

January 4, 2021



NOTE FROM THE CHAIR

There is a sense of excitement and hope in the air- 2020 is over! It is now 2021, and with it comes hope and the accrued knowledge of all we learned in 2020. We learned that we are resilient: we can deal with profound challenges and threats and keep our focus. We learned that we can rapidly innovate: we dramatically transformed our healthcare delivery using PPE and technology. We learned that communication is critical: sharing valid information and providing up-to-date understanding shapes optimum decision-making. And we are building our clinical teams: we have recruited many great clinicians of all disciplines and retained or recruited great leaders. As we work on receiving COVID-19 vaccinations ourselves and vaccinating our communities, we will be looking beyond the pandemic. We will be taking all of this hard-won knowledge and growth, in collaboration with all of Carilion and the VTCSOM, to build our Department into a regional and national leader in psychiatric care and innovation. I think I speak for us all as we look with great optimism to 2021 and the opportunities for us to work together to build a future where excellent care is the standard, where great colleagues and teamwork daily inspire us, where we train the next generations of clinicians and thought-leaders, and where we make a difference each and every day.

Bob

Department News

- Dr. Abhishek Reddy has had 1 abstract and 3 poster presentations accepted (with PGY1 Dr. Mounica Thootkur on one of the submissions) to the European Psychiatric Association-European Congress of Psychiatry Conference 2021:
 - Oral Presentation - "Does insomnia increase the risk of suicide in patients with major depressive disorders? National inpatient sample analysis; **A Reddy**, Z. Mansuri, R. Vadukapuram, **M. Thootkur**, C. Trivedi.
 - Poster presentations: 1) "Social Media and its effect on mental health: friend or foe?" C. Trivedi, Z. Mansuri, R. Vadukapuram, **A. Reddy**; 2) "Is ketamine and lamotrigine interactions responsible

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- ASCP Research Award
- BEAM Opioid Study
- Wellness
- Ground Rounds and Case Conferences



for the sub-therapeutic effect of ketamine?” Adman, M., Motiwala, F., Mansuri, Z., Trivedi, C., **Reddy, A.**; 3) “Human Umbilical Cord Blood Infusions in Management of Autism Spectrum Disorder: Narrative Review,” M. Adnan, F. Motiwala, Z. Mansuri, **A. Reddy.**

VTCSOM Faculty - Congratulations!

- **Dr. Cheri Hartman** has received a change in appointment from Senior instructional faculty member to regular faculty member. Dr. Hartman is now at the rank of Assistant Professor on the non-tenure track.
- **Dr. Joe Gieck** has been appointed Assistant Professor on the non-tenure track.
- **Dr. Anita Kumar** has been appointed Assistant Professor on the non-tenure track.
- **Dr. Kiran Khalid** has been appointed Assistant Professor on the non-tenure track.
- **Dr. Abhishek Reddy** has been appointed Assistant Professor on the non-tenure track.

GME Residency Funding Award

- The Psychiatry Residency Program has been awarded with 2 fully funded residency slots for AY 2021-2022 through the Virginia Department of Medical Assistance. The award is very competitive and was granted because of the work we do with some of our most vulnerable patient populations- those struggling with substance use, poverty, and homelessness.

Supporting Diversity and Inclusion in Research Participation

- The integrated Translational Health Research Institute of Virginia (iTHRIV) has a program to improve diverse representation in clinical research called **Recruitment Enhancing Resources Program**. See [RERP iTHRIV Portal Page](#) All inquiries related to this announcement should be directed to: Kristin I. Miller (kim6g@virginia.edu).

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See link for information -

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Questions? Lisa Hedrick, Association for Academic Psychiatry,
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Dr. Kim Horn would like to share an exciting opportunity with you given your interest in and commitment to substance misuse research and your affiliation with VT and Carilion Clinic. As you may already know, VT and Carilion are affiliates of The Opioid Research Consortium of Central Appalachia (ORCCA) (<https://the-orcca.com>) which is a regional research partnership across 6 universities and 2 major health systems seeking to accelerate collaborative, highly translational opioid treatment and prevention research in Central Appalachia. We are excited to announce that ORCCA is beginning its full individual membership drive including its first thematic research network. The National Institute on Drug Abuse (NIDA) recently awarded a \$2.6 million grant to Dr. Rob Pack of East Tennessee State University and me, as founding ORCCA directors, to create the Studies To Advance Recovery Support (STARS) network designed to develop studies on how best to provide support services for individuals being treated for opioid use disorder (OUD). ORCCA and STARS membership application materials can be found at the following link: <https://theorcca.com/become-a-member>.

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Take time for yourself; Reach out with concerns and worries; Your Carilion peers are here to support you. These are the three main points to remember both during and after the worst of the pandemic. The vital work you are doing every day can take an emotional toll. Please watch this conversation with Dr. Trestman for insights into what to expect as time goes on, how best to take care of yourself whether you are working or isolated, and information about how Carilion departments are collaborating to provide resources and one-on-one support. To see the video, click on the link.

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Upcoming Grand Rounds and Case Conferences

WebEx information will be sent out by Donna Houchins prior to each conference/Grand Rounds.

Psych Adult Case Conference, Thursday, January 7, 2021, 12:00-1:00 pm via WebEx

Psych Peds Case Conference, Thursday, January 14, 2021, 12:15-1:15 pm via WebEx

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January 11, 2021

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- The new year is here. While the pandemic is raging, social unrest and soul-searching continues to occupy much of our attention. Close to home, and to our profession, so many people are suffering with new onset or a worsening of established mental illness and substance use. We continue to do our best to help them ease their suffering. As we continue our work to build an academic department of psychiatry, simply working hard to provide great care with each patient is still necessary, but no longer sufficient. How do we know that we are getting the best possible outcomes for our patients given our resources and efforts? Over the past months, we have utilized telehealth to extend our reach during the pandemic. In the (near) future, added technologies will hopefully play a key role in making this system more efficient: facilitating appropriate patient-provider matching, scheduling, communication. But the biggest change will come from efficiently integrating measurable outcomes. Basic things like if, when, and how we're actually helping patients (we are doing a little of this now with our OWL platform). But the big things are yet to come. Things like whether in our own patients novel psychotherapies, medications, or interventions move the needle on the biology underlying psychiatric disease. And things like using data to incrementally improve the care system as a whole. This is our future- and the future for our patients: leveraging technology to enhance our ability to provide better care every day for every patient. I look forward to our work together in 2021 to realize this vision! *Bob*



Department News

- A manuscript has been accepted for publication in the Journal of Medical Education and Curricular Development: "Medical Students' Knowledge and Perception of Deep Brain Stimulation," Brian Saway, BA; Sanaz Monjazez, BS; Kerilyn N Godbe, BS; Tessa Anwyll, MS; **Anita Kablinger, MD**; Mark Witcher, MD, PhD

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GME Psychiatry Residency

- Congratulations to our residents for their Fellowship Match!
Dr. Navroop Kaur – Zucker School of Medicine
Dr. Felicia Galluci – University of Miami
Dr. Gurjot Malhi – University of Washington
Dr. Gul Quadri – University of Maryland

OBOT – Opioid Town Hall Tuesday, January 12, 2021

- Carilion Psychiatry OBOT and Carilion's Peer Recovery Program will be featured in the HHS Region 3 Opioid Task Force Virtual Town Hall-Medication Assisted Treatment Considerations for Individuals in Recovery on Tuesday, January 12 at 9:45 am – 12:00 noon. Click here to register:

<https://capconcorp.zoom.us/meeting/register/tZYrcuyprT8uHtXtYfHXtb8079SfR1uBTgMN>

For questions please contact:

Region 3 SAMHSA Regional Administrator Jean.Bennett@samhsa.hhs.gov

Region 3 SAMHSA Assistant Regional Administrator Jeanne.Tuono@samhsa.hhs.gov

Town Hall – APA Addresses Structural Racism, Part 4: Structural Racism & Psychiatric Residency Training: Recruitment, Retention, and Development – Monday, February 8 | 8:00 – 9:30 pm ET

A panel of experts will examine how structural racism affects diversity in the psychiatry workforce. Topics will include the disproportionate number of minority



psychiatrists, their experiences in different practice settings, and why having diversity in the psychiatric workforce is important for everyone. The discussants will describe ways to grow a diverse workforce in psychiatry, including pipeline programs like APA's, making academic psychiatry settings inclusive and welcoming spaces for diverse students, residents and attending psychiatrists, and ways to increase the number of minority underrepresented psychiatrists who are promoted to higher academic, administrative, clinical and research in hospitals, communities and organized psychiatry. The advantages of having a diverse psychiatric workforce will be explored. You do not need to be a member of the APA to register. **Register**

Today: psychiatry.org/townhall

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- On March 25, 1966 in Chicago Dr. Martin Luther King, Jr. said (in part), “Of all the forms of inequality, injustice in health is the most shocking and the most inhuman because it often results in physical death.” This morning, in recognition of Dr. Martin Luther King, Jr. Day, the American Psychiatric Association issued an historic apology. The apology begins, in part, with the following: “Today, the American Psychiatric Association (APA), the oldest national physician association in the country, is taking an important step in addressing racism in psychiatry. The APA is beginning the process of making amends for both the direct and indirect acts of racism in psychiatry. The APA Board of Trustees (BOT) apologizes to its members, patients, their families, and the public for enabling discriminatory and prejudicial actions within the APA and racist practices in psychiatric treatment for Black, Indigenous and People of Color (BIPOC). The APA is committed to identifying, understanding, and rectifying our past injustices, as well as developing anti-racist policies that promote equity in mental health for all.” In full, it is [available here](#), and a historical addendum [is here](#). Apologies can be an important step in personal, and cultural, change. To be meaningful, the next steps involve changes in our understanding and behavior towards each other. Some relevant [Resource Documents](#) from the APA are available and include “How Psychiatrists Can Talk with



Patients and Their Families About Race and Racism.” Along with so many others, let’s work together in the year ahead to bring significant opportunities for us, as individuals, communities, and as a nation, to make genuine progress toward equality in health and healthcare.

- *Bob*

ECHO Session – Friday, January 22 @ 1:00 pm

Friday, January 22nd at the later time of 1:00 pm Carilion Psychiatry is sponsoring the statewide ECHO session on "Drug Courts and Coordination with MAT Programs" to be presented by Lori W. Trail. If you would like to attend the 90-minute ECHO, it is offered via Zoom: **email cwhartman1@carilionclinic by Thursday morning at 10 am, January 21st.** There will be a didactic on this important topic followed by a case discussion. Free CME credits are provided. All are welcome! *Cheri W. Hartman, Ph.D.*

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VSCSW - The Eastern Virginia Chapter Zoom Programs – Save the Dates

~February 19 9:00a-11:00a. ~Transgender~ What we need to know and what resources are available for us and our clients.

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Facilitated by Melissa Irene Jackson, MSW Manager, Transgender Health Clinic Services, Patient Advocate, Virginia League for Planned Parenthood. (via Zoom)
-2 contact hours

~April 9, 2021 9a-12p ~Ethics 2021: Current Practice Trends and Regulations

Facilitated by David Boehm, LCSW CSOTP Private Practitioner and former Chair of the Board of Social Work, member of the Department of Health Professions and expert in the treatment of offenders and high risk individuals. (via Zoom)

-3 contact hours

Please contact Sharon Payne, Program Chair, at spayne@vwu.edu with questions regarding the programs.

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Carilion Clinic Research Quarterly Newsletter-Research News

- The Research Oversight Committee is pleased to present the Carilion Clinic Research FY21 Q1 newsletter.

In this edition:

Spotlight – John W. Epling, Jr. MD, MEd & Michelle Rockwell, PhD, RD

Highlight – Anita Kablinger, MD, CPI

Library services

New personnel

iTHRIV Operations Team

The newsletter can also be found at http://www.insidecarilion.org/system/files/2021-01/CCResearch2021%20Vol.1.1_Fnl.pdf

VTCSOM College Award for Outreach Excellence- Submissions due Monday, February 8

- The purpose of the College Award for Outreach Excellence is to recognize a single outstanding faculty member in each college for their work in outreach, based on competitive submissions throughout their college.

Only academic faculty can apply.

On rare occasions, there may be more than one winner or a winning team.

The winner will receive a plaque and a \$500 award (divided if necessary).

Applicants can be nominated by their peers or self-nominate.

Applicants are required to submit a narrative about their outreach work over the past year; specifically indicating their passion for service, the impact service has had on their community, themselves, their world view and their careers.



Outreach experience should be community based and not specifically job related.

The essay should be no more than 750 words and should avoid a resume/listing type of presentation.

For this round, the deadline for submission will be Monday, February 8th and the award winner(s) will be announced at the March All Hands Meeting.

All submissions should be sent to Courtney Powell at cbrakes@vt.edu. Any questions or concerns can be addressed with Courtney Powell as well.

Courtney will form a non-partisan faculty committee to select the winner(s). *(on behalf of Dr. David Trinkle)*

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January 25, 2021

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- Ground Rounds and Case Conferences

NOTE FROM THE CHAIR

Communication is hard. As any clinician quickly learns, what we wish to share with our colleagues and with our patients is not always what is conveyed. This is certainly the case in our chart notes. Years ago the written records were often scribbled or unreadable. Today, with our electronic versions, they are often “cut and paste” versions with a lot of stuff, but little critical information. They may also contain language that is sometimes jargon and sometimes jarring: containing words that may inadvertently belittle or infantilize the person we are trying to help. This may be changing with the implementation of the 21st Century Cures Act. One part of this mandatory legislation is that our electronic notes, laboratory results, and so much more will be immediately available to our patients through such means as MyChart. This change expands the opportunities to engage our patients in their treatment. It also carries responsibilities to write notes that are clear and affirming. We will need to consciously think about the potential impact of our words to engage our patients and not alienate them. All clinicians have received several required Cornerstone trainings; an additional education assignment is forthcoming related to Confidential Notes and Lab Orders. Carilion is holding provider webinars twice a week until go-live on **Friday February 5**. These webinars provide an overview of changes and an opportunity to ask questions. They are held each Tuesday at 7 a.m. and each Wednesday at noon. Providers can log on to the webinar at this URL:

<https://carilion.webex.com/join/stracz>.

Bal



Department News

- **Congratulations to Dr. Kemi Bankole** – Dr. Bankole has been invited to join the American Board of Psychiatry and Neurology (ABPN) Geriatric Psychiatry Committee.

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Facilitated by Melissa Irene Jackson, MSW Manager, Transgender Health Clinic Services, Patient Advocate, Virginia League for Planned Parenthood. (via Zoom)
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Facilitated by David Boehm, LCSW CSOTP Private Practitioner and former Chair of the Board of Social Work, member of the Department of Health Professions and expert in the treatment of offenders and high risk individuals. (via Zoom)

-3 contact hours

Please contact Sharon Payne, Program Chair, at spayne@vwu.edu with questions regarding the programs.

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Only academic faculty can apply.

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[RERP iTHRIV Portal Page](#) All inquiries related to this announcement should be directed to: Kristin I. Miller (kim6q@virginia.edu).

NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for 9+ months now....and winter is looming. Mental health issues related to our lockdown and the pandemic are especially hard for people with depression and other mental health disorders. NAMI, The National Alliance on Mental Illness has a **helpline that can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org** - *Virginia Society of Clinical Social Workers - Roanoke Chapter*

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Submission Deadline: January 31, 2021* *Poster deadline: **March 15, 2021** Deadlines are 11:59 pm Pacific time zone

See link for information -

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NOTE FROM THE CHAIR

There is a lot of talk about vaccines for COVID-19 and many people for many reasons are hesitant to take it. Some argue about relative effectiveness or fear of side effects. Aside from the general logic of the benefits to individuals and society for effective vaccines (think polio, smallpox, measles, and tetanus among many others), it is also important to look at what the term “effectiveness” means and what matters to us all. Ultimately, becoming infected with COVID-19 is not what matters. What matters is dying from COVID-19; over 441,000 Americans have died from it as of today. What about the data from the 75,000 people who were in one the vaccine trials? Not one died and not one was hospitalized 28 days after being vaccinated. By comparison, in a matched group of 75,000 Americans who were not vaccinated, 150 died and several hundred were hospitalized. Please look at the facts and encourage everyone who is eligible to be vaccinated to get vaccinated. That is the quickest and safest way for us to get through this extraordinary time.

Bol

Department News

- **Congratulations to Dr. Anita Kablinger** for being selected to receive the 2021 VTCSOM Research Domain Mentor. Dr. Kablinger will be recognized the VTCSOM Medical Student Research Symposium on March 6.



Justice Center
THE COUNCIL OF STATE GOVERNMENTS

- With a renewed focus on ways to address mental health concerns in the criminal justice system, The Council of State

Governments Justice Center and the American Psychiatric Association Foundation have partnered to highlight leaders who are working to get people the help they need through innovative practices and programs. This [feature article](#) on **Dr. Robert Trestman and START NOW** is the first in a series under the Judges and Psychiatrists Leadership Initiative.

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Clinical Social Worker Association: 9 CE's and Online Event Announcement: 6 WEEK Learning Collaborative on Racism and the Clinical Process STARTING FEBRUARY 10: February 10, 17, 24, March

3, 10, 17 | 8:00-9:30 p.m. EST

[CLICK HERE TO REGISTER](#)



HEALTH BEHAVIORS INTEREST GROUP MEETING (FBRI-CTRHB) **February 18** - 11:00am - 12:00pm

- Peter Hall, Ph.D. will present his research on repetitive transcranial magnetic stimulation (rTMS) in health research. Meeting Zoom Link: <https://virginiatech.zoom.us/j/83053206393> - for further information please contact jstein1@vtc.vt.edu.

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NOTE FROM THE CHAIR

It should come as no surprise that psychiatric emergency room visits have increased during the pandemic compared to pre-pandemic levels. A recent [study](#) in JAMA Psychiatry has documented those increases across the US for suicidality, drug overdoses in general and opioid overdoses in particular, and for all psychiatric illnesses. We fully expect that pattern to continue and likely increase as the full impact of the pandemic drags on. And among us all, one group may be at the greatest risk for anxiety, depression, and despair: the country's mothers. While situations had incrementally improved for most mothers caring for families, the pandemic has worsened job inequality (with Hispanic, Black, and single mothers hit the hardest) and food insecurity. What can we do? We can work as hard as possible to increase our capacity and improve access to care. We can continue to look for ways to improve efficiency. We can continue to partner with our community agencies to leverage our limited resources. There is no easy solution, but as usual, when we work together, we will keep getting better at providing the care our patients, their families, and our communities need.

Bob

Department News

- **Kathleen B. Elswick, DO**, received her VTCSOM initial faculty appointment.
- **Deirdre Rea, DNP, PMH-CNS, RN-BC** has been chosen as a reviewer for the Johnson & Johnson Nurses Innovate Quickfire Challenge on Mental Health.



Recreational Therapy Month

- February is Recreational Therapy Month. We would like to acknowledge and thank : **Tina Kraye, Kari Decker, Bre Hamm, Morgan Poe, Kassidy Earehart, and Tonirose Alicea** for their service at Rehab and NRV. *Submitted by Peggy Myers, NRV-St. Albans Director*

Town Hall – APA Addresses Structural Racism, Part 4: Structural Racism & Psychiatric Residency Training: Recruitment, Retention, and Development – Monday, **February 8** | 8:00 – 9:30 pm ET

COVID-19 SUPPORT

If you are experiencing distress as a result of the pandemic, call: COVID-19 Employee Support Helpline 1-800-468-1359 (option 2)

A panel of experts will examine how structural racism affects diversity in the psychiatry workforce. Topics will include the disproportionate number of minority psychiatrists, their experiences in different practice settings, and why having diversity in the psychiatric workforce is important for everyone. The discussants will describe ways to grow a diverse workforce in psychiatry, including pipeline programs like APA's, making academic psychiatry settings inclusive and welcoming spaces for diverse students, residents and attending psychiatrists, and ways to increase the number of minority underrepresented psychiatrists who are promoted to higher academic, administrative, clinical and research in hospitals, communities and organized psychiatry. The advantages of having a diverse psychiatric workforce will be explored. You do not need to be a member of the APA to register. **Register Today:** psychiatry.org/townhall

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VTCSOM College Award for Outreach Excellence- Submissions due Monday, February 8

- The purpose of the College Award for Outreach Excellence is to recognize a single outstanding faculty member in each college for their work in outreach, based on competitive submissions throughout their college.

Only academic faculty can apply.

The winner will receive a plaque and a \$500 award (divided if necessary). Applicants can be nominated by their peers or self-nominate. Applicants are required to submit a narrative about their outreach work over the past year; specifically indicating their passion for service, the impact service has had on their community, themselves, their world view and their careers. Outreach experience should be community based and not specifically job related. The essay should be no more than 750 words and should avoid a resume/listing type of presentation. For this round, the deadline for submission will be Monday, February 8th and the award winner(s) will be announced at the March All Hands Meeting. Any questions and all submissions should be sent to Courtney Powell at cbrakes@vt.edu.

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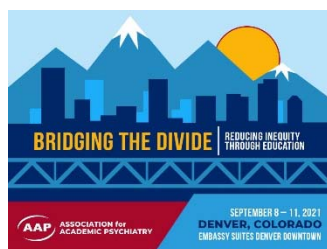
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Psych Peds Case Conference, Thursday, February 11, 2021, 12:15-1:15 pm via WebEx

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February 15, 2021

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Advance the mental and physical health of our communities

Vision

The Department of Psychiatry and Behavioral Medicine will be an internationally recognized pioneer of clinical excellence through the dedicated integration of education, discovery, and recovery.

Values

Community –	Provide collaborative and interdisciplinary patient centered care
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Curiosity –	Foster innovation in our pursuit of excellence through education and discovery

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- Note from the Chair
- Department News
- Recreational Therapy Month
- ECHO and Sublocade Training
- Upcoming Anti-Racism/Social Justice Workshops
- VSCSW-save the dates!
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- Research Day
- 2021 AAP Annual Meeting
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- VNS Therapy
- ORCCA and STARS Membership
- ASCP Research Award
- BEAM Opioid Study
- Wellness
- Grand Rounds and Case Conferences

NOTE FROM THE CHAIR

Just last week, our med school released the VTCSOM Task Force Report on diversity and inclusiveness, reflecting months of work of over 100 faculty, students, and staff. While the [report](#) addresses many domains, I would like to focus on one domain that affects many of us in our clinical work: the learning and working environment. The task group that worked on this area was led by Dr. Michael Nussbaum, Chair of Surgery, and included members of our faculty (Dr. Felicity Adams) and residency (Drs. Aisha Aydogan and Felicia Gallucci). The findings and recommendations of that group are detailed on pages 26-28 of the linked [report](#) and cover 4 themes: Website content related to the learning and working environment is insufficient; Diversity education and training opportunities should be available to all VTCSOM and Carilion Clinic faculty and staff; VTCSOM learners at all levels deserve safe and retaliation-free learning, clinical, and working environments; and Structured, ongoing assessment will contribute to continuous improvements within the learning and working environments. I want to thank Drs. Adams, Aydogan, and Gallucci for their work and believe that this report, and the implementation that will follow, helps us all affirm the very first Value of the VTCSOM: “Virginia Tech Carilion School of Medicine values human diversity because it enriches our lives and the School. We acknowledge and respect our differences while affirming our common humanity. As caregivers and educators, we value the inherent dignity and value of every person and strive to maintain a climate for work and learning, based on mutual respect and understanding.”

