

October 5, 19 and 26, 2020

October 5, 2020

Note from the Chair

- There is a powerful song in the old Broadway show *South Pacific*, written by Rodgers and Hammerstein, called “You Have to be Carefully Taught.” It speaks to educating children so that they will be prejudiced and racist. It speaks to selecting knowledge to negatively bias our understanding of others. The current president of the American Psychiatric Association, Jeff Geller, has written a series of seven articles on the history of racism in America and in American Psychiatry. It includes a substantial number of references to the structural racism in Virginia, as well as other states. Just a couple of examples of our history: Central State Hospital in Petersburg was desegregated in 1965 only by mistake: A Sheriff was expected to transport a white person some 300 miles to Southwestern State Hospital but did not want to drive that far. He dropped off the patient at the historically-Black Central State Hospital triggering both confusion and the start of change. Virginia’s Eugenics law, which allowed the forced sterilization of over 8000 individuals in the state’s institutions, ended only in 1979. Blacks were disproportionately targeted here and in most of the other 31 states with Eugenics laws. We can, however, choose to learn from our past. So that we may be carefully taught to overcome the structural racism of our communities and our nation, I encourage everyone to read this series of articles, available at:
<https://psychnews.psychiatryonline.org/topic/news-president?sortBy=Ppub> .

Bob

Department News

- Congratulations to **Lauren Thomason RN-BC** for passing her Psychiatric-Mental Health nursing certification exam. Way to go Lauren!
- Please welcome **Paula Yarnold, HAA!** Paula joined the Rehab Outpatient C&A Section on September 28.

BEAM Opioid Study

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Alkermes opened their Pathways Research Awards program for 2020 (<https://www.alkermes.com/responsibility/pathways>). The specific areas of interest are substance use disorders, schizophrenia, and bipolar disorder. This grant is for investigators who are in the early stages of their career; specifically, they may be the recipient of a career development (K) award or other mentored research grant, but not a funded R01 grant or equivalent at the time of application. Researchers with an academic position above assistant professor are not eligible. Application process open July 1, 2020. **Application deadline – October 30, 2020 by 11:59 EST.**

- Award amount: up to \$100,000
- Application Due Date: October 30

American Society of Clinical Psychopharmacology

- ASCP 2020 Annual Fall Meeting – **October 17-18, 2020** – Virtual Conference. **See flyer attached, ASCP fall meeting flyer.**

Virginia Society for Clinical Social Work Save the Date

- The VSCSW Roanoke Chapter training event schedule is attached, **VSCSW Save the Date 2020**. Check out the upcoming events for Social Workers. **Frannie Gaeta** is on the group planning committee. If you have questions, please reach out to Frannie.

Resources

- **From Academic Medicine**

*Academic Medicine has created an online [collection](#) of all our published content related to COVID-19. Please check back regularly, as the collection will be updated frequently as new articles are published. Further, **AAMC Coronavirus (COVID-19) Resource Hub** Please visit the [AAMC's Coronavirus \(COVID-19\) Resource Hub](#) for the latest information.*

Virtual TEACH Education Day 2020

- Virtual TEACH Education Day is **October 8, 2020**. Keynote speaker, **Geoffrey Talmon, MD**, will present “Mind the Gap: The Impact of Generational Preferences on Health Professions Education.” For registration go to link: <https://www.teach.vtc.vt.edu/2020-virtual-teach-education-day-registration/>

Annual Meeting of Academy of Consultation-Liaison Psychiatry

- The Annual Meeting of the Academy of Consultation-Liaison Psychiatry will meet **virtually on November 12-13**. Information can be found at <https://clp2020.org/>.

American Academy of Addiction Psychiatry

- Annual Meeting and Scientific Symposium, December 10-13, 2020 – **See attached information AAAP Annual Meeting Dec 10-13, 2020.**

Wellness

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



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

- **New Physicians Express and ACPs Express: Facilitated small group gatherings offering peer support**

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- **COVID-19 Employee Support Helpline**

Please do call the COVID-19 Employee Support Helpline for confidential support if you are experiencing distress as a result of the pandemic: **COVID-19 Employee Support Helpline 1-800-468-1359 (option 2)**

