



## PSYCH NEWS



**December 7, 2020**

### Note from the Chair

The 21<sup>st</sup> Century Cures Act includes many components. One key component of relevance to us in Psychiatry is the impact on medical records (details at <https://www.healthit.gov/curesrule/overview/about-oncs-cures-act-final-rule>). The biggest of these arguably is transparency of health information. Carilion will be implementing a two phased approach beginning in January. Phase One will include open notes and immediate release of labs and would occur on **January 22<sup>nd</sup>, 2021**. A team is continuing work on optimizing the workflows for confidential and sensitive notes, and adolescent proxy access, which will be implemented on **April 2<sup>nd</sup>, 2021** as Phase Two. The law requires full implementation by April 5, 2021. Very limited records may be blocked from view by patients. The goal of this regulation is to give patients greater access to and control over their health care data. Moreover, research continues to show that engaged patients have better health outcomes. There are of course many concerns and challenges. The biggest, honestly, is how we write notes in EPIC, what is said and how it is said. Please anticipate that anything in EPIC (again, with specific exceptions where such release may cause identifiable harm to the patient, as in a custody dispute) may be read by your patient. The primary purpose of chart notes is to document assessment and treatment recommendations you have already shared with your patient. Think about your note as though you are the patient reading it. Is it dismissive of their concerns? Does it sound paternalistic? Please see this change as an opportunity to make use of EPIC as a real communication tool, supporting genuine empowerment and recovery-oriented care. More details will be shared in the weeks ahead to guide us in this process.

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## Department News

- **Dr. Mounica Thootkur's** abstract was accepted for the APA Annual Meeting 2021 - **"The role of glutamate and GABA in cognitive dysfunction in Schizophrenia and mood disorders- A systematic review of Magnetic Resonance spectroscopy studies."**
- **Mehdi Elmouchtari's, VTCSOM Medical Student,** abstracts were accepted for the APA Annual Meeting – **"The challenges associated with neuromodulation research in suicidal populations," Mehdi Elmouchtari and Anita Kablinger; "COVID-19 and social media as precipitating factors for inpatient psychiatric hospitalization in an adolescent male," Mehdi Elmouchtari; Ryan White, Abhishek Reddy; "Clonidine for reduction of agitation in delirium in a 17 year-old female diagnosed with presumptive anti-NMDA receptor encephalitis," Mehdi Elmouchtari; Mira Nicchitta; Ryan White; Kiran Khalid.**
- **Dr. Kirin Khalid** presented at AACAP, October 2020 – **"Uncovering the Blind Spots: Addressing Unconscious Bias to Diversity the Physician Workforce in the United States for Better Patient Outcomes,"** Manal Khan, MD; **Kiran Khalid, MBBS;** Jing Chayanin Foongsathaporn, MD; Alaa Elnajjar, MD; Ayesha I Mian, MD; Christina T Khan, MD, PhD; **"Bridging the Gap: A needs Assessment for Pediatric Consultation-Liaison Psychiatry Curriculum Development Through Collaboration,"** Authors: Amy L Meadows, MD; **Kiran Khalid, MBBS;** Jessica Dotson, DO; Brian P Kurtz, MD; Nasuh Malas, MD, MPH; Maryland Pao, MD; Catherine Fuchs, MD; Richard J Shaw, MD.
- **Dr. Abhishek Reddy** presented at AACAP, October 2020 – **"The effect of CBT-insomnia on depression symptoms in children and adolescents: a review of the evidence,"** **Abhishek Reddy MD,** Zeeshan Mansuri MD, MPH, Chintan G. Trivedi MD, Ramu Vadukapuram MD;
- **Dr. Gulafsheen Quadri's** abstract was accepted for the APA Annual Meeting 2021 – **"Extreme repeated intentional foreign body ingestion in a forensic patient population for secondary gain: A case report and review of literature,"** **Gulafsheen Quadri, MD, MA** and Stephanie Page, MD.
- **Ayesha Kar's, VTCSOM Medical Student,** abstract was accepted for the APA Annual Meeting 2021 – **"Characteristics of Psychiatry Residency Program Directors: A review of trends and implications."**
- **Caroline Woods', VTCSOM Medical Student,** abstract was accepted for the APA Annual Meeting 2021 – **"Using delay discounting to predict length of stay and readmission for inpatient psychiatric patients."**
- Please welcome to the **CONNECT** Assessment Specialist Group, **Kelly Cummings-Karkenny, LPC, Child Specialist** and **Megan Scott, Admission Facilitator.**

## Dr. Kemi Bankole announced new VTCSOM Chief Diversity Officer

- **Dr. Azziza “Kemi” Bankole**, Associate Professor of Psychiatry and Behavioral Medicine, has been named VTCSOM Chief Diversity Officer. Congratulations, Dr. Bankole! See attached letter from Dean Learman ([Dr. Bankole-VTCSOM Chief Diversity Officer](#)).

