



01/02/2023

## 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. |

## Chair's Note

### IN THIS ISSUE

- Chair's Note
- ECHO
- Department News
- Nutrition Workshop for Patients in Recovery
- APA 2023 Poster Submissions
- REI Abstract Submissions
- BEAM
- CBHDS Drop-In
- HART Drop-In
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Upcoming Case Conferences and Grand Rounds

It takes a lot of work to improve care and change practice patterns. One case in point is measurement-based care (MBC). The goal of using objective assessments in the diagnosis and treatment of psychiatric illnesses is to improve patient outcomes. Over the past three years, our interdisciplinary team met weekly to implement and monitor MBC use in the Department of Psychiatry and Behavioral Medicine. The team includes faculty and staff from Carilion Clinic Department of Psychiatry, from Carilion's Health Analytics Research Team (HART), from Virginia Tech's College of Science, and from Brown University. Here at Carilion adult ambulatory Psychiatry, we have focused on patient self-rated outcome measures (PROMs). To measure results, we have received over \$100,000 of internal and external funding. So far, we are working on three formal projects examining our work: "Effects of COVID 19 in Adult Ambulatory Psychiatry: Using PROMs and Telemedicine", "Implementation and Evaluation of MBC in the Transition to Behavioral Health," and "A Comparison of the Effectiveness of Telepsychiatry with a Randomized Waitlist Control Utilizing Patient Reported Outcome Measures." From this work, training modules have been developed, one peer-reviewed paper has been published, three posters have been presented at research meetings, and larger NIH grants are being developed. Now, let's return to the reason for doing this work: Does it improve patient care and outcomes here at Carilion? The short answer is yes, it most definitely does. The evolving work is designed to dig deeper into the process so that we can continue to improve the efficiency of work flow while improving the care our patients receive. My congratulations to the whole team involved in this work. I am excited to look at what we shall learn in the months ahead!

*Bob*



## Department News

We are pleased to announce that the APA Board of Trustees has elected **Dr. Kemi Bankole** as a Distinguished Fellow and **Dr. Robert Trestman** as a Distinguished Life Fellow of the American Psychiatric Association

## ECHO

Save the date – and email us if you need the Zoom link for the January 6<sup>th</sup> Carilion ECHO at 12 noon – Dr. Sooraj John presents: **“ECHO Treating Alcohol Use Disorder in the OBAT Clinic”**. Please email Dr. Cheri Hartman by January 5, 2023, if you would like to be added to the email list to receive the Zoom link for January 6<sup>th</sup> ECHO: [cwhartman1@carilionclinic.org](mailto:cwhartman1@carilionclinic.org).

Our Carilion/Virginia ECHO in February has been pushed back to Friday, February 10<sup>th</sup> from the 3<sup>rd</sup> (still beginning at 12 noon for a 90-minute CME-based learning opportunity), in order to synchronize with the New River Valley quarterly Suboxone Summit meeting. This will again be offered via Zoom.

## Nutrition Workshop for Patients in Recovery

Starting in January, Carilion Community Health and Outreach (CHO) will offer “Nourishing Resilience”—a free, 3-part workshop series aimed at empowering individuals in recovery to improve their health and wellness through nutrition, movement, and self-expression. Each interactive 5-week session focuses on enhancing self-care, stress management, and connection with others. All workshops are held at CHO, 1202 Third Street, Roanoke. Registration is required and space is limited. [Please review this flyer](#) for more information about each workshop in the series and how to register. We encourage you to share this flyer and information with your patients. Color copies can be interofficed upon request.

Questions? Contact Angela Charlton, RDN and Community Health Educator, at 540-983-4123 or [akcharlton@carilionclinic.org](mailto:akcharlton@carilionclinic.org). Thank you!

## 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)



**New Research Poster Submission Site Now Open! APA Annual Meeting 2023.**

***Theme: Innovate, Collaborate, Motivate: Charting the future of mental health***



Submissions are now open for New Research poster proposals for the **2023 Annual Meeting, May 20-24, 2023**, in San Francisco, CA. The site will close on **January 12, 2023, at 5:00 PM** ET. To submit your New Research poster proposals click [here](#).

**Children's National.**

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### Children's National Research Institute Announcement

The 13th annual Research, Education, and Innovation (REI) Week will be taking place on April 17-21, 2023, and we are excited to launch the [abstract submission application](#) in one week. Each year, we have about 350 faculty, trainees, and staff submitting abstracts showcasing their scholarly work for the event. This year, we are excited to welcome your entrepreneurs, faculty, trainees, and staff to submit abstracts.

REI Week 2023 theme is "Mental Health: Building Resilience," focusing on raising awareness about the importance of mental health in the life of children and adolescents. **The abstract submission portal will be open from November 28, 2022, until January 9, 2023, at 5 p.m.** Instructions, guidance, and REI Week program updates can be found on the [REI Week website](#) and if you have any questions about the process, please reach out to Nathan Schlabach at [Nathan.schlabach@childrensnational.org](mailto:Nathan.schlabach@childrensnational.org).

## 2023 AAP ANNUAL MEETING CALL FOR ABSTRACT SUBMISSIONS

**Submission Deadline: January 31, 2023\***

**\*Poster deadline: March 15, 2023**

*Deadlines are 11:59 pm Pacific time zone*

The **2023 Association for Academic Psychiatry Annual Meeting** will be September 6-9, 2023, at the Pinnacle Harbourfront Hotel in Vancouver, British Columbia, Canada.