Bob



Department News

- **Dr. Gul Quadri** is working with the APA school workgroup to help with the OARS document for teachers. See link [here](#) specifically the script on page 4.
- **Drs. Cheri and David Hartman** have been invited to present at the Governor's Summit on Equitable Collaboration, **February 17, and February 25**. They will speak on the collaborative principles that have guided the establishment of the ED Bridge to Treatment program. For registration: <https://www.equitablecollaboration.org/registration.html>
- **Dr. Anilla Del Fabbro** received her initial faculty appointment to VTCSOM.

Recreational Therapy Month

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- Gratitude Wall at Roanoke Rehab.



- CNRV/St. Albans RT Team: Left to right – **Morgan Poe, Santina Krayner and Brieanne Hamm.**



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- **Dr. Kathleen Elswick** made a Gratitude Wall for CNRV/St. Albans staff to write on during Play Therapy Week.

ECHO February 19 – Sublocade Training February 15

- Training on Buprenorphine prescribing best practices is open to all interested parties on **February 19th from 12 - 2 pm**. Persons not yet on the Carilion ECHO email list can RSVP to me to be invited to the ECHO session on the 19th at: cwhartman1@carilionclinic.org. Free CMEs will be awarded for this special ECHO designed to meet the annual requirement of 2 hours training for any prescribers of opioids. See flyer [here](#).
- On Monday **February 15th** (at 12 noon) a training on Sublocade is being offered in partnership with Indivior, as Carilion makes progress toward finalizing its capacity as a specialty pharmacy site, becoming eligible to dispense Sublocade. Contact Cheri Hartman for further information.

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Integrated psychiatric care (often called integrated behavioral health care) has long been known to be a valuable component of healthcare. It is finally becoming recognized more broadly for its critical role in improving overall health and healthcare. A recent **publication** of the American Hospital Association (AHA) addresses this role specifically and concludes that “Hospitals and health systems are integrating behavioral health to reduce barriers to accessing behavioral health services, enabling them to more effectively treat the whole person, thereby improving outcomes, enhancing the patient experience and reducing the total cost of care. Integrating behavioral health is an opportunity for hospitals to comprehensively address the physical and mental health needs of their patients while improving value and affordability.” While it may seem obvious to us in Psychiatry, to have the AHA advocate for this approach marks an important milestone in the need for recognition and treatment of mental illness in all healthcare.

Bob

Nancy Howell Agee Named to Modern Healthcare’s Women Leaders Luminaries List

Dr. Patrice Weiss shared with SMT: Nancy’s done it again. She’s earned national recognition and brought honor to our entire organization, this time as a 2021 inductee in Modern Healthcare’s Women Leaders Luminaries. The award, which is



part of the magazine's Top 25 Women Leaders program, recognizes executives whose careers have been defined by reshaping the industry and who are perennial figures in Modern Healthcare's recognition programs. The profiles of the honorees are featured in this week's print edition and at [ModernHealthcare.com/topwomenexecs](https://www.modernhealthcare.com/topwomenexecs). Nancy was first named to Modern Healthcare's list of Top 25 Women Leaders in 2017 and has also regularly appeared among its 100 Most Influential People in Healthcare.

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I am delighted to share that the ACGME has reviewed our Residency program and we have once again received full continued accreditation. Congratulations to Drs. Greenage and Sapra, to Melissa Adams and Amanda Paxton, and to all of our great faculty. Well done!

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universities and 2 major health systems seeking to accelerate collaborative, highly translational opioid treatment and prevention research in Central Appalachia. We are excited to announce that ORCCA is beginning its full individual membership drive including its first thematic research network. The National Institute on Drug Abuse (NIDA) recently awarded a \$2.6 million grant to Dr. Rob Pack of East Tennessee State University and me, as founding ORCCA directors, to create the Studies To Advance Recovery Support (STARS) network designed to develop studies on how best to provide support services for individuals being treated for opioid use disorder (OUD). ORCCA and STARS membership application materials can be found at the following link: <https://theorcca.com/become-a-member>.

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March 1, 2021

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- Department News
- ECHO March 5
- Upcoming Anti-Racism/Social Justice Workshops
- VSCSW-save the dates!
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
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NOTE FROM THE CHAIR

Some of us in the field of Psychiatry have expressed concerns that as we develop more evidence based treatments and more decision-support protocols, the art of caring will be diminished. I disagree. I believe that it will always take a human connection and an ability to understand the needs and motivations of our patients to help make a difference in their lives. One example of this is medication prescribing. We can be great at diagnosing an illness and choosing the appropriate medication based on the best available evidence, but if our patient does not choose to take the medication, what good have we done? The article available at <https://www.jmcp.org/doi/pdf/10.18553/jmcp.2021.27.2.223> discusses non-adherence to treatment of major Depression with antidepressants. Bottom line: half of the 224,000 people in the analysis stopped taking their medications prematurely resulting in more hospitalizations, more ER use, and higher total medical costs compared to those who were adherent to antidepressants at 6 months. The way to make a difference: listen to our patients, pay attention to their needs and concerns, and be sure that we are really addressing what matters to them in their lives. That is indeed the art of medicine.

Bal



Department News

- **Dr. Abhishek Reddy** won 2nd prize for his oral presentation at the American Association of Physicians of Indian Origin-Young Physician/Trainees Research Symposium at the Annual winter conference: “Rate and Predictors of 30-Day-Readmission among Patients with Major Depressive Disorder: A Nationally Representative Study,” Zeeshan Mansuri, MD, MPH; Chintan Trivedi, MD, MPH; Abhishek Reddy, MD
- **Dr. Abhishek Reddy** has had an abstract accepted at the National, Annual, Sleep Medicine Conference- SLEEP 2021: “Does Obstructive Sleep Apnea increase suicidality in patients with Bipolar Disorder?” Chintan Trivedi, MD, MPH; Zeeshan Mansuri, MD, MPH; Abhishek Reddy, MD.
- **Dr. Kye Kim** is celebrating his five-year anniversary with Carilion.
- **Susan Russell, NP**, is celebrating her fifteen-year anniversary with Carilion.

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ECHO PRESENTATION MARCH 5

- Dr. David Hartman is offering an ECHO session this coming Friday, March 5th at 12 noon - Medications for Opioid Use Disorder Part II: Q and A about Board of Medicine regulations on prescribing buprenorphine as well as providing a virtual, collegial case consultation. You can receive the Zoom link for this session upon request via email to Dr. Cheri Hartman (cwhartman1@carilionclinic.org).

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 -3 contact hours
 Please contact Sharon Payne, Program Chair, at spayne@vwu.edu with questions regarding the programs.

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NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for 9+ months now....and winter is looming. Mental health issues related to our lockdown and the pandemic are especially hard for people with depression and other mental health disorders. NAMI, The National Alliance on Mental Illness has a **helpline that can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org** - Virginia Society of Clinical Social Workers - Roanoke Chapter

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least 4 trials of antidepressant treatment in the current and/or prior lifetime episodes. Patients must also have Medicare to participate in the study. If you have any questions or would like additional information about the study, **please contact Bryce Lewis by email at brlewis@carilionclinic.org or by phone at (540) 494-8285. If you have a patient that may be qualified to participate in the study, please contact Dr. Anita Kablinger.**

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March 8, 2021

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NOTE FROM THE CHAIR

We have been living with the COVID-19 pandemic for a full year. 29 million Americans have tested positive for it, over 525,000 have died from it, and over 30 million have been fully vaccinated. We are sick of it and sick of dealing with it. We want it to stop. And yet it is still here. And, while the numbers of those hospitalized and dying from COVID-19 have dropped sharply, they are leveling out at still-significant numbers. It is not yet going away. The new mutated variants are here and are predicted to cause an upsurge in the weeks ahead. What can we do? Exactly what we have been doing: wear masks, wash hands frequently, maintain social distancing, and support each other as well as our patients. When at work, wear all of the PPE appropriate to the care environment. We will get through this in another few months. We have accomplished so much together: so much to be proud of. Let's not let our hopes overcome our clear-eyed logic. Stay safe so that we can all be here to enjoy the years ahead!

Bal

OWL Insights Webinar, Tuesday, March 9 @ noon

- **Dr. Anita Kablinger** will be participating in a nationwide webinar Tuesday, March 9 at noon EST. You can register and attend via the link <https://discover.owlinsights.com/webinar/telehealth-for-behavioral-health-the-path-forward>. "Telehealth for Behavioral Health (BH), The Path Forward." Description: A new webinar by Owl Insights will share research on the efficacy and recommendations on the path forward from a panel of BH industry experts. Attendees will learn: Research on the efficacy of Telehealth; What "suite of technologies" is necessary to create a Hybrid -



Model of Care moving forward; How Measurement Based Care can be an accelerant for Telehealth reimbursement and management; What types of training, education, policy changes are needed to support these changes.

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NOTE FROM THE CHAIR

Happy Brain Awareness Week! As part of the occasion ([International Brain Awareness Week](#)), the Fralin Biomedical Research Institute at Virginia Tech Carilion is hosting its Brain School ([Brain School](#)). The virtual programs are free and open to the public at 5:30 p.m. on Tuesday, March 16 and on Thursday, March 18. To watch the virtual lectures and ask questions, tune in [via Zoom](#) at the appointed times for the events, or watch the [live webcast](#). (As a bonus, attendees will receive an official brain school graduation certificate!). As outlined by Dr. Friedlander, head of the FBRI, the four 30 minutes sessions are:

- **Tuesday, March 16, at 5:30 p.m.: [Healthy Moms, Healthy Infants: Maternal Influences on Brain Development](#)**. Studies show that when expecting and new mothers are stressed, it can affect the baby's development. Nutrition, feeding habits, sleep, and social interactions can also influence brain development during the first few months of life. [Brittany Howell](#), will explore how environmental factors, nutrition, and mother-infant bonding influence early brain development.
- **Tuesday, March 16, at 6 p.m.: [Fishing for Insights: What Zebrafish Tell Us About How The Brain Works](#)**. [Yuchin Albert Pan](#) studies the development and function of cellular circuits in the brain in one of nature's most fascinating vertebrate species — the zebrafish. The transparency of the fish's body, combined with the power of genetics and molecular tools to label cells, allows for unprecedented views into the living functioning nervous system in health and disease to study disorders of eye movement control and characteristics of autism.
- **Thursday, March 18, at 5:30 p.m.: [Building Baby's Brain](#)**. Consisting of billions of base pairs, the human genome serves as a blueprint that guides brain development and function. [Anthony-Samuel LaMantia](#), an acclaimed neuro-geneticist, and a leading investigator of DiGeorge syndrome, which has been linked with autism spectrum disorder and schizophrenia, will explore how genes regulate brain development.



- **Thursday, March 18, at 6 p.m.:** [Why Do We Eat What We Eat?](#). Diet and food choices are not only influenced by our environment, but also by our biology. **Alexandra DiFeliceantonio** will discuss how our brain biology and physiological factors influence why we choose certain foods.

Celebrate your brain this week with a bit more brain food!

Bol

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Research Summary Carilion Annual Report 2020 – Highlights for Carilion and Psychiatry and Behavioral Medicine

- The IRB has approved or reviewed 119 new research applications
- In collaboration with Virginia Tech, University of Virginia (Program Hub), and Inova Health Systems, received a Clinical and Translational Award (CTSA). This five-year program is entitled the Integrated Translational Health Research Institute (iTHRIV) to accelerate innovation from the laboratory to patient care across. There are multiple opportunities for our faculty to apply for collaborative grants as part of this award. If interested, please reach out to **Dr. Anita Kablinger**.
- Publications: Faculty: 17 publications (Carilion Clinic primary) and 53 publications (VTSOM/FBRI primary); Residents and Fellows: 8 publications
- State, Regional, National and International Presentations: 37 from Carilion faculty, fellows and residents and 30 from VT/FBRI
- Carilion Clinic abstracts and posters: 43 from Carilion faculty, fellows and residents and 26 from VT/FBRI
- Clinical trials and grants (including extramural grants): 8 to Carilion faculty and 25 to VT/FBRI
- 6 additional extramural grant applications submitted from psychiatry and 13 research agreements with external partners completed



All of this productivity does NOT include our VTCSOM students and the numerous contributions they have made with both Psychiatry and Behavioral Medicine's faculty and residents/fellows! What a great year and looking forward to what we can do in 2021! **Anita S. Kablinger MD**

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2021 AAP ANNUAL MEETING - CALL FOR ABSTRACT SUBMISSIONS



***Poster deadline: March 15, 2021** Deadlines are 11:59 pm Pacific time zone

See link for information -

<https://www.academicpsychiatry.org/annual-meeting/>

AAP leadership is committed to holding the 2021 AAP Annual Meeting, September 8-11, 2021, whether in-person or virtual. Details will be shared in February based on the COVID-19 situation. This year's meeting theme is **"Bridging the Divide: Reducing Inequity Through Education"**. We hope that this will be a most inspirational meeting for psychiatric educators. **Questions? Lisa Hedrick, Association for Academic Psychiatry, lhedrick@academicpsychiatry.org, 770.222.2265**

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March 22, 2021

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NOTE FROM THE CHAIR

Social injustice has a profound impact on mental illness. It clearly increases anxiety and distress and can worsen underlying mental illness among those impacted. It also creates community-wide trauma and hate affecting us all. Recently, the long-existing racial and social injustices in our nation have focused on people of Asian descent. Over the past year, there has been a 1900% increase of hate crimes targeting people of Asian descent. The Virginia Tech Office for Inclusion and Diversity has collected resources to help us reflect upon and learn about the issues driving racism and destructive stereotypes. They are available at <https://www.inclusive.vt.edu/>. When we view individuals as “other” or “less than,” it is tragically easy for us to inadvertently cause harm. As professionals dedicated to helping others, we have a responsibility to actively support and engage each other as equals. By doing so, we work toward a long-sought goal of psychiatry: preventing mental illness from occurring in the first place.

Bob

Department News



- St. Albans/NRV celebrating Social Work Month.





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- Congratulations to **Dr. Anita Kablinger**! Medical students and alumni recognized Dr. Kablinger with 2021 Research Mentor of the Year Award. Dr. Kablinger will receive the award March 26 at the VTCSOM Symposium.

Love & Resilience The Contemplative Care Summit – **March 25** (free mindfulness event)

- The summit will be broadcast for free between March 25th-29th / on your own schedule for 48 hours. Pre-recorded talks range from 20-40 minutes each.
- For more information: <https://learn.lionsroar.com/p/contemplative-care-summit>

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NOTE FROM THE CHAIR

I think most of us have recognized the stigma associated with mental illness. It is both pervasive and harmful. We convey stigma, intentionally or unintentionally, through our language. And as we know, words are powerful. They can help heal or they can be used to cause pain. They can encourage people to seek treatment or they can be used to disparage and to create barriers to care. It can be difficult to know what to say, however. The American Hospital Association has launched its new [People Matter, Words Matter](#) poster series to help combat behavioral health stigma by encouraging us to adopt respectful, patient-centered language. The first poster in the series provides information on using people-first language, which primarily acknowledges the person rather than the illness or disability. [Download the poster here](#). I encourage us all to use words that reflect the person first and any illnesses or differences as secondary. After all, don't each of us wish to be recognized for whom we are, and not for what conditions we might have?

Bal

Department News

- Dr. Joe Gieck, Clinical Psychology Services Director, was featured in Carilion Clinic ePulse. Please check out the link on the intranet [here](#). Dr. Gieck joined Psychiatry in August 2020. He has been working to provide excellent patient care and to build our Clinical Psychology Service.



Resource for VTCSOM Faculty

- Access to Lexicomp – University Libraries New VT Subscription is now available:
<https://guides.lib.vt.edu/LexiComp>
 NOTE: Requires VT PID and password plus 2-factor authentication.

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The Annual meeting of Academy of Consultation-Liaison Psychiatry November 10-12 2021 – Abstracts due by April 1, 2021

- See link [here](#) for information.

ECHO – APRIL 9 – 1:00pm – 2:30pm

- The April 9 ECHO program - featuring the didactic by Dr. Pamela Somervell, Medical Director, Pulaski Medical SW VA Community Health Systems, Saltville, VA – “The Basics of Methadone Maintenance Treatment.” This ECHO clinic will focus on The Best Practices of Methadone Maintenance Treatment. All are welcome to Zoom into this learning opportunity that offers free CME credits. The April 9th Carilion ECHO will start at the later time of 1:00 - 2:30 pm. All are welcome to attend - if you are a first time attendee, I can add you to the email list for receiving the Zoom link if you would email me your name and email address by no later than April 8th at 10:00 am (Cheri Hartman: 540-798-7984).

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One of the many challenges we face in psychiatry is working with individuals in crisis. During a crisis, their ability to make informed, autonomous decisions may be impaired. Clearly, hospitalizing someone against their will to protect them from dying from suicide is one such crisis. Another is the issue of restraint or medication against will. While mental health law, our training, and our policies guide our behavior, it is also important for us to look beyond the immediate crisis to consider the individual's future. An evolving discussion about the compassionate use of force is the focus of the [newest issue](#) of AMA Journal of Ethics. Included in this multidimensional issue is an [article](#) authored by **Dr. Kishore Nagaraja** (one of our own PGY2 residents) and myself entitled, "How Should Clinicians Execute Critical Force Interventions With Compassion, Not Just Harm Minimization, as a Clinical and Ethical Goal?". As an AMA case, reading it and taking the quiz provides CME/CE credit. As professionals dedicated to reducing suffering and improving care, consciously integrating compassion into our decisions may be an important step toward supporting our patients' recovering and empowerment. I look forward to any feedback or discussion.

Bal

Highlights from VT Faculty Senate Meeting 4/2/2021

A summary prepared by our VT Faculty Senate Representative, Dr. Kemi Bankole

1. Student Perspective of Teaching (SPOT) surveys
 - this generated a lot of discussion including its purpose, measurement, and how best to apply it. Currently SETs (Student Evaluations of Instruction) and peer evaluations are used



- researchers have determined that SET scores can be biased, are not correlated with teaching and learning, are linked to grade inflation, and may reward bad teachers and punish good ones, among other concerns.
- feedback requested
- 2. Considerations for Admissions and Use of Standardized Test Scores
 - aka test optional admission for undergraduates
 - may vary by college
- 3. Tutorials for shared governance <https://governance.vt.edu/training-tutorials.html>

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ECHO – APRIL 9 – 1:00pm – 2:30pm

- The **April 9** ECHO program - featuring the didactic by Dr. Pamela Somervell, Medical Director, Pulaski Medical SW VA Community Health Systems, Saltville, VA – “The Basics of Methadone Maintenance Treatment.” This ECHO clinic will focus on The Best Practices of Methadone Maintenance Treatment. All are welcome to Zoom into this learning opportunity that offers free CME credits. The April 9th Carilion ECHO will start at the later time of **1:00 - 2:30 pm**. All are welcome to attend - if you are a first time attendee, I can add you to the email list for receiving the Zoom link if you would email me your name and email address by no later than April 8th at 10:00 am (Cheri Hartman: 540-798-7984).

Virginia Society for Clinical Social Work (VSCSW) - Save the Dates

- **April 9, 2021 9a-12p ~Ethics 2021: Current Practice Trends and Regulations** Facilitated by David Boehm, LCSW CSOTP Private Practitioner and former Chair of the Board of Social Work, member of the Department of Health Professions and expert in the treatment of offenders and high risk individuals. (via Zoom)-3 contact hours. Please contact Sharon Payne, Program Chair, at spayne@vwu.edu with questions regarding the programs.



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April 12, 2021

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NOTE FROM THE CHAIR

Carilion Clinic had in place a strategic planning process over the past few years, guided by the **Vision 2020** document. After a year of collaborative work and input, Carilion's new strategic plan, Vision 2025, is almost ready for us. It outlines a bright, engaged, and substantive set of goals for the years ahead. The broad domains include Engage our Communities; Connected, Convenient, and Collaborative Care; Clinical Advancement and Patient Safety; Community Benefit; Innovation and Research; Workforce Now and Tomorrow; and Financial Vitality. It is a logical outgrowth from Vision 2020 with a strong focus on positioning us for the decade ahead. The roles for our department are integrated into every domain. In the upcoming months, we will be participating in a wide range of initiatives that will enhance access to care, significantly expand our research platform, support digital health growth and innovation, and continue our work to partner with the broad array of disciplines and stakeholders across Carilion and in our communities. It is a very positive focus that will guide us beyond the pandemic!

Bob

DEPARTMENT NEWS

- Congratulations to **Danielle Seamster, HAA**, on her one year anniversary with the Department. We are so pleased to have you on our team!
- **Dr. Badr Ratnakaran** has been elected into Alpha Omega Alpha, the oldest and most prestigious medical honor society in the country. Congratulations!



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This past year saw an overall 5% [decrease](#) in known deaths by suicide in the United States. Tragically, that good news is not universal. In many regions, the rate of death by suicide among Black Americans and people of color [increased](#). The causes for this observed increased risk of suicide during the pandemic are, as always, likely to be manifest: greater risk of job loss, food and housing insecurity, and greater risks of exposure to, and harm from, COVID. This is yet another example of our need to address pervasive health inequity and healthcare access limitations. One element in this is for us, as clinicians, to consciously target our unconscious assumptions and persisting structural biases. We can genuinely embrace diversity in our culture, our community, and in our workplaces. Please let me encourage those who have not yet viewed Nancy Agee's [brief video](#) to do so. It is an affirmation of our values and a commitment to improving the health of our workplaces and communities.

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- **Dr. Dr. Anita Kablinger and Dr. Robert Trestman** were featured in The Roanoke Times, April 12, 2021 [“Virginians are buying more alcohol. A new tool aims to spot the potential for misuse.”](#)

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NOTE FROM THE CHAIR

As most of our patients acknowledge in surveys, we are really quite good at delivering care to people with mental illness and substance use disorders. We are limited, though, in our capacity and our range of services. Over the past few years, our department has worked to expand our capacity and specialization to meet the increasing needs in our communities. During the pandemic, we have rapidly leveraged technology to deliver far more care and learned how to protect our patients and ourselves during needed in-person treatment. As the pandemic has progressed, we have seen increasing anxiety, depression, and substance use in our patients as they deal with isolation, job insecurity, and uncertainty. We are now getting ready for a new phenomenon: long COVID or a post-COVID syndrome. From emerging studies, at least 20% of those who have had even mild to moderate infections not requiring hospitalization appear to develop medical and psychiatric conditions months after acute recovery. In the Carilion system alone, that means over 14,000 people may be at risk. We are now working with multiple departments to develop a clinic to evaluate and treat these patients. We still have a lot to learn about these post-viral disorders, but as usual, we are working together to be prepared to help our patients and our communities. We will share more details as the program is ready to schedule patients.

