



**November 2, 2020**

## 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

- Community – Provide collaborative and interdisciplinary patient centered care
- Courage – Overcome challenges
- Commitment – Enrich the quality of life with our patients, their families, and our colleagues
- Compassion – Create an environment that is respectful, inspirational, and supportive for patients and colleagues
- Curiosity – Foster innovation in our pursuit of excellence through education and discovery

## Note from the Chair

It is an incredibly stressful time. Between hurricanes, firestorms, civil unrest, and a pandemic that has already taken the lives of nearly a quarter million Americans, the rate of anxiety, depression, and substance use has increased dramatically. With the national election day tomorrow comes additional anxiety. In an unprecedented situation, there is fear of violence after the election results are in. As a Department of Psychiatry and Behavioral Medicine, we have a role to play in helping our fellow citizens cope with distress and anxiety. Through our words and behavior, we can work to maintain calm and thoughtful behavior among those we know and work to educate and support those lives we touch. Let us be caring, kind, and supportive to all around us.

*Bob*

## Department News



- Last Friday, Roanoke Rehab Social Workers and Therapeutic Arts Team dressed up like their boss, **Jon Mrnak**. Included in the picture are **Jon, Shelby Wynn, Kassidy Earehart, Hillary Greer, Tonierose Alicea and Katie Conoboy**.

## BEAM Opioid Study

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## Resources

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## 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.

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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.**

**Psych Adult Case Conference, Thursday, 11-5-2020, 12:00-1:00 pm via WebEx**

**Psych Peds Case Conference, Thursday, 11-12-2020, 12:15-1:15 pm via**

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

## November 9, 2020

### Note from the Chair

I had the opportunity to present Grand Rounds last week to Carilion Clinic's Department of Pediatrics. The focus was on the combined effects of structural

racism, COVID-19, childhood trauma and mental illness. For those interested, I attach the presentation (**Trestman Peds GR**) and the link to the video is <https://youtu.be/PFKj8I2kEec> . As I prepared the talk, it really got me thinking about the multiple elements involved. Each of these – racism, trauma, COVID-19 – individually have a profound impact on the mental health of children. The combination we are now dealing with is indeed a toxic brew and will certainly have lasting impact. We work to make a difference in each of our clinical settings, whether targeting the children directly, the entire family, or the parents themselves. As we move forward, we will need to build on our community relationships to help change the culture and infrastructure of our communities if we really want to make a difference. Outreach, education, and collaboration have long been a part of Psychiatry. I believe that in the months ahead, it will need to be a growing part. Working in collaboration with the schools, the community service boards, public services, not-for-profit agencies, and housing opportunities, I believe that we will be able to reshape our communities to enable everyone to live a healthier life. I am genuinely optimistic. I really look forward to all of us working together to help make that happen.

*Bob*

## Sheppard Pratt Professional Education Program

- Sheppard Pratt Professional Education Program on **November 11, 2020**, is the HARRY STACK SULLIVAN LECTURE from 11:30 a.m. – 1:00 p.m. It is an online Broadcast. [Click here](#) to register and access the broadcast. The title is **“In the Mood: Learning to Self-Regulate Affect and Impulse”**, presented by **Robert L. Trestman, Ph.D., M.D. Dr. Trestman is the Harry Stack Sullivan Award Winning Lecturer.** Participants will receive a codeword during this lecture to email to [cme@sheppardpratt.org](mailto:cme@sheppardpratt.org) to complete enrollment; CNE and CEU credits are available as well. Lecture slides can be accessed and downloaded [here](#). Attendees participating for CME/CEU contact hours must have an ETHOS account to register for events, take pre- and post- tests, and manage your continuing education credits and online transcripts.

## Department News



- **Brienne Hamm, Therapist, St. Albans**, won the St. Albans Annual Pumpkin Decorating Contest. Her pumpkin was also entered in the CNRV 2<sup>nd</sup> Annual Pumpkin Contest. Great job, Brienne!