This year's meeting theme is "**ACADEMIC PSYCHIATRY: Discovery and the Next Generation**". We hope this will be a most inspirational meeting for psychiatric educators. Join us as we begin the process of transforming our field into a better,



stronger vehicle for service and education. Submissions for workshops, works-in-progress, educators' showcases, posters, and media sessions are now being accepted. The Program Committee requests that submissions be focused on academic/education-related topics such as:

- Teaching/ Education
- Technology
- Leadership/Administrative Development
- Career Development (early, mid, and late)
- Curriculum Development
- Competencies (including Cultural Competency and Lifelong Learning)
- Disparities, Diversity and Inclusion (DDI)

[Click here](#) to visit the **AAP Annual Meeting** page for details. Look for the **CALL for ABSTRACTS** tab at the bottom of the webpage. Click there to find the link to the new AAP Abstract System!

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## New Alcohol Risk Assessment – BEAM *Beacon-Alc*



Alcohol use disorder (AUD) is a major contributor to morbidity and mortality worldwide. As one of the leading causes of death, public health guidelines recommend consistent standardized alcohol screening. However, screening for alcohol misuse is underperformed in practice because it can be time-consuming, susceptible to demand characteristics, and stigmatizing to

patients.

To combat these issues, BEAM Diagnostics, Inc. (BEAM) developed *Beacon-Alc*, an alcohol misuse digital screening tool that uses decision-making tasks from the field of behavioral economics to improve standardized screening and identification of risk. *Beacon-Alc* is an electronic assessment that efficiently screens patients using oblique, non-stigmatizing questions. *Beacon-Alc* supports the streamlining of patient care and will be used by Carilion Clinic as an EMR-integrated solution to maximize standardized screening.

*Beacon-Alc* is currently launched as a research study within the Psychiatry and Behavioral Medicine Department. Please review the educational materials below, familiarize yourself with where the results will be housed via the flowsheet row, and add the “BBAlc” flowsheet row to your favorite list (see instructions below). To ensure the tool is properly utilized and results are not missed, *Beacon-Alc* results should be checked prior to seeing a patient and taken into consideration when administering care.

Educational Materials – located in the [Beacon-Alc \(BBAlc\) EPIC Folder](#)

1. *Beacon-Alc* Reference Guide
2. *Beacon-Alc* Quick Reference Infographic
3. *Beacon-Alc* Assessment Tutorial Video
4. How To Find & Favorite *Beacon-Alc* Flowsheet Row Results



Interested in learning more or have any questions? Contact **Dr. Anita Kablinger** at [askablinger@carilionclinic.org](mailto:askablinger@carilionclinic.org)

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

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The Center's weekly drop-in for questions related to biostatistics, data science, programming, data management, or anything in between information is below. **Zoom Drop-In:** when you [click the link to our consulting hours](#), you will arrive in our Zoom waiting room. We will 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 are ready to see you. If you have any questions while in the Zoom waiting room, please send us an email at [biostats@vt.edu](mailto:biostats@vt.edu) and we'll get back to you expeditiously. **In-Person Drop-In:** when you stop by Riverside 4, Room 1220, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!

## 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***

***[Click Here to Join Online](#)***

***Join by phone: +1-210-795-1114***

***Access Code 2430 100 5708***

## 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](mailto: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:

January 11 from 1:30 – 3 p.m.

January 25 from 10 – 11:30 a.m.

February 8 from 10 – 11:30 a.m.

February 22 from 1:30 – 3 p.m.

March 7 from 10 – 11:30 a.m.



March 23 from 1:30 – 3 p.m.

## Well-being Hub is Live! (Inside Carilion)

### COVID-19 SUPPORT

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- 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>

## 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, 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](http://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](mailto:acnardecchia@carilionclinic.org)!

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## Upcoming Case Conferences and Grand Rounds

**Emily West will send out the virtual links.**

**VTC Psychiatry Adult Case Conference, Thursday January 5, 12-1 pm,**  
"Effectively Evaluating and Documenting Suicide Risk"



01/09/2023

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## Chair's Note

The Substance Abuse and Mental Health Services Agency (SAMSHA) just released its annual [National Survey of Drug Use and Health](#) (NSDUH). The data is from 2021 and reflects some sad but predictable trends of high illness rates. While the data on prevalence of mental illness and substance use disorders is high, there is nevertheless some very good news. There were 29.0 million adults aged 18 or older in 2021 who reported a lifetime history of a substance use problem. Of those individuals, 72.2 percent (20.9 million people) reported that they were in recovery. In parallel, there were 58.7 million adults aged 18 or older in 2021 who reported a lifetime history of a mental health problem. Of those adults, 66.5 percent (38.8 million people) reported that they had recovered from their mental illness. Further, these results did not differ among racial or ethnic groups. Given our work with so many who have persisting illness, it is easy to overlook those with milder disorders or those who do indeed recover. For those interested in a more formal look at this, there is a classic paper on this topic, [The Clinician's Illusion](#).

*Bob*

## Department News

- Dr. John Vance published the cover article in "Psychiatric Times" entitled "Forgive Our Divisiveness". You can read the article [here](#).