Bab



DEPARTMENT NEWS

- David Wilson, NP, will be celebrating a one-year anniversary with the department on April 27. Congratulations, David! Thank you for your service to the Team!
- Congratulations to Mark Derbyshire on his upcoming retirement! Mark started his career with Carilion Health System in 1987. He served as Director, Carilion Employee Assistance Program, from May 1987 to



October 1993. Mark then served as Outpatient Services Director, Carilion Behavioral Health, from October 1993 to April 2007. In April 2007 Mark started his current role as Senior Director for the Carilion Clinic Department of Psychiatry and Behavioral Medicine. Mark has also served as one of the longest-running instructors for the Virginia Tech Carilion School of Medicine since September 2010. Mark is a great friend, colleague, and advocate for our patients. He will

be missed!

ECHO – April 30 – 12:00 – 1:30 pm

- ECHO session topic: Measurement-based Care: Improving Treatment and Positive Outcomes by Dr. Anita Kablinger, our Director of Research in the Psychiatry Department. Anyone attending a Carilion ECHO session for the first time can get the Zoom link by notifying me that they would like to be added to our email list - this RSVP would be to my email- cwhartman1@carilionclinic.org. The next session is being held on April 30th at 12 noon and does offer free CME credits.

Resource for VTCSOM Faculty

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BEAM OPIOID STUDY

- BEAM Diagnostics is conducting a study with Psychiatry to validate an app assessing the risk of Opioid Use Disorder (OUD). Patients with OUD are eligible to participate in the 10-minute study that is done remotely. There is no compensation for participation but completing this survey will help to develop new ways of assessing patient risk without actually asking questions about opioid use! Please let your patient know of this research opportunity – our goal is to sign up 400 patients in the next 6 months! Please contact Daniella Rodriquez at dmrodriguez@carilionclinic.org or (540) 588-3183 or provide patients with this contact information so they can independently seek out involvement.

Wellness

- **Being Well During a Time of Uncertainty**



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May 3, 2021

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- Note from the Chair
- APA Annual Meeting
- Department News
- Resource for VTC SOM Faculty
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- VNS Therapy
- ORCCA and STARS Membership
- Wellness
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NOTE FROM THE CHAIR

It is National Mental Health Awareness Month! As at no time in recent memory, psychiatric illness is receiving much more of the attention it requires to address access to care and to reduce stigma. A recent Senate panel examined the current state of our nation's mental/behavioral health. The committee members acknowledged that COVID-19 has severely damaged the nation's mental health, citing survey findings that half of adults say the pandemic has affected their mental well-being, there is a nationwide increase in drug overdose deaths, and an increase in youth suicide rates. Committee members and hearing witnesses agreed that the pandemic has exacerbated gaps in access to mental health and addiction treatment. Witnesses called for a multifaceted approach to include: expanding coverage of audio-only and video telehealth services; funding start-up costs for modernizing electronic health records; expanding the roles of community health workers and social workers; training health professionals to provide trauma-informed care; and eliminating barriers to medication-assisted treatment. And this month, there are many organizations helping to raise awareness. Mental Health America has a toolkit <https://www.mhanational.org/mental-health-month-2021-toolkit-download> and NAMI has listed a range of virtual events <https://www.nami.org/Get-Involved/Awareness-Events>. Special populations are also highlighted: May 5 is Maternal Mental Health Day <https://wmmhday.postpartum.net/>, May 6 is Older Adult Mental Health Awareness Day <https://connect.ncoa.org/oamhad-agenda-live>, May 7 is National Children's Mental Health Awareness Day <https://www.heath.gwu.edu/national-childrens-mental-health-awareness-day-virtual-event>, and May 9-15 is National Substance Use Prevention Week <https://www.samhsa.gov/prevention-week>.



I am very proud to say that we have a growing community helping recognize and support the work we have dedicated ourselves to.

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APA Annual Meeting 2021 Presentations / Posters

COVID-19 SUPPORT

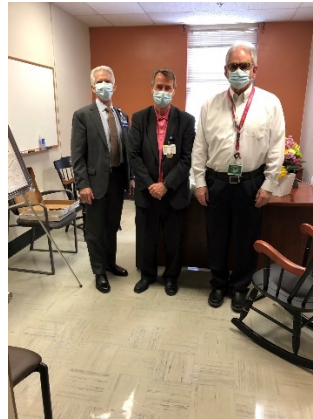
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- **Robert Trestman PhD MD, Elizabeth Ford MD, and Reena Kapur MD**, “A Toxic Brew: The Incarceration Nation, Persons with Mental Illness, and the Impact of Covid-19.”
- **APA Presidential Taskforce on The Needed Number of Psychiatric Beds in America**, panel presentation included **Robert Trestman PhD MD**
- **Shuo Qiu, MD**, “One-Year Retention in Comprehensive Care Office-based Opioid Treatment Model versus Traditional Medication-Assisted Treatment.”
- **Shuo Qiu, MD**, “A Case Series About Perioperative Management of Buprenorphine.”
- **Kiran Khalid, MD**, “Clonidine for Reduction of Agitation in Delirium in a 17 Year-Old Female Diagnosed With Presumptive Anti-NMDA Receptor Encephalitis.”
- **Ayesha Kar, MD, Gurjot Kaur Malhi, MD, Anita Kablinger, MD**, “Characteristics of Psychiatry Residency Program Directors: A Review of Trends and Implications.”
- **Ehsan Samarbafzadeh, MD, Sahar Alee-Koloukani, MD, Archana Adikey, MBBS**, “Acute Onset Encephalopathy in the Context of Malignancy: A Case Report.”
- **Abhishek Reddy, MD, Mounica R. Thootkur, MBBS**, et al, “Pimavanserin in the Treatment of Parkinson’s Disease Psychosis: Meta-analysis of Randomized Controlled Trials.”
- **Abhishek Reddy, MD, Mounica R. Thootkur, MBBS**, et al, “Increased Suicidality and worse outcomes in MDD patients with OSA: A Nationwide Inpatient Analysis of 11 years from 2006-2017.”
- **Archana Adikey, MBBS**, “Delusional Parasitosis, Antipsychotics to treat “Bugging.”
- **David Hartman, MD, Cheri Hartman, PhD**, “Bridge over Troubled Waters from ED Shoreline to Outpatient Care: Paved by Buprenorphine, Peers, and Rapid Access to Office-based Opioid Treatment” by Hartman, DW, Burton, JH, Kuehl, KN, Trinh, E., Tolhurst, K., Giampalmo, S. and Hartman, CW.
- **Navroop Kaur, MD, Anita Kablinger, MD**, et al, “Using Delay Discounting to Predict Length of Stay and Readmission for Inpatient Psychiatric Patients.”



DEPARTMENT NEWS

- The department bid **Mark Derbyshire, Senior Director**, farewell on April 29.



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- On Wednesday, April 21st CNRV St. Albans treated **Peggy Myers, CNRV-St. Albans Director**, to an Ohio State going away party. We appreciate all of Peggy's hard work here at St. Albans and while we will miss her greatly here at CNRV, we are forever grateful for the growth and knowledge that she shared during her time here. **Peggy is our new Senior Director of Ambulatory Psychiatric Services.**



- Dr. Gulafsheen Quadri's** special interest group forum was accepted for AACAPS 68th Annual Meeting – "The Impact of the COVID-19 Pandemic on Asian American Child and Adolescent Psychiatrists," Janet J. Baek, MD, Jang Cho, MD, **Gulafsheen J. Quadri, MD, MA**, Aditi Hajirnis, MD.
- Dr. Gulafsheen Quadri's** small group presentation was accepted to AACAP – "Residents as teacher program presents clinical teaching three ways colon nourishing our learners while caring for our patients," with Brian Kurtz, MD.



- **Dr. Badr Ratnakaran** conducted a session on, " COVID-19: Workplace Issues and Stress" at the Association of Government Accountants (AGA) Roanoke Chapter Spring Professional Development Training Program.

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NOTE FROM THE CHAIR

As I noted last week, May is Mental Health Awareness Month. This week is also a week to celebrate and recognize the work of nursing (National Nurses week) and of our hospitals (National Hospital Week). Our nation's dependence on our nurses and hospitals became dramatically apparent during this past year of the pandemic. In just one year, we also transformed much of our care delivery through telehealth and have utilized it in all of our settings: not just in ambulatory care and home health, but in our inpatient settings, consult services, and emergency rooms throughout Carilion. As we have utilized telehealth technologies, the "digital divide" became strikingly apparent- those with access to internet and Wi-Fi were able to make use of more comprehensive video-based telehealth visits; those without had to rely on audio-only calls. In my work with the American Hospital Association and the American Psychiatric Association over the past year, an overarching concern in addressing healthcare inequity clearly became broad-band access and affordability. As part of this month of celebrating mental health awareness, our hospitals, and our nurses, I would like to encourage you to reach out to your elected officials to advocate for universal broadband access through our region. Addressing that digital divide can make great strides in healthcare equity for all of our patients.

Bob

DEPARTMENT NEWS

- The department welcomes back **Leslie Jordan, LPN**. Leslie will be working in the Child & Adolescent section.
- **Emily Harvey, RN** has been selected as the recipient of the **Healthcare with a Human Touch Award**. Emily consistently provides quality care that exemplifies Carilion Values. Patients and staff consistently speak of Emily's



gentle and patient centered approach to care delivery. She is a role model for staff and an advocate for our patients. Please take a moment to congratulate Emily on this prestigious award. Way to go!

- Please join Lisa Dishner in congratulating the **Child and Adolescent Unit** on 6 months of being **restraint and seclusion free**. Staff have worked very hard to engage patients in therapeutic ways to maintain a restraint free environment. Great Work team!

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Psychiatric Society of Virginia (PSV) Spring Newsletter

- The Spring Edition is now available. Link is [here](#).

Faculty Resources for Educational Excellence Newsletter

- **Dr. Azziza Bankole** will be taking over the Dean's Corner section for the next year with an article per month. The link to the Faculty Resources for Educational Excellence newsletter is [here](#).

Microsoft Teams for Research and Presentations Information

- Want to see what kind of projects are going on in Psychiatry and Behavioral Medicine? Wonder what presentations are scheduled for the upcoming week?

Clinicians (including physicians, NPs, psychologists, residents), section chiefs and administrative staff now have access to a list of scholarly activities and the departmental presentation schedule in Microsoft Teams.

Please sign into Teams to take a look. You will see the Team listed on the left "Research and Presentations Schedule." Click on it and you will see the Team. The schedule and project list are under "Files" at the top of the screens.

Dr. Anita Kablinger - ASKablinger@carilionclinic.org

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NOTE FROM THE CHAIR

As part of Mental Health Awareness Month, there are important developments in helping us all address and reduce the risk of death by suicide. Surgeon General Jerome Adams has released a [Call to Action](#) that details an implementation process for suicide prevention. It includes a significant array of initiatives that build upon the National Suicide Prevention Lifeline (800-273-8255). The Call to Action incorporates a public health approach that targets social determinants of suicide risk; focuses on evidence-based care, crisis care, and care transitions; and supports an expanded research base. This is something that each of us deals with on a daily basis in Psychiatry. I encourage everyone to take some time to access this document and think through how we can each improve the work we do to reduce suicide risk in our patients, their families, and our communities.

Bob

DEPARTMENT NEWS

- **Dr. Michael Ferguson** will be one of the recipients for the Arnold P. Gold Foundation Humanism and Excellence in Teaching awards. He was selected by the VTCSOM 3rd year class as one of six residents that are being recognized for their humanistic approach and teaching abilities. He will be recognized at the Student Clinicians Ceremony on June 29. Congratulations, Dr. Ferguson!
- **Dr. Azziza Bankole** has been selected to serve as the Dean's appointee on the Medical Student Admissions Committee. Congratulations, Dr. Bankole!



- **Dr. Jennifer Wells** has been elected to the VTCSOM Medical Student Performance and Promotion Committee. Congratulations, Dr. Wells!
- **Dr. Badr Ratnakaran** has been elected Vice Chair of the APA Leadership Fellowship and will also serve as an Observer of the Joint Reference Committee of the APA. Congratulations, Dr. Ratnakaran!

ECHO – May 21, 2021

- The Psychiatry Department's Carilion ECHO Project is sponsoring a CME activity, our ECHO clinic, on Friday May 21st on the topic of **"Managing the Suicidal Patient in the OBOT" to be offered by Dr. David Hartman**. The ECHO clinic starts at 12 noon and is a 90 minute educational offering with FREE CME credits for those eligible. If you are not yet on the ECHO email list, contact Dr. Cheri Hartman at cwhartman1@carilionclinic.org to be added. Gabe Anderson will email the Zoom link for the session on Thursday afternoon, May 20th. Learning objectives include increased competence and confidence in such skills as: assessment, management of risk, safety planning, medications, and documentation best practices with a particular focus on patients diagnosed with an opioid use disorder and their risk for overdosing. The Friday June 4th ECHO has been cancelled in deference to the CREATE HOPE Conference - to encourage attendance at this addiction conference with its nationally renowned speakers.

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May 24, 2021

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NOTE FROM THE CHAIR

There are indeed many reasons for us to celebrate. First, graduation season is ongoing: from high school through graduate school, from medical school through residency and fellowship we are now celebrating the hard work and accomplishments of so many dedicated students and learners (and the families who enabled these achievements!). Then it appears we may be approaching the beginning of the end of the pandemic (note: if you haven't yet been vaccinated, now is a great time to do so.). And, there is national progress in care for those who need treatment for mental illness or substance use disorders. Incrementally, we are chipping away at stigma and expanding access to care. A recent national [survey](#) of clinicians and clinical leaders conducted by the New England Journal Catalyst highlights some of these changes. This is all good- because we will need every advantage and resource to reach out to those who need our care in the months ahead. Every study and survey conducted reflects increasing substance use disorder morbidity and mortality, increasing rates of depression and anxiety disorders, and worsening health disparity among minority and disadvantaged populations. To address these challenges, our teams have been working together to creatively expand access and capacity both at Carilion and in collaboration with our community partners. As professionals, we are energized by the opportunity to evolve and provide the care our communities need- and to enhance the quality and range of services we provide as we do so. We will share more details in the weeks ahead about the growth in our psychology services, our gradual re-expansion of inpatient capacity, our recruitments across disciplines, our developing Comprehensive Psychiatric Emergency Program, our growing interventional programs, and our expanded telehealth reach. Stay safe, stay well, and stay tuned!

Bob



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June 1, 2021

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NOTE FROM THE CHAIR

A lot of things in health care take time and persistence. In 2001, a group of us were working to provide psychiatric care to incarcerated individuals. It was clear that there were very limited options to provide evidence-based cognitive behavioral therapy (CBT) groups to resource-poor settings such as jails and prisons. It was also clear that our patients might really benefit from skills helping them to better manage their emotions, impulsivity, and interpersonal relationships. After getting grant funding to pursue this effort and working with an expanded group of national experts, we integrated motivational interviewing into the treatment process, and worked to reinforce learning through structure and practice. After several years of applied research and development, START NOW was created. It was placed in the public domain and made available free of charge to make it readily adaptable to many settings. Over the years, START NOW has been adapted for use in jails and prisons, forensic psychiatric hospitals (with the support of the National Association of State Mental Health Program Directors (NASMHPD)), residential treatment programs, youth treatment settings and schools (in collaboration with the University of Basel, Switzerland), and community settings. It is in use in five countries and over 19 American states. Multiple studies have been published demonstrating its utility. Here at Carilion Clinic, we have adapted it for use in our office-based opioid treatment program, and train our Psychiatry residents in its use as a manualized evidence-based psychotherapy. Many great collaborators have participated in growing START NOW over the years; here at Carilion, these currently include Drs. Cheri Hartman, David Hartman, Anita Kablinger, and Rob McNamara among multiple others. I am pleased to share with everyone our [website](#) with updated training materials. Please do take a look- I would be delighted with any feedback.

Bob



Department News

- Dr. Abhishek Reddy's manuscript was accepted for publication in the "Journal of the Academy of Consultation-Liaison Psychiatry." Title: "Increased suicidality and worse outcomes in MDD patients with OSA: A Nationwide Inpatient analysis of 11 years from 2006-2017," Abhishek Reddy M.D. et al

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Addiction Conference June 4-5, 2021

CREATE Hope: Carilion Research and Experience in Addiction Treatment and Education

Friday, June 4 and Saturday, June 5, 2021

8:30 a.m. – 3:30 p.m. Friday

8:30 a.m. – 3 p.m. Saturday

Virtual Conference

Learn from SAMHSA CMO Neeraj Gandotra, M.D., NIAAA Director George Koob, Ph.D., Beth Macy and other experts about opioid and stimulant abuse, food and obesity, tobacco use disorder, alcohol addiction, management of addiction and more. Sponsored by Delta Dental of Virginia Foundation. CME credit available.

[Register here](#) no later than Tuesday, June 1, 2021.

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Note: There is NO ADULT CASE CONFERENCE IN JUNE.

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June 7, 2021

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- Administrative update from the Vice President
- PSV Fall Meeting Submissions
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NOTE FROM THE CHAIR

To state the obvious, the COVID-19 pandemic has far reaching impact. While many of these impacts and disruptions are temporary, some will persist. The expanded use of telehealth, for example, is with us to stay. So, too, is a much more open awareness of, and the need to treat, mental illness and substance use disorders. The changes to care delivery are evolving rapidly and include many for-profit and start-up companies providing psychotherapy or medication management. What will the role of our Department in a healthcare system like Carilion Clinic be in this transforming healthcare environment? While the future is far from certain, there are ideas emerging to guide us. First, we are an integrated care delivery system. Second, we are trained to care for those with complex, serious illnesses. I see an exciting time of innovation ahead of us as we work to coordinate with primary and specialty care in the treatment of our patients' many comorbid illnesses. I further see an opportunity for us to deliver sophisticated treatment to those whose illnesses do not respond to the interventions offered elsewhere. I envision building closer relationships with our community partners to provide much needed care, since no one organization is able to do so alone. Our ability to integrate evidence-based care, education, and impactful research will define who we are in the years ahead. I fully expect that our ideas and energy, collectively, will help shape the future of psychiatric care in our region.

Bal



Administrative Update

From Bill Wasserman's desk, V.P. Operations Psychiatry

I will be providing periodic departmental updates via our Newsletter. The goal is to inform you of system and departmental initiatives and announcements.

In today's newsletter I will offer some bullet pointed updates.

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1. **Patient Access** - We continue to expand acute and ambulatory clinical services to pre-pandemic levels of community access. This is in response to declining rates of infection in our region. We remain vigilant and continue to follow CDC guidelines for infection prevention in all our sites of care.
2. **Patient Experience** – Patient satisfaction with the care we provide is an important goal of Carilion and our department. I encourage you to continue to be mindful of your patients experience of care while we deliver services. We survey our patients regarding service excellence via our Press-Ganey survey. In future articles I will communicate our Patient experience performance.
3. **Employee engagement** – Administration continues efforts at determining the most convenient ways to openly communicate with staff and have staff communicate with administration. This has been a particular challenge during the pandemic. We have initiated rounding (Communicating with) our employees directly in our service areas, utilization of virtual TEAMS and conference call meetings. We seek your input as to how we may better communicate and enhance staff recognition, retention and satisfaction.
4. **Recruitment** -We are actively recruiting providers, clinical and administrative staff. We welcome all the new staff that have been hired. I encourage you to reach out to our new employees and assist with their onboarding process. We are also recruiting a Program Director for St. Albans as we replace Peggy Myers who has assumed responsibility as Senior Director in the Department of Psychiatry. We are also recruiting a Director of Special Projects for the Department which replaces the role Brian Copening had occupied. The focus of this position is department wide Project Management/Implementation and Process Improvement. Lastly, we are recruiting an inpatient Social Work Manager for Inpatient Rehab.
5. **Accreditation** – The department continues to take steps to prepare for CRMH, Joint Commission (TJC) Survey. We are anticipating arrival of the survey team any day now. The survey typically lasts 5 days. A surveyor who has extensive experience in Hospital based Psychiatry will be assigned to our Department during the survey. In the past our surveyor will be with us for one to two days during the 5 day survey. If you have any questions about accreditation readiness please reach out to your direct supervisor. TJC survey of CNRV/St. Albans has typically been conducted after the CRMH survey.
6. **Physical Plant** – Replacement facility in Roanoke. Planning for the replacement facility that began pre-pandemic continues to be on hold. Carilion continues to review the Master Facility plan as the Health System continues to recover from the financial impact of the pandemic. I will provide an update as new details emerge in the months ahead. Thanks to all for your patience as we continue to anticipate construction of upgraded and new facilities for the department of Psychiatry.



In concluding, I want to thank and acknowledge all of our staff for your dedication to excellence in patient care, particularly, during the challenges presented to us in an unprecedented pandemic. I am so proud of our teamwork, collaboration in providing compassionate care to our Community.

Again, I hope that you will communicate to your supervisors and I any opportunities to improve the care we provide. I plan to provide further updates in the weeks ahead. Let me know what you would like to hear about.

Speak to you soon! *Bill*

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Title: "DSM-5 Outline for Cultural Formulation and Cultural Formulation Interview: Tools for Culturally Competent Care"



June 14, 2021

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Residency Graduation

- Psychiatry Residency Graduation was held on June 4. Congratulations to all our graduates!

Graduates

Nayan Bhatia, M.D.	Capital Health Medical Group, Trenton, NJ
J. Todd Holland, M.D.	Amen Clinics – Telepsychiatry, Roanoke, VA
Thomas Joseph, M.D.	APG Health, Orlando, FL
Nina Meletiche, M.D.	TBD
Badr Ratnakaran, M.B.B.S.	Carilion Clinic-Virginia Tech Carilion Geriatric Psychiatry Fellowship, Roanoke, VA

Best wishes to those moving to other programs!

Transferring to Child and Adolescent Psychiatry Fellowship

Felicia Gallucci, M.D.	University of Miami
Navroop Kaur, M.D.	Zucker School of Medicine
Gurjot Malhi, M.D.	University of Washington
Gulafsheen Quadri, M.D., M.A.	University of Maryland

Congratulations to all that won residency awards!

Awards

Highest PRITE Score of the Year	Badr Ratnakaran, M.B.B.S.
Psychiatry Intern of the Year	Natalie Cagle, D.O.
Psychiatry Resident Teacher of the Year	Badr Ratnakaran, M.B.B.S.
Psychiatry Resident Researcher of the Year	Badr Ratnakaran, M.B.B.S.
Psychiatry Faculty Researcher of the Year	Anita Kablinger, M.D.
Psychiatry Resident of the Year	Nayan Bhatia, M.D.
Carilion Clinic Psychiatry Faculty of the Year	Michael Greenage, D.O.
Salem VA Medical Center Psychiatry Faculty of the Year	Bush Kavuru, M.D.



COVID-19 SUPPORT

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Child Fellowship Graduation

- The Psychiatry Child Fellowship Graduation was held on June 11. Congratulations to Dr. Eric Trinh and Dr. Ryan White!

Eric Trinh, M.D. MCV Physicians, Department of Psychiatry, Division of Child and Adolescent Psychiatry, Richmond, VA

Ryan White, D.O. Blue Ridge Behavioral Healthcare, Roanoke, VA

Award

Congratulations to Dr. Angela Nardecchia. She was awarded the C&A Psychiatry Outstanding Faculty Award.