Upcoming Grand Rounds and Case Conferences

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

Psychiatry Peds Case Conference – 10/8/2020, Thursday, 12:15-1:15 pm

Psychiatry Grand Rounds – 10/15/2020, Thursday, 12:00-1:00 pm

October 19, 2020

Note from the Chair

- Stigma and bias contribute in so many ways to deny access to care and the community's continued misperception of many groups of people who are different: those from different cultures, differing social statuses, different ages, and those individuals dealing with mental illness or substance use disorders. Out of many articles and letters that have been written, I wish to share two with direct relevance to us. The first was written by Luanne Rife and published by the Roanoke Times (available at https://roanoke.com/news/local/all-of-us-have-a-history-fighting-stigma-to-find-homes-for-virginias-elderly-psychiatric/article_b32efd58-27cd-5b65-9ad7-6ac461f95709.html). She addresses some of the current local and regional challenges confronting our elderly patients who need acute or supportive care- services long under-resourced that are now in acute distress. The second is a letter signed jointly just a few days ago by the American Medical, Nursing, and Hospital Associations urging the President to rescind Executive Order 13950, which if enforced would "effectively reverse decades of progress in combating racial equality." (available at <https://www.aha.org/lettercomment/2020-10-14-letter-president-donald-trump-executive-order-13950-combating-race-and-sex>). Such documents are critical as exemplars of our efforts to become an inclusive society that works to improve the health of the communities we serve- all of our communities.

Bob

Department News

- **Dr. Gulafsheen Quadri** presented at AACAP with a special interest group, **"Parent Trap: How Asian American Child and Adolescent Psychiatrist Parents Reconcile Cultural Differences in Parenting Approaches,"** **Bela Sood, MD, Sarah Nayeem, MD, Gulafsheen Quadri, MD, Jessica Thai, MD.**

OBOT

- Our OBOT care coordinator, **Erica Eisel**, has submitted her letter of resignation effective on November 6th 2020 due to an upcoming move to Florida. We sadly will be saying goodbye to a highly esteemed colleague, but we wish her and Sean and their little Mackenzie all the best as they return to a location where they will be surrounded by family and friends. Erica leaves her position and our OBOT team all the better for her impact on standardizing and organizing processes and on our patients.

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Psych Grand Rounds, Thursday, 11-19-2020, 12:00-1:00 pm via WebEx

October 26, 2020

Note from the Chair

One of the real challenges for patients who seek care and for psychiatrists who wish to provide it is meeting the various payor (e.g., insurance company) demands that the treatment meet “medical necessity” criteria. All too often, those criteria are arbitrary and prohibit reasonable and needed care. As a field, we have long struggled to find a solution. With much advocacy from the American Psychiatric Association and other stakeholders, the state of California recently passed SB 855. This legislation requires medical necessity criteria and utilization review guidelines to be based on generally-accepted standards of care, which are defined as “standards of care and clinical practice that are generally recognized by health care providers practicing in relevant clinical specialties such as psychiatry, psychology, clinical sociology, addiction medicine and counseling, and behavioral health treatment.” Criteria and guidelines must use “the most recent versions of treatment criteria developed by the nonprofit professional association for the relevant clinical specialty.” This is an excellent model- and may actually make a difference in the lives of our patients. In the near future, the APA will be working closely with others to develop this key legislation into model legislation specifically drafted for each state. The APA Council I chair, Healthcare Systems and Finance, will play a role in this endeavor. I will keep you informed of progress in this work that we anticipate will reduce administrative burdens and barriers that currently limit or prevent access to care.

Bob

Department News

- Please welcome Outpatient Rehab’s new **HAA, Daphne Hutchison** starting October 26!

- We took a few minutes during the noon hour to go see the beehives at NRV, which are managed by a radiology technician here. It was a lovely day and wonderful to see the pollinators at work! ***Submitted by Dr. Virginia O'Brien.***



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Ethics and Risk Management for Clinical Social Work in the New Normal: Virtual Therapy, the Pandemic, Social Justice Upheaval and Political Conflict

- Virtual Zoom Ethics Conference – **Friday, November 13, 2020 from 1:00 PM EDT to 4:00 PM EDT & Sunday, November 15, 2020 from 9:00 AM to 12:00 PM** – see flyer attached ***E-Bulletin 6 VIRTUAL ZOOM ETHICS CONFERENCE-TWO DAYS.***

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Carilion Clinic 2020 Quarterly Research Newsletter

- See attached (**CCResearchNwsltr.2020.10.15**) Carilion Clinic 2020 Quarterly Research Newsletter. This edition includes:

Spotlight on Anthony Baffoe-Bonnie, MD & Dorothy Garner, MD – Infectious Diseases
Highlight on Ruth Ndolo, Ed.D., MSN, CCRP – work on COVID studies
RAP 16 Awards & Announcements
Convalescent COVID Donors
SPARC Testimonial
National COVID Cohort Collaborative (N3C)
OCPD & R&D Research Series
New Employees/Transfers
iTHRIV Updates
Resource Links

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