## ECHO

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## 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.](#)

## Nutrition Workshop for Patients in Recovery

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## MHSC 2023: Session and Poster Submissions Now Open

AMERICAN  
PSYCHIATRIC  
ASSOCIATION



The 2023 APA 2023 Mental Health Services Conference is taking place this October in Washington, D.C. Have special insights to share or new research on clinical services? Submit your presentation ideas today! APA is actively seeking session and poster submissions from all members of the mental health care team. All abstracts must be submitted online to be considered. For helpful tips and additional information about topics and format, view the **Submission Guidelines**. The 2023 Mental Health Services Conference will bring together the whole team caring for those with mental illness, including psychiatrists, nurse practitioners, primary care physicians, social workers, and more, to collaborate on practice advice to influence system-level



change for their patients. Submission deadline: **Thursday, March 2, 2023, at 5:00 p.m. ET.**

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<https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>

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Stay tuned for upcoming dates.

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- Schwartz Center Rounds
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With all of the challenges we deal with day-to-day, it is easy to overlook some really good news. At the end of 2022, with the signing of the Consolidated Appropriations Act of 2023, Congress eliminated the X-Waiver requirements for buprenorphine (Suboxone) prescribing. This is a really big- and important- deal. As we well know, medication for opioid use disorder is a critical component in successfully supporting recovery and preventing overdoses. The elimination of the X-Waiver requirement for prescribing physicians and other practitioners will certainly increase access to buprenorphine. Some of the specifics: effective immediately, all prescriptions for buprenorphine only require a standard DEA registration number. The previously used DATA-Waiver registration numbers are no longer required. Further, there are no longer any limits to the number of patients a prescriber may treat for opioid use disorder with buprenorphine. Separately, new training requirements for all prescribers will go into effect after June 21, 2023. The training standards are being developed now and these new requirements do not impact the elimination of the DATA-Waiver Program. This change not only eliminates a barrier to care, but also helps reduce the associated stigma of treatment. This is indeed great news for our patients and their families!

*Bob*



## Research Updates

Research activities continue to expand in the department with representation from all members of the team. Please continue to send me any scholarship (posters, abstracts, presentations, publications) that you are involved in to maintain the most updated list.

The weekly department newsletter remains the best way to be aware of potential conferences and submission opportunities for scholarships. If you are looking for collaborators interested in certain topics, please contact me and I can (hopefully) provide connections.

Faculty within the department is tasked with completing a scholarly product each fiscal year as are psychiatry residents, fellows, and medical students during training. The following defines parameters for research in psychiatry and behavioral medicine:

## SCHOLARSHIP QUALIFICATIONS – DEPT OF PSYCHIATRY AND BEHAVIORAL MEDICINE

| Education                                                                                                                                                                                        | Research                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| -Peer-reviewed chapters, articles published in an indexed journal (PMID required), or education resources widely available outside of one's own institution (e.g. AAMC MedEdPORTAL)              | Poster/Oral Presentations presented regionally, nationally, or internationally at academic medical society meetings/conferences. |
| Invited Grand Rounds or Lectures at regional, national, or international 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.                                               |
|                                                                                                                                                                                                  | Serve on a national study section, advisory group, or board of a national professional society.                                  |
|                                                                                                                                                                                                  | Patents (only the year you acquire the patent)                                                                                   |

## COVID-19 SUPPORT

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NOTE: If a Scholarly/Research event takes place and doesn't fall under one of the categories listed above, please contact Dr. Kablinger to discuss.

Here are two additional opportunities for readers this week:

Looking for ways to improve your NIH grant submission success? Want to learn more about NIH grant development? Sign up for the NIH Proposal Development Series beginning **Thursday, February 2<sup>nd</sup>, 2023 from 4-6 pm**. Register [here](#). Space is limited so don't delay!!

## COVID-19 SUPPORT

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### Call for Poster Abstracts

Deadline: January 20, 2022

ASAM members and non-members are invited to submit abstracts for **poster presentations ONLY**. ASAM encourages investigators, researchers, clinicians, and physicians from diverse organizations and fields to submit.

The ASAM Annual Conference goals and objectives for accepted poster abstracts are:

- To present the best new scientific research available
- To present the best practices, treatments, tools, and modalities in all areas of addiction medicine
- To bring science into clinical practice

Visit the **[ASAM Call for Abstracts page](#)** for additional information on presenter requirements, submission categories, possible topics, and abstract awards.

SUBMIT POSTER ABSTRACT

### Write a Stellar Abstract!

ASAM has all the resources to help you showcase your groundbreaking research and ensure you have a strong submission for consideration. Not sure where to start?

- Check out the [submission rubrics](#) and [priority topics](#).
- Explore the [submission requirements](#) and a [curated collection of resources](#).



- Make sure to provide extra details when describing your research and remember to proofread.

We want to help you shine and can't wait to highlight your work at the largest gathering of addiction medicine professionals!

Thanks! Submitted by Dr. Kablinger

## COVID-19 SUPPORT

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## Department News

- Dr. Kye Kim published an article for Annals of Long Term Care titled "Loneliness: Factors That Clinicians Need to Know". The article can be read at: <https://www.hmpgloballearningnetwork.com/site/altc/review/loneliness-factors-clinicians-need-know>

## ECHO

Our Carilion/Virginia ECHO in February has been pushed back to Friday, February 10<sup>th</sup> from the 3<sup>rd</sup> (still beginning at 12 noon for a 90-minute CME-based learning opportunity), in order to synchronize with the New River Valley quarterly Suboxone Summit meeting. This will again be offered via Zoom. Please email Dr. Cheri Hartman by February 9, 2023, if you would like to be added to the email list to receive the Zoom link for February 10th ECHO: [cwhartman1@carilionclinic.org](mailto:cwhartman1@carilionclinic.org).

