



08/28/2023

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

- Chair's Note
- Department News
- Roanoke Rehab Construction Update
- Article of the Week
- Open Access Publishing Presentation Now Available
- New Fitness Option: Performance Locker
- VTC SOM Department of Psychiatry and Behavioral Health Development of Promotion
- Year-End CME Reminder
- Unfinished Apparel clothing pilot started.
- International Overdose Awareness Day
- 2023 Appalachian Addiction and Prescription Drug Abuse Conference
- 2023 Psychiatric Society of Virginia Annual Fall Meeting
- Call for Abstracts VaSAM 2023 Annual Conference
- Sleep Medicine for Clinical Social Workers
- Nitazene Training
- ECHO

Chair's Note:

In my role as chair of the American Psychiatric Association's Council on Healthcare Systems and Financing, I get to work with, and learn from, some exceptional people from around the country. From time to time, I get to comment on issues regarding treatment of mental illness. This past week, I contributed to two articles about the need for treatment and access to care. One [article](#) was published by the New York Times and reflected on the [RAND study](#) that found, among other things, a 38% increase in mental health care services during the pandemic. The other, published in Time magazine had the snappy but somewhat misleading title, [America Has Reached Peak Therapy. Why Is Our Mental Health Getting Worse?](#). That article noted CDC [data](#) that one in 8 American adults take antidepressants and one in five has received psychotherapy. For me, what links them is the fact that treatment of mental illness is expanding, and our country is discussing the reasons, the needs, and the challenges in a much more open fashion than ever before. The fact that we at Carilion are expanding our service access at Tanglewood in just over a month (The ribbon cutting is scheduled for October 10th!) is an important reflection of our commitment to meeting the growing demand in our communities for our services.

Bob.

Department News

Dr. Badr Ratnakaran will be conducting a workshop titled, "Bridging Generations: Updates in Geriatric Psychiatry Residency Education" at the 2024 Association for Academic Psychiatry Annual Meeting at Vancouver, Canada, from September 6-9

Roanoke Rehab Construction Update

Rehab 1st Floor

- Relocation of designated providers and staff on plan to occur 8/30/23 beginning at 9:00 a.m.
- Expect conference room renovation to be completed week of 9/4/23.

Data/HVAC

- Breaker panel will be installed week of 8/28 which is necessary to restore air conditioning to designated portions of the building, including the resident areas on Level II.
- Emergency panel is planned for relocation next week – no interruptions to data or other services expected.

Rehab 2nd Floor

- Ceiling tile replacements in the corridor adjacent to resident space planned for the week of 8/28.
- Painting will also be occurring in the same areas.
- Project resident access to these areas the week of 9/11/23.

Two story structure

- Interior demolition is drawing to conclusion.
- Expect equipment to be delivered to the exterior lot week of 8/28/23 in preparation for exterior demolition.
- Exterior demolition begins 9/5/23.
- Expect noise and potential for mild vibrations as the exterior two-story wing is deconstructed.

Article of the Week

A Fast-Acting Pill Receives Approval for Postpartum Depression but Not for Major Depressive Disorder

Most of us would agree that those who suffer from Major Depressive Disorder represent a heterogeneous group of people. As an experienced provider, I can confidently say that no two people with clinical depression are the same. Illness duration, length of treatments and types of treatments vary. However, one group has a very similar illness presentation and course – women who develop Post-partum Depression (PPD). PPD, however, is a misnomer given that depression may occur prior to giving birth and the risks increase with a + family history of psychiatric illness. Perinatal depression is a more accurate term.

Treatments typically include standard-of care antidepressants and psychotherapy. In 2019, Brexanolone was approved as the first specific medication to treat PPD but is

an intravenous treatment requiring inpatient care for a 60-hour infusion. [Zuranolone has recently been FDA-approved](#) as the first oral, daily compound for the treatment of PPD. Both medications are modulators of GABA receptors and neuroactive steroids that work quickly (within 2 weeks). This mechanism of action is different compared to SSRIs and SNRIs so it shouldn't be a surprise that they have not been approved for the use of MDD per se (up to now).

We all know people who have suffered from clinical depression but research into specific treatments for unique depressive subtypes, such as Zuranolone for PPD, is a welcome addition to our armamentarium and continuous search for better treatments.

Contributed by Dr. Anita Kablinger

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Anita Kablinger MD – Professor, chair
Dan Harrington MD –Professor, member
William Rea MD –Professor, member
Brian Shenal PhD- Associate Professor, member
Delmar Short MD – Associate Professor, member
Eric Vance – Associate Professor, member
Laura Huff MD – Assistant Professor, pending, junior non-voting member

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and uplifting messages as reminders of the care that our patients deserve. It is so wonderful seeing our patients walk around with more confidence and looking so much more comfortable in their own skin. Rehab 3 is embracing a trauma informed mindset by clothing our patients in comfort and positivity rather than leaving them feeling vulnerable and insecure in the paper scrubs. Additionally, to benefiting our patient's mental health, this clothing pilot will contribute towards Carilion's continued mission of sustainability and will decrease cost overtime.

Unfinished Apparel recognizes the importance and power of clothing and believes every person should feel safe and comfortable at all times; 10% of their net proceeds goes towards donating clothes to psychiatric centers! If you are interested in contributing to this project, please use the code CARILION when purchasing an item from Unfinished Apparel and 10% will go directly towards Carilion's clothing pilot. (<https://www.unfinishedapparelstore.com/our-mission>).

International Overdose Awareness Day



  **Foundation**

International Overdose Awareness Day

JOIN US

OBSERVANCE & SPECIAL ANNOUNCEMENTS

AUGUST 31 2023	10:30 - 11:00AM <i>BRADLEY FREE CLINIC 1240 3RD STREET SW ROANOKE, VA 24016</i>
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The Virginia Association of Free & Charitable Clinics, Anthem Blue Cross and Blue Shield Foundation, and Bradley Free Clinic's HOPE Initiative cordially invite you to join us and other special guests at the Bradley Free Clinic in Roanoke for International Overdose Awareness Day observance activities and a special announcement on efforts to address substance use disorder.

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please feel free to contact Marlene Hall, <mailto:mdhall@wvmpdp.org> or 304-933-1030.