ECHO – Friday, June 18 at noon

- Friday June 18th the Carilion Psychiatry ECHO will feature Andrew Tarasidis PharmD as the presenter. Topic = CBD and the OBOT Clinic. Didactic plus case consultation included. Free CMEs provided. Start time is 12 noon for this 90 minute Zoom-based virtual learning opportunity. RSVP to Dr. Cheri Hartman if interested at: cwhartman1@carilionclinic.org. -- Cheri W. Hartman, Ph.D.

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Wellness

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Teams information will be sent out prior to each case conference/Grand Rounds.

Psych Grand Rounds, Thursday, June 17, 2021, 12:00-1:00 pm via Teams

Speaker: Dr. Francis Lu, Luke & Grace Kim Professor in

Cultural Psychiatry, Emeritus at UC Davis Health System

Title: “DSM-5 Outline for Cultural Formulation and Cultural Formulation

Interview: Tools for Culturally Competent Care”

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June 21, 2021

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Note from the Chair

I would like to share a couple of different thoughts with you today. The first is about the Affordable Care Act (the ACA). Pretty much every organized medical organization and the over 30 million Americans who secured health insurance under the ACA can again breathe a sigh of relief since the Supreme Court once again affirmed its legal status. The ACA is by no means perfect, but it is a significant improvement over no insurance or access to care. Along with Medicaid expansion, so many more people are now able to access the care they need and we are trained to provide. Access to care matters- and makes a difference in the lives of our patients and their families.

And I expect even more people will need access to our care as recreational use of marijuana becomes legal in Virginia on July 1. While I am delighted that people no longer face the risk of incarceration for recreation use of marijuana, it now is expected to increase the frequency of psychiatric consequences: decreased motivation, impaired function (as when driving under the influence), increased risk of psychosis and paranoia, and delayed or derailed development among teens and young adults. We will need to develop more targeted treatments for marijuana use disorders along with our expanding treatments of opioid, stimulant, alcohol, and nicotine disorders. Consistent with the outstanding work we have done to target opioid addiction, I fully expect that in the months ahead we will develop and implement such programs.

Bob



Department News

- **Dr. Jennifer Wells'** work with pregnant patients with substance use disorders was highlighted in a VT article - <https://vtx.vt.edu/articles/2021/06/vtcsom-perinatalsubstanceuseelective.html>
- **Dr. Anita Kumar** received the Arnold P. Gold Foundation Champion of Humanistic Care award: <https://www.gold-foundation.org/2021gala/the-2021-champions-of-humanistic-care/>

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June 28, 2021

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Note from the Chair

This week I want to share some video resources with everyone. The first is a new 4 part series from PBS. It is entitled *Mysteries of Mental Illness* and explores the history of mental illness in science and society. It is endorsed by the American Psychiatric Association, which stated that the series “traces the evolution of this complex topic from its earliest days to present times. It explores dramatic attempts across generations to unravel the mysteries of mental illness and gives voice to contemporary Americans across a spectrum of experiences.” Having non-medical information to destigmatize mental illness is a key to helping us in our work. It may be viewed at: [this link](#).

Last week in the Newsletter I briefly addressed the Virginia decision to take the first steps toward legalizing marijuana. This process begins in a few days on July 1. Later on in the week I participated in a panel discussion sponsored by the Prevention Council last week that was live-streamed on WDBJ7. The panel was moderated by Joe Dashiell (Senior Reporter at WDBJ7) and included Roanoke County Commonwealth's Attorney Brian Holohan, Roanoke County Chief of Police Howard Hall, Certified Peer Recovery Specialist Niles Comer, and myself. It covered a fair amount of information that many may find useful. It is available at [the WDBJ7 link here](#).

Bob



Department News

- **Drew White, NP**, has been selected to the 'American Psychiatric Nurses Association Seclusion and Restraint Task force and Advisory Panel', which will be meeting over the next year to develop updated guidance and recommendations on the use of seclusion and restraint in inpatient psychiatric settings.

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Note from the Chair

Last Tuesday evening, the VTC School of Medicine hosted its annual Student Clinician Ceremony, marking the transition for rising third year medical students from the preclinical to the clinical years of training. As part of this process (held in person with a fully vaccinated cohort!), principles underlying the relationship and obligations between the clinical educator (the physician) and the student were formally reviewed. I found it both invigorating and sobering to be explicitly reminded of the responsibilities we have to the next generation of physicians- and they to us. For faculty: continually maintaining our own educational growth and clinical skills; striving daily to be a model of professionalism and integrity; to create an environment conducive to learning excellence. For our students: consistent dedication to learn and to acquire professional skills and attitudes toward caring for patients; understanding and incorporating the critical virtues of integrity, compassion, respect, and altruism; and making the difficult transition from self-focused learning to team based care. None of this is easy, but all of it is invigorating and profoundly meaningful. This is who we are and what we do. As we begin a new academic year, I am genuinely excited for all of us to greet the challenges ahead.

Bob



Updates from the Division of Child and Adolescent Psychiatry

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- Congratulations to our graduating Fellows, Dr. Ryan White, and Dr. Eric Trinh. Dr. White will be staying in Roanoke working at Blue Ridge Behavioral Health Care, and Dr. Trinh has accepted a faculty position in Richmond at VCU/Virginia Treatment Center for Children.
- Our inpatient staff are doing excellent work using skills for de-escalation and modeling emotion regulation for our patients. Data shows sustained reductions in seclusion and restraint. Wonderful work by the inpatient teams.
- Connect and Dr. Del Fabbro are doing an amazing job of serving children and adolescents in our ER and have expanded services to other Carilion EDs using telehealth.
- Dr. Wolfteich and Dr. Liebesny are working together to expand the family therapy services offered in our division and will be offering family therapy starting in July. Second year Child and Adolescent Psychiatry Fellows will participate in the clinic and in a newly developed family therapy curriculum.
- Dr. Nardecchia is working on creating a curriculum for treatment groups in the adolescent substance abuse program (ASAP). The program is run by Dr. Vance and Dr. Nardecchia is accepting referrals. Dr. Nardecchia is also serving on the Carilion Council for Employee Well Being.
- Dr. Liebesny is working together with Brandon McGhee and Dr. Jody Russon from VT to enhance suicide screening and treatment for LGBTQ+ youth in our community.
- We are grateful to Roanoke City Public Schools for partnering with us to bring counseling services and school consultation to Fallon Park Elementary School next academic year.
- Dr. Anu Reddy is expanding our community partnerships by offering more time to Family Insight.
- Dr. Khalid has a project to examine the educational curriculum on the inpatient child and adolescent psychiatry service.
- Dr. Vance and Dr. Khalid are working together to support the medical student rotations and curriculum in the department.
- Dr. Abhi Reddy is expanding pediatric sleep services and is offering consultation for colleagues working with children and adolescents with sleep disruption.



- Dr. Ryan White, together with Dr. Nardecchia and Dr. Liebesny completed a quality project in which a new skills based treatment group was implemented on the child and adolescent psychiatry inpatient service.
- Dr. Elswick has expanded the Child and Adolescent Psychiatry services available at St. Albans and her work is very appreciated.
- We are excited to soon welcome our two incoming fellows, Dr. Jessica Elliott, and Dr. Lauren Wilson.

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July 12, 2021

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Note from the Chair

The impact of the COVID-19 pandemic continues and, like the variants, continues to evolve. Late last week, we were informed by the Commissioner of the Virginia Department of Behavioral Health and Developmental Services, Alison Land, that they were not accepting new admissions in 5 of the 7 state facilities. This unprecedented move has occurred because DBHDS doesn't have the staff needed; they have had 108 staff resignations over the past two weeks alone, leaving them with 1,547 vacant patient care staff positions (out of 5,500 total). The stress DBHDS is experiencing is not unique: I believe most of us are feeling the strain after 16 months dealing with the impact of the pandemic. While we can't eliminate the pandemic's profound impact on mental illness and substance abuse, we can work to prevent it from dragging on. Many of our patients, and some of our staff, have not yet been vaccinated. With almost no exception, there is simply no good reason not to be vaccinated. Please help- the [Virginia Department of Health website for vaccination questions](#) has great information for you to share with your patients, your colleagues, your family, and friends who might not yet have been vaccinated. The only way we will end the pandemic quickly is for everyone to be vaccinated- and we all want this to end!

Bob



Updates from Nursing / Lisa Dishner, Nursing Director

The last few weeks have been busy for nursing! I would like to highlight a few of those initiatives and activities:

- Our committees continue to meet and work on staff led initiatives which include an inpatient de-escalation team and auxiliary CPI team training in collaboration with HR training and development.
- Our nurse educators are working with HR training and development to create diagnosis specific education to utilize as a part of an orientation curriculum for all staff.
- In early July, we had a Joint Commission mock survey which included chart reviews as well as environmental rounding. Krystal Mays, RN led the chart review and was able to describe processes and nursing practices. The survey went very well and is a reflection of the hard work and dedication of our frontline staff and team members. We anticipate Joint Commission's arrival in early August.

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Department Updates

- Please welcome **Rhiana Roper!** Rhiana is the newest care coordinator in the OBOT. She has had eleven years' experience with mental health skill building – a rich base of experiences that brings to us and to our patients.
- **Dr. Anita Kablinger** will present **Principal Investigator (PI) Competencies** through OCPD – Tuesday, July 20 @ 7:00 am or Thursday, July 22 at noon. OCPD sends the link to calendars.
- **Dr. Anita Kablinger** is the principal investigator for the VNS Depression clinical trial RECOVER. This is a collaboration between Neurosurgery, Psychiatry and Psychology. See link <https://insidecarilion.org/hub/news/were-part-of-the-largest-depression-clinical-trial-in-history>

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Note from the Chair

This past Friday, I represented the American Psychiatric Association in a series of recommendations made to the **White House COVID-19 Health Equity Task Force**. My talk focused on what psychiatry has learned during the course of the pandemic and what we believe is needed to prepare ourselves as a nation for the future. I touched on issues of universal health care (the APA position is that health care, including treatment for mental illness and substance use disorders, is a human right); appropriate long-term supported housing for those with serious mental illness; expanding capacity for treatment through expanded training opportunities and through educational loan repayment; leveraging technology to include universal broadband access to support telepsychiatry accessible to all of our patients; increasing acute care capacity throughout the nation; and reducing the culture-specific stigma of mental illness and substance use disorder to reduce the barriers to care. I talked fast! For those interested in the work of the Task Force, the next meeting will be live-streamed at www.hhs.gov/live on July 30th from 2:00-6:00 p.m. ET. No registration is needed. To learn more about the work of the Task Force on mitigating inequities caused or worsened by the pandemic, visit www.bit.ly/35tBj7i.

Bob



Administrative Update from Bill Wasserman, Vice President

I hope this message finds all of our staff, families and friends enjoying summer gatherings and leisure activities. Pandemic related restrictions to leading normal lives have subsided, significantly, although we remain vigilant for any signs of virus resurgence. At Carilion Department of Psychiatry our health system has gradually lifted a degree of pandemic related infection prevention measures, although, some do remain in place. As a health system we are recovering from the dramatic impact of the pandemic and are seeing improvements in patient access to health care. It is through your concerted efforts, and I might say heroism, in continuing to dedicate ourselves to the health of our community that collectively we arrive in a better place than one year ago. I know it has been exhausting for you and our team. Please accept sincere appreciation from me and our leadership team for your incredible compassion and dedication.

From a departmental administrative perspective I wanted to provide some updates, as follows,

1. Consequent to the gradual financial recovery of Carilion Clinic we were pleased to be able to implement 2020 merit increases in July. Also, our Human Resource department continues to review our job compensation and implement select salary adjustments where the job compensation marketplace has increased.
2. We are continuing to recruit staff for our Inpatient and Ambulatory services to meet the need for access to healthcare. We are also recruiting for a Program Director at CNRV, St. Albans as well as healthcare operations management leader to be located in our Roanoke offices.
3. Our teams are actively preparing for our anticipated triennial Joint Commission survey at CRMH in early August. Thank you for your contributions and preparation for our accreditation survey. Remember, if approached by a surveyor take the opportunity to brag about the great work you and our team do for our patients on a daily basis. Be aware of process improvement activities on your units. If you have any questions about survey preparation please approach your leaders or shoot me an E-mail with your question.
4. Our Psychiatric Emergency Medicine service area led by Dr. Del fabbro, Drew White, N.P., Dr. Deirdre Rea and CONNECT have been successful at securing a \$3.9 million dollar contract with the State (DBHDS) to enhance Psychiatric services in collaboration with our ED's. The contract is to create a Comprehensive Psychiatric Emergency Psychiatry (CPEP) program/service for Carilion Clinic.
5. I wanted to take the opportunity to welcome our new Residents, students, learners to the Department of Psychiatry. The department takes pride in

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ensuring a responsive and supportive learning environment. We look forward to working with you!

In concluding this edition of Administrative update I look forward to my periodic columns in our Departmental Newsletter to keep you informed. Do not hesitate to contact me if you have any questions. Until then, be well and enjoy the summer!

Bill

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Department News

- **Dr. Badr Ratnakaran** has been selected for the Association of Academic Psychiatry's (AAP) 2021 Resident Psychiatric Educator award. The event is on September 8-10 and virtual. Congratulations, Dr. Ratnakaran!
- The garden at St. Albans is blooming! Take a minute to relax and unwind with the flowers of the garden at St. Albans.



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Note from the Chair

Every step of psychiatric care is difficult. Listening to our patient's story, understanding their culture, making a diagnosis, making recommendations for care that the patient supports and will follow. But even before we begin this process, the person needing help has to recognize the problem, the opportunity that exists to relieve the suffering, and to then reach out for care. Stigma is a key impediment that all too often stops this process before it starts. Stigma is a perceived mark of disgrace. Mental illness and substance use disorders have been stigmatized for countless generations. We may now, however, be at an inflection point- a point in our society where we may be ready to address and overcome the stigma of asking for psychiatric help. We hear it discussed now more commonly in social media and even by athletes. And we are even beginning to hear more voices challenging stigma among healthcare professionals. The [story](#) of her own challenges told by Dr. Termini (a psychiatry resident) in The Journal of the American Medical Association (JAMA) is one I recommend. It is painful, honest, close to home- and a sign that we are a step closer to overcoming the stigma that prevents people in need (including our friends, family, and colleagues) from asking for our help.

Bob



CONNECT, CONSULT AND CPEP / Deirdre Rea, DNP

There is a lot of activity occurring in this area of the department. The volumes of patients we are seeing are back to pre-Covid days but with the added factor of increased acuity- all while beds continue to remain at lower capacity. Dr. Del Fabbro and Drew White, in our emergency department are working diligently with Connect to stabilize those patients Connect cannot place and refer them back into the community. Our new psych ED social worker, Debby Jones-Worrell, MSW, is learning quickly how to access resources! (See the WOW about her on Inside Carilion!) In the month of July, alone, the Comprehensive Psychiatric Emergency Program (CPEP) team was able to divert 65 ECO/TDO patients from the state hospitals and discharge 88 patients directly from the ED.

We are due to begin posting soon for psychiatric nurses, techs and therapists to join the CPEP team. The premise of the CPEP is to keep patients for [up to 72 hours in the ED](#) with a focus on [a solid discharge plan](#) – identifying and addressing all the barriers that prevent people from successfully transitioning to outpatient. Treatment will include [making referrals and connections](#) for social determinants and care [right in the ED](#), having patients write their own safety plans, performing DBT, Life Skills and Relapse Prevention Groups and working one on one with techs and nurses. Patients will not be in beds! Rather, they will be in recliners so they can sleep at night and sit upright during the day to engage in treatment.

The National Patient Safety Goals for 2021 include all patients being admitted to a hospital for any reason to be screened for suicide. The CSSRS has now been built into the nursing admission navigator on all the medical units in all six Carilion hospitals. As the specialists in suicide assessment, Connect has stepped up to assist and will receive consults on all patients who score a low or moderate on the screening tool. They will perform a comprehensive suicide evaluation and make the appropriate referrals – whether outpatient, inpatient or referring on to the C/L team who are managing all patients scoring high. We may all be a small piece of the department but we are taking the initiative to find ways to improve access to psychiatric care.

Department News

- Congratulations to Dr. Justin White on being named by VTCSOM an exceptional teacher!
- Thank you to Anders Sylvester-Johnson for exceptional patient care! A patient shared this: "just wanna reach out and tell you how pleased I am with Dr. Sylvester Anders...ik that's not his whole name but Icr...he has really helped me and I just wanted to recognize him and I am very pleased with him. Tyvm"

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- Grand Rounds and Case Conferences

Note from the Chair

The second pandemic has arrived. No, I don't mean the newest surge in COVID-19 cases. I mean the pandemic of psychiatric illness- depression, anxiety, despair, substance use disorders. They have led to a broken and overwhelmed system of care in Virginia. Groups as disparate as the *Virginia Department of Behavioral Health and Developmental Services*, the *Virginia Health and Hospitals Association*, and the *Virginia Association of Chiefs of Police* each have publicly acknowledged this- and we are experiencing it in our practices. While capacity continues to be an issue, we at Carilion are in a far better place to deal with our patients' needs today than we were just a few years ago. We have tripled the size of our Consultation-Liaison Psychiatry program, enhanced our CONNECT program, grown the breadth and depth of Nursing, begun the development of our Comprehensive Psychiatric Emergency Program, have grown our Psychology Division, built a model opioid addiction program, doubled the size of our Child Psychiatry faculty, are starting to build a Center for Hope and Healing, dramatically developed telepsychiatry capabilities to serve much more of Carilion's needs broadly, grown our ambulatory platform at CNRV, expanded our Interventional Psychiatry Programming, and on and on. While we aren't where we want to be yet, we are rapidly building a robust system of care to meet the needs of our patients, their families, and our communities. In that, we can take pride as we take each day- and each patient- in turn.

Bob



RESEARCH UPDATE – ANITA KABLINGER, MD, CPI

Despite the ongoing challenges of the COVID-19 pandemic, research in the psychiatry department has continued to thrive. The department is participating in multiple active studies funded by pharma, federal and state programs as well as institutional and internal funding.

For more information about ongoing research in psychiatry, clinicians can access a list of active studies in Microsoft Teams (under files) [here](#):

Scholarship is imperative for the growth of our academic department and is an essential activity for faculty, residents, medical students and students of allied health fields. Scholarship is so important, in fact, that it remains a target on our department scorecard. We have met this metric for the 2020-21 fiscal year!

If you are wondering what the definition of scholarship is in our department, see the chart below. The best opportunities for medical students and residents include poster or oral presentations at the Psychiatric Society of Virginia meeting.

PSV Fall Meeting – Abstract submissions

September 24-25, 2021
Hilton Norfolk The Main
Norfolk, VA

Check website for details: psva.org

Faculty and trainees should keep main meetings in mind as opportunities to develop scholarship projects including APA, ASCP, AADPRT, AAP, ACLP, AACAP among others. Case reports, case series, quality improvement projects, grand round presentations and published articles are also excellent avenues.

Finally, for the 3rd consecutive year, the department has offered a research elective to third-year VTCSOM students, encouraging students to pursue personal research interests in the field of psychiatry and participate in Research Live! For VTCSOM M1s in August to showcase opportunities in our department for students' primary projects. I encourage you to provide a short (20 minute) presentation on an area where you would like to mentor a student!

Please don't hesitate to contact me for ideas, guidance and opportunities.

COVID-19 SUPPORT

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What counts as Scholarship in the DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL MEDICINE?

Education	Research
Peer-reviewed book chapters, articles published in an indexed-journal (PMID required) or educational resources widely available outside of one's own institution (e.g. AAMC MedEdPORTAL)	Poster/Oral Presentations presented regionally, nationally or internationally at bona fide academic medical society meetings/conferences
Invited Grand Rounds or Lectures at regional, national or international academic society meetings or to an academic program/audience (not lectures exclusively aimed at students, residents or fellows)	Peer-reviewed research articles published in an indexed-journal (PMID required)
Organized and led a peer-reviewed national or state-wide workshop/panel	Receipt of internal or external funding (NOT including travel grants)
	Serve as an active member of an editorial review board of a peer-reviewed journal
	Serves on a national study section, advisory group, or board of a national professional society
	Patents (Only the year you acquire the patent)

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Department News

- Please welcome our new Psychiatry Department physicians and new NP's:
Faiq Hamirani, MD (NRV – St. Albans)
Ramon Pineyro, MD (Consult Liaison)
Shariff Tanious, MD (Consult Liaison)
Stephanie Sylvester-Johnson, PMHNP (Roanoke Ambulatory)
Stephanie East, PMHNP (Roanoke Weekend Call)
Jennifer Witt, PMHNP (Roanoke Ambulatory)
- Please welcome our new residents and fellows:
 Residents- PGY-1's
Sethulakshmi Sreevalsam Anil, MBBS
Timothy Ferrebee, MD
Rebekah Grimes, MD
Yezhe Lin, MB, MMed
Rachel Martin, MD
Akhil Pola, MBBS
Ching-Fang Sun, MD
 PGY-4
Hajra Ahmad, MD



Fellows –

Jessica Elliott, DO – Child & Adolescent Psych Fellowship
Lauren Wilson, MD – Child & Adolescent Psych Fellowship
Badr Ratnakaran, MBBS – Geriatric Psych Fellowship

- Please welcome **Holley McGhee** to the Roanoke Ambulatory Division. Holley is a new HAA working in the check in area.
- **Dr. Badr Ratnakaran** was a co-author for A Roadmap to Psychiatric Residency Guide and represented the Association of Academic Psychiatry (AAP) for the project. The guide is available [here](#).
- **Dr. Deirdre Rea** is doing a podium presentation of her implementation research in Chicago this week at the National Doctor's of Nursing Practice annual conference.
- **Dr. Abhishek Reddy** and the Child & Adolescent Team had 6 new research abstracts accepted to be presented as posters at the 68th Annual Meeting of American Academy of Child and Adolescent Psychiatry (AACAP 2021) October 25-30, 2021, Atlanta, Georgia.
 1. Establishing a Neuroscience Didactic Series for Psychiatric Residents: A Developmental Perspective. **Kiran Khalid, Abhishek Reddy, et al**
 2. Association of Vitamin D Deficiency and Attention-Deficit Hyperactivity Disorder (ADHD): Evidence from the National Inpatient Sample of the United States. **Mounica Thootkur, Abhishek Reddy, et al**
 3. Exploring the common methods of attempting suicide by Children and Adolescents with Major Depressive Disorder and Bipolar Disorder: A Nationwide Inpatient Sample (NIS) Analysis. **Abhishek Reddy, et al**
 4. Generation Z, Millennials, and the risk of suicide: Insight from the Nationwide inpatient sample. **Abhishek Reddy, et al**
 5. Homicidal Ideation and Psychiatric Comorbidity in the Inpatient Adolescents Aged 12 to 17. **Abhishek Reddy, et al**
 6. Prevalence of Psychiatric Disorders in Homeless Youth Population: Inpatient Sample Analysis. **Abhishek Reddy, et al**

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Upcoming Grand Rounds and Case Conferences

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Psych Peds Case Conference – August 12, 2021 – 12:15-1:15 pm



**Psych Grand Grounds – August 19, 2021 – 12:00-1:00 pm –
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August 16, 2021

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- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- Fall Grant Applications
- PSV Fall Meeting Submissions
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

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ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO - #ADAA2022 Submission Portal Now Open



Anxiety & Depression
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August 23, 2021

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- OBOT News
- NRV St. Albans
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Note from the Chair

Earlier this summer, we were feeling a sense of relief: the pandemic is done! Many of us were going to restaurants, having parties, going mask-less in the community. Now, in a reversal, we face a dramatic change with surging infection rates and hospitalizations. Over 1,000 people in the US are now dying from COVID-19 every day. People are appropriately anxious, frustrated, and scared. The delta variant is far more infectious, is hitting younger people, and even those who are vaccinated can contract and pass along the infection. There is growing evidence of persisting serious symptoms in those who did not get sick enough initially to require hospitalization, a syndrome called “long COVID.” Here in Psychiatry, we are seeing more patients who are hopeless, suicidal, and/ or suffering with severe substance use disorders than ever before. What can we do about this? As health professionals, we need to be leaders and share our knowledge with the community- everyone needs to wear masks, and socially distance for a while longer. And we need to help educate those who are hesitant to get vaccinated. Share the knowledge that: 1) the virus doesn't care about politics; 2) vaccines are our way out of this public health emergency; 3) the vaccines are indeed safe and effective; and 4) by getting everyone eligible vaccinated, we reduce the chances for more COVID variants to develop. In our Department, we continue to do great work with our patients- let's be sure to help keep them and our communities safe and get past this pandemic!