## 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.](#)

## Nutrition Workshop for Patients in Recovery

Starting in January, Carilion Community Health and Outreach (CHO) will offer "Nourishing Resilience"—a free, 3-part workshop series aimed at empowering individuals in recovery to improve their health and wellness through nutrition,



movement, and self-expression. Each interactive 5-week session focuses on enhancing self-care, stress management, and connection with others. All workshops are held at CHO, 1202 Third Street, Roanoke. Registration is required and space is limited. [Please review this flyer](#) for more information about each workshop in the series and how to register. We encourage you to share this flyer and information with your patients. Color copies can be interofficed upon request. Questions? Contact Angela Charlton, RDN at 540-983-4123 or [akcharlton@carilionclinic.org](mailto:akcharlton@carilionclinic.org).

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## Sleep Medicine for Clinical Social Workers

Led by Abhishek Reddy, MD, this one-hour program provides information on sleep disorders across the lifespan. A psychiatrist specializing in sleep medicine, Dr. Reddy will discuss the epidemiology of sleep problems, “red flags” and symptoms of sleep disorders, as well as treatment, including recommendations for improving the quality of sleep.

*Please plan to join us on Feb. 8<sup>th</sup> from 12:00 -1:00 PM, for a very informative hour of continuing education on this growing health concern. For more information, please click here: [Sleep Medicine Save the Date.pub - Google Drive](#)*

## 2023 ASSOCIATION FOR ACADEMIC PSYCHIATRY ANNUAL MEETING CALL FOR ABSTRACTS

The **2023 Association for Academic Psychiatry Annual Meeting** will be September 6-9, 2023, at the Pinnacle Harbourfront Hotel in Vancouver, British Columbia, Canada. **Submission Deadline: January 31, 2023\***; **\*Poster deadline: March 15, 2023**. This year's meeting theme is **"ACADEMIC PSYCHIATRY: Discovery and the Next Generation"**. We hope this will be a most inspirational meeting for psychiatric educators. Join us as we begin the process of transforming our field into a better, stronger vehicle for service and education. Submissions for workshops, works-in-progress, educators' showcases, posters, and media sessions are now being accepted. The Program Committee requests that submissions be focused on academic/education-related topics such as:

- Teaching/ Education
- Technology
- Leadership/Administrative Development
- Career Development (early, mid, and late)
- Curriculum Development
- Competencies (including Cultural Competency and Lifelong Learning)



· Disparities, Diversity, and Inclusion (DDI)

[Click here](#) to visit the **AAP Annual Meeting** page for details. Look for the **CALL for ABSTRACTS** tab at the bottom of the webpage.

## MHSC 2023: Session and Poster Submissions Now Open



The 2023 APA 2023 Mental Health Services Conference is taking place this October in Washington, D.C. Have special insights to share or new research on clinical services? Submit your presentation ideas today! APA is actively seeking session and poster submissions from all members of the mental health care team. All abstracts must be submitted online to be considered. For helpful tips and additional information about topics and format, view the [Submission Guidelines](#). The 2023 Mental Health Services Conference will bring together the whole team caring for those with mental illness, including psychiatrists, nurse practitioners, primary care physicians, social workers, and more, to collaborate on practice advice to influence system-level change for their patients. Submission deadline: **Thursday, March 2, 2023, at 5:00 p.m. ET.**

## COVID-19 SUPPORT

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## New Alcohol Risk Assessment – BEAM *Beacon-Alc*



Alcohol use disorder (AUD) is a major contributor to morbidity and mortality worldwide. As one of the leading causes of death, public health guidelines recommend consistent standardized alcohol screening. However, screening for alcohol misuse is underperformed in practice because it can be time-consuming, susceptible to demand characteristics, and stigmatizing to patients.

To combat these issues, BEAM Diagnostics, Inc. (BEAM) developed *Beacon-Alc*, an alcohol misuse digital screening tool that uses decision-making tasks from the field of behavioral economics to improve standardized screening and identification of risk. *Beacon-Alc* is an electronic assessment that efficiently screens patients using oblique, non-stigmatizing questions. *Beacon-Alc* supports the streamlining of patient care and will be used by Carilion Clinic as an EMR-integrated solution to maximize standardized screening. *Beacon-Alc* is currently launched as a research study within the Psychiatry and Behavioral Medicine Department. Please review the educational materials below, familiarize yourself with where the results will be housed via the flowsheet row, and add the “BBAlc” flowsheet row to your favorite list (see



instructions below). To ensure the tool is properly utilized and results are not missed, *Beacon-Alc* results should be checked prior to seeing a patient and taken into consideration when administering care.