- **Sabrina Mason** joined the **MH Therapy team at St. Albans**. She had previously worked at the Pulaski Lewis Gale Psychiatric facility. Welcome, Sabrina!
- Please welcome two new locum physicians to **St. Albans** - **Dr. Maria Lique** is a Locum from Weatherby. She resides in TN and has worked on both inpatient units and consult services in TN, VA, NY and NC and **Dr. Celia Trotta** is from IRIS and is providing telepsychiatry services for inpatient and eventually for outpatient at NRV. She resides in Boca Raton, FL.
- Please join our team in welcoming **Rick Whitt** as our new care coordinator - located on the first floor of the Rehab Building, serving patients in our office-based opioid treatment (**OBOT**) **program**. Rick brings a wealth of experience in case management to this position; he has shared patients with us in the past several years, so he may be a familiar name to you! Feel free to introduce yourself virtually (his email is [rjwhitt@carilionclinic.org](mailto:rjwhitt@carilionclinic.org)).
- **Lesa Meadows, HAA**, joins Rehab Ambulatory on November 9. Welcome, Lesa!
- **Dr. Badr Ratnakaran** has been selected for the 2021 American Association of Directors of Psychiatric Residency Training (AADPRT) Nyapati Rao and Francis Lu International Medical Graduate (IMG) Fellowship Award.
- **Dr. Kye Kim** was published - Whitehead P, Keating S, Gammaluddin S, White C, Stewart C, **Kim KY**; "Understanding the impact of community-based palliative care." In: Silberman M, eds. Palliative Care for Chronic Cancer Patients in the Community: Global Approaches and Future Applications. Switzerland: Springer Nature. 2020: 49-64.

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## November 16, 2020

### Note from the Chair

Over the years, we have developed significant awareness of the morbidity and mortality associated with posttraumatic stress disorder (PTSD). Another

stressor-related phenomenon, posttraumatic growth, has received much less attention. It is typically defined as “positive psychological change experienced as a result of a struggle with highly challenging life circumstances.” The work on posttraumatic growth goes back at least to the 1990’s and suggests a pathway after serious trauma that leads to enhanced resilience, adaptive coping, flexibility, and action-oriented optimism. In last week’s JAMA, a two-page article ([attached as JAMA Olson 2020](#) and available on line at <https://jamanetwork.com/journals/jama/fullarticle/2771807> ) speaks to the implications and opportunities for posttraumatic growth as we cope with a tide of natural disasters, civic unrest, and a lethal pandemic. The article (written by folks from Stanford, Yale, and Mt. Sinai). Such growth is not passive; it clearly requires reflection and learning. The process discussed includes active management to develop deeper relationships, become open to new possibilities, recognize and nurture a sense of strength and spirituality, and a greater appreciation of the limits and opportunities that life affords us. I encourage you to read it- and reflect upon what we might each do to emerge from these extraordinary times more resilient, more caring, and more aware of what really matters.

*Bol*

## Department News

- **Dr. Kemi Bankole** has accepted the part time position of Chief Diversity Officer for VTCSOM starting in January. While retaining her roles in Psychiatry as a clinician and Director of the Geropsychiatry Fellowship, Dr. Bankole will be helping to support our medical school’s expanding diversity and inclusion initiatives. Congratulations Kemi!

## From Inside Carilion- “Veterans Day: Answering the Call to Serve”

- **Byron Lawson, Intermediate Care and Psychiatric Technician, Inpatient Psychiatry**, also served on the USNS Comfort in its mission (Operation Gotham) to New York City, where he worked in outpatient mental health rounding on all units and departments on all shifts to assess the crew's well-being. He was a resource for anything they may need. Sailors had a 48-hour notice to report to the ship for duty, so there was little time to mentally prepare. "I worked in an outpatient mental health capacity to solve and de-escalate crew members on the floor, so we could help to decrease the need for them to require outpatient mental health services," says Byron. "This was essentially like having Carilion EAP come directly to frontline workers--offering them on-the-spot services."