## 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

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# 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 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.**

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

**Psych Grand Rounds, Thursday, 12-17-2020, 12:00-1:00 pm via WebEx**

## December 14, 2020

### Note from the Chair

I was on a call this morning with Senator Tim Kaine and representatives from the other Virginia hospital systems. Senator Kaine is part of the group negotiating the next Pandemic funding package (the \$908B proposal that has been in the news) and is specifically looking at how to help with clinician burnout. People from around the state expressed what we are all feeling: fatigue, frustration, and anxiety mixed with a ray of hope now that the first wave of vaccine is being distributed. He is using this input to seek more funding to destigmatize mental illness and expand mental health support for clinicians and reduce licensure risks for us, as clinicians, who seek help. It was quite uplifting to hear someone in his role listening closely and working to formulate advocacy for us at this extraordinary time. We'll see how successful this effort is in the next few weeks. Stay tuned- and stay safe!

*Bob*

### Department News

- **Deirdre Rea, DNP, PMHCNS, RN-BC, Director of Connect**, has an article accepted for publication – Mental Health Impacts from COVID-19 and the Necessary Public Health Measures – in the January, 2021 edition of the International Journal of Clinical Nurse Specialists.
- **Shuo Qiu, MD**, submitted 2 poster abstracts to APA Annual Conference and both were accepted by the APA Scientific Program Committee: Poster 4324–“A Case Series About Perioperative Management of Buprenorphine” and Poster 4261–“One-Year Retention in Comprehensive Care Office-based Opioid Treatment Model versus Traditional Medication-Assisted Treatment.”
- **Brienne Hamm, Rec Therapist**, created artwork for the patients/staff at NRV-St. Albans –



## Hep C Year-to-Date

- We now have the Year-To-Date numbers for the Hepatitis C screening grant currently underway in conjunction with Dr. Marrieth Rubio in GI. Psychiatry is participating by screening every eligible adult admission to either CRMH or CRNV adult psychiatry units. Over the past 2.5 years, psychiatry has consistently demonstrated an approximate 12% positivity rate: about 1 in 8 adult psychiatry inpatients has Hepatitis C. However, linking patients to care post discharge remains a challenge – a new Peer Recovery Specialist has been delegated to help with our Hep C patients with comorbid psychiatric illness. Please contact Hannah Hawthorne ( [hrhawthorne@carilionclinic.org](mailto:hrhawthorne@carilionclinic.org) ) if you have a patient who may benefit from this referral. Bottom line: we **exceeded** the goal for testing eligible patients (across all sites) and we linked 299 people to care! ***Submitted by Dr. Anita Kablinger.***

## Supporting Diversity and Inclusion in Research Participation

- Please see the attached announcement sent on behalf of the integrated Translational Health Research Institute of Virginia (iTHRIV) on **Recruitment Enhancing Resources Program**. All inquiries related to this announcement should be directed to: Kristin I. Miller ([kim6g@virginia.edu](mailto:kim6g@virginia.edu)).

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## NAMI Resources

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

## Columbia University Center for Complicated Grief Webinar on Managing Difficult Times

- Wednesday, December 16, 2020 /7:00pm - 8:00pm. This is a free webinar that will focus on HEALING milestones approach to understanding grief and adaptation to loss, how to recognize prolonged grief disorder, and suggestions for what can help. Link for registration is [REGISTER NOW](#)

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## December 21, 2020

### Note from the Chair

This season is rather obviously a very difficult time that is emphasizing the need for our services in many ways. The CDC just published a new [report](#) documenting the significant increase in overdose deaths during the pandemic. This is coupled with recognition by the American Medical Association of worsening systemic inequities in health care and healthcare access in a recent [paper](#) . Emphasizing these inequities is a new [study](#) from Johns Hopkins on the residents of Maryland documenting a **6% increase in suicides among Blacks while suicides among Whites dropped by 24%**. Access to care continues to be an issue, as do the social and structural determinants that affect everyone's lives. Psychiatry can and will continue to make a difference by caring for people and our communities.

It is also very important for us to be seen as leaders in this effort. One step is to demonstrate our faith in our own healthcare system. Consistent with that, I got my first COVID vaccination on Friday and my wife Dr. Bonnie Hennig-Trestman (who runs our interdepartmental Huntington's Disease Program) received hers yesterday. It was very simple and straightforward- you can register in Cornerstone on Demand. I really encourage everyone in the Department to get vaccinated. Stay safe and demonstrate your leadership in healthcare during this season of hope!