Educational Materials – located in the [Beacon-Alc \(BBAIc\) EPIC Folder](#)

1. *Beacon-Alc* Reference Guide
2. *Beacon-Alc* Quick Reference Infographic
3. *Beacon-Alc* Assessment Tutorial Video
4. How To Find & Favorite *Beacon-Alc* Flowsheet Row Results

*Interested in learning more or have any questions?* Contact **Dr. Anita Kablinger** at [askablinger@carilionclinic.org](mailto:askablinger@carilionclinic.org)

## COVID-19 SUPPORT

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

The Center's weekly drop-in for questions related to biostatistics, data science, programming, data management, or anything in between information is below. **Zoom Drop-In:** when you [click the link to our consulting hours](#), you will arrive in our Zoom waiting room. We will 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 are ready to see you. If you have any questions while in the Zoom waiting room, please send us an email at [biostats@vt.edu](mailto:biostats@vt.edu) and we'll get back to you expeditiously. **In-Person Drop-In:** when you stop by Riverside 4, Room 1220, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!

## 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*

[Click Here to Join Online](#)

*Join by phone: +1-210-795-1114*

*Access Code 2430 100 5708*

## 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](mailto: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:

January 25 from 10 – 11:30 a.m.  
 February 8 from 10 – 11:30 a.m.  
 February 22 from 1:30 – 3 p.m.  
 March 7 from 10 – 11:30 a.m.  
 March 23 from 1:30 – 3 p.m.

## COVID-19 SUPPORT

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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>

## 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.
- 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.



## COVID-19 SUPPORT

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- **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](http://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](mailto:acnardecchia@carilionclinic.org)!

## Schwartz Center Rounds – Transitioning from Surviving to Thriving

January 24, 2023 12:00 pm - 1:00 pm

**Target Audience:** Physicians, residents, medical and nursing staff, advanced care providers, allied health professionals and administrators will also benefit.

### Date/Time/Location:

- Tuesday, Jan. 24, noon-1 p.m.
- Virtual via Teams (instructions below)
- Out of respect for your time, sessions begin promptly at noon.

**Description:** Explore the emotions, concerns and reflections regarding transitioning from surviving to thriving.

### Learning Objectives:

- Review the challenges of providing evidence-based medicine while transitioning from surviving on a daily basis to thriving.
- Identify the feelings and reflections that may occur when you move from a survival to a growing, positive status.

Moderator – Chad Runyon, M.S., M.F.A.

Co-Moderator – Kimberly Butterfield, M.P.H.

Panelist – Manjusha Sahni, M.D.

Panelist – Katelin Walls, R.N.

Panelist – Lisa Uherick, M.D.

**Link to Join SCR Rounds (Jan. 24, 2023 at noon)**



### **Microsoft Teams meeting**

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 229 479 611 175 Passcode: YKsLvp

Download Teams | Join on the web

### **Upcoming Case Conferences and Grand Rounds**

**Emily West will send out the virtual links.**

**Stay turned for upcoming dates.**

### **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)



01/23/2023

## 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. |

## Chair's Note

To my knowledge, the US Preventive Services Taskforce (USPSTF) began to focus on mental illness and substance use disorders just six years ago. In 2016, the USPSTF published its first recommendation: to screen for depression in all adults. In the few intervening years, there have been 12 more [recommendations](#) for mental illness and substance use screening or counseling. The most recent ones focus on children and teens. Recognizing the high rate of anxiety in our nation's kids, the task force recommended screening for anxiety in all children eight and older. Similarly, a recommendation to screen for depression and suicide risk in adolescents was also published. This is a truly remarkable transition for the USPSTF, highlighting the recognition that mental illness and substance use disorders are both preventable and treatable. As we incorporate such screenings into more and more settings, we can recognize problems early on and initiate treatment quickly. This is a critical opportunity for us to prevent morbidity, suffering, and impairment, and to greatly improve the lives of so many people. Kudos to the USPSTF!

*Bob*

## Ambulatory Update

Greetings from ambulatory psychiatry! It is a time of significant transition for us, but also one of appreciation. Over the past several months we have been busy preparing for the EPIC Horizons updates for psychiatry. Many thanks to those who participated, contributing hours of their time to create, improve, and troubleshoot the templates and workflow. Parallel to our EMR upgrade, we continue to navigate the changing footprint of the rehab building. Our check-in has moved, along with our HAAs,

## IN THIS ISSUE

- Chair's Note
- Ambulatory Update
- Department News
- ECHO
- RAP Grant Announcements
- VSCSW's Anti-Oppression Task Force
- Nitazene Education
- Camp Treehouse
- Department News
- Nutrition Workshop for Patients in Recovery
- Sleep Medicine for Clinical Social Workers
- Association for Academic Psychiatry Annual Meeting
- MHSC Session and Poster Submissions
- BEAM
- CBHDS Drop-In
- HART Drop-In
- TriNetX Training
- Well-being Hub is Live
- Wellness
- Schwartz Center Rounds
- Upcoming Case Conferences and Grand Rounds



nurses, and practice manager, among others, with little disruption in the care we provide to patients. Preparations continue for the move to Tanglewood this fall, and we look forward to having more space created with our patient's needs in mind. We are sad to say goodbye to Stephanie Sylvester-Johnson, who has taken a new position outside of Carilion. Her last day will be April 30th. Thank you, Stephanie, for the excellent care you've provided to your patients. We will be welcoming two new physicians later this summer, both current PGY-4 residents in our adult psychiatry residency – Dr. Laura Huff and Dr. Aisha Aydogan. Welcome!

## COVID-19 SUPPORT

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As most know, our Senior Director, Peggy Myers recently moved back to her home state in Ohio, and a search has begun for someone to fill her role. Bill Wasserman also announced his retirement which will be this May. Until then, he will remain quite busy as the point person for the Tanglewood project and a myriad of other jobs he assumed on Peggy's departure. A special thank you to Bill and Lisa Dishner for filling those gaps.