Call for Abstracts VaSAM 2023 Annual Conference

We invite all students and medical trainees to submit abstracts for the [Virginia Chapter American Society of Addiction Medicine \(VaSAM\) Annual Conference](#). **November 3-4, 2023** Virginia Beach Marriott Oceanfront Resort Virginia Beach, Virginia Selected presenters will receive a complimentary registration to the event, a \$75 travel and will be entered into the Poster Award competition. Share your research and learn from the leaders in the addiction medicine field!

Submission Deadline:

September 15, 2023 at 5pm Learn More: www.vasam.net/conference

Submission Requirements are available here.

Questions & Submissions: info@vasam.net

Sleep Medicine for Clinical Social Workers

Save the Date! Wednesday February 8th: 12:00pm – 1:00pm

Nitazene Education

Be aware of the latest synthetic opioid, nitazene, which is more potent than fentanyl. Learn symptoms to watch for and risks to discuss with your patients. If you have questions about treatment, contact [Bill Rea, M.D.](#), Addiction Medicine Fellowship Director. [Download a PDF.](#)

Center for Biostatistics and Health Data Science (CBHDS) Drop-In

On behalf of Dr. Alex Hanlon and our team at the Center for Biostatistics and Health Data Science (CBHDS), we remind you of our Center's weekly **Zoom Drop-in Consulting Hours** for questions related to biostatistics, epidemiology, study design, data science, programming, data management or anything in between. We welcome all of you! If you are unsure of our services, [please check out our short video here](#) or [visit our website](#). **Important note:** To better accommodate our growing number of clients, we are shifting from our open drop-in consulting hours to reservable time slots. **Starting Monday, May 22, 2023**, you can reserve a 15-minute time slot with a member of our team. Limit to 2 time slots per person for a **maximum of 30 minutes per day** when demand is high.

WHAT: [Drop-In Zoom Consulting Hours](#)

WHO: Open to Everyone! This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [our team at CBHDS](#).

WHEN: Every Monday from 10 AM to 2 PM and Every Wednesday from 3 to 7 PM

WHERE:

[Zoom appointments can be made through the link on our website \(click here\)](#)

Note: In-Person Drop-ins are no longer offered. Please email us at biostats@vt.edu to make an in-person appointment or submit a request for collaboration [here](#).

WHAT TO EXPECT: Zoom Drop-In: When you make an appointment, a Zoom link will be sent to your email address. Please join the Zoom at your scheduled time, or a minute or two before. Once you join, you will arrive in our Zoom waiting room, and we will admit you to the Zoom. 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. This consulting is made possible by [The integrated Translational Health Research Institute of Virginia \(iTHRIV\)](#), which is supported by a grant from the [NIH NCATS CTSA award program](#). We look forward to working with you!

HART (Health Analytics and Research Team) Drop-In Virtual Office Hours

*For assistance with Project Design, Data Collection, & Biostat Services. **HART Drop-In Virtual Office Hours: Tues & Thurs 10 am-Noon. Link is here at [HART](#)***

Carilion Clinic TriNetX Virtual Training Schedule

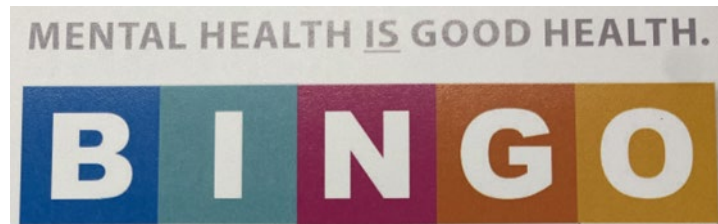
Carilion offers instructor-led, focused training for an in-depth, step-by-step learning experience building patient cohorts and delving into Analytics. The facilitator will be Dee Myers. Please contact HART@carilionclinic.org with the subject of 'TriNetX Training' for training outside of the scheduled sessions. If you haven't taken a class or need a refresher, this is your opportunity to do so. Upcoming workshops:

- Sept 7 from 10:30am – 12pm

- Sept 19 from 10:30am – 12pm
- Oct 12 from 10:30am – 12pm
- Oct 25 from 1:30 – 3pm
- Nov 15 from 10:30am – 12pm
- Dec 13 from 1:30 – 3pm

Well-being Hub is Live! (Inside Carilion)

- The Well-being hub is now live on Inside Carilion – [click here to visit](#). The hub was also featured in an Inside Carilion article: <https://www.insidecarilion.org/hub/news/check-out-the-new-well-being-hub> and will be included in the ePulse on Friday. Please encourage others you work with to visit the hub and [review the resources](#).
<https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>
- **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.
- **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.
- **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, Ph.D., 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
- **Wellbeing Alliance:** 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



G- Therapy Services

O—Child and Adolescent Psychiatry

O—Emergency Psychiatry



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Chair's Note:

While we know a lot about the scope of addictions in our country, the numbers keep exposing an ever greater impact. A recent [poll](#) found two-thirds of U.S. adults have been impacted by substance use disorders. 66% said “either they themselves or a family member have experienced addiction to alcohol or drugs, homelessness due to addiction, or an overdose resulting in an emergency room visit, hospitalization or death.” And, tragically, only a quarter of respondents who said they or someone in their family had an opioid addiction reported that the person received medication treatment. Here at Carilion, we have one of the more robust and effective outpatient-based treatment programs for opioid addiction in Virginia. We should be very proud of what we have built. And we should be proud that Carilion is committed to continued support of expanding our programs to meet more of our communities' needs for addiction to opioids, stimulants, alcohol, and nicotine. Don't hesitate to share our on-line [resources](#) or the extensive [information](#) available at the American Psychiatric Association.

Bob.

Department News

Please welcome our new staff members:

Rose Chandler – HAA in Psychiatry
Ashleigh Horton – HAA in Psychiatry
Heather Learned – HAA in Addiction Services

Roanoke Rehab Construction Update

- As a reminder, interior demolitions will continue as scheduled below:
 - Level 0 (8/21-9/1)

Article of the Week

Hot off the press! A recently [published RCT in NEJM](#) tested the efficacy of long-term versus short term maintenance therapy for bipolar depression. The value and risk of antidepressants for bipolar depression has remained controversial. Adjunctive antidepressant therapy is used to treat acute episodes of depression in patients with bipolar I (along with mood stabilizers and antipsychotics), and they are often continued after the depressive episode resolves. After the depression has gone into remission, how long should adjunctive therapy be continued? Is there any benefit to short term vs long term adjunctive therapy?