Nursing Update – Lisa Dishner, Director of Nursing

- Inpatient continues to be very busy. Staff have done a phenomenal job at managing the increased acuity across the department. We completed The



Joint Commission triennial survey a couple of weeks ago with ZERO findings in Psychiatry! This is a reflection of the hard work of our teams. The surveyors were complementary of our staff and department.

We continue to navigate the pandemic and ensure that we are taking appropriate measures to maintain safety for patients and staff. Please remember to utilize appropriate PPE and follow boarding pass procedures. While it is NOT mandatory to wear eye protection it is strongly encouraged. The prevalence of COVID 19 across the community continues to increase steadily. A few points to remember; stay home if you are not feeling well, wear PPE while at work, maintain social distancing at all items, provide patients with masks and remind patients to wear them and encourage vaccination among patients and your peers.

There are several department committees that need staff that are eager to drive change at the bedside. Please reach out to the inpatient CTLs if you are interested. Committees include: Patient experience and professional practice committee, falls committee, restraint committee, etc.

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OBOT News

- The office-based opioid treatment (OBOT) program has hired a new social worker - please help us to welcome **Leanna Stone, LCSW**. Our growth (especially triggered by the ED Bridge to Treatment model program) created the need for a third therapist in our OBOT and we are delighted to bring Leanna on board. Fun facts about her to share: " I am a Radford alum x2, my undergraduate degree is in Criminal Justice, and my master's degree is of course in Clinical Social Work. I got my LCSW about two years ago with a little help from Sara Boucher! 😊 Personally speaking, in my free time I like to spend time with my wife, Stelsie, 19 month old son Rowan, and our three fur babies (two cats Winnie and Watson, and one dog Beau). Interest wise, I love traveling or doing anything outdoors."
- Four years ago this month, I interviewed a promising candidate as our pioneer care coordinator for the OBOT: **Michelle Diehl**. The rest is history!!! Michelle - as our first care coordinator - shaped our interdisciplinary, team-based approach to addiction treatment. The program has grown from 225 patients to twice this number at 450+ patients. Kudos to Michelle for the tenacity, dedication, pragmatic problem-solving, compassion, and leadership demonstrated over these 4 years of program development



and growth! Meanwhile she completed her Masters and is on her way to qualifying for licensure! Michelle Diehl - you deserve a Big Crane Lift of Recognition and Appreciation, but please don't try it! *Submitted by Cheri Hartman, Administrator OBOT Program*

NRV-St. Albans – Recreational Therapy

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- The NRV/St. Albans Recreational Therapy Team lead a patient/staff activity involving Tye-dying t-shirts. This activity was held for both our inpatient unit and outpatient clinic. On Wednesday, 8/18/21, both staff and patients wore their shirts. The event was a hit as all t-shirts were admired! Thanks to Tina Krayner and her Rec Therapy Team for organizing this! Stay tune for a date and time to bring this event to Roanoke Rehab.....

- 1st pic: Ambulatory Clinic Staff
 2nd Pic: Techs and RN from Inpatient Unit
 3rd pic: VP Bill Wasserman
 4th pic: Rec Therapy Team and Dietician from Inpatient Unit
 5th pic: Dr. Rum Mian, Dr. Aisha Aydogan





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BASIC CONCEPTS OF TELEPSYCHIATRY: EVIDENCE BASE, CLINICAL ENGAGEMENT & COMPETENCIES

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COVID-19 SUPPORT

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August 30, 2021

Our Departmental Vision, Mission, and Values Statements

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- Note from the Chair
- Med Psych/CL Update
- Department News
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- Fall Grant Applications
- PSV Fall Meeting Submissions
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

Note from the Chair

During these stressful and challenging times, it can be important to recognize some positive things. We recently completed the Engagement Survey across all of Carilion, a formal (and long) survey looking into work-life in detail. Compared to the national average a host of really positive things turned up. We (Carilion employees) feel generally safe at work- that Carilion provides both resources and supplies (like PPE) to help us do our jobs well and safely. We feel that there are meaningful efforts to address our well-being as people (not just as employees) through both formal programs and recognition. We believe that we care about and focus on the quality of care we provide to our patients, and that our jobs allow us to make use of, and develop, our skills. The survey also noted limitations, most notably that we need to continue to recruit and train additional staff. Given all of that, I believe these remarkably positive results reflect the work we have done together to cope with the challenges of the pandemic. Not only have we continued to deliver great care, but we continue to improve care quality and embrace our own wellness. Many, many thanks- and congratulations- for the great work our Department is doing! Be well and stay safe!

Bob

Medical Psychiatry and Consultation-Liaison – Sarah Rivelli, MD, Director

We are thrilled to welcome two new faculty to the adult Consultation-Liaison group: Dr. Shariff Tanious and Dr. Ramon Pineyro. Dr. Tanious returns home to Virginia to join us, having graduated from Eastern Virginia Medical School and then pursued residency training at the University of Indiana, where he was Chief Resident and also completed a fellowship in Consultation Liaison Psychiatry. Dr. Pineyro is originally



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from the Dominican Republic, where he trained and practiced as a general internist for a number of years. During this time, his interest in Psychiatry was crystallized, leading him to pursue psychiatry residency training, followed by a CL fellowship at Bronx Lebanon in New York. He then worked as an attending there for a few years, including in hospital CL psychiatry, outpatient consultation in an embedded clinic in Family Medicine and Collaborative Care. Dr. Tanious will be splitting the CL service with Dr. Rivelli at CRMH. Dr. Tanious is already engaged in didactics for the medical students and will be speaking nationally at the Academy of CL Psychiatry in November. Dr. Pineyro will take the lead at NRV and the regional hospitals, with a blend of in person and telepsychiatry consultation, and help develop e-consults with Dr. Virginia O'Brien.

In related work, Dr. Bill Rea continues to provide life-saving addiction treatment to patients with IDVU and serious medical problems in the hospital, fostering a high degree of collaboration with medicine and offers a key training experience for the internal medicine residency. Dr. Preud'homme is the lead psychiatrist for the Complex Care Team and provides consultation at Inpatient Physical Rehabilitation (IPR), participating in their interdisciplinary rounds and enhancing care for brain injury patients, in particular. Practitioner Anders Sylvester-Johnson provides valuable coverage at CRMH and IPR, and is often our go-to person for questions about community resources.

Our group is participating in key committees such as the Restraint Committee, Workplace Violence, Epic Horizons and the Department Quality Committee. We look forward to expanding integration of psychiatry into medical settings to better meet the needs of our patients.

Department News

- **Dr. Deirdre Rea** has been elected to the Executive Board of the Virginia Chapter of the APNA in the capacity of Secretary for a two year term.

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Note from the Chair

This afternoon, a small group of us representing the American Psychiatric Association will be speaking with the policy folks at the Centers for Medicare and Medicaid Services (CMS) to present our case for continuing the expanded coverage of mental health services via telehealth in general and via audio-only in particular. Over the past year and a half, we have learned about the great value telehealth provides to our patients. As we address the inequities in access and income, we have learned that so many of our patients can make use of audio-only sessions: they can't afford a data plan, they live in areas without broad-band access, and so forth. As I prepare for this meeting, I realize that every day is bringing unanticipated change, and that this is the "new normal". I don't believe that we are heading to a post-pandemic "steady state" where we will get comfortable with an established routine. I do think that we will need to adapt to ever more frequent disruptions in how we deliver care. The part that won't change, however, are the people: we as professionals and those who need our care. Our reliance on compassion, knowledge, and empathy will not change. And the needs of our patients- for insight, care, safety, and empowerment- will persist. So, I can only recommend to you what I recommend for myself: to take a deep breath, to remember that we are in this because the work we do matters, and that we make a difference in the lives of those we care for.

Bob

Psychological Services Update – Joe Gieck, PhD, Director

Well, I have officially been employed at Carilion for one year! It has been a fast year and I appreciate everyone's support during this time. Our outpatient clinics in Roanoke and at CNRV are very busy and referrals have been flowing in throughout the year. I would like to extend a 'thank you' to our Psychological Services staff for



adapting to the demand and helping us provide much needed care to our patients, and we will continue to look for ways to increase patient access to evidence-based psychotherapy and group interventions as we look to meet the needs of our region.

There have also been several developments within Psychological Services of late. First, I would like to welcome several new clinicians to our department beginning this August:

- Rebecca Ewell, LCSW, has joined our team in Psychological Services full time! She transferred from Wellness and had been working primarily as part of the Carilion contract with Hollins University. Many of you may already know Rebecca, and we are very happy to have her as an addition to our service.
- We would also like to welcome Leanna Stone, LCSW, as part of our OBOT team. She was previously part of our Carilion's Women's OBOT clinic and has now come back to Carilion and will be working with Dr. Cheri Hartman and our OBOT team to coordinate ED referrals and to provide psychological care within the OBOT.

Finally, there is BIG news with regard to future expansion and growth of grief and loss services for Carilion Clinic and the region. Within the last month or so Carilion Clinic has approved the development of a **Center for Grief and Healing**, and with Dr. Trestman's help, this center will be located under the Department of Psychiatry and within Psychological Services. We would also like to thank Frannie Gaeta, LCSW, for her hard work as part of the development committee that put forth the proposal that was approved – this is an area that she is very passionate about! As part of the development for the Center we will be hiring a Director for the Center this fall with plans to grow the range of services over the coming years.

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- **Emotional PPE Project** (Free Mental Health Resources for physicians): [Website](#)

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Note from the Chair



September is Suicide Prevention Month. Even more critical than in years past, it is important for us to recognize and highlight our collective ability to intervene and protect people when they are most vulnerable. Thankfully, the stigma of mental illness in general and suicide in particular is being reduced by growing awareness and conversation. For the population in general, there are many resources now available. **#BeThe1To** is the National Suicide Prevention Lifeline's message. There are many specific actions we can each take to recognize people at risk and prevent suicide. [The Lifeline Network](#) and its partners targets actions that can promote healing and overcome despair. There is also now a pressing need to both recognize and support health care professionals at risk of suicide. The [National Action Alliance](#) for Suicide Prevention is a public-private partnership with more than 250 partner organizations promoting hope and help. Learn more about the Action Alliance's [#BeThere](#) activities, as well as [National American Indian/Alaska Native Hope for Life Day](#) and updated [Hope for Life Day toolkit](#). Additionally, check out [AHA resources](#). Further, the [American Foundation for Suicide Prevention](#) has produced an on-demand webinar, "[Suicide Prevention Services for Health Professionals and First Responders](#)." Learn about federal and state policy initiatives that provide vital suicide prevention services and ways to talk about suicide as well as resources to help our health workforce. We are not immune to the distress of the work we do, particularly at this time. So, don't hesitate to ask how your colleague is doing, and



make it clear that you are genuinely willing to hear the distress they may be feeling. You can **#BeThe1To** make a difference!

Bob

Nursing Update – Lisa Dishner, Director of Nursing

Nursing continues to be extremely busy. We continue to navigate exposures and staffing challenges across the inpatient units. We are working to onboard nurses and techs to ensure that we can meet the demands for inpatient services across the system. I appreciate the hard work of the teams in managing volumes despite the challenges that we are facing.

We recognize the challenges that we are facing and the stress that has come along with our “new normal”. We are partnering with our EAP and psychology teams to offer creative ways to engage and support our staff during this time. We are hopeful to have a plan rolled out in the coming weeks. As always, we are open to your ideas and suggestions as we navigate through this pandemic together.

COVID rates across the community are rapidly increasing with many units at capacity. Please continue to wear your PPE and encourage PPE usage among our patients and maintain social distancing. Vaccinations are available for patients and staff. Please reach out if you would like to receive your vaccination. Please be on the lookout for PPE changes per CDC recommendations.

Department News

- **Dr. Timothy Adegoke and Dr. Kristin Bubel** had their poster abstract accepted for the 2021 TEACH Education Day, “**Development and Implementation of a Novel Interventional Psychiatry Rotation for PGY4 Psychiatry Residents.**”

ECHO September 17, 2021

- ALL are invited to join the next Carilion ECHO learning opportunity offered via Zoom on **Friday, September 17th at 1:00 pm (till 2:30 pm)**. Free CME credits are provided to those who qualify. Paul Brasler, LCSW, behavioral health educator for Virginia's DMAS, will provide the didactic on the "Treatment Imperative: Addressing Trauma in Substance Use Disorder Treatment." If you would like to be added to our email list, who receives the Zoom link,

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please reply to Dr. Cheri Hartman at: cwhartman1@carilionclinic.org by no later than Thursday, September 16th at 1:00 pm.

CBHDS / iThriv Virtual Presentation

- The Center for Biostatistics and Health Data Science (CBHDS), along with the Integrated Translational Health Research Institute of Virginia (iTHRIV), cordially invite you to join us on **Friday, September 24th, 2021 at 12 noon** for an engaging virtual presentation by [Dr. Jeffrey Morris](#), Director of the Division of Biostatistics at the University of Pennsylvania's Perelman School of Medicine.

The title of Dr. Morris' talk is "Covid Data Science: Evaluating and Aggregating Emerging Knowledge in the Pandemic." More details can be found on our CBHDS website, along with a link for registration:

<https://biostat.centers.vt.edu/news/jeffreymorrispresentation.html>

AACDP List: Meet the Editor in Chief, Academic Psychiatry

- Monday, September 27, 2021, 6pm-7pm Central Time via Zoom
<https://utsouthwestern-edu.zoom.us/j/95889306361?pwd=cE82MEM1bU9BU1pvT1FQTEZCRGt5UT09>

Academic Psychiatry Editor in Chief Adam Brenner and Managing Editor Ann Tennier will be available via Zoom on **Monday, September 27**, at 6pm Central for consultations regarding preparing manuscripts for consideration of publication in the journal, becoming more involved with the journal, and writing and reviewing for scholarly publications.

No RSVP necessary.

NASW – Save the Date – Free Virtual Town Hall

- A free Virtual Town Hall Meeting for Social Workers, Ending Discrimination to Ensure Equitable Access to Mental Healthcare and Addictions Treatment, **Thursday, October 14, 6-7:30 PM**. For information or to register, please visit <https://bit.ly/ParityTownHall>.

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Psych Grand Grounds – September 16, 2021 – 12:00-1:00 pm –

BASIC CONCEPTS OF TELEPSYCHIATRY: EVIDENCE BASE, CLINICAL ENGAGEMENT & COMPETENCIES

Don Hilty, MD

Associate Chief of Staff, Mental Health, Northern California Veterans Affairs Health Care System

Professor and Vice-Chair of Veterans Affairs, Psychiatry & Behavioral Sciences

[University of California, Davis - School of Medicine](#)

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Note from the Chair

Many months ago, near the beginning of the pandemic, I mentioned the Alicia Key's song "Good Job." Its lyrics recognized the need for emotional support for medical professionals (among other essential workers). That was the beginning of the pandemic. We are now 18 months in- and many of us are feeling tired, emotionally fatigued—and yet there is a new wave of people who really need our care. In some ways, we are much better prepared: most of us are vaccinated, we have access to the PPE we need, and we have many months of practice under our belts. As I talk with our staff and faculty, I find myself delighted and proud of the commitment and dedication reflected in their speech and in their eyes. I hear many expressions such as "This will pass" or "We will get through this." I also here expressions like "This is why I became a clinician- to care for people in need. I have never felt more needed than now." And that I think is the bottom line: we are needed, this is what we do, and we can take enormous pride in what we (as individuals and as a team) are accomplishing each and every day. Let's remember to acknowledge that to each other, and realize that as a team, we will indeed reflect on this time as one of profound challenge- and amazing accomplishment!

Bol

Department News

- **Dr. Archana Adikey** had her poster abstract accepted for the 2021 TEACH Education Day, "*Importance of Sleep curriculum for Psychiatry Trainees.*"
- **Drs. Tejaswani Doifode, Michael Ferguson, Ryan White and Kiran Khalid** had a poster submission accepted for the PSV fall meeting. The title of the poster is: "*Hallucinogen persisting perception disorder in a 17-year-old male following use of lysergic acid diethylamide.*"



Critical Race Theory (CRT) Academic Symposium

- A Virginia Tech event on **September 24, 2021**. Register for viewing the recording of the event – [here](#). It is also an option to register for access to the recording after completion of event on September 24 / VT Campus.

CBHDS / iThriv Virtual Presentation

- The Center for Biostatistics and Health Data Science (CBHDS), along with the Integrated Translational Health Research Institute of Virginia (iTHRIV), cordially invite you to join us on **Friday, September 24th, 2021 at 12 noon** for an engaging virtual presentation by [Dr. Jeffrey Morris](#), Director of the Division of Biostatistics at the University of Pennsylvania's Perelman School of Medicine. The title of Dr. Morris' talk is "Covid Data Science: Evaluating and Aggregating Emerging Knowledge in the Pandemic." More details can be found on our CBHDS website, along with a link for registration:

<https://biostat.centers.vt.edu/news/jeffreymorrispresentation.html>

AACDP List: Meet the Editor in Chief, Academic Psychiatry

- Monday, September 27, 2021, 6pm-7pm Central Time via Zoom
<https://utsouthwestern-edu.zoom.us/j/95889306361?pwd=cE82MEM1bU9BU1pvT1FQTEZCRGt5UT09>

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- **Posters:** **Wednesday, October 13 at 11:59 pm ET**

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- We hope you are all well and enjoying what is left of the summer. As we draw closer to the Fall 2021 grants season, we know that many of you will be targeting the same application deadlines. So that we may provide you with our highest quality work, please reach out at your earliest convenience if you plan to partner with us on any submissions this Fall. Below are links to our website that you may find useful. Feel free to contact me if I can answer any questions. Thanks and we look forward to hearing from you!

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PSV Fall Meeting –

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psva.org

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Supporting Diversity and Inclusion in Research Participation

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Note from the Chair

Our Vice President for Psychiatry, Bill Wasserman, pointed out something to me last week. Did you know that the clinical services of Psychiatry and Behavioral Medicine here at Carilion have been surveyed by The Joint Commission (TJC), the Virginia Department of Health, and the Virginia Department of Behavioral Health and Developmental Services (DBHDS) at least 6 times in the last 9 months during the pandemic? This reflects the many conflicting regulatory demands during the pandemic when our state's system of psychiatric care has been under unprecedented stress. For those who have been involved in these reviews, it has been at times exhausting but also rewarding. You might very reasonably ask why I use the word "rewarding" in this context. That part is very straight-forward. Looking at the results of all 6 of these evaluations, the surveyors found a total of zero (0)- as in none- findings of any deficiencies. This speaks to the remarkable work everyone performs on a daily basis and why we are designated as a MAGNET® accredited organization. I wanted to highlight this remarkable achievement and congratulate everyone on a job very well done- day in and day out- in service to our patients!

Bob



Ambulatory Update – Virginia O'Brien, MD, Ambulatory Director

- We remain ever busy and growing this year in adult ambulatory psychiatry. Two new nurse practitioners joined us this summer – Stephanie Sylvester-Johnson and Jay Witt – and we welcome the additional help! At New River Valley Dr. Faiq Hamirani recently started. He splits time between inpatient and outpatient there.

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Referrals to outpatient psychiatry have increased during the pandemic. To address the expanding waiting list for patients to be seen in Roanoke, we hired a new clinician to help us manage that list. Ashlie Phenes, LPC, has spent this month orienting to the clinic and developing a strategy with me to address this need. We anticipate she will be able to assist patients in connecting with OWL Insights, our measurement-based outcome system, and will facilitate the referral process as well as implement a basic intervention for those who remain on the list for extended times. It is our intention to study whether the program has a positive impact on patients. In addition, e-consults continues to gain traction as a tool to help primary care clinicians treat their patients appropriately, while preventing unnecessary referrals to psychiatry. A collaborative care pilot project is just about to launch and has potential to grow in coming years, lessening the burden on ambulatory psychiatry, and improving access to care. We continue to interview for outpatient positions, and as we expand our footprint into the dental clinic in coming months, we anticipate more opportunities for expansion of specialty services such as ketamine and psychology, to name a few.

Many of you may not know that we regularly host learners from all practice types in the clinic. Medical students from Virginia Tech Carilion School of Medicine, PA students from Radford, and nurse practitioner students from many programs are present throughout the year. Of course, Carilion psychiatry residents are a mainstay in the clinic, and we appreciate their hard work. A big thanks to all clinicians involved in teaching this year.

Department News

- Special thanks to our Rehab lobby team at Rehab, **Liz** (guest services) and **Derrick** (psych tech and covid screener), for helping entertain a small group



of toddlers and their guardian while I worked with their big sister. Derrick shared that Eric (music therapist) saw the group and came back to sing and play his guitar with them for a little bit. Amazing extra support during a weird time as we are all trying to be extra flexible about how we care and provide care. *Submitted by Dr. Angela Nardecchia*

- **Dr. Abhishek Reddy's** manuscript, in collaboration with others, "The Promise of Predictive Biomarkers for Antipsychotic Efficacy: A Narrative Review of Peripheral microRNAs to Evaluate Schizophrenia Treatment Response" has been accepted for publication in *Primary Care Companion for CNS Disorders*.
- **Dr. Yezhe Lin** had a poster accepted by 2021 PSV titled "The mental health and minority stress of transgender and gender non-conforming people in China: A scoping review."