Our research team, in conjunction with our partners at Virginia Tech psychology, are in the final weeks of data collection for the iTHRIVE grant and aim to apply for additional funding this summer. We are eager to see the data and continue our work around measurement-based care (MBC), which was recently highlighted as a valued tool in psychiatry (see this December 2022 [article](#) from the APA). If you were assigned the training module on MBC in Cornerstone and you haven't completed it yet, you have until February 2<sup>nd</sup> to do so. Two follow up surveys will follow. We appreciate everyone's participation, which helps move our research forward, and allows us to better understand and address the barriers to adoption of MBC and ultimately, provide the highest quality of care to our patients.

**Dr. Virginia O'Brien**

## Department News

- **Nneoma Edokobi (MS3), Sethulaksmi Sreevalsam Anil (PGY2), and Dr. Jennifer Wells** have a poster accepted for the 31<sup>st</sup> European Congress of Psychiatry in March 2023 in Paris. The poster is titled "A case report of low dose steroid-induced psychosis in an older adult with Rheumatoid Arthritis".
- **Ilona Jileaeva (MS3), Sulaimon Bakre (PGY4), Dr. Laura Huff (PGY3), and Dr. Badr Ratnakaran** have a poster titled "The same day on repeat: A unique case of persistent Deja vu phenomenon as a long COVID symptom in an older adult" accepted for the 31<sup>st</sup> European Congress of Psychiatry in March 2023 at Paris.
- **Dr. Sethulakshmi Sreevalsam Anil (PGY2), Dr. Mounica Thootkur (PGY2), and Dr. Justin White,** have a poster entitled "A case report of



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phentermine-induced psychosis: the need for caution for drug-drug interactions” for the 31<sup>st</sup> European Congress of Psychiatry.

- **Drs. Yezhe Lin**, Liliang Li, Fanglin Guan, Dou Yin. Editorial: Comorbidity in patients with psychiatric disorders: Epidemiological and molecular perspectives. January 2023. [Frontiers in Psychiatry](#) 13:1108922 DOI: [10.3389/fpsyt.2022.1108922](#)
- **Drs. Ching-Fang Sun, Akhil Pola (PGY2), and Yezhe Lin (PGY2)** have an abstract and e-poster titled “Benzodiazepine Prescription for Anxiety Disorders Increase the Risk of Substance Use Disorders: A Retrospective Cohort Study” has been accepted to EPA 2023.
- **Yezhe Lin, Akhil Pola**, and Alexander Zhang have a poster that has been accepted by the 31<sup>st</sup> European Congress of Psychiatry 2023 to be held in Paris, France in March 2023. The poster “Consider Early ECT Treatment for Chronic Insomnia-Induced Suicidal Ideation”.
- **Dr. Yezhe Lin** has an oral communication titled “Differential Impact of Social Cohesion in the Lens of U.S. College Students with different Sexual and Gender Identities on their Mental Health during the COVID-19 Pandemic” that will be presented at the 31<sup>st</sup> European Congress of Psychiatry 2023 to be held in Paris, France in March of 2023.
- **Sahana Nazeer, Dr. Xavier Preud’homme, Dr. Sarah Rivelli, Maria Hankey, and Dr. Anita Kablinger** had a manuscript titled: Rapid Effect of Suvorexant and High-Dose Melatonin on COVID-19 Associated Delirium has been accepted to publication in General Hospital Psychiatry.
- **Dr. Ching-Fang Sun, Neha Sing, Martha Tenzer, and Dr. Anita Kablinger** have a manuscript titled: Factitious Dermatitis in Children and Adolescents Is Highly Comorbid with Psychiatric Disorders that has been accepted for publication in the Journal of Psychosomatic Research.
- Congratulations to **Dr. Badr Ratnakaran** for passing his Geriatric Psychiatry Boards.
- Congratulations to **Dr. Kye Kim** for being selected by the Class of 2023 GHHS members to be a faculty inductee into the [Gold Humanism Honor Society](#).

## Sleep Medicine for Clinical Social Workers

Led by **Abhishek Reddy, MD**, this one-hour program provides information on sleep disorders across the lifespan. A psychiatrist specializing in sleep medicine, Dr. Reddy will discuss the epidemiology of sleep problems, “red flags” and symptoms of sleep disorders, as well as treatment, including recommendations for improving the quality of sleep. *Please plan to join us on Feb. 8<sup>th</sup> from 12:00 -1:00 PM, for a very informative hour of continuing education on this growing health concern. For more information, please click here: [Sleep Medicine Save the Date.pub - Google Drive](#)*



## PROJECT ECHO

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## RAP Grant Announcements

The department was awarded funding for one of three RAP grant applications submitted last fall! Congratulations to those funded and to those that missed the opportunity this time. These areas of inquiry remain very important as we practice and attain evidence-based treatment for the patients and community we serve. The next round of funding sources is already on the horizon!