The BEAM-BD Trial Group randomized 177 patients with bipolar I in remission from MDD to either placebo or escitalopram/bupropion after 8 weeks for a total of 52 weeks. Results showed that at 52 weeks, there was no significant difference in occurrence of any mood episode between patients who continued ADs for 8-weeks (46%) compared to those with maintenance therapy for 52-weeks (31%). They concluded that adjunctive AD therapy of 52-weeks did not show a significant benefit over 8-weeks of adjunctive therapy in preventing relapse of any mood event.

Although we can expect follow-up analyses, this may support stopping adjunctive antidepressants 8 weeks after a depressive episode remits in patients with bipolar I disorder. What do you think? Email your thoughts to Dr. Kablinger!

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Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty



TEACH and VTCSOM Office of Faculty Affairs invite you to

"Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty"

Please join us for an interactive workshop focused on creating a Curriculum Vitae (CV) that represents your professional accomplishments. A well-developed CV is critical for promotion and growth within academic medicine. This hands-on workshop will walk you through the necessary components, proper placement within Elements, and how to best display your achievements.

Presenters & Facilitators:

David Musick, PhD
Senior Dean for Faculty Affairs, VTCSOM

Shari Whicker, MEd, EdD
Senior Director, Office of Continuing Professional Development
Assistant Dean for Faculty Development, VTCSOM
Director, TEACH

Mariah Rudd, MEd
Director, Office of Continuing Professional Development

Sarah Harendt, MS
Education & Faculty Development Manager, Office of Continuing Professional Development

Session Format:

- 20 minutes – What to include and where!
- 40 minutes – Hands-on CV guidance

Please make sure to bring a copy of your CV!

When (Choose 1!):

- Monday, August 21, 12 PM – 1 PM *lunch provided* (Center for Simulation, Research, and Patient Safety – Classroom)
- Thursday, August 24, 5 PM – 6 PM (Center for Simulation, Research, and Patient Safety – Classroom)

Use the QR Code or link to register for your preferred offering! <https://forms.office.com/r/qp4zfbQaSp>



Questions? Contact [TEACH!](#)

International Overdose Awareness Day

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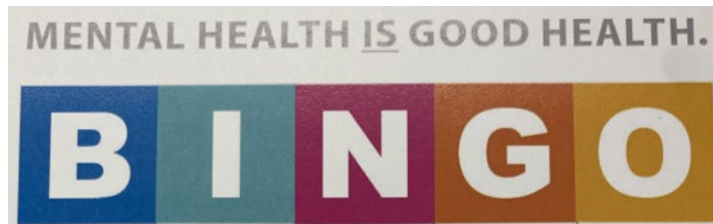
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- **Emotional PPE Project** (Free Mental Health Resources for physicians): [Website](#)
If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org



G—CPEP

G—Center for Healthy Aging



08/14/2023

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.
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- Wellness
- BINGO

Chair's Note:

Since its launch last year, the [988 Lifeline](#) has been very busy. Individuals experiencing a mental health crisis can call, chat or text 988 to connect with a trained crisis counselor. The Lifeline has answered nearly 5 million calls, texts, and chats since last July: 2 million more than in the previous 12 months. The Lifeline also directly supports Spanish and provides translation services in over 240 languages. 988 is indeed opening the conversation and helping make connections. For some, this contact and support alone is sufficient. For many, however, the challenge is getting access to more substantial, high-quality care. Access to quality, timely, and affordable care is a challenge across our nation. I think the months and years ahead offer us the opportunity to meet more of these needs. I think that, as usual, our hospitals and healthcare systems form the bedrock of our nation's ability to respond. Carilion is helping address the struggles our communities face through CONNECT, our Comprehensive Psychiatric Emergency Program, our acute care units, our Consult services, and our life-spanning ambulatory services. Working closely with our community partners, each year we are growing and innovating to meet these very real needs.

Bob.

Department News

Lisa Dishner has been recognized as a "Trailblazer" by the Virginia Nurses Foundation. She will be recognized at the annual meeting and Gala on September 9th in Chantilly, VA. Lisa's hard work in both the department of psychiatry and also in the community is noted in her nomination. Specifically, "Lisa's passion for caring for our patients suffering mental illness is evident and palpable. Her interest in psychiatric nursing is borne by an internal calling. Though the circumstances are private and personal, her passion illuminates her person each and every day. Lisa is

approachable. People around her feel the safety of the space she provides us. She is balanced and thoughtful in considering every issue or dilemma presented to her. She is calculated in her response, taking all factors into consideration, carefully weighing the benefits and risks and executing decisions that are well planned and thoughtful. She seeks opportunities to volunteer in her community. Despite challenging and tiring days, Lisa often volunteers for Camp Treehouse, a day camp provided to children in our community grieving the loss of a parent, grandparent or other close relative. She gathers her team periodically and works at the local food banks, ensuring that we all experience the gift of serving others.

An amazing set of six posters with Dr. Abhishek Reddy as first author were accepted for inclusion at AACAP's 70th Annual Meeting in New York, October, 23-28, 2023, including: "When you can't sleep it off; the relationship between insomnia and depression in psychiatrically hospitalized adolescents." **Abhishek Reddy, MD , Kiran Khalid, MBBS , Michael E Ferguson, MD ,Kishore G. Nagaraja, MD , Hunter Sharp , Ilona Jileeva and Anita S Kablinger MD.**

The following Article has been accepted in the journal "Psychopharmacology Bulletin": "Cannabis Pen-Induced Psychosis in a First-Time Adolescent User", **Patrick Beck, Abhishek Reddy. Dr. Reddy** made a media presentation- Talking about Back to School for kids on 08/03/2023:

[Back-to-school sleep routines important for students \(wdbj7.com\)](https://wdbj7.com)

Congratulations to Lynzee Mann (HAA) on her one-year anniversary with Carilion!