## VTCSOM, Creativity in Healthcare Education Virtual Fall Exhibit-Art for the Journey

- **Dr. Dave Trinkle** shared a link to the VTCSOM Virtual Art Exhibit – Art for the Journey - <http://medicine.vtc.vt.edu/2020artshow>. Due to Covid-19 the exhibit was changed to a virtual platform. “What came out of the effort is a beautiful and moving exhibit, enhanced with a collection of videos about the programs at Art for the Journey as well as interviews with a few of the local program directors using these same types of programs in our area.”

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The World Health Organization has recently reported that, under the strain of the pandemic, mental health and substance abuse services are disrupted and collapsing in 93% of the world's countries. In the US, our case rates and the rate of hospitalizations is quite literally skyrocketing. Locally, we are seeing an increase in cases and the consequences of the pandemic, both direct and indirect. Our emergency, inpatient, and ambulatory psychiatric services are dealing with

extraordinarily high need. And yet, I still see people in the community without masks and not socially distancing. I hear of people who plan to gather in their traditional groups for Thanksgiving celebrations. In psychiatry, we typically see severely ill individuals disconnected from reality. We are now seeing a large number of people without a diagnosable mental illness behaving as though they are delusional, denying the reality of this life-threatening disease. As we enter the holiday season, I implore each of you to work to educate those around you in the community to wear masks and socially distance. At best, vaccines are months away. COVID-19 is only a breath away. Be well- and please stay safe.

*Bol*

## Department News

- **Jennifer Amateis, Roanoke Ambulatory**, will be celebrating her 1<sup>st</sup> year anniversary in December. Thank you, Jennifer, for your teamwork!
- Accepted to Psychopharmacology Bulletin for publication - **“Obsessive-Compulsive Disorder Driven by Aspects of Ritual Addiction: A Case Report and Review of Literature” – Ayesha Kar, Archana Adikey, Jen Wells and Anita Kablinger.**

## Faculty Development in Teaching Requirement for Maintenance of Appointment

- For those that have a faculty appointment with VTCSOM, this is a reminder that you need to have 6 credit hours for faculty development in teaching during the 3-year maintenance of appointment cycle in order to maintain your faculty appointment. TEACH seminars are an excellent way to complete this requirement. I am also attaching the requirement information (*FD Related to Teaching Requirement Handout*). The requirements are activities that are focused on improving your own teaching skills.

## ORCCA and STARS MEMBERSHIP

- **See attached (ORCCA STARS network)** for information on how to join ORCCA. This is an exciting opportunity for those interested in substance misuse research. **Kim Horn, EdD**, is the Director of ORCCA.

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

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

**Psych Adult Case Conference, Thursday, 12-3-2020, 12:00-1:00 pm via WebEx**

**Psych Peds Case Conference, Thursday, 11-10-2020, 12:15-1:15 pm via WebEx**

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# **November 30, 2020**

## **Note from the Chair**

The Pandemic continues to ramp up; the number of cases and deaths continues to climb both nationally and locally. And during this holiday season, even our traditions are disrupted. That matters, because traditions are the habits we have built to reinforce our culture, our sense of belonging, our sense of stability. Zoom Thanksgiving was just not the same as having a boisterous family and friends gathered around a big table. As mental health professionals, we are always expected to provide care to our patients- that is what we do. In this moment, though, I think we need to do even more, based not just on "what we do" but on "who we are." Everyone is stressed. The population rates of anxiety, depression, and substance misuse are rising- we see that, we know it. Among our colleagues, we can be more tense, irritable, even fragile. We need to be very conscious of being kind to each other. Let's take time to recognize that we can make a difference every time we interact with someone through a caring word, smiling eyes ("smizing," using the now very apt expression coined by Tyra Banks), or an

offer of support. We will get through these times, and we will be the better for it if we do it together.

