40 under 40 Leaders in Minority Health.

Beverly Stoute presented a talk entitled “Racial Socialization and Thwarted Mentalization: Reflections of a psychoanalyst from the lived experience of James Baldwin’s America” at the New York Psychoanalytic Institute.

### **TRAINEE KUDOS**

Lauren Gensler accepted an Emory faculty position at Grady Memorial Hospital where she will be 50% inpatient medicine and 50% emergency psychiatry.

Jon Kaplan accepted a Rush University faculty position that will consist of a combination of inpatient medicine, psychiatry consults, and outpatient collaborative care (including psychiatric oncology).

Liz McCord was named a J. Willis Hurst Internal Medicine Residency program’s Ambulatory Chief Resident.

Stefan Routt accepted a consultation-liaison position in psychiatry at WellStar Kennestone Hospital.

Sanne van Rooij was selected as a 2019 American Society of Clinical Psychopharmacology Annual Meeting New Investigator Award recipient

### **STAFF KUDOS**

None reported

### **PERSONAL UPDATES**

Carly Yasinski and her husband, John Garner, announced the birth of their daughter, Eve Audrey Garner.