Roanoke Rehab Construction Update

- As a reminder, interior demolitions will continue as scheduled below:
 - Level 2 (7/24-8/4)
 - Level 1 (8/7-8/18)
 - Level 0 (8/21-9/1)
- Area C on Level 1 and 2 should be made available by 8/14 at the earliest (please see attached)

Article of the Week

Depression, Anxiety After Cardiac Arrest Linked to Long-Term Increased Risk of Death

In the US alone, there are > 356,000 out-of-hospital cardiac arrests each year. A [new study](#) found that patients diagnosed with depression or anxiety following a heart attack had an approximately 40% higher long-term mortality rate than those without

depression or anxiety. Specifically, those who were diagnosed with depression had a 44% greater risk of death.

This study emphasizes the relationship between mental illness and other physical health problems and that our patients are often at higher risk for cardiovascular disease, diabetes, and even cancers. Just because there is a reason for depression or anxiety (ex. after a heart attack, suffering from chronic pain, or uncontrolled diabetes), doesn't mean that we should minimize pharmacological, psychotherapeutic or social interventions to attain the best possible outcomes for our patients.

Open Access Publishing Presentation Now Available

Many of you were unable to attend the recent session on Open Access Publishing and the VT Subvention Fund. But in response to several inquiries about it, the slides and recording of this session are now available [here](#). As you will see on the slides presented, the availability of subvention funds from the university library to support article processing fees has been reduced this year, due to a combination of fiscal constraints and high demand.

New Fitness Option: Performance Locker

[The Performance Locker](#) is an outdoor fitness option located at CRMH and is available to all employees at no cost.

The locker is an 8-ft fitness unit containing a variety of exercise equipment including weights, ropes, tires, kettlebells and more!

The unit is available 24'7. [Weekly group exercise classes](#) will also be offered.

Unfinished Apparel clothing pilot started



Carilion Mental Health child and adolescent inpatient unit (Rehab 3) is so excited to be working alongside Unfinished Apparel to replace paper scrubs on their unit. When patients initially arrive, they are placed in paper scrubs and must wear these until they receive safe clothing from home. Through this clothing pilot, however, our patients will never have to feel uncomfortable in the paper scrubs again. Unfinished Apparel's outfits come embroidered with positive

and uplifting messages as reminders of the care that our patients deserve. It is so wonderful seeing our patients walk around with more confidence and looking so much more comfortable in their own skin. Rehab 3 is embracing a trauma informed mindset by clothing our patients in comfort and positivity rather than leaving them feeling vulnerable and insecure in the paper scrubs. Additionally, to benefiting our patient's mental health, this clothing pilot will contribute towards Carilion's continued mission of sustainability and will decrease cost overtime.

Unfinished Apparel recognizes the importance and power of clothing and believes every person should feel safe and comfortable at all times; 10% of their net proceeds goes towards donating clothes to psychiatric centers! If you are interested in contributing to this project, please use the code CARILION when purchasing an item from Unfinished Apparel and 10% will go directly towards Carilion's clothing pilot. (<https://www.unfinishedapparelstore.com/our-mission>).

Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty



TEACH and VTCSOM Office of Faculty Affairs invite you to

"Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty"

Please join us for an interactive workshop focused on creating a Curriculum Vitae (CV) that represents your professional accomplishments. A well-developed CV is critical for promotion and growth within academic medicine. This hands-on workshop will walk you through the necessary components, proper placement within Elements, and how to best display your achievements.

Presenters & Facilitators:

David Musick, PhD
Senior Dean for Faculty Affairs, VTCSOM

Shari Whicker, MEd, EdD
Senior Director, Office of Continuing Professional Development
Assistant Dean for Faculty Development, VTCSOM
Director, TEACH

Mariah Rudd, MEd
Director, Office of Continuing Professional Development

Sarah Harendt, MS
Education & Faculty Development Manager, Office of Continuing Professional Development

Session Format:

- 20 minutes – What to include and where!
- 40 minutes – Hands-on CV guidance

Please make sure to bring a copy of your CV!

When (Choose 1!):

- Monday, August 21, 12 PM – 1 PM *lunch provided* (Center for Simulation, Research, and Patient Safety – Classroom)
- Thursday, August 24, 5 PM – 6 PM (Center for Simulation, Research, and Patient Safety – Classroom)

Use the QR Code or link to register for your preferred offering! <https://forms.office.com/r/qp4zfbQaSp>



Questions? Contact [TEACH!](#)

2023 Appalachian Addiction & Prescription Drug Abuse Conference



We just wanted to reach out to you and provide you with our “SAVE THE DATE” flyer for the 2023 Annual Appalachian Addiction & Prescription Drug Abuse Conference. The conference is being held **October 5 – 7, 2023** at the Waterfront Marriott in MORGANTOWN, WV. Should you have any questions,

please feel free to contact Marlene Hall, <mailto:mdhall@wvmpdp.org> or 304-933-1030.

Call for Abstracts VaSAM 2023 Annual Conference

We invite all students and medical trainees to submit abstracts for the [Virginia Chapter American Society of Addiction Medicine \(VaSAM\) Annual Conference](#). **November 3-4, 2023** Virginia Beach Marriott Oceanfront Resort Virginia Beach, Virginia Selected presenters will receive a complimentary registration to the event, a \$75 travel and will be entered into the Poster Award competition. Share your research and learn from the leaders in the addiction medicine field!

Submission Deadline:

September 15, 2023 at 5pm Learn More: www.vasam.net/conference

Submission Requirements are available [here](#).

Questions & Submissions: info@vasam.net

Sleep Medicine for Clinical Social Workers

Save the Date! Wednesday February 8th: 12:00pm – 1:00pm

Nitazene Education

Be aware of the latest synthetic opioid, nitazene, which is more potent than fentanyl. Learn symptoms to watch for and risks to discuss with your patients. If you have questions about treatment, contact [Bill Rea, M.D.](#), Addiction Medicine Fellowship Director. [Download a PDF.](#)

Center for Biostatistics and Health Data Science (CBHDS) Drop-In

On behalf of Dr. Alex Hanlon and our team at the Center for Biostatistics and Health Data Science (CBHDS), we remind you of our Center's weekly **Zoom Drop-in Consulting Hours** for questions related to biostatistics, epidemiology, study design, data science, programming, data management or anything in between. We welcome all of you! If you are unsure of our services, [please check out our short video here](#) or [visit our website](#). **Important note:** To better accommodate our growing number of clients, we are shifting from our open drop-in consulting hours to reservable time slots. **Starting Monday, May 22, 2023**, you can reserve a 15-minute time slot with a member of our team. Limit to 2 time slots per person for a **maximum of 30 minutes per day** when demand is high.