ECHO

- **JOIN US Friday October 1st at 12 noon to learn more:** Psychiatry resident, Dr. Shuo Qiu, has been working with the Department of Surgery and Anesthesiology to implement a protocol to continue Suboxone throughout surgeries. The protocol has been thoroughly vetted and "gone live." The goal of the protocol is to reduce opioid cravings and relapses perioperatively. In summary, the patient will continue their home dose Suboxone unless they are taking >16mg dose of buprenorphine AND undergoing spinal surgery. The reason for decreasing buprenorphine to 16mg in spinal surgery is due to poor regional anesthesia options. Studies show that 16mg of buprenorphine daily spares enough mu-opioid receptors that additional opioids can be prescribed. The tapering of Suboxone will be coordinated by CARES, which is the pre-op clinic at Carilion as well as an anesthesiologist. In addition, Dr. Shuo Qiu is working with general surgery to gather data to assess the efficacy of the Suboxone protocol. He plans to call patients twice, at the 2 week mark and 4 week mark to assess the patient's experience continuing Suboxone perioperatively. Specifically he would be inquiring about post-operative pain level, opioid craving, and relapses. If you would like to learn more about this work, **Dr. Shuo Qiu is the Carilion ECHO presenter along with Dr. Kim Simcox at the next ECHO on Friday, October 1st at 12 noon. Carilion's ECHO sessions are open to all: FREE CMEs are awarded upon attending and completing the CME survey. Please let Dr. Cheri Hartman know if you wish to be added to the ECHO email list in order to receive the Zoom link for this opportunity (RSVP by no later than 10 am on Thursday morning, September 30th).** cwhartman1@carilionclinic.org

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Note from the Chair

It should come as no surprise to anyone that people with serious mental illness are stigmatized. Stigma carries many consequences. A new [study](#) emphasizes one of those consequences that is life-threatening: untreated cardiovascular disease. In a meta-analysis that included over 24 million patients, those with mental illnesses (including mood disorders and schizophrenia spectrum disorders) received less screening and lower-quality treatment for cardiovascular disorders than did those without mental illness. This is consistent with findings from the Lancet Psychiatry Commission [report](#) that also documented greater general morbidity and shorter lifespan in those with mental illness. This is something we can change. When you see someone for assessment and treatment of mental illness, please be sure that they are getting primary care and appropriate health screenings. If they are not, please engage them, discuss the benefits, and refer them for care if they are willing. Let's help our patients lead long and healthy lives!

Bob

Around the Department Updates – Peggy Myers, Senior Director

As many of you know, I get the honor of working with multiple teams both at Roanoke and NRV. I'd like to highlight my travels to each of these areas....

- Connect: **Katrina Lewis** has been promoted to Connect Manager. She will be charged with the running of Connect under Dr. Deirdre Rea, who is also directing CPEP. Matt Reichl has achieved his LPC. **Congratulations, Matt!** The Connect staff have worked hard to continue bed throughput despite many obstacles. The team also welcomed two new connectors - **welcome to Jenny and Callie!**



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- The Mental Health/Adjunct Therapy teams at both NRV and Roanoke have continued to provide quality care and excel at working with increased acuity. Lisa Houston has successfully achieved her LPC. **Way to go, Lisa! Thank you to Martha Edmonds** for her temporary management of the inpatient therapy teams in Roanoke. Thanks to the Rehab therapy teams for your patience as we find a new manager.
- Adjunctive Therapy in Roanoke started a new group schedule in September. Patients and staff have commented the consistence of the new schedule has been helpful all around. Each weekday Art Therapy, Music Therapy, and Recreational Therapy are held at the same time. This allows the therapists to see the patients consistently, giving perspective on their progress. Team collaboration and communication has increased on all three floors, supporting patient behaviors, and helping the therapists make more informed decisions regarding which groups would be most successful.
- Our Discharge Planners and Care Coordinators have continued to come through for patients despite having less service options and more needs. **Thank you to Julie, Austin, Ashley, Jessica, Megan, Michelle, Rick, and Rhiana.** OBOT will also be welcoming a new Care Coordinator, **La'Nessa Hughson**, in October.
- NRV Ambulatory Clinic -Outpatient is happy to have **J. Witt, NP**, with us on Mondays. The front desks will have a new look as they are adding a new divider to keep patients and staff safe. **Congratulations to Crystie Vallejo**, as she has accepted the Practice Manager position for our Administrative Team. We are searching for her NRV replacement. NRV will be welcoming a new Program Director in October.
- Roanoke Ambulatory Clinic - We are expanding our workspace for our Roanoke Ambulatory Clinic to include the former Dental Clinic space. Kathy Markham and I have been working hard to identify the best use of this space. We will be moving into the space in phases after it has been cleaned and cleared. Thank you, **Kathy**, for your leadership. Outpatient Psychiatry in Roanoke continues to grow as we work to meet the increasing psychiatric and behavioral health needs of our community. Over the past several months, we have added two additional psychiatric nurse practitioners, **Stephanie Sylvester-Johnson and Jay Witt**. We have added two new therapists, Leanna Stone LCSW and **Ashlie Phenes LPC**. In addition, **Rebecca Ewell LCSW** has moved from EAP/Hollins University to Psychiatry and will be working full time in our department. We are also increasing support staff by adding an additional nurse and additional OBOT care coordinators. There are plans to add several more psychiatrists in the summer of 2022.
- Finally, a special thanks to all our support staff. You have been the backbone of our department and you continue to amaze us with your flexibility and perseverance.



- **Thank you: Vicki, Emily, Kathy, Crystie, Justin, Robert, Rita, Daphne, Holley, Paula, Jennifer, Priscilla, Lisa, Indi, Jordan, Bernice, and Mearra. We appreciate you!**

Department News

- Congratulations! The psychiatry resident/fellow poster won 1st place in the resident/fellow poster competition at the PSV fall meeting: ***Hallucinogen Persisting Perception Disorder in a 17-year-old Male Following Use of Lysergic Acid Diethylamide (LSD): A Case Report. Michael Ferguson, M.D., Tejaswini Doifode, M.B.B.S., Ryan White, D.O., Kiran Khalid, M.D.***

COVID-19 SUPPORT

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NASW – Save the Date – Free Virtual Town Hall

- A free Virtual Town Hall Meeting for Social Workers, Ending Discrimination to Ensure Equitable Access to Mental Healthcare and Addictions Treatment, **Thursday, October 14, 6-7:30 PM**. For information or to register, please visit <https://bit.ly/ParityTownHall>.

The Greater Washington Society of Clinical Social Work and The Virginia Society of Clinical Social Work - "Laws and Regulations & Ethical Considerations Governing Insurance Reimbursement"

- Friday, **October 15, 2-4pm** on Zoom. The Greater Washington Society of Clinical Social Work and The Virginia Society of Clinical Social Work will co-sponsor an educational program with The Commonwealth of Virginia's Bureau of Insurance. Participants will earn 2 CEs, **which qualify for ethics and laws governing the practice of clinical social work**. FREE to current GWCSW or VSCSW members. \$30 for non-members. **Deadline to register is Wed. Oct. 13, 2021.** To register: <https://forms.gle/b3CzKnUdXVxXJzS67>

Free event on Racism, Mental Health & Spirituality-Oct. 15 – 10am-1:30pm EDT

- Join New York Theological Seminary, the Center for Complicated Grief at the School of Social Work, the Columbia University Wellness Center at the Columbia Department of Psychiatry, the HOPE Center Harlem and First Corinthian Baptist Church for the inaugural addressing racism conference. For registration and information see [here](#).



VTCSOM Promotion Process Workshop 2022-23 Cycle

- Dear Faculty Member,
You are invited to participate in a Zoom workshop describing the promotion process at Virginia Tech Carilion School of Medicine. This workshop is specific to those seeking promotion during the 2022-23 cycle. **This does NOT apply to those seeking promotion in the current 2021-22 cycle due October 29, 2021.** Wednesday, November 3, 2021. The Zoom link is [here](#).

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- The AAGP Annual Meeting Abstract Submissions deadline is on **10/22/2021** and can be accessed [here](#).

ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO - #ADAA2022 Submission Portal Now Open – Poster Deadline below



Anxiety & Depression
Association of America
Triumphing Through Science,
Treatment, and Education

Submission Deadlines:

- Posters:** **Wednesday, October 13 at 11:59 pm ET**

CBHDS Drop-In Zoom Biostatistics Consulting

- Dear Virginia Tech and Carilion Clinic Research Community: We hope you are settling nicely into the new academic year. This is a reminder that the [Center for Biostatistics and Health Data Science](#) offers [Drop-in Zoom Consulting Hours](#) every Monday and Wednesday, **at no cost to you**, to support your research efforts. If you are unfamiliar with our services, [please check out our short video here](#). We also invite you to read about recent [CBHDS News and Events](#)!

Links and Information:



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WHO: Open to ALL! Short-term, drop-in consulting provided compliments of the [iTHRIV CTSA](#) by [CBHDS's team of biostatisticians](#)

WHEN: Every **MONDAY, from 10am – 2pm**; Every **WEDNESDAY, from 3pm – 7pm** (to accommodate those who cannot make it during typical business hours)

HOW: To participate, please click the link above at your preferred time. If you would like further information about our [Zoom consulting hours](#) please visit our [website](#).

WHAT TO EXPECT: When you [click the link to our consulting hours](#), you'll arrive in our Zoom waiting room. We'll send you a Zoom chat message to let you know where you are in the queue and approximately how long you may have to wait before we're ready to see you. If you have any questions while in the Zoom waiting room, please send us an email at biostats@vt.edu and we'll get back to you expeditiously. (Contact Emily Bezar if you have questions: emilybezar@vt.edu)

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NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for a year. Mental health issues related to our lockdown and the pandemic are especially hard for people with depression and other mental health disorders. NAMI, The National Alliance on Mental Illness has a **helpline that can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org** - *Virginia Society of Clinical Social Workers - Roanoke Chapter*

VNS Therapy for Treatment Resistant Depression

- We are currently recruiting patients for a study looking at Vagus Nerve Stimulation (VNS) treatment for patients with treatment resistant depression. Patients appropriate for the study will have a current diagnosis of major depressive episode with inadequate response from at least one antidepressant treatment, as well as a documented history of chronic or recurring major depressive disorder that has not adequately responded to at least 4 trials of antidepressant treatment in the current and/or prior lifetime episodes. Patients must also have Medicare to participate in the study. If



you have any questions or would like additional information about the study, please contact Bryce Lewis by email at brlewis@carilionclinic.org or by phone at (540) 494-8285. If you have a patient that may be qualified to participate in the study, please contact Dr. Anita Kablinger.

Wellness

COVID-19 SUPPORT

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- **Carilion EAP** – Many are under the incorrect understanding that the Employee Assistance Program is only for non-clinicians. EAP is a vital resource for those who are struggling emotionally and has been a lifeline for many. Remember that our EAP colleagues and their helpful support are only a phone call away: (800) 992-1931. If you have suggestions as to how can improve your access to mental health resources, please reach out to Neely Conner or myself.
- **TRUST Team** – The illness and threat resulting from COVID-19 is and will continue to stretch us emotionally (and in every other way) as never before. If you are involved in a tragic outcome and the TRUST Team reaches out to you, please consider how they might help support you.
- **Peer-to-Peer Support** – Beyond the TRUST Team, a Peer-to-Peer support process has recently been implemented to provide an additional outreach resource. If you'd like support from a colleague for whatever reason and are not clear where to turn, consider this process. Contact (800) 992-1931 for more information.
- **ACPs Express Groups** – These groups are designed as a way for groups of colleagues to provide support to each other and explore the many strong emotions which have resulted from the past few months. Early experience has shown that specialty-specific groups or groups of colleagues who are familiar have been the most helpful. As such, there will not be any "open" groups offered for the time being, but we are and will continue to offer groups by request. For more information, email Laura Daniels, PhD or myself.
- **PeerRxMed Program** – This is an additional proactive peer-to-peer support program designed to serve as a longitudinal professional support system and to be sure you're not trying to care alone. For more information or to sign up with a partner, go to www.PeerRxMed.com
- **Faculty Vitality/Professional Well-Being Committee:** This is a joint Carilion Clinic/VTCSOM Committee designed to provide well-being resources as well as an exchange of ideas across clinical and non-clinical departments, including representation from the ACP Council.
- **Emotional PPE Project** (Free Mental Health Resources for physicians): [Website](#)



If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psych Adult Case Conference, October 7, 2021 – 12:00-1:00 pm
Psych Peds Case Conference, October 14, 2021 – 12:15-1:15 pm
Psych Grand Rounds, October 21, 2021 – 12:00-1:00 pm

COVID-19 SUPPORT

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10/18/2021

Our Departmental Vision, Mission, and Values Statements

Mission

Advance the mental and physical health of our communities.

Vision

The Department of Psychiatry and Behavioral Medicine will be an internationally recognized pioneer of clinical excellence through the dedicated integration of education, discovery, and recovery.

Values

Collaboration –	Working together with purpose to achieve shared goals.
Commitment –	Unwavering in our quest for exceptional quality and service.
Compassion –	Putting heart into everything we do.
Courage –	Doing what's right for our patients without question.
Curiosity –	Fostering creativity and innovation in our pursuit of excellence.

IN THIS ISSUE

- Note from the Chair
- VP Operations Update
- Department News
- Together on the Frontlines-Oct. 23
- VTCSOM Promotion Process Workshop
- AAGP abstract submissions
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- CBHDS Drop-In Zoom Biostatistics Consulting
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

Note from the Chair

Things are looking more promising for an end to the acute COVID-19 pandemic in our region. More people are vaccinated, the fourth wave is starting to ebb, and hospitalizations are beginning to drop. Unfortunately, the long-term consequences of the pandemic (called Post Acute Sequelae of COVID-19 or PASC) are emerging and include many psychiatric concerns. A new [analysis](#) of 57 studies including over 250,000 COVID-19 survivors finds significant disorders six months or more after the initial illness. At the top of the list: impaired concentration in 25%, anxiety disorders in 30%, depression in 20%, sleep disorders in 20%, and PTSD in 13%. This doesn't even include exacerbations to preexisting psychiatric conditions. Since over 44 million Americans have had COVID and survived, these added illnesses are an enormous challenge to a mental health system that struggled to meet our communities' needs even before the pandemic. And, of course, substance use disorders have increased during the pandemic as well. What are we doing to meet these needs? Here at Carilion we are working to recruit more faculty and staff in our ambulatory settings. We have implemented a Comprehensive Psychiatric Emergency Program and are adding bridge clinics to that effort. We have leveraged technology to reach more people through telehealth. We are expanding our Psychology Division to increase our psychotherapy capacity. We are growing our Interventional Psychiatry Division to increase access to TMS, ketamine, and ECT. We are also growing our neuropsychiatry capacity and now developing a dedicated sleep psychiatry initiative. These are just a sample of our many efforts. We may not



be able to meet all of our communities' needs, but together with our many community partners we will work to meet the needs of as many as we can.

Bob

From the desk of Bill Wasserman, V.P. Operations, Department of Psychiatry

Since my last update in our newsletter there have been some noteworthy events in our Department.

COVID-19 SUPPORT

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1. Over the months of August/October our clinical teams continue to collaborate in sustaining Psychiatric services to our Community. Our coordination and team work, across all service areas, has enabled us to provide necessary access for our Community. We continue to see and treat higher levels of patient acuity with compassion, clinical innovation and dedication within an interdisciplinary framework. My thanks to you for keeping a patient centered treatment focus as we navigate the varied consequences of the pandemic in our professional and personal lives. Please let me know how we may support you in this incredibly important work.
2. Our teams successfully completed the Joint Commission surveys in Roanoke and New River Valley! Kudos to our teams for exemplary results during the survey. There were no clinical findings or opportunities for improvement found. This accomplishment is particularly notable during a period where we continually made operational adjustments due to the pandemic.
3. Staff Engagement/Retention – In the coming weeks we will be meeting with our teams to discuss our 2021 staff engagement survey results. My thanks to those who took the time to participate. We look forward to discuss our results and plan to improve our teamwork and workplace.
4. Department Leadership news -
 - a. We welcome Katrina Lewis in her new role as Manager of CONNECT. Katrina has served our program as a Clinical Team Lead for several years. We are very excited about Katrina formally joining departmental leadership and supporting our staff at CONNECT. Please reach out and congratulate Katrina on her new role.
 - b. We welcome Laura Taylor, our new Program Director, at CNRV St. Albans. Laura brings a wealth of experience in Behavioral Health leadership and is also an LPC. A resident of



Christiansburg, Laura is familiar with the Behavioral Health needs of our New River Valley Communities. Laura's first day was October 11th and she will continue to focus on her orientation and onboarding process for the next several weeks. Laura will be meeting a variety of members of our team as she tours our facilities. Please join me in providing a warm welcome to Laura Taylor.

5. State of the Commonwealth Psychiatric care delivery system -
 - a. State Psychiatric Hospitals have re-opened to some admissions on a more limited basis than pre-pandemic. There continue to be significant disruptions to state bed capacity due to staffing challenges and consequences of the pandemic. This limited bed capacity has had serious downstream consequences for the overall Psychiatric care delivery in the public and private sector. We do not expect these challenges to be alleviated significantly in the near term.
 - b. Our Department has been asked by the Virginia Health and Hospital Association to facilitate a state wide workgroup on inpatient bed access issues. I will be chairing this group.
 - c. Our Department has also been asked to participate in a DBHDS workgroup in the re-design of the Bed Registry. I will be representing our Department.

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These are my updates for this issue of the Newsletter. Do let me know if there are any areas you would like me to address in future 'columns'. At the best.

Bill

Department News

- Congratulations to TEACH Educator Mentorship nominees! Dr. Bush Kavuru, Dr. Sarah Rivelli, Dr. Kiran Khalid, Dr. Abhishek Reddy, and Dr. Tracey Criss. Award winners will be announced at the 2021 Virtual TEACH Education Day on October 28.
- Congratulations to Rhonda Johnson for passing her Psychiatric-Mental Health Nurse Practitioner Exam! Rhonda works in our NRV Ambulatory Clinic. Great job, Rhonda!



Together on the Frontlines – Moving towards hope through the arts & community – event for educators, mental health professionals, & healthcare workers – Oct. 23, 2021

- The Facebook event with the registration/ticket link can be found here - <https://fb.me/e/1Lkhn9fH9> . The event takes place at 434 Church Avenue SW on Saturday, October 23, 2021. **Watch for separate email with the flyer and details.**

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10/25/2021

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Note from the Chair

It is always nice to be recognized for our dedication to improving patient care. It is even better to be seen as a leader in these efforts statewide. A recent letter from the Virginia Department of Medical Assistance Services (DMAS; the folks who run Virginia's Medicaid system) invited healthcare systems across Virginia to learn from us. The focus is our Emergency Department Bridge Clinic [Program](#) that has successfully engaged so many patients into coordinated and consistent opioid use disorder (OUD) treatment. The model developed here is a close partnership between Psychiatry and Emergency Medicine, initiating treatment in the ED and providing a supportive bridge to ongoing treatment in our Outpatient Based Opioid Treatment ([OBOT](#)) program. Dr. Cheri Hartman and Dr. John Burton were specifically named in the letter. A wonderful team of clinicians have developed this educational program to help us lead in Virginia's support of people with OUD. Well done everyone!

Bob

Research Update – Anita Kablinger, MD, CPI

Despite the ongoing challenges of the COVID-19 pandemic, research in the psychiatry department continues to thrive. The department participates in multiple active studies funded by pharma, federal and state programs as well as institutional and internal funding.



For more information about ongoing research in psychiatry, clinicians can access a list of active studies in Microsoft Teams (under files).

Two grant opportunities (below) are currently open for submissions – I highly encourage you to submit proposals involving the areas listed! Projects and ideas can be small (\$2,500) or on a broader scale (up to \$40,000). Please don't hesitate to reach out to discuss your ideas!

1. Research Acceleration Program

Carilion Clinic's Research Acceleration Program (RAP) offers funding for Carilion employees interested in pursuing clinical, biomedical or behavioral research projects. Projects of interest are projects that would advance (or contribute to) Carilion's care objectives, education and research excellence as well as strengthen Carilion's collaborative relationships across disciplines within Carilion and/or with research institutions within the region. While all significant, innovative, and rigorous research proposals are welcomed, applicants are encouraged to pursue research in the following Carilion Clinic priority areas:

- Research addressing addiction in our region
- Engagement of rural participants in the clinical research process
- Research to address health disparities in our community
- Utilization of telemedicine in the execution of a clinical research study
- Management of high-risk patients (e.g. patients with serious chronic disease, multiple comorbid conditions, significant psychosocial challenges) to increase engagement in self-care and prevent ED visits and hospital admissions
- Methods for reducing overutilization of high-volume, low-value clinical services

Complete instructions can be found in the 2021 RAP17 Guidelines:

<https://www.carilionclinic.org/research/rap#about>

Important dates and Information:

Tier I Process

- Tier I Applications are due on **Monday, November 22, 2021** at 5:00 pm EST.
- Applicants selected for funding will be notified by January 10th, 2022.
- Awards up to \$40,000 and not to exceed three awards.

Tier II and III

- Final applications are due on Monday, November 22, 2021 at 5:00 pm EST.
- Awards up to \$10,000 (Tier II) and \$2,500 (Tier III)

For questions and inquiries, contact Vera Hollen, vhollen@carilionclinic.org; Francis Farrell, fxfarrell@carilionclinic.org or research@carilionclinic.org.

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2. **SUBJECT:** Pilot feasibility for VT/Carilion collaborations and health behaviors related studies

In a partnership with the Carilion Clinic Research Acceleration Program (RAP), the office of the Virginia Tech Vice President of Health Sciences and Technology, and the CHBR, we will fund **up to three health behavior related P/F studies up to \$20,000/year** that demonstrate a high likelihood of future extramural funding.

Research Focus: P/F studies focused on areas of research related to health behaviors are designed to provide initial project support for new investigators; allow for exploration of possible innovative new directions for established investigators that represent a significant departure from ongoing funded research; and stimulate investigators from other areas of endeavor to use their expertise for health behaviors research. Proposals should align with the mission of Carilion Clinic—to improve the health of the communities we serve and also seek to advance care through medical education and research—and with the mission and foci of the CHBR. The primary foci of the CHBR include:

1. **Behavioral and neurobiological contributors to health decisions** - Examples include: neural and behavioral manipulations and bases of metabolic disease (obesity, prediabetes, and diabetes), eating and physical activity behaviors, addiction, and medical adherence.
2. **Molecular and clinical studies of metabolism** - Examples include: molecular and cellular mechanisms of metabolic disease; clinical relevance and efficacy of basic discoveries; and mechanisms of variation in responses to interventions (e.g., physical activity, behavioral, pharmaceutical, and dietary interventions).
3. **Implementation and dissemination of evidence-based programming; and health policy** - Examples include: nutrition and physical activity – across the lifespan; behavioral economics; built environment; food insecurity; food and beverage marketing.

Eligibility: P/F funding is intended to support collaborative proposals from full-time Virginia Tech faculty members and Carilion Clinic health practitioners. Investigators will be expected to follow their projects up with an extramural grant submission in order to be eligible for additional future funding through this program. **Funding will only be awarded to applications that are collaborations between Virginia Tech and Carilion Clinic.** Priority will be given to proposals that demonstrate a high likelihood of future extramural funding. Initial deadline is December 1, 2021 for the letter of intent; if chosen, full submissions are due January 12, 2022. Please contact Drs. Warren Bickel (wbickel@vtc.vt.edu), Alex DiFeliceantonio (dife@vtc.vt.edu), or Jeff Stein (jstein1@vtc.vt.edu) to determine eligibility and the appropriateness of the project.