*Bob*

### Department News

- Kudos to the OBOT Team! See the post to the Wow Wall. <https://www.insidecarilion.org/hub/wow/psychiatrys-office-based-opioid-treatment-team-deserves-a-big-wow-gets-results> The picture of the Team is attached (**OBOTTeam with Wells**).

- **Dr. Abhishek Reddy** had 4 posters accepted for an International conference - World Psychiatric Association- World Congress of Psychiatry, Virtual Congress- March 2021. 1. SEROTONIN SYNDROME WITH THE CONCOMITANT USE OF TRIPTANS AND SSRI'S/SEROTONERGIC MEDICATIONS: SHOULD FDA RECONSIDER THE WARNING? Mansuri, Z., Trivedi, C., **Reddy, A.**; 2. BIPOLAR DISORDER OR KLEINE LEVIN SYNDROME? A DIAGNOSTIC DILEMMA, Mansuri, Z., Trivedi, C., **Reddy, A.**; 3. CHARLES BONNET SYNDROME: A CASE REPORT AND REVIEW OF THE LITERATURE, Mansuri, Z., Trivedi, C., **Reddy, A.**; 4. THE PROMISE OF CIRCULATING MICRORNA FOR THE MANAGEMENT OF SCHIZOPHRENIA WITH ANTIPSYCHOTIC MEDICATIONS: A REVIEW OF THE LITERATURE, Vadukapuram, R., Trivedi, C., Mansuri, Z., **Reddy, A.**
- **Dr. Gulafsheen Quadri's** poster has been accepted for AADPRT, **Quadri, Gulafsheen and Greenage, Michael**, "Therapeutic mental health docket as part of residency training: A novel approach for a forensic training experience."



- **NRV-St. Albans Care Coordinator, Kristine Rygas**, gathered donations for the moms and babies in our OB OBOT Clinic.
- 40 years!!!! Please congratulate **Linda Bolden, Psych Tech, Adult Inpatient**, on a huge milestone with Carilion. She is celebrating her 40 year anniversary with the system! Way to go!
- Congratulations to **Desta Biratu, NP**, on her first anniversary with Carilion Clinic. Thank you Desta for all you do for your patients and our department – we are glad you are on our team!

## OBOT

- Congratulations to **Dr. Shuo Qiu** - who presented his poster during the recent AAAP Annual Meeting held virtually December 10th - 13th, 2020. He summarized results from the study he has been conducting together with Drs Cheri and David Hartman. The poster was entitled: "One-Year Retention in Comprehensive Care Office-based Opioid Treatment Model versus Traditional Medication-Assisted Treatment." This national conference is an opportunity to

share the latest research in the field of Addiction Psychiatry - we were well represented by Dr. Qiu! Impressively Carilion's Psychiatry office-based opioid treatment program yielded a 70% 12-month retention rate, both when using the traditional group-based opioid treatment approach pre-OBOT versus post implementation of OBOT comprehensive care. This exceeded the outcomes reported by other opioid treatment programs in the US, who cited their one-year retention rates using buprenorphine. Accomplishing both program growth and high retention rates is the goal!

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## 2021 AAP ANNUAL MEETING - CALL FOR ABSTRACT SUBMISSIONS



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

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

#### COVID-19 Related Information

AAP leadership is committed to holding the 2021 AAP Annual Meeting, September 8-11, 2021, whether in-person or virtual. Details will be shared in February based on the COVID-19 situation.

As the 2020 AAP Annual Meeting theme and related presentations have been held over to be presented at the 2021 AAP Annual Meeting, AAP will **NOT** be soliciting abstracts for workshops and media presentations this year.

This year's meeting theme is "**Bridging the Divide: Reducing Inequity Through Education**". We hope that this will be a most inspirational meeting for psychiatric educators. We expect to have an exciting, innovative, and useful program, while also having lots of fun.

**Questions?** Lisa Hedrick, Association for Academic Psychiatry, [lhedrick@academicpsychiatry.org](mailto:lhedrick@academicpsychiatry.org), 770.222.2265

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## December 28, 2020

### Note from the Chair

2020 is indeed a year for the history books. It is hard to overestimate the challenges we have addressed this year, as professionals, as families, and as a society. It has been a series of crises, and of opportunities to transform and grow. And we have indeed grown as a Department: our faculty have increased in number and expertise; we have increased our capacity and seen more ambulatory patients than ever before; we have added a new fellowship; we have expanded our interventional capabilities; we have increased our scholarly and research productivity; we are developing formal programs for young adults; we began to grow our psychology division; we have transformed care delivery to thoroughly integrate technology; and the list keeps going. We recently were notified by the Virginia DBHDS that our proposal for a comprehensive psychiatric emergency program (CPEP) has been authorized and funded. With that added support, we anticipate providing expanded emergency services starting in the next few months. And, on the receiving end of things, we are now getting vaccinated for COVID-19. While we anticipate more challenges in the months ahead, we have proven that we are resilient, that we can rise to challenges, and we are becoming the better for it. With great respect and pride in all that we do, let me wish everyone a healthier and happier 2021!