WHAT: [Drop-In Zoom Consulting Hours](#)

WHO: Open to Everyone! This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [our team at CBHDS](#).

WHEN: Every Monday from 10 AM to 2 PM and Every Wednesday from 3 to 7 PM

WHERE:

[Zoom appointments can be made through the link on our website \(click here\)](#)

Note: In-Person Drop-ins are no longer offered. Please email us at biostats@vt.edu to make an in-person appointment or submit a request for collaboration [here](#).

WHAT TO EXPECT: Zoom Drop-In: When you make an appointment, a Zoom link will be sent to your email address. Please join the Zoom at your scheduled time, or a minute or two before. Once you join, you will arrive in our Zoom waiting room, and we will admit you to the Zoom. 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. This consulting is made possible by [The integrated Translational Health Research Institute of Virginia \(iTHRIV\)](#), which is supported by a grant from the [NIH NCATS CTSA award program](#). We look forward to working with you!

HART (Health Analytics and Research Team) Drop-In Virtual Office Hours

For assistance with Project Design, Data Collection, & Biostat Services. *HART Drop-In Virtual Office Hours: Tues & Thurs 10 am-Noon. Link is here at [HART](#)*

Carilion Clinic TriNetX Virtual Training Schedule

Carilion offers instructor-led, focused training for an in-depth, step-by-step learning experience building patient cohorts and delving into Analytics. The facilitator will be Dee Myers. Please contact HART@carilionclinic.org with the subject of 'TriNetX

Training' for training outside of the scheduled sessions. If you haven't taken a class or need a refresher, this is your opportunity to do so. Upcoming workshops:

- Aug 24 from 1:30 – 3pm
- Sept 7 from 10:30am – 12pm
- Sept 19 from 10:30am – 12pm
- Oct 12 from 10:30am – 12pm
- Oct 25 from 1:30 – 3pm
- Nov 15 from 10:30am – 12pm
- Dec 13 from 1:30 – 3pm

Well-being Hub is Live! (Inside Carilion)

- The Well-being hub is now live on Inside Carilion – [click here to visit](#). The hub was also featured in an Inside Carilion article: <https://www.insidecarilion.org/hub/news/check-out-the-new-well-being-hub> and will be included in the ePulse on Friday. Please encourage others you work with to visit the hub and [review the resources](#). <https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>
- **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.
- **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.
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org

Upcoming Case Conferences and Grand Rounds

Bernice Dyne will send out the link for the virtual conference.

Psychiatric Grand Round – Thursday, August 17 12-1pm – “Challenges and Opportunities: Working in Different Correctional Settings” Joseph Penn, MD, CCHP-MH



G – Telemedicine

N—Guest Services



08/7/2023

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Chair's Note:

By the age of 75, about 50% of people will experience a significant mental illness or addiction. This is the core finding in a recent [study](#) of over 150,000 people from 29 nations over 21 years. Our efforts to expand access to evidence-based, compassionate treatment remain critical to meet the needs of our communities. The evolving environment that is gradually addressing and reducing stigma of mental illness and addiction is clearly supporting our work. One approach that is of growing importance is early recognition and treatment that can help to reduce or eliminate ongoing suffering later in life. The American Hospital Association has released an educational series entitled, "People Matter, Words Matter." One new resource focuses on our language when discussing child and teen mental health: <https://www.aha.org/people-matter-words-matter> . I encourage you to read it and make use of its message: "People matter and the words we use to describe them or the disorders they have matter."

Bob.

Department News

The AAMC recently sent a thank you to Dr. Kiran Khalid for her work as a reviewer of pre-proposals and full proposals for the AAMC's Group on Educational Affairs (GEA) national grant program in 2023. Dr. Khalid's expertise contributed to the review of 35 pre-proposals and multiple full proposals, resulting in two funded proposals.

A case report is just out:

Qiu S, Jan D, Kim KY. Association between lower extremity edema and risperidone in an old adult. Primary Care Companion CNS Disord. 2023;25(4):22cr03414

Roanoke Rehab Construction Update

- Scheduled power shutdown 8/9 and 8/10
 - This is to occur between 5pm - 5am both days
 - Shutdown will occur on the demolition side of the building only and should not impact service areas in the Rehab building
- As a reminder, interior demolitions will continue as scheduled below:
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2023 TEACH Education Day



2023 TEACH Education Day

We are excited to announce the Call for Poster Abstracts for **TEACH Education Day** on **October 30, 2023** is now open for submissions. Education research posters will be displayed during the Posters, Recognition, and Awards Reception. Poster abstracts should reflect the TEACH mission to advance **educational excellence and innovation**, be of peer-review quality, and follow the formatting requirements. Abstracts must be [submitted online](#) no later than **August 14, 2023, 11:59 pm EST**

Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty

Good morning faculty colleagues! The preparation of an academically-oriented curriculum vitae is an important topic and skill set. In response to repeated expressions of interest, we are offering a workshop on CV preparation in August! Please see the flyer below for information about the upcoming workshop on CV preparation. Please use this [link](#) to register for either one of the two sessions. And, please bring a copy of your current CV with you to the workshop; we suggest you bring it on a laptop computer or other device so that you can work on it while in the “hands on” portion of the workshop.

Workshop dates are shown in the copied flyer below. Locations will be shown in the calendar appointment which will be sent to you. Hope to see you there!