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OBOT News

- This is what was accomplished on behalf of one of our patients: Eviction averted! Recovery supported. The application process for the VA Rent Relief Program is long and arduous, but the patient (and his landlord!) and the care coordinator hung in there and were able to upload all required documents and forms. The process itself took at least 3-4 weeks. The program is assisting with back rent, in addition to paying the patient's rent through January-- eviction is no longer on the table! You can imagine the gratitude expressed by the patient to the OBOT care coordinator: " I really truly appreciate it from the bottom of my heart - **Megan (Pittman)**, you're a lifesaver. Without you this would have never happened! I'll never forget that. I will never forget your support."

I love that we get to do care coordination in our OBOT - this is a great example of the difference our coordination can make in our patients' lives. Way to go, Megan! *Submitted by Cheri Hartman, OBOT Administrator*

Department News

- **Breanne Hamm's** submission for this year's NRV pumpkin contest. Brieanne is a therapist at NRV/St. Albans.



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Upcoming VSCSW Events

- Legalization of Marijuana, Accurate evaluation using the B.E.D.S. Protocol, **October 29, 9-11am via Zoom, Registration closes October 27 at midnight.** Details: <https://forms.gle/g7JzHdT2aA5WZdru5>
- The Heart and Mind of Hypnotherapy: An Intermediate to Advanced Hypnosis Workshop, Presenter: Dr. Douglas Flemons, **November 4-6**, details: <https://mailchi.mp/bf425639e8c6/news-7247945?e=ceac236f6c>
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11/1/2021

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- iThriv Webinar Sessions
- VSCSW Events
- VTCSOM Promotion Process Workshop
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
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- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

Note from the Chair

We have known for many months that people being treated for cancer, cerebrovascular illnesses, cardiac conditions, or who are pregnant are at increased risk of severe COVID-19 outcomes (namely hospitalization or death). Now included in that [list](#) of serious risk factors are mental illnesses including mood and psychotic disorders. This means individuals with disorders including depression, bipolar disorder, or schizophrenia are eligible for booster vaccinations. We should be encouraging our patients to do so- or if not yet vaccinated at all, to get vaccinated. The risks still persist, with over 1,300 Americans reported dead from COVID-19 yesterday and 99 people currently hospitalized for COVID in the Carilion Clinic system. Of enduring importance, this risk also speaks to the underlying neurobiology of mental illness. The same inflammatory and vascular mechanisms in play with coronavirus infection are involved in psychiatric conditions. This insight is an important tool that can help in the effort to destigmatize mental illness and emphasize that, like so many other conditions, it is biology that drives these disorders- not moral failures or character flaws. This is yet another example of making good use of a dangerous crisis!

Bob

Interventional Psychiatry Update – Dr. Justin White

The interventional psychiatry team remains quite busy. The support and referrals from everyone in the clinic continue to be very appreciated. We are anticipating future needs and continuing to plan. For instance, a new space may soon be



available in the dental clinic area, and we are looking at the potential for hiring new providers to join us as well.

The ketamine clinic remains very popular thanks to our talented staff. The inpatient nurses including Lynda McGarry, Chip Tomlin, and Theresa Luder continue to provide excellent ketamine treatment for the adult inpatient units. Our nurse practitioners, Ryan Topel and Anders Sylvester-Johnson, continue to drive our outpatient psychiatry ketamine program. Drew White has also been available for an occasional ketamine treatment in the ED. This program is only a few years old in our department, and yet we have seen so many successful and positive outcomes.

Regarding Electroconvulsive Therapy, Dr. Bankole will be discontinuing her role in performing ECT treatments to pursue other commitments. She has performed countless ECT treatments over the years, and we are very thankful for her dedication. We are excited that Dr. Shariff Tanious will be joining the ECT team! Dr. Criss and Dr. Tran continue to provide faithful service, and we continue to receive referrals for ECT from all Southwest Virginia.

The TMS clinic also remains very active with several treatments each week. This is another example of something that was not available to us just a few short years ago. There is an exciting upcoming opportunity to share this and other advances at a leadership retreat in December that focuses on "world class care in our own backyard".

A 4th year resident interventional psychiatry elective has been created by Tim Adegoke and Kristen Bubel. They have recently presented this work at a VTC research conference. In addition to outpatient ECT, TMS, Ketamine, and VNS assessments, they will be working with treatment delivery. Several services are involved in this venture including Neurology and Anesthesia. We are also exploring the possibility of having the residents observe other providers in the valley who are currently providing interventional psychiatry treatments in private practice and other settings. This may include gaining experience with other TMS devices and exposure to neurofeedback.

With respect to research, Dr. Kablinger, Dr. O'Brien, and Dr. Witcher have successfully recruited several patients into the VNS trial. Bryce Lewis has been our research coordinator, and Dr. Tran and I have been involved in programming sessions with these patients. Many providers outside the Carilion system have contacted me with interest surrounding this and other things we are doing. Also, Dr. Wynn Legon at VTCRI has recently joined us and has been a pioneer in the use of brain focused ultrasound. He is very interested in collaboration with psychiatry, and we are currently discussing research opportunities within our OBOT program.

Finally, our interventional clinic Nurse Coordinator, Dora Wygal, deserves special recognition as she continues to be our "glue" and a constant positive force that keeps the group organized and moving in the right direction. Again, thank you for your

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support and please feel free to contact me at any time with questions or ideas for improvement.

Project ECHO Virtual Grand Rounds

Date: Friday, November 5th, 2021

Time: 12:00 - 1:30 p.m.

Didactic: “New Kids on the Block: an update on illicit substances” by Dr. Avery Michienzi, Board-eligible in Emergency Medicine, Fellow in Medical Toxicology at University of Virginia

***If you are a first time attendee, register no later than November 4th at 10 am via email: cwhartman1@carilionclinic.org**

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Department News

- Department fun!

Roanoke Outpatient Nurses



Roanoke Inpatient Social Workers



Autumn Fest Winners were sent out in a separate email from Dr. Nardecchia:
Jennifer Wells – 1st place costume; Emily West – 2nd place costume; Best Group



Entry – Weekday Staff on R3; Prize Pumpkins – Shelby Wynn, Tonirose Alicea, and Stephanie Sparozich. See email for photos.

We took this photo during Dr. Nardecchia's fun Halloween event on Friday - colorful witches' hats worn in the OBOT to enliven our Friday! **A big THANK YOU to Dr. Nardecchia for all you do to boost morale and promote wellness amongst us!**
Submitted by Dr. Cheri Hartman.



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- **Dr. Abhishek Reddy** – has been invited to serve as an abstract and/or session proposal reviewer for SLEEP 2022, the 36th Annual Meeting of the American Academy of Sleep Medicine and the Sleep Research Society, held June 4-8, 2022, in Charlotte, North Carolina and his manuscript, as Senior Author, "Frequency of Psychiatric Disorders in Adult Patients Hospitalized with Marital Problems" was accepted by "The Primary Care Companion for CNS disorders" journal.
- **Rita Buzuma** has accepted the HAA Team Lead position for our department.
- **Lisa Dishner, MSN**, accepted an appointment as the Department of Psychiatry Senior Director of Nursing.
- **Dr. Badr Ratnakaran** worked with other APA Fellows to create "A Primer of Online Resources on Structural Racism in Psychiatry for Medical Students and Trainees in Psychiatry." The Primer has also been uploaded to the Task Force webpage at <https://www.psychiatry.org/psychiatrists/structural-racism-task-force>. It can be found in the **"Online Resources for Medical Students and Trainees"** expandable section.

Mental Health Treatment

- The Virginia Board of Medicine would like to share [#93 of the Board Briefs](#). This item was prompted by a fellow physician who was concerned that healthcare professionals, and not just physicians, were reluctant to seek mental health treatment for a variety of reasons. One of those reasons is



concern about how the Board of Medicine views mental health treatment. At its October 14th meeting, the Board thought the attached one-pager should be sent as a stand-alone in hopes of allaying concerns about seeking mental health treatment.

AAP Virtual Education Program Registration is now Open

2021-22 AAP Virtual Education Program

November 9, 2020 - June 14, 2022

4:00 pm - 6:00 pm (central time)

2nd Tuesday of each month (see below for session dates)

REGISTER FOR THE SERIES & ATTEND UP TO EIGHT SESSIONS...

****REGISTER BY NOVEMBER 1ST** to be entered into a drawing to win one of three (3) Mystery AAP "Swag" Bags! Drawing will held on November 2nd and the lucky winners will be announced on the AAP website and notified by email on November 3rd! **CLICK HERE** to REGISTER NOW!

2021-22 AAP VEP Preliminary Program

(note: schedule is subject to change) **CLICK HERE**

CLICK HERE to Register for the 2021-2022 AAP VEP Series NOW!

Full session abstract descriptions
are available on the registration site

iThriv – Webinar Sessions starting November 8

Through our association with the integrated Translational Health Research Institution (iTHRIV), Carilion Clinic researchers have the opportunity to attend a virtual NIH Proposal Development Workshop. Briefly, six weekly sessions covering all aspects of grant development through submission will take place **4:00-6:00 pm starting on Monday, November 8th, 2021**. The webinar is free to Carilion Clinic investigators.

Looking for ways to improve your NIH grant submission success? Want to learn more about NIH grant development?

Sign Up for the Proposal Development Series Beginning **Monday, November 8th, 2021**

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Click [here](#) to register.

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Note from the Chair

We have known about the high prevalence of depression in teenagers for years now. We have also witnessed the increase in depression, anxiety disorders, and substance use in teens over the past few years. A recently published [study](#) looks at one excellent approach to helping our teenagers, one that is consistent with growing community comfort discussing mental illness and intervening early to prevent worsened impairment. This large study in multiple Pennsylvania high schools demonstrated the benefits of universal depression screening. Compared to traditional screening (when symptoms become obvious to the school staff), universal screening led to almost six times more students identified with depression symptoms and over twice the number of students starting treatment. Proactive interventions such as universal screening for depression in schools reduce the stigma of mental illness and improve the lives of those who enter treatment. This approach is consistent with so much of what Carilion is already doing in our community partnerships, including our Department's ongoing work with the Roanoke City Public Schools. Many of the ideas and projects our staff and faculty are developing build on this work and help us realize our commitment to improve the health of the communities we serve. I am excited and proud of our community collaborations that are leading to innovation and the implementation of sustainable practices in our communities. Some of them are detailed in this Bulletin's articles, so please keep reading!

Bob

Emergency Psychiatry Update – Dr. Anilla Del Fabbro

The Virginia State Hospital system has been in a state of emergency with severe overcrowding especially since the onset of Covid. In an effort to ease admissions in our area, Carilion was given the opportunity to develop a Comprehensive Psychiatric



Emergency Program (CPEP) as a pilot initiative for change. This program formally went live on July 1.

The program, funded through a grant from DBHDS, is designed to evaluate, treat and rapidly stabilize those patients in crisis, specifically those on ECO's or recommended for TDO's, that are in our emergency department. The goal is to either effectively transition them to outpatient community resources, thus avoiding the need for hospitalization, or stabilizing patients so that they can be managed on private hospital psychiatric units. In September, the team was able to discharge 23 ECO/TDO patients and placed 35 in private hospitals. In October, 12 were discharged with 34 accepted at private facilities. Of voluntary patients, 135 patients were able to be discharged in September with 153 in October. Even without the program fully staffed, the team has been so successful at meeting the goal that the state has agreed to continue funding for another 2-3 years!

The team is currently comprised of Dr. Del Fabbro, Drew White, NP, and Stephanie East, NP. They are further supported by Connect and work collaboratively with the emergency medicine physicians/staff and AES. Psychiatric residents rotate with the team monthly and emergency medicine residents rotate biweekly. We also have child fellows spend a few mornings weekly evaluating children and adolescents, as well as dedicated Connect support. This specialty of emergency psychiatry has even earned an elective rotation for medical students to be involved. Interventions have included both medication management and ketamine treatments.

When fully staffed, the team will be comprised of psychiatric nursing staff and psych technicians along with mental health therapists, social workers and peer recovery specialists. The focus will be on the development of a solid discharge plan with interventions based on removing barriers to successful transitions to the community. Nurses, techs and therapists will run groups addressing DBT skills, coping skills and life skills, arranging warm hand-offs to follow-up, completing applications and writing their own safety plans under staff guidance and assistance. We are welcoming our first therapist, Jesse Collop, on 11/8 and our first SW, Kaitlyn Ragsdale on 11/14.

Our ultimate goal is to run a Psychiatric Emergency Service that is independent of the medical side of the ED. ED psychiatric care is in place on weekend days in addition to weekdays. This will be expanded to full 24/7 coverage. Plans are in the works for the development of a companion program for the CPEP- but we will leave that for the next installment!

ECHO – November 19 @ Noon – Dr. Joe Gieck

Dr. Joe Gieck, Director of Clinical Psychological Services in our department will be presenting a didactic on Friday, November 19th at 12 noon on "Cognitive Processing Therapy for PTSD: Overview of the CPT Treatment Model, Principles, Treatment Efficacy and Application in the Treatment of Comorbid Substance Use Disorders and

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PTSD." This presentation is a part of the statewide Carilion ECHO series funded by the Virginia Department of Health. If you would like to receive the Zoom link to this 90-minute virtual Grand Rounds, please notify Cheri Hartman (cwhartman1@carilionclinic.org) and Gabe Anderson at gwanderson@carilionclinic.org no later than 12 noon on Thursday, November 18th. Free CME credits are awarded to attendees. Hope you can join us!

Department News

- **Dr. Kye Kim's article was published online.** Stewart C, Dewitt S, Gammaluddin S, Whitehead P, Kim KY. End-of-life care in dementia. American Journal of Hospice and Palliative Medicine, September 14, 2021
<https://doi.org/10.1177/10499091211046247>
- **Dr. Badr Ratnakaran** has been appointed to the Maintenance of Certification Subcommittee of Academy of Consultation Liaison Psychiatry.

OBOT News

- I am excited to introduce our sixth care coordinator in our Psychiatry OBOT, our health care team members who make sure we address those critical barriers to accessing treatment and help our patients to successfully proceed down the path to recovery. Bringing lots of terrific experience to this position is **La'Nessa Hughson**. Here is what she says about herself by way of introduction: "I am 32 years old and graduated from Ferrum College in 2012 with a BS in psychology with a minor in education. I have been married to my husband for just over 4 years now and we have two daughters. We also have two spoiled rotten dogs (that are also girls 😊). I enjoy spending time with family and friends and traveling." Please join me in welcoming La'Nessa to our department! *Submitted by Cheri Hartman, PhD.*

Annual Meeting of The Academy of Consultation-Liaison November 10-12

- The (Virtual) Annual Meeting of The Academy of Consultation-Liaison takes place this week on November 10-12.
See <https://www.clpsychiatry.org/> for more information on how to register.

Department participation in this year's meeting includes an interesting workshop on "Neuropsychiatric Consequences of Vitamin Deficiencies: A

COVID-19 SUPPORT

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Critical Review" presented by **Dr. Shariff Tanious** and colleagues from U Indiana and MGH.

Dr. Virginia O'Brien and Dr. Kristen Bubel will present a poster: "Mouth on Fire: A Case of Burning Mouth Syndrome and its Relevance in Psychiatry"

Dr. Badr Ratnakaran will join the Maintenance of Certification Subcommittee of Academy of Consultation Liaison Psychiatry.

Dr. Sarah Rivelli will participate in the Medicine & Psychiatry Specialty Interest Group.

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Schwartz Center Rounds – November 30

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*Panelists - **Kye Kim, M.D.** / Clinton Atwater, PharmD / Sara Nicely, P.A.*

Moderator - Bridgette Smigiel, PharmD / Carilion Clinic

Co-Moderator - Deb Ferron, D.T.M

No pre-registration required

Link is [here](#).

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2021-22 AAP Virtual Education Program

November 9, 2020 - June 14, 2022

4:00 pm - 6:00 pm (central time)

2nd Tuesday of each month (see below for session dates)

REGISTER FOR THE SERIES & ATTEND UP TO EIGHT SESSIONS...

****REGISTER BY NOVEMBER 1ST to be entered into a drawing to win one of three (3) Mystery AAP "Swag" Bags! Drawing will held on November 2nd and the lucky**



winners will be announced on the AAP website and notified by email on November 3rd! [CLICK HERE](#) to REGISTER NOW!

2021-22 AAP VEP Preliminary Program
(note: schedule is subject to change) [CLICK HERE](#)

[CLICK HERE](#) to Register for the 2021-2022 AAP VEP Series NOW!
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Looking for ways to improve your NIH grant submission success? Want to learn more about NIH grant development?

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Click [here](#) to register.

Upcoming VSCSW Events

- **The Heart and Mind of Hypnotherapy: An Intermediate to Advanced Hypnosis Workshop**, Presenter: Dr. Douglas Flemons, November 4-6, details: <https://mailchi.mp/bf425639e8c6/news-7247945?e=ceac236f6c>
- **Creative Therapeutics For Client** – Presenter: Stephanie Pratola, PhD, Wednesday, **November 17 – 12:00-2:00 pm** – details: [W VSCSW Presentation Info for Stephanie Pratola i...](#)



ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO



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CBHDS Drop-In Zoom Biostatistics Consulting

- Dear Virginia Tech and Carilion Clinic Research Community: We hope you are settling nicely into the new academic year. This is a reminder that the [Center for Biostatistics and Health Data Science](#) offers [Drop-in Zoom Consulting Hours](#) every Monday and Wednesday, **at no cost to you**, to support your research efforts. If you are unfamiliar with our services, [please check out our short video here](#). We also invite you to read about recent [CBHDS News and Events](#)!

Links and Information:

WHAT: [Drop-in Zoom Consulting Hours](#) for Biostatistics Support

WHO: Open to ALL! Short-term, drop-in consulting provided compliments of the [iTHRIV CTSA](#) by [CBHDS's team of biostatisticians](#)

WHEN: Every [MONDAY, from 10am – 2pm](#); Every [WEDNESDAY, from 3pm – 7pm](#) (to accommodate those who cannot make it during typical business hours)

HOW: To participate, please click the link above at your preferred time. If you would like further information about our [Zoom consulting hours](#) please visit our [website](#).

WHAT TO EXPECT: When you [click the link to our consulting hours](#), you'll arrive in our Zoom waiting room. We'll send you a Zoom chat message to let you know where you are in the queue and approximately how long you may have to wait before we're ready to see you. If you have any questions while in the Zoom waiting room, please send us an email at biostats@vt.edu and we'll get back to you expeditiously. (Contact Emily Bezar if you have questions: emilybezar@vt.edu)

Supporting Diversity and Inclusion in Research Participation

- The integrated Translational Health Research Institute of Virginia (iTHRIV) has a program to improve diverse representation in clinical research called **Recruitment Enhancing Resources Program**. See [RERP iTHRIV Portal Page](#) All inquiries related to this announcement should be directed to: Kristin I. Miller (kim6g@virginia.edu).



NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for a year. Mental health issues related to our lockdown and the pandemic are especially hard for people with depression and other mental health disorders. NAMI, The National Alliance on Mental Illness has a **helpline that can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or info@nami.org** - *Virginia Society of Clinical Social Workers - Roanoke Chapter*

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Wellness

- **Carilion EAP** – Many are under the incorrect understanding that the Employee Assistance Program is only for non-clinicians. EAP is a vital resource for those who are struggling emotionally and has been a lifeline for many. Remember that our EAP colleagues and their helpful support are only a phone call away: (800) 992-1931. If you have suggestions as to how can improve your access to mental health resources, please reach out to Neely Conner or myself.
- **TRUST Team** – The illness and threat resulting from COVID-19 is and will continue to stretch us emotionally (and in every other way) as never before. If you are involved in a tragic outcome and the TRUST Team reaches out to you, please consider how they might help support you.
- **Peer-to-Peer Support** – Beyond the TRUST Team, a Peer-to-Peer support process has recently been implemented to provide an additional outreach resource. If you'd like support from a colleague for whatever reason and are



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not clear where to turn, consider this process. Contact (800) 992-1931 for more information.

- **ACPs Express Groups** – These groups are designed as a way for groups of colleagues to provide support to each other and explore the many strong emotions which have resulted from the past few months. Early experience has shown that specialty-specific groups or groups of colleagues who are familiar have been the most helpful. As such, there will not be any “open” groups offered for the time being, but we are and will continue to offer groups by request. For more information, email Laura Daniels, PhD or myself.
- **PeerRxMed Program** – This is an additional proactive peer-to-peer support program designed to serve as a longitudinal professional support system and to be sure you’re not trying to care alone. For more information or to sign up with a partner, go to www.PeerRxMed.com
- **Faculty Vitality/Professional Well-Being Committee:** This is a joint Carilion Clinic/VTCSOM Committee designed to provide well-being resources as well as an exchange of ideas across clinical and non-clinical departments, including representation from the ACP Council.
- **Emotional PPE Project** (Free Mental Health Resources for physicians): [Website](#)

If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Peds Case Conference, Thursday, November 11, 2021, 12:15-1:15 pm
Psychiatry Grand Rounds, Thursday, November 18, 2021, 12:00-1:00 pm



11/15/2021

Our Departmental Vision, Mission, and Values Statements

Mission

Advance the mental and physical health of our communities.

Vision

The Department of Psychiatry and Behavioral Medicine will be an internationally recognized pioneer of clinical excellence through the dedicated integration of education, discovery, and recovery.

Values

Collaboration –	Working together with purpose to achieve shared goals.
Commitment –	Unwavering in our quest for exceptional quality and service.
Compassion –	Putting heart into everything we do.
Courage –	Doing what's right for our patients without question.
Curiosity –	Fostering creativity and innovation in our pursuit of excellence.

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- ECHO
- Department News
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- New Autism Study
- Schwartz Center Rounds
- AAP Virtual Education Programs
- iThriv Webinar Sessions
- VSCSW Events
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- CBHDS Drop-In Zoom Biostatistics Consulting
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

Note from the Chair

Today I want to highlight yet another one of our Department's areas of great success: medical education. It is well known that clinical care is very much "performance art"- we are expected to be our best for each and every patient contact. The same holds true for education and our work with students. Our Department has long been ranked at the top of Virginia Tech Carilion School of Medicine clinical rotations. The most recent set of evaluations continues to reflect that. Our Faculty and Residents were uniformly- as in each and every one- praised for their teaching, mentorship, and dedication to creating an excellent learning environment. That is simply amazing. And this is even more extraordinary as it is occurring during the Pandemic. While these reviews and feedback focused specifically on our Residents and Faculty, it reflects the work of the entire team: each and every discipline working together to provide great and compassionate care. I want to express how proud I am, as Chair, of all of our staff, learners, and faculty who have maintained a warm, caring, and educational environment during a very stressful time. Well done everyone!