**The funded project:** “Personalized Opioid Management Strategy (POMS): A technology- and a data-driven paradigm shift for achieving improved outcomes in Substance Use Disorder (SUD) treatment” – **PI Kablinger, team members, Hartman, Rea, Tarasidis**

## 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.](#)

## Camp Treehouse

Carilion’s Camp Treehouse is a free day camp for kids ages 6-18, who have lost a loved one and are working to process their grief. Camps will be held in Roanoke, in Feb, April, and June, from 9 a.m. to 4 p.m. Each camp has a healing-arts theme including art, dance, spoken word, and music. We need your help! Consider volunteering in roles such as co-lead counselor, greeter, registration, set up, food prep/clean up, and more. Brief training is provided. If interested in volunteering, contact **Paula Wolfeich, Ph.D.**, at 540-853-0007. The experience will enrich the lives of these children as they process grief.



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## Nutrition Workshop for Patients in Recovery

Starting in January, Carilion Community Health and Outreach (CHO) will offer “Nourishing Resilience”—a free, 3-part workshop series aimed at empowering individuals in recovery to improve their health and wellness through nutrition, movement, and self-expression. Each interactive 5-week session focuses on enhancing self-care, stress management, and connection with others. All workshops are held at CHO, 1202 Third Street, Roanoke. Registration is required and space is limited. [Please review this flyer](#) for more information about each workshop in the series and how to register. We encourage you to share this flyer and information with your patients. Color copies can be interofficed upon request. Questions? Contact Angela Charlton, RDN at 540-983-4123 or [akcharlton@carilionclinic.org](mailto:akcharlton@carilionclinic.org).

## Virginia Society for Clinical Social Work’s Anti-Oppression Task Force

VSCSW’s Anti-Oppression Task Force Presents a 3-Part Series

*Critical Conversations: Challenging Racism in Ourselves, Our Practices, and our Organization Seeds of Racism* February 17, 2023, 10am-noon via Zoom.

Using Harro’s Cycle of Socialization, we will explore the beliefs, expectations, and identities we were born into and the damage these perpetuate, when unexamined (2 CE hours). Registration: <https://forms.gle/LCUIYxGwsUFgi7cG86>

*Racial Trauma in the Room* March 17, 2023, 10am-noon via Zoom We will examine the intersection of systemic racism and epigenetic trauma with our client’s mental health, recognize the ways we may have caused harm, and explore how to become Anti-Racist practitioners (2 CE hours). Registration: <https://forms.gle/vSWCkmS72PUsbWHx7>

*Looking in the Mirror* April 21, 2023, 10am-noon via Zoom. We will take an unflinching look at the ways VSCSW policy and practice have excluded people of color and failed to represent all clinical social workers in Virginia. We will begin a conversation about what it will take to become an Anti-Racist organization (2 CE hours). Registration: <https://forms.gle/ETgQQZusofk7w3che6>

The programs are offered free of charge as part of the Task Force’s mandate of inclusion and equity. They are open to LCSWs, MSWs, SW Supervisees, and students. If you need accessibility accommodations, please contact Kristie Melson, LCSW, at [kemelson2@gmail.com](mailto:kemelson2@gmail.com) by Feb. 3, 2023. For more information about the Anti-Oppression Task Force, please contact Paula Crooks, LCSW, at [paulacrooks.lcsw@gmail.com](mailto:paulacrooks.lcsw@gmail.com)



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## New Alcohol Risk Assessment – BEAM Beacon-Alc



Alcohol use disorder (AUD) is a major contributor to morbidity and mortality worldwide. As one of the leading causes of death, public health guidelines recommend consistent standardized alcohol screening. However, screening for alcohol misuse is underperformed in practice because it can be time-consuming, susceptible to demand characteristics, and stigmatizing to patients.



To combat these issues, BEAM Diagnostics, Inc. (BEAM) developed *Beacon-Alc*, an alcohol misuse digital screening tool that uses decision-making tasks from the field of behavioral economics to improve standardized screening and identification of risk. *Beacon-Alc* is an electronic assessment that efficiently screens patients using oblique, non-stigmatizing questions. *Beacon-Alc* supports the streamlining of patient care and will be used by Carilion Clinic as an EMR-integrated solution to maximize standardized screening. *Beacon-Alc* is currently launched as a research study within the Psychiatry and Behavioral Medicine Department. Please review the educational materials below, familiarize yourself with where the results will be housed via the flowsheet row, and add the “BBAlc” flowsheet row to your favorite list (see instructions below). To ensure the tool is properly utilized and results are not missed, *Beacon-Alc* results should be checked prior to seeing a patient and taken into consideration when administering care.

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For assistance with Project Design, Data Collection, & Biostat Services

*HART Drop-In Virtual Office Hours: Tues & Thurs 10 am-Noon*  
[Click Here to Join Online](#)  
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Access Code 2430 100 5708

## 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](mailto: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:

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February 8 from 10 – 11:30 a.m.  
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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>

## 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.
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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](http://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](mailto:acnardecchia@carilionclinic.org)!

## Schwartz Center Rounds – Transitioning from Surviving to Thriving

January 24, 2023 12:00 pm - 1:00 pm

**Target Audience:** Physicians, residents, medical and nursing staff, advanced care providers, allied health professionals and administrators will also benefit.

**Date/Time/Location:** Tuesday, Jan. 24, noon-1 p.m.

**Description:** Explore the emotions, concerns and reflections regarding transitioning from surviving to thriving.

### Learning Objectives:

- Review the challenges of providing evidence-based medicine while transitioning from surviving on a daily basis to thriving.
- Identify the feelings and reflections that may occur when you move from a survival to a growing, positive status.