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David Musick, PhD
Senior Dean for Faculty Affairs, VTC SOM

Shari Whicker, MEd, EdD
Senior Director, Office of Continuing Professional Development
Assistant Dean for Faculty Development, VTC SOM
Director, TEACH

Mariah Rudd, MEd
Director, Office of Continuing Professional Development

Sarah Harendt, MS
Education & Faculty Development Manager, Office of Continuing Professional Development

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- Oct 25 from 1:30 – 3pm
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Well-being Hub is Live! (Inside Carilion)

- The Well-being hub is now live on Inside Carilion – [click here to visit](#). The hub was also featured in an Inside Carilion article: <https://www.insidecarilion.org/hub/news/check-out-the-new-well-being-hub> and will be included in the ePulse on Friday. Please encourage others you work with to visit the hub and [review the resources](#). <https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>
- **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.
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org

Upcoming Case Conferences and Grand Rounds

Case Report: Drug-Drug Interactions in a 15 year old patient being treated for anxiety and ADHD presented by Michael Ferguson, MD



G- Guest Services

I- Infection Control

B- Carilion Mental Health



07/24/2023

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

- Chair's Note
- Department News
- Roanoke Rehab Construction Update
- Article of the Week
- New Fitness Option: Performance Locker
- Unfinished Apparel clothing pilot started.
- 2023 TEACH Education Day
- Crafting Your Academic Narrative
- 2023 Appalachian Addiction and Prescription Drug Abuse Conference
- 2023 Psychiatric Society of Virginia Annual Fall Meeting
- 2023 VT Advancing Neuroscience Symposium
- Call for Abstracts VaSAM 2023 Annual Conference
- Sleep Medicine for Clinical Social Workers
- Nitazene Training
- ECHO
- CBHDS Drop-In
- HART Drop In
- TriNetX Training
- Well-being Hub is Live
- Wellness

Chair's Note:

Gun violence is a complex challenge for our country and our region. One aspect of the debate is perhaps not as thorny: death by suicide using a firearm. The suicide death rate with firearms has reached an all-time high in 2022, according to [provisional data](#) from the U.S. Centers for Disease Control and Prevention. Guns remain the primary cause of death for kids and teenagers. What can we do? We can consistently check for home safety among our patients, who by the nature of many of their illnesses, are at high risk of self-harm. One thoughtful approach is offered by the [American Medical Association](#), available both as text and video. As we all work to deliver the best of evidence-based psychiatric care, let's be sure to reduce the risk of death by suicide with firearms.

Bob.

Department News

Leader Appointed to Local Human Rights Committee

Carilion Mental Health Senior Director Lisa Dishner was recently appointed to the Roanoke-Catawba Local Human Rights Committee (LHRC) to participate in state regulation decision making and advocate for mental health services. Such work ensures that local mental health patients receive care that is therapeutic, maintains their dignity and respect, and educates our community to reduce stigma. Lisa's participation also opens opportunities for additional Carilion employee training in mental health support. LHRC is part of the Virginia Department of Behavioral Health and Development Services. Join us in congratulating Lisa on this important achievement!

<https://www.insidecarilion.org/hub/wow/carilion-mental-health-leader-appointed-to-local-human-rights-committee>

Dr. Cheri Hartman was invited to present a summary of the results of Carilion's 4-year quality improvement study to the Center for Disease Control Committee on ED Linkages to Care on Friday July 21st. At the request of the Virginia Dept of Health Cheri provided an overview of the ED Bridge program's essential components, the process and outcome objectives and the quality improvement findings. This presentation was the culmination of 4 years of data analyses on protocol fidelity and the factors that were found to predict successful transitioning from the Emergency Room to follow up care for persons who present with acute symptoms of their opioid use disorder. These results set the stage for the current ED Bridge to Treatment statewide ED Bridge program expansion project.

Congratulations to Drs. Binx Lin, Ching-Fang Sun, Anilla Del Fabbro and Anita Kablinger! Their poster "The Risk of Psychiatric Disorders in Children and Adolescents With Gender Dysphoria: A Real-World Retrospective Cohort Study" was accepted at AACAP's 70th Annual Meeting in New York, NY on October 23 – 28, 2023.

Congratulations to Drs. Ching-Fang Sun, Archana Adikey and Virginia O'brien – their abstract "Adolescents With ADHD Prescribed Mixed Stimulant and Benzodiazepine Regimen Are at a Higher Risk of Substance Use Disorder" has been accepted as a poster presentation on AACAP 2023.

Roanoke Rehab Construction Update

- Interior Demolition begins on the 2 story wing on Monday, July 24th. Expect traffic in and out of the building as ceiling tiles, HVAC vents and other interior structures are removed.
- Anticipate two weeks per floor of interior demolition.
- Exterior demolition begins Tuesday, September 5th. A demolition picnic is being planned for this week. Details forthcoming as they are finalized.
- A ground floor panel will require shutdown on August 10th. Plans are to begin work at 5:00 p.m. and have completed prior to 8:00 a.m. August 11th. Expect no disruption in utilities for staff or patients.
- Area C (current administrative wing) should be complete by August 15th. Will finalize plans to re-occupy that space closer to mid August.

Article of the Week

We know that the COVID-19 pandemic has affected the mental health of many individuals and the need for access to psychiatric care is more pronounced than ever before. [Bernstein and colleagues](#) assessed the volume of EHR messages in outpatients receiving psychiatric services between pre-pandemic and the post-pandemic period. As expected, volumes rose but the % is staggering - there was an increase of 485.8% in messages sent prepandemic to postpandemic; monthly message volume increased by 861.5%. Males sent a higher mean # of prepandemic

messages than females but fewer postpandemic messages and these messages were spread across the entire team – psychiatrists, therapists, social workers, psychiatric advanced practice clinicians, case managers and resource staff.

Take a moment to read this paper and further learn about the types of messages sent (medication questions, general medical questions, their history, appointment changes and refills) – the breakdown will surprise you.

Submitted by Dr. Anita Kablinger

New Fitness Option: Performance Locker

[The Performance Locker](#) is an outdoor fitness option located at CRMH and is available to all employees at no cost.

The locker is an 8-ft fitness unit containing a variety of exercise equipment including weights, ropes, tires, kettlebells and more!

The unit is available 24/7. [Weekly group exercise classes](#) will also be offered.

Unfinished Apparel clothing pilot started



Carilion Mental Health child and adolescent inpatient unit (Rehab 3) is so excited to be working alongside Unfinished Apparel to replace paper scrubs on their unit. When patients initially arrive, they are placed in paper scrubs and must wear these until they receive safe clothing from home. Through this clothing pilot, however, our patients will never have to feel uncomfortable in the paper scrubs again. Unfinished Apparel's outfits come embroidered with positive

and uplifting messages as reminders of the care that our patients deserve. It is so wonderful seeing our patients walk around with more confidence and looking so much more comfortable in their own skin. Rehab 3 is embracing a trauma informed mindset by clothing our patients in comfort and positivity rather than leaving them feeling vulnerable and insecure in the paper scrubs. Additionally, to benefiting our patient's mental health, this clothing pilot will contribute towards Carilion's continued mission of sustainability and will decrease cost overtime.