Bol

Women's Mental Health Division – Dr. Jen Wells

- I'm steadily developing a plan for a women's mental health (WMH) division as our department continues to grow and bloom. At current, I have been joining with colleagues in our OB/GYN department to develop a women's mental health collaborative that would unite services for women in our community under one umbrella. Then, Carilion WMH could serve as the hub and



community agencies/resources as the spokes to ensure improved access for women with mental health issues. I am also working with Dr. O'Brien to enter the e-consult world for perinatal medicine, to start, and women's mental health, more broadly, as that service expands in 2022. I would also like to see the advent of a women's mental health warmline to support our services at some point. Finally, I am working with Carilion marketing to build an online presence for WMH debuting next year. I have been collecting names of persons from all around who share my interest in WMH and am always looking for more help. Please send an email or a text if you would like to jump in, share ideas or be kept abreast of what's coming.

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ECHO – November 19 @ Noon – Dr. Joe Gieck

Dr. Joe Gieck, Director of Clinical Psychological Services in our department will be presenting a didactic on Friday, November 19th at 12 noon on "Cognitive Processing Therapy for PTSD: Overview of the CPT Treatment Model, Principles, Treatment Efficacy and Application in the Treatment of Comorbid Substance Use Disorders and PTSD." This presentation is a part of the statewide Carilion ECHO series funded by the Virginia Department of Health. If you would like to receive the Zoom link to this 90-minute virtual Grand Rounds, please notify Cheri Hartman (cwhartman1@carilionclinic.org) and Gabe Anderson at gwanderson@carilionclinic.org no later than 12 noon on Thursday, November 18th. Free CME credits are awarded to attendees. Hope you can join us!

Department News

- **Dr. Badr Ratnakaran** has been selected as a 2022 Editorial Fellow for the AMA Journal of Ethics and will serve as a guest editor on creating a theme issue on Mental Health Care of Older Adults.

Research Opportunity

- You are invited to participate in an online research study at Virginia Tech about "**Understanding clinical opinions of Artificial Intelligence in clinical tools.**" The purpose of this study is to establish a better understanding of what clinicians currently think of Artificial Intelligence (AI) / Machine Learning (ML) embedded tools that are developed for clinical practice, including what they are concerned and excited about and what they predict the future of healthcare will look like once such tools are further incorporated into practice. This interview study will be conducted using Zoom. A transcript of the interview will be saved. The entire study and will take



approximately 75 - 90 minutes of your time, including a pre-interview activity that familiarizes participants with the Futures wheel method that will be used during the interview, and should take up to 15 minutes of your time. The interview will take 60 minute. After participation, we will send a follow-up email to show you the data that was collected and ask for you to reflect on it, which should take up to 15 minutes of your time. Participants are compensated \$50 for their time and effort while participating in this study.

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The eligibility requirements for the study: you must be a practicing clinician (e.g., nurse, nursing assistant, physician, physical therapist) who works in direct patient care. Please let us know by email if you are interested in more information about participating in our study. Many thanks, Dr. Stephanie Tulk Jesso, Email: stulkjesso@vt.edu and Dr. Aisling Kelliher, Email: aislingk@vt.edu; IRB study 21-290

New Autism Study

- We are now recruiting patients for an autism study investigating the impact of a new drug on symptoms of irritability in adolescents. Eligible patients must be 13 to 17 years old, have a documented diagnosis of autism spectrum disorder, and have GI symptoms such as constipation or diarrhea. Eligible patients cannot currently be using antipsychotic medications, oral controlled or extended-release medications, or have a comorbid major psychiatric condition such as bipolar disorder or schizophrenia. If you have any questions or would like more information, please contact Bryce Lewis at 540-494-8285 or brlewis@carilionclinic.org. If you would like to refer a patient for this study, please contact Dr. Anita Kablinger.

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Presenter: Kimberly Palmer Simcox, DO, FACOG

“Contraception for Women with Psychiatric Disorders and the Effect of Psychotropic Drugs on Pregnancy”



11/22/2021

Our Departmental Vision, Mission, and Values Statements

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Note from the Chair

In addition to all the deaths America suffered as a direct result of COVID-19 infections (now approaching 770,000 deaths), there is another loss of epidemic proportions we are facing- deaths from the consequences of untreated addiction. Over the past 12 months alone, over 100,000 Americans died by [overdose](#), fully 30% more than the prior year. Death from opioids make up the majority of our losses. This torrent of death has provoked a national conversation about addiction and there are now a growing number of meaningful responses. Increased funding for a range of services is one such response. The CMS is extending its coverage of telehealth, including audio only, for the treatment of substance use disorders and mental illness- coverage that does not extend is such a comprehensive way to other medical care. Nevertheless, over the past months a collaboration of Departments here at Carilion has enabled us to offer universal Hep C screening and treatment for our inpatients. In a very positive development, the FDA reclassified Hepatitis C (Hep C) tests and treatment, making it much easier to test and treat this illness that is a very common co-occurrence in our patients with substance use disorders. While there are many challenges, I am delighted with the progress Psychiatry is making overcoming stigma in our country, allowing us to provide the care our patients and communities need. With that, please let me share the very best wishes for a happy and healthy holiday season!

Bob

Nursing Update – Lisa Dishner, Senior Director of Nursing

It continues to be very busy on the inpatient units. We continue to onboard many new staff members at CMC and CNRV. Staffing continues to stabilize and has allowed us to increase our census on our units that is consistent with infection control recommendations throughout the pandemic.



We have a couple of initiatives underway to improve safety on our units.

- We are working with the teams at CNRV to establish an elopement policy and procedure which will include additional restrictions to unit access and locked doors to provide additional barriers if a patient elopes from the unit.
- Patient Tracking system implementation is underway at CMC. We are working with the vendor on walk throughs, cabling and next steps.

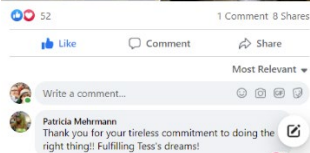
In the coming weeks I will be meeting with the nursing teams at CMC and CNRV to review our staff engagement results. During these meetings we will collaborate and establish goals that we can work on, as a team, to improve our engagement results. I am grateful for the teams persistence and resilience as we continue to navigate the many changes that are rolling out as it relates to COVID. I hope that you will have the opportunity to spend time with your family and your friends during the holidays. Please reach out if there is anything that I can do to support you.

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ED Bridge to Treatment

Teams working with our ED Bridge to Treatment Project recently produced a training video to assist other healthcare systems with implementing a similar program. The project gets patients with an opioid use disorder from the ED across the referral bridge to enroll in treatment: <https://bit.ly/3ks223c>. Pictured: John Burton, M.D., Cheri Hartman, Ph.D., and Kimberly Hunt, R.P.R.S.



Recently, we highlighted work on an ED Bridge to Treatment training video that will be used to assist other healthcare systems with implementing a similar program.

The Carilion@Work Facebook post yielded the highest social engagement for the week including support from Patricia Mehrmann. Her daughter Tess was featured in *Dopesick* by bestselling author Beth Macy.

Department News

- Please welcome **Jamie Butler, LPN**. Jamie is our new nurse in Roanoke outpatient.



Research Opportunity

- You are invited to participate in an online research study at Virginia Tech about “**Understanding clinical opinions of Artificial Intelligence in clinical tools.**” The purpose of this study is to establish a better understanding of what clinicians currently think of Artificial Intelligence (AI) / Machine Learning (ML) embedded tools that are developed for clinical practice, including what they are concerned and excited about and what they predict the future of healthcare will look like once such tools are further incorporated into practice. This interview study will be conducted using Zoom. A transcript of the interview will be saved. The entire study and will take approximately 75 - 90 minutes of your time, including a pre-interview activity that familiarizes participants with the Futures wheel method that will be used during the interview, and should take up to 15 minutes of your time. The interview will take 60 minute. After participation, we will send a follow-up email to show you the data that was collected and ask for you to reflect on it, which should take up to 15 minutes of your time. Participants are compensated \$50 for their time and effort while participating in this study.

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11/29/2021

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Note from the Chair

Many of us celebrated the Thanksgiving holiday with family and friends last week. It is a season typically filled with parties, gatherings, and connecting with those we love. Sadly, for many this pandemic is a time of anxiety, despair, and demoralization. Over 100,000 people died from drug overdoses in the past 12 months, 43% more than the previous year. Depression and anxiety are at all-time high levels. But in parallel with these challenges, the national conversation is much more openly inclusive of psychiatric illness and addiction than ever before. In some important ways, our roles as psychiatric healers is empowered: more people are willing to discuss treatment options and receive care. A word I have heard used recently is “remoralization”: helping someone recover from a demoralized state, helping them rebuild a sense of meaning and purpose. During this season, there are many reasons indeed to be hopeful. I am very hopeful- and proud- given the fact that we are all working hard to make a difference in the lives of so many. That brings a great sense of meaning and purpose to us as well as to those for whom we care!

Bob

Department News

- **Dr. Yezhe Lin** was invited as a co-guest editor of a special issue in *Frontiers in Psychiatry - Comorbidity in Patients with Psychiatric Disorders: Epidemiological and Molecular Perspectives*.
- For anyone who is interested in publishing within this scope, please check out this [LINK](#).



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Note from the Chair

Here's a word for you: liminality. This is a word with a meaning new to me (and I wager most of us). The traditional use is to define a threshold (for example, "That sound is just liminal."- or at the threshold of hearing). The new-to-me meaning that is all too useful now is the disorientation that occurs in the middle of a transition (say, for example, the Pandemic), when people no longer hold their pre-event understanding of the world but do not yet know what the world will look like when the transition is completed. This is where we are in the Pandemic: knowing that the pre-COVID world is gone, but not sure what the post-Pandemic world will be. In general, most of us dislike ambiguity and much prefer predictability. This lack of predictability contributes to the sense of disorientation so many of us are feeling these days. While I don't have a solution, I can at least offer reassurance: it is normal for us to feel this disorientation. In the days ahead, I fully expect increasing clarity and predictability about what the post-Pandemic future holds for us. One other thing to consider: we have learned that, while we may not like it, we can cope with this ambiguity and create new ways of living our lives and providing care to those who need it. Knowing that, let's try to shape a much better, much healthier post-Pandemic, post-liminal world.

Bob

Department News

- Welcome to new staff for CPEP! **Jesse Collop, LPC, Kaitlyn Ragsdale, MSW, and Shannon Morton, BSN, RN.**
- **Dr. Yezhe Lin** was published: Lin Y, Xie H, Huang Z, Zhang Q, Wilson A, Hou J, Zhao X, Wang Y, Pan B, Liu Y, Han M, Chen R. The mental health of



transgender and gender non-conforming people in China: a systematic review. Lancet Public Health. 2021 Dec;6(12):e954-e969. link: [here](#)

- Congratulations to our physicians who just passed their general and/or specialty board exams!

General Psychiatry:

Kathleen Elswick, DO

Faiq Hamirani, MD

Ramon Pineyro, MD

Badr Ratnakaran MBBS

Child and Adolescent Psychiatry:

Abhi Reddy, MD

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Child and Adolescent Section Update – Felicity Adams, MD

Happy Holidays from the Child and Adolescent Psychiatry Section. We continue to grow to meet the needs of children and families in our community. The inpatient team have worked together to increase our census this month, and we are serving children and families from our region and the state. Recent improvements to the inpatient workflow included the integration of AMWELL technology for video enabled family meetings. This has been a long-term goal and is an enhancement for which we are grateful. Because many families live over an hour away, the ability to meet in family session using real time video conferencing allows for more frequent and more engaging family sessions with family who are not able to travel to be present in person.

In the outpatient area we are providing services where families want to access them. We continue to offer telehealth, as well as in office visits here in the department of psychiatry. Additionally, we have 3 primary care-based consultation clinics which will be operational next year and a school-based psychotherapy clinic at Fallon Park Elementary which will begin in January of 2022. The pediatric sleep consultation clinic is now taking referrals. We continue to grow our adolescent substance abuse treatment program, our eating disorders specialty clinic, and the family therapy clinic. Our faculty are mentoring fellows and students in research projects, which include education to primary care physicians regarding child mental health and digital media, the impact of the pandemic on emergency mental health access for children and adolescents, and an assessment of curricular changes to the inpatient child and adolescent psychiatry rotation for medical students.



Congratulations to our faculty and fellows who recently passed a board exam: Dr. Abhi Reddy, Dr. Kathleen Elswick, Dr. Eric Trinh, Dr. Ryan White, Dr. Tahnee Wong-Okafor, and Dr. Norah Silver.

OBOT-VHHA Statewide Webinar Presentation

Because of YOU - we do further our mission at Carilion even during these most challenging times of the pandemic! It has been a busy week: You were applauded this week - by the Chief Medical Officer of the VA Dept of Medical Assistance Services. Following Dr. Bachireddy's talk at a statewide webinar sponsored by VHHA on Tuesday, November 30th, Cheri W Hartman, PhD. gave a presentation announcing the Virginia ED Bridge Replication Project and the imminent release of the Building Bridges to Recovery from the ED to the Shores of Treatment: Virginia Guidelines for Developing and Implementing ED Bridges to Treatment Programs for Persons with an Opioid Use Disorder, authored by Cheri Hartman with the collaborative ED Bridge Team: John H. Burton, MD; Karen N. Kuehl, MD Brittany Leftwich, RN; Michelle Diehl, MS; David Hartman, MD; Katherine Tolhurst, MD; Maryann Hollen, BA, William S. Rea, MD; Erin Casey Trinh, MA; Kimberly Hunt, CPRS; Hunter Sharp, BA; Susan Gross, LPN; Sara Boucher, LCSW; P. Lynn Bowman, LCSW; Mark C. Derbyshire, LCSW; Mariah Rudd. This curriculum is designed to educate other hospital systems interested in implementing an ED Bridge to Treatment, building on the lessons learned at our Carilion Clinic and the developments across the country in this field. The ED Bridge project team was also recognized as "Innovators" at the recent Carilion Leadership Innovation Conference held on Wednesday, December 1, 2021. Conference participants had the opportunity to "play" a game, role playing the different patient scenarios potentially benefitting from the rapid access to triage and treatment provided through this program. All of the OBOT care coordinators, providers, therapists (a big welcome to Leanna Stone, LCSW!), our peer recovery specialists, nurses like Susan Gross (vital part of all we do in the OBOT!), the departmental leadership, HAAs (Bernice Dyne especially!), Kathy Markham - have gone above and beyond day after day to turn our program into a leader in Virginia. Most importantly, this team is helping us address the tragic epidemic of the opioid use disorder, decimating so many lives. Proud to be a part of this team! *Submitted by Dr. Cheri Hartman*

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iThriv Grant awarded to Psychiatry

Psychiatry was awarded one of the iThriv pilot funds - Assessing telepsychiatry

Carilion Clinic Psychiatry and Virginia Tech Psychology departments have been successfully using Patient Reported Outcome Measures (PROMs) to assess the severity of mental illness and health outcomes after in-person psychiatric treatments. The COVID-19 pandemic, however, necessitated a rapid transition nationally from in-person to virtual services. Initial results indicate that patients who received care via telepsychiatry showed improvements in depression, anxiety and psychological functioning. However, without a control group of untreated patients, the impact of telepsychiatry and PROMs remains unclear. A research team led by **Anita Kablinger**, clinical trials research director at Carilion Clinic, and Lee Cooper, clinical associate professor and director of the Psychological Service Center and the Adult Assessment Clinic in Virginia Tech's Department of Psychology in the College of Science, proposes creating a control group in which patients awaiting treatment will be randomly assigned to one of two control groups: One group will complete PROMs monthly and have access to microlearning patient education videos, and a second group will not receive intervention but will complete the PROMs upon admission to the waitlist and right before being seen by a provider. This will allow the team to assess the influence of telepsychiatry treatment and the effect of repeated PROMs, offering indications for continued availability of PROMs in conjunction with telepsychiatry services post-pandemic. For more info on iThriv grants [Read More](#)

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12/13/2021

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- Pediatric Sleep Consultation Clinic
- NDA Training
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Note from the Chair

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair." Charles Dickens wrote that over 160 years ago. While it was a different place and a very different time, those words resonate with our current emotional states. Many of us- both our patients and ourselves- are depressed and demoralized with wave after wave of the pandemic and social unrest destabilizing our lives and making it very difficult to plan our lives and -in the immediate future- plan for the holidays. Some are retreating into further isolation, while others are saying "Enough of this!" and trying to ignore pandemic risks completely. This is indeed a season of hope, and there is much to be grateful for. We know so much more than we did in March 2020- we have adapted, we have learned, and we continue to improve our ability to treat those in need of care while taking care of ourselves both physically and emotionally. While risks and uncertainties remain, we can live our lives with some semblance of normalcy through vaccination (now including boosters for all eligible), wearing masks, washing hands, and social distancing when we realistically can. Life has always been a daily balancing act: balancing the risks and the benefits of each of our choices. While we can't control the pandemic, there is so much in our own lives that we can. Let's choose to focus on this as the season of light and of wisdom, and continue to learn, adapt, and care for each other and for ourselves!

Bob



Pediatric Sleep Consultation Clinic for children and adolescents

- Sleep and Mental Health have a bi-directional relationship, and few specialized sleep clinics exist to focus on the co-morbidities of psychiatric and sleep disorders. **Dr. Abhi Reddy, together with Jennifer Amateis LCSW** is developing a Pediatric Sleep Consultation Clinic for children and adolescents (ages 5-17). Clinical goals include improving sleep hygiene and sleep patterns, decreasing the use of sleep aids when possible, and providing family education about sleep during childhood and adolescence. The clinic will offer MD consultation and when appropriate, will also offer psychotherapy for insomnia (CBT-I). Jennifer Amateis will provide the CBT-I. This consultation model is limited in sessions and all patients seen will transition back to the referring provider. We are collaborating with Pediatric Pulmonology to offer sleep studies when indicated. With feedback and experience, we hope to expand this project to include adult patients in the future. Referrals can be made by placing a Psychiatry referral order with "Pediatric sleep clinic" specified in the text box.

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Dr. Sunil Jain of PMR and Pain Medicine is soliciting interest in NADA training. He is looking to get a group together for a training on campus. The training will be led by **Dr. Victoria Taylor**, a licensed acupuncturist and certified NADA trainer. The tuition (\$500 per person) includes training materials, resource manual, training fee and 1 year NADA membership fee. The total time commitment is 5 half days. The training may be held on Saturdays. There may be an option to do 4 sessions of 6 hours each instead. Students will act as volunteers for each other as part of the training. This course will train the provider in the NADA protocol for addiction, PTSD, smoking cessation, stress and related conditions. Please email Dr. Jain at skjain@carilionclinic.org if you are potentially interested.



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12/20/2021

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The year 2021 will be remembered as a year of pandemic losses and of social unrest. Here in the Carilion Department of Psychiatry and Behavioral Medicine, it will also be remembered as a year of accomplishment and pride. Not only have we proven ourselves to be resilient and dedicated professionals, we continued to grow and to achieve meaningfully. Here is a brief review of just some of our accomplishments above and beyond our baseline:

- We recruited great additions to the department: five physician faculty members, multiple psychologists, nurse practitioners, social workers, and nurses, among the many disciplines.
- We implemented or expanded our Comprehensive Psychiatric Emergency Program (with \$5M state support); the Emergency Department bridge to ambulatory care and to the Outpatient Based Opioid Treatment (OBOT) program; Collaborative Care with both Community and Family Medicine and with Pediatrics; an ambulatory Psycho-Oncology Program; Adolescent Eating Disorders programming; the Child and Adolescent Sleep Psychiatry Program; the Center for Grief and Healing; expanded our Interventional Psychiatry efforts; and grew our ambulatory psychiatry access by 20% overall.
- We enhanced our Community Partnerships through expanded clinical care at the Bradley Free Clinic; provided statewide leadership and training for the Virginia Department of Health OBOT initiative; began the Roanoke City Public Schools Fallon Park Child Psychiatry collaborative clinic; completed our Robert Wood Johnson-funded project Re-Think Health; and continued to build our close partnership with the Virginia Department of Behavioral Health and Developmental



Services (DBHDS).

- We grew our research productivity with 25 ongoing studies (5 with federal funding), completed 16 projects, and initiated 8 new projects; expanded our scholarly productivity with 21 publications and 38 regional, national, and international presentations; and continued to build our video patient education portfolio in collaboration with Mytonomy.
- Our Department had 10 state and federal regulatory surveys without a single adverse finding.

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We did all of this by working together, overcoming extraordinary challenges, and by staying focused on our vision of clinical excellence through the dedicated integration of education, discovery, and recovery. We should take a collective moment to recognize and appreciate all this amazing work! Well done everyone!

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- We are currently recruiting patients for a study looking at Vagus Nerve Stimulation (VNS) treatment for patients with treatment resistant depression. Patients appropriate for the study will have a current diagnosis of major depressive episode with inadequate response from at least one antidepressant treatment, as well as a documented history of chronic or recurring major depressive disorder that has not adequately responded to at least 4 trials of antidepressant treatment in the current and/or prior lifetime episodes. Patients must also have Medicare to participate in the study. If you have any questions or would like additional information about the study, please contact Bryce Lewis by email at brlewis@carilionclinic.org or by phone at (540) 494-8285. If you have a patient that may be qualified to participate in the study, please contact Dr. Anita Kablinger.

Wellness

- **Carilion EAP** – Many are under the incorrect understanding that the Employee Assistance Program is only for non-clinicians. EAP is a vital resource for those who are struggling emotionally and has been a lifeline for many. Remember that our EAP colleagues and their helpful support are only a phone call away: (800) 992-1931. If you have suggestions as to how can improve your access to mental health resources, please reach out to Neely Conner or myself.
- **TRUST Team** – The illness and threat resulting from COVID-19 is and will continue to stretch us emotionally (and in every other way) as never before. If you are involved in a tragic outcome and the TRUST Team reaches out to you, please consider how they might help support you.
- **Peer-to-Peer Support** – Beyond the TRUST Team, a Peer-to-Peer support process has recently been implemented to provide an additional outreach resource. If you'd like support from a colleague for whatever reason and are not clear where to turn, consider this process. Contact (800) 992-1931 for more information.
- **ACPs Express Groups** – These groups are designed as a way for groups of colleagues to provide support to each other and explore the many strong emotions which have resulted from the past few months. Early experience has shown that specialty-specific groups or groups of colleagues who are familiar have been the most helpful. As such, there will not be any "open" groups offered for the time being, but we are and will continue to offer groups by request. For more information, email Laura Daniels, PhD or myself.
- **PeerRxMed Program** – This is an additional proactive peer-to-peer support program designed to serve as a longitudinal professional support system and to be sure you're not trying to care alone. For more information or to sign up with a partner, go to www.PeerRxMed.com



- **Faculty Vitality/Professional Well-Being Committee:** This is a joint Carilion Clinic/VTCSOM Committee designed to provide well-being resources as well as an exchange of ideas across clinical and non-clinical departments, including representation from the ACP Council.
- **Emotional PPE Project** (Free Mental Health Resources for physicians): [Website](#)

If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

COVID-19 SUPPORT

If you are experiencing distress as a result of the pandemic, call: COVID-19 Employee Support Helpline 1-800-468-1359 (option 2)

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Adult Case Conference, Thursday, January 6, 2022, 12:00-1:00 pm

Psychiatry Pediatrics Case Conference, Thursday, January 13, 12:15-1:15 pm

Psychiatry Grand Rounds, Thursday, January 20, 2022, 12:00-1:00 pm