Moderator – Chad Runyon. M.S., M.F.A.; Co-Moderator – Kimberly Butterfield, M.P.H.; Panelist – Manjusha Sahni, M.D.; Panelist – Katelin Walls, R.N.

Panelist – Lisa Uherick, M.D. **Link to Join SCR Rounds (Jan. 24, 2023 at noon)**

**Microsoft Teams meeting.** Join on your computer, mobile app or room device

[Click here to join the meeting](#) . Meeting ID: 229 479 611 175 Passcode: YKsLv



## Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Stay tuned for upcoming dates.

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01/30/2023

## 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. |

## Chair's Note

### IN THIS ISSUE

- Chair's Note
- Department News
- Sleep Medicine for Clinical Social Workers
- ECHO
- Nitazene Education
- Camp Treehouse
- Nutrition Workshop for Patients in Recovery
- VSCSW's Anti-Oppression Task Force
- Association for Academic Psychiatry Annual Meeting
- MHSC Session and Poster Submissions
- BEAM
- CBHDS Drop-In
- HART Drop-In
- TriNetX Training
- Well-being Hub is Live
- Wellness
- Upcoming Case Conferences and Grand Rounds

Multiple studies and surveys have reflected the dramatic uptake of telemedicine in psychiatry. We have previously seen data reflecting both patient and clinician satisfaction with telehealth to deliver care when distance, impairment, or a pandemic have required it. One concern in particular was whether the outcome of treatment (rather than satisfaction) would be as beneficial as is in-person care. A specific treatment population we have worried about are those dealing with an opioid use disorder (OUD). A recent [study](#) of over 11,000 adult patients (average age 54 years) with OUD found that telehealth can safely and effectively be used to expand or maintain access to care without reducing effectiveness of treatment. This is a really important step as we work to expand access to effective care and reflects the importance of evaluating different forms of care delivery for potential benefit. Such patient-centered studies are an element of the health systems science we are building at Carilion Clinic and the VTC School of Medicine. Patient centered-research is a central part of Carilion's strategic plan, Vision 2025.

*Bob*

## Department News

- Dr. Kye Kim had a research article published in Brain Sciences: Grant SS, Kim K, Friedman BH. How Long Is Long Enough? Controlling for Acute Caffeine Intake in Cardiovascular Research. Brain Sciences, 2022, 13, 224. <https://doi.org/10.3390/brainsci13020224>



## Sleep Medicine for Clinical Social Workers

Led by **Abhishek Reddy, MD**, this one-hour program provides information on sleep disorders across the lifespan. A psychiatrist specializing in sleep medicine, Dr. Reddy will discuss the epidemiology of sleep problems, “red flags” and symptoms of sleep disorders, as well as treatment, including recommendations for improving the quality of sleep. *Please plan to join us on Feb. 8<sup>th</sup> from 12:00 -1:00 PM, for a very informative hour of continuing education on this growing health concern. For more information, please click here: [Sleep Medicine Save the Date.pub - Google Drive](#)*

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## PROJECT ECHO

Our Carilion/Virginia Project ECHO in February has been pushed back to Friday, February 10<sup>th</sup> from the 3<sup>rd</sup> (still beginning at 12 noon for a 90-minute CME-based learning opportunity), in order to synchronize with the New River Valley quarterly Suboxone Summit meeting. This will again be offered via Zoom. Please email **Dr. Cheri Hartman** by February 9, 2023, if you would like to be added to the email list to receive the Zoom link for February 10th ECHO: [cwhartman1@carilionclinic.org](mailto:cwhartman1@carilionclinic.org).

## 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.](#)

## Camp Treehouse

Carilion's Camp Treehouse is a free day camp for kids ages 6-18, who have lost a loved one and are working to process their grief. Camps will be held in Roanoke, in Feb, April, and June, from 9 a.m. to 4 p.m. Each camp has a healing-arts theme including art, dance, spoken word, and music. We need your help! Consider volunteering in roles such as co-lead counselor, greeter, registration, set up, food prep/clean up, and more. Brief training is provided. If interested in volunteering, contact **Paula Wolfeich, Ph.D.**, at 540-853-0007. The experience will enrich the lives of these children as they process grief.

## Nutrition Workshop for Patients in Recovery

Starting in January, Carilion Community Health and Outreach (CHO) will offer “Nourishing Resilience”—a free, 3-part workshop series aimed at empowering



individuals in recovery to improve their health and wellness through nutrition, movement, and self-expression. Each interactive 5-week session focuses on enhancing self-care, stress management, and connection with others. All workshops are held at CHO, 1202 Third Street, Roanoke. Registration is required and space is limited. [Please review this flyer](#) for more information about each workshop in the series and how to register. We encourage you to share this flyer and information with your patients. Color copies can be interofficed upon request. Questions? Contact **Angela Charlton, RDN** at 540-983-4123 or [akcharlton@carilionclinic.org](mailto:akcharlton@carilionclinic.org).

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## Virginia Society for Clinical Social Work's Anti-Oppression Task Force

VSCSW's Anti-Oppression Task Force Presents a 3-Part Series

*Critical Conversations: Challenging Racism in Ourselves, Our Practices, and our Organization Seeds of Racism* February 17, 2023, 10am-noon via Zoom.

Using Harro's Cycle of Socialization, we will explore the beliefs, expectations, and identities we were born into and the damage these perpetuate, when unexamined (2 CE hours). Registration: <https://forms.gle/LCUIYxGwsUFgi7cG86>

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