Unfinished Apparel recognizes the importance and power of clothing and believes every person should feel safe and comfortable at all times; 10% of their net proceeds goes towards donating clothes to psychiatric centers! If you are interested in contributing to this project, please use the code CARILION when purchasing an item from Unfinished Apparel and 10% will go directly towards Carilion's clothing pilot. (<https://www.unfinishedapparelstore.com/our-mission>).

2023 TEACH Education Day



2023 TEACH Education Day

We are excited to announce the Call for Poster Abstracts for **TEACH Education Day** on **October 30, 2023** is now open for submissions. Education research posters will be displayed during the Posters, Recognition, and Awards Reception. Poster abstracts should reflect the TEACH mission to advance **educational excellence and innovation**, be of peer-review quality, and follow the formatting requirements. Abstracts must be [submitted online](#) no later than **August 14, 2023, 11:59 pm EST**

Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty

Good morning faculty colleagues! The preparation of an academically-oriented curriculum vitae is an important topic and skill set. In response to repeated expressions of interest, we are offering a workshop on CV preparation in August! Please see the flyer below for information about the upcoming workshop on CV preparation. Please use this [link](#) to register for either one of the two sessions. And, please bring a copy of your current CV with you to the workshop; we suggest you bring it on a laptop computer or other device so that you can work on it while in the “hands on” portion of the workshop.

Workshop dates are shown in the copied flyer below. Locations will be shown in the calendar appointment which will be sent to you. Hope to see you there!



TEACH and VTC SOM Office of Faculty Affairs invite you to
"Crafting Your Academic Narrative: A Hands-on CV Workshop for Faculty"

Please join us for an interactive workshop focused on creating a Curriculum Vitae (CV) that represents your professional accomplishments. A well-developed CV is critical for promotion and growth within academic medicine. This hands-on workshop will walk you through the necessary components, proper placement within Elements, and how to best display your achievements.

Presenters & Facilitators:

David Musick, PhD
Senior Dean for Faculty Affairs, VTC SOM

Shari Whicker, MEd, EdD
Senior Director, Office of Continuing Professional Development
Assistant Dean for Faculty Development, VTC SOM
Director, TEACH

Mariah Rudd, MEd
Director, Office of Continuing Professional Development

Sarah Harendt, MS
Education & Faculty Development Manager, Office of Continuing Professional Development

Session Format:

- 20 minutes – What to include and where!
- 40 minutes – Hands-on CV guidance

Please make sure to bring a copy of your CV!

When (Choose 1!):

- Monday, August 21, 12 PM – 1 PM *lunch provided* (Center for Simulation, Research, and Patient Safety – Classroom)
- Thursday, August 24, 5 PM – 6 PM (Center for Simulation, Research, and Patient Safety – Classroom)

Use the QR Code or link to register for your preferred offering! <https://forms.office.com/r/gp4zfbQaSp>



Questions? Contact [TEACH!](#)

2023 Appalachian Addiction & Prescription Drug Abuse Conference



We just wanted to reach out to you and provide you with our “SAVE THE DATE” flyer for the 2023 Annual Appalachian Addiction & Prescription Drug Abuse Conference. The conference is being held **October 5 – 7, 2023** at the Waterfront Marriott in MORGANTOWN, WV. Should you have any questions,

please feel free to contact Marlene Hall, <mailto:mdhall@wvmpdp.org> or 304-933-1030.

2023 Psychiatric Society of Virginia Annual Fall Meeting



Call for Abstracts! PSV Fall Meeting

October 20-21, 2023

The Hilton Richmond Downtown
Richmond, VA

The abstract process is a way for medical students, residents and fellows to participate in the Annual Meeting. [Click here](#) to submit an abstract. **Only medical students, residents and fellows are eligible to submit abstracts.**

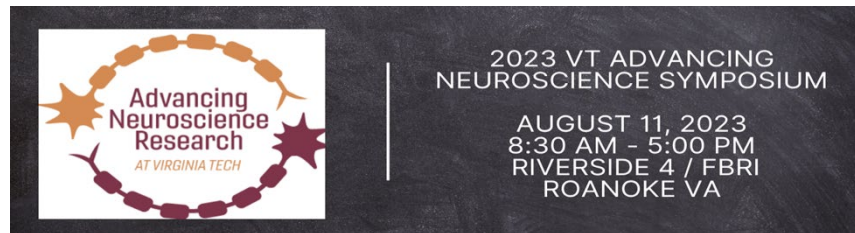
Read the submission and format instructions carefully. The submission application is only available online. You will be notified within 10 days of the submission deadline of acceptance of your abstract.

Abstracts will be considered for **posters only** at the Fall Meeting. The Digital Poster format provides a platform by which registrants and presenters can conduct a discussion pre- and post- meeting online. Your research can receive valuable feedback from the meeting attendees through the Poster Discussion Boards.

Posters accepted for presentation will be displayed digitally on large video monitors during the Fall Meeting. If your abstract is accepted, you will receive full details and instructions for submitting your poster electronically. Printed posters will not be accepted or displayed.

Abstract Submission Deadline
Tuesday, **August 29, 2023** at 3:00 pm ET

2023 VT Advancing Neuroscience Symposium



Please join us for the 2023 Advancing Neuroscience Research at Virginia Tech Symposium, which will be held Friday, **August 11, 2023, 8:30 A.M. - 5:00 P.M.** at the Riverside 4 building (next to the Fralin Biomedical Research Building), Riverside Circle, Roanoke, VA.

Featured Speakers:

- Dr. Martha Ann Bell, Dept. of Psychology
- Dr. Netta Gurari, Dept. of Biomedical Engineering and Mechanics
- Dr. Matt Howe, School of Neuroscience
- Dr. Tim Jarome, Dept. of Animal Science
- Dr. Shihoko Kojima, Dept. of Biological Science
- Dr. Sora Shin, Fralin Biomedical Research Institute
- Dr. Sujith Vijayan, School of Neuroscience
- Dr. Clement Vinauger, Dept. of Biochemistry
- Dr. Zhen Yan, Fralin Biomedical Research Institute

Registration: Please register for the symposium through the [registration site](#). Registration is free, but required, and the registration deadline is **August 1, 2023**.