*Bob*

## Department News

- Please welcome **Komal Dobaria, nurse manager for CNRV Psychiatry, to our team.** Komal will spend the next couple of weeks meeting staff and adjusting to her role. We are excited to have her on our team.

## ECHO Presentation December 4, 2020

- Carilion's ECHO Project presents a special workshop this **Friday, December 4th**, at noon on ***Mindfulness: The Peaceful Pause - Takes Skill!*** by **Dr. John Buabudd**. Register by emailing your intention to attend to Dr. Cheri Hartman ([cwhartman1@carilionclinic.org](mailto:cwhartman1@carilionclinic.org)) by **no later than Thursday morning December 3rd**. All are welcome!

## Faculty Development in Teaching Requirement for Maintenance of Appointment

- For those that have a faculty appointment with VTCSOM, this is a reminder that you need to have 6 credit hours for faculty development in teaching during the 3-year maintenance of appointment cycle in order to maintain your faculty appointment. TEACH seminars are an excellent way to complete this requirement. I am also attaching the requirement information (***FD Related to Teaching Requirement Handout***). The requirements are activities that are focused on improving your own teaching skills.

## ORCCA and STARS MEMBERSHIP

- **See attached (ORCCA STARS network)** for information on how to join ORCCA. This is an exciting opportunity for those interested in substance misuse research. **Kim Horn, EdD**, is the Director of ORCCA.

## ASCP Announces \$5000 Nina Schooler Early Career Research Award

- Psychiatry residents and fellows who are interested in or are beginning to engage in clinical psychopharmacology research are invited to submit applications for the

**2021-2022 ASCP Nina Schooler Early Career Research Award.** Physicians who are currently in psychiatry residency or fellowship programs, or doctoral-level psychologists/pharmacists (i.e., PhD, PsyD, PharmD) who are currently involved in clinical internships, externships or fellowships are eligible to apply. All applicants are required to be ASCP members. (Please note Society membership for residents and trainees is at no cost.) No prior research experience is required. **Deadline is January 28, 2021. See attached ASCP Announces.pdf.**

## BEAM Opioid Study

- As most of you know, we're working on a new opioid study with BEAM Diagnostics with Dr. Kablinger as the PI for the project. Our amended IRB has been approved for remote recruitment hopefully to start Monday, October 5<sup>th</sup>. See attached study description for more information of what the study entails. If you are a resident, please talk to your attending and if they have any questions, have them contact Dr. Kablinger or myself. Just as a summary of your participation, we will be asking you to let your potentially eligible patients know about the study and either provide a hard copy flyer for in person clinical visits, or a digital flyer for tele-visits. The flyer will have contact information for the clinical research assistant (myself), and the patients will be able to contact me directly to take part in the study. Patients will be asked for approximately 10 minutes of their time (one time only) and won't be receiving any compensation for participating. If you have any questions, please feel free to direct them to myself ([dmrodriguez@carilionclinic.org](mailto:dmrodriguez@carilionclinic.org)), Sarah Snider ([sarahsnider@beamdiagnosticsinc.com](mailto:sarahsnider@beamdiagnosticsinc.com)) or Alex Brown ([alexbrown@beamdiagnosticsinc.com](mailto:alexbrown@beamdiagnosticsinc.com)). Additionally, we're looking to gather physician feedback about the app itself. This physician interview should take approximately an hour and can be done whenever is convenient for you. If you have a few times over the next week or so that you're available, please let me know! Attached are: A study information sheet – for your information (**Study Description Remote**)– this should be shared with patients during telemedicine visits. Please reach out if you have any questions - Daniella Rodriquez - [dmrodriguez@carilionclinic.org](mailto:dmrodriguez@carilionclinic.org)

## Virginia Society for Clinical Social Work Save the Date

- The VSCSW Roanoke Chapter training event schedule is attached, **VSCSW Save the Dates 2020, for December 16th event.** 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.

## American Academy of Addiction Psychiatry

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