*Bob*

### Department News

- Congratulations to **Dr. Anita Kablinger** on attaining the status of a Fellow member in the American Society of Clinical Psychopharmacology (ASCP). Fellow membership is attained by full members who meet the following criteria: 1. Ten years of consecutive full membership 2. Registered and attended at least five ASCP meetings within the ten-year tenure and 3. Maintain licensure in state of practice or in active practice.

### Consult Service says Thank you

- I wanted to make sure to recognize **Anders Sylvester-Johnson, NP**, for being so willing to help out, even at last minute, for Consult coverage. I heard he even chipped in this past Sunday during WE coverage. He also agreed to help out this past Friday despite late notice and fluctuating requests from Xavier and myself. He came over to see some pts Friday afternoon even though it is not his typical day to cover, and stayed late on Thursday to finish up pts. He has been very flexible and giving of his time. He is unflappable, willing to pitch in and gets the job done.

My gratitude to him for being such a team player! *Submitted by Dr. Sarah Rivelli*

- I could not agree more, and in addition to his willingness to always help and being a great team player, he is also a skilled clinician and I always enjoy discussing cases with him and he is an incredible asset when it comes to understand local resources. I always learn from him and am very grateful to be his colleague. *Submitted by Dr. Xavier Preud'homme*

## TriNetX Virtual Training Classes 2021

- Hello TriNetX Family: If you haven't taken a class or need a refresher, below is the list of classes for 2021. Please send me or Wendy Stone an email of the class you want to attend and one of us will send you a meeting invitation. Contact Deirdre (Dee) Myers at [dlmyers2@carilionclinic.org](mailto:dlmyers2@carilionclinic.org).

January 21 from 1:30 – 3:30pm

February 9 from 9:30 – 11:30am

February 25 from 9:30 – 11:30am

March 9 from 1:30 – 3:30pm

March 29 from 1:30 – 3:30pm

## Supporting Diversity and Inclusion in Research Participation

- Please see the attached announcement sent on behalf of the integrated Translational Health Research Institute of Virginia (iTHRIV) on **Recruitment Enhancing Resources Program**. All inquiries related to this announcement should be directed to: Kristin I. Miller ([kim6g@virginia.edu](mailto:kim6g@virginia.edu)).

## NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for 9+ months now....and winter is looming. Mental health issues related to our lockdown and the pandemic are especially hard for people with depression and other mental health disorders. NAMI, The National Alliance on Mental Illness

has a **helpline** that can be reached Monday through Friday, 10 am–6 pm, ET.

**1-800-950-NAMI (6264)** or [info@nami.org](mailto:info@nami.org) - Virginia Society of Clinical Social Workers - Roanoke Chapter

## 2021 AAP ANNUAL MEETING - CALL FOR ABSTRACT SUBMISSIONS



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

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

### COVID-19 Related Information

AAP leadership is committed to holding the 2021 AAP Annual Meeting, September 8-11, 2021, whether in-person or virtual. Details will be shared in February based on the COVID-19 situation.

As the 2020 AAP Annual Meeting theme and related presentations have been held over to be presented at the 2021 AAP Annual Meeting, AAP will **NOT** be soliciting abstracts for workshops and media presentations this year.

This year's meeting theme is "**Bridging the Divide: Reducing Inequity Through Education**". We hope that this will be a most inspirational meeting for psychiatric educators. We expect to have an exciting, innovative, and useful program, while also having lots of fun.

**Questions?** Lisa Hedrick, Association for Academic Psychiatry, [lhedrick@academicpsychiatry.org](mailto:lhedrick@academicpsychiatry.org), 770.222.2265

## 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)

## 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.

## 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**

Carilion is hosting a series of stand-alone Zoom-based virtual support group gatherings for our colleagues, "**Physicians Express**" and "**ACPs Express**." The format is to provide a confidential, safe gathering space to share experiences and bolster one another's wellbeing during this time. To sign up, email Mark Greenawald at [mhgreenawald@carilionclinic.org](mailto:mhgreenawald@carilionclinic.org). He will be able to provide information on times and dates.

- **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.**

**Psych Adult Case Conference, Thursday, 1-7-2021, 12:00-1:00 pm via WebEx**  
**Psych Peds Case Conference, Thursday, 1-14-2021, 12:15-1:15 pm via WebEx**  
**Psych Grand Rounds, Thursday, 1-21-2021, 12:00-1:00 pm via WebEx**