Poster presentation: If you wish to present at the poster session, please [register to present a poster](#) no later than **August 1, 2023**. Prizes will be awarded to top trainee poster presenters.

Call for Abstracts VaSAM 2023 Annual Conference

We invite all students and medical trainees to submit abstracts for the [Virginia Chapter American Society of Addiction Medicine \(VaSAM\) Annual Conference](#). **November 3-4, 2023** Virginia Beach Marriott Oceanfront Resort Virginia Beach, Virginia Selected presenters will receive a complimentary registration to the

event, a \$75 travel and will be entered into the Poster Award competition. Share your research and learn from the leaders in the addiction medicine field!

Submission Deadline:

September 15, 2023 at 5pm Learn More: www.vasam.net/conference

Submission Requirements are available [here](#).

Questions & Submissions: info@vasam.net

Sleep Medicine for Clinical Social Workers

Save the Date! Wednesday February 8th: 12:00pm – 1:00pm

Nitazene Education

Be aware of the latest synthetic opioid, nitazene, which is more potent than fentanyl. Learn symptoms to watch for and risks to discuss with your patients. If you have questions about treatment, contact [Bill Rea, M.D.](#), Addiction Medicine Fellowship Director. [Download a PDF.](#)

ECHO

We have another ECHO learning opportunity scheduled for **August 4th** at 12 noon: a CME-based session, 90 minutes long. Catherine Lane, LCSW, LMHP is presenting an overview of her team's anti-stigma educational efforts and an explanation of the Pathways program. Her poster representing this work has recently achieved high acclaim. If you would like to join this Zoom-based virtual learning experience and are not yet on the ECHO email list, please contact Gabe Anderson at gwanderson@carilionclinic.org to receive the Zoom link for this session. Gabe sends the Zoom link on the Thursday prior to the session to all those on our ECHO email list. Please contact Gabe no later than Thursday **August 3rd at 10 am**, if you would like to receive the Zoom link for this August 4th midday ECHO opportunity. Hope you can join us! (See attached [flyer](#)!).

Center for Biostatistics and Health Data Science (CBHDS) Drop-In

On behalf of Dr. Alex Hanlon and our team at the Center for Biostatistics and Health Data Science (CBHDS), we remind you of our Center's weekly **Zoom Drop-in Consulting Hours** for questions related to biostatistics, epidemiology, study design, data science, programming, data management or anything in between. We welcome all of you! If you are unsure of our services, [please check out our short video](#)

[here](#) or [visit our website](#). **Important note:** To better accommodate our growing number of clients, we are shifting from our open drop-in consulting hours to reservable time slots. **Starting Monday, May 22, 2023**, you can reserve a 15-minute time slot with a member of our team. Limit to 2 time slots per person for a **maximum of 30 minutes per day** when demand is high.

WHAT: [Drop-In Zoom Consulting Hours](#)

WHO: Open to Everyone! This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [our team at CBHDS](#).

WHEN: Every Monday from 10 AM to 2 PM and Every Wednesday from 3 to 7 PM

WHERE:

[Zoom appointments can be made through the link on our website \(click here\)](#)

Note: In-Person Drop-ins are no longer offered. Please email us at biostats@vt.edu to make an in-person appointment or submit a request for collaboration [here](#).

WHAT TO EXPECT: Zoom Drop-In: When you make an appointment, a Zoom link will be sent to your email address. Please join the Zoom at your scheduled time, or a minute or two before. Once you join, you will arrive in our Zoom waiting room, and we will admit you to the Zoom. 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. This consulting is made possible by [The integrated Translational Health Research Institute of Virginia \(iTHRIV\)](#), which is supported by a grant from the [NIH NCATS CTSA award program](#). We look forward to working with you!

HART (Health Analytics and Research Team) Drop-In Virtual Office Hours

For assistance with Project Design, Data Collection, & Biostat Services. *HART Drop-In Virtual Office Hours: Tues & Thurs 10 am-Noon. Link is here at [HART](#)*

Carilion Clinic TriNetX Virtual Training Schedule

Carilion offers instructor-led, focused training for an in-depth, step-by-step learning experience building patient cohorts and delving into Analytics. The facilitator will be Dee Myers. Please contact HART@carilionclinic.org with the subject of 'TriNetX Training' for training outside of the scheduled sessions. If you haven't taken a class or need a refresher, this is your opportunity to do so. Upcoming workshops:

- Aug 9 from 10:30am – 12pm
- Aug 24 from 1:30 – 3pm
- Sept 7 from 10:30am – 12pm
- Sept 19 from 10:30am – 12pm
- Oct 12 from 10:30am – 12pm
- Oct 25 from 1:30 – 3pm

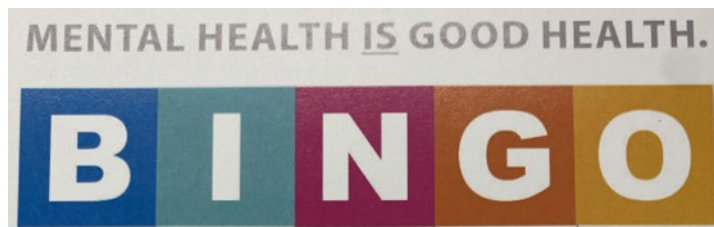
- Nov 15 from 10:30am – 12pm
- Dec 13 from 1:30 – 3pm

Well-being Hub is Live! (Inside Carilion)

- The Well-being hub is now live on Inside Carilion – [click here to visit](#). The hub was also featured in an Inside Carilion article: <https://www.insidecarilion.org/hub/news/check-out-the-new-well-being-hub> and will be included in the ePulse on Friday. Please encourage others you work with to visit the hub and [review the resources](#). <https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>
- **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.
- **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.
- **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, Ph.D., 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
- **Wellbeing Alliance:** 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 Case Conferences and Grand Rounds

A Closer Look at Pharmacotherapies and Natural Remedies of Generalized Anxiety Disorder and is being presented by Dr. Syed. The link will be sent out.



G-Womens Health

B-Design Team

I-ED Bridge Program