



• February 1,  
2021

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

IN THIS ISSUE

- Note from the Chair
- Department News
- Town Hall APA
- Racism and the Clinical Process
- Health Behaviors Interest Group Meeting
- Upcoming Anti-Racism/Social Justice Workshops
- VSCSW-save the dates!
- VTCSOM College Award Submissions
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- 2021 AAP Annual Meeting
- ORCCA and STARS Membership
- BEAM Opioid Study
- Wellness
- Ground Rounds

NOTE FROM THE CHAIR

There is a lot of talk about vaccines for COVID-19 and many people for many reasons are hesitant to take it. Some argue about relative effectiveness or fear of side effects. Aside from the general logic of the benefits to individuals and society for effective vaccines (think polio, smallpox, measles, and tetanus among many others), it is also important to look at what the term “effectiveness” means and what matters to us all. Ultimately, becoming infected with COVID-19 is not what matters. What matters is dying from COVID-19; over 441,000 Americans have died from it as of today. What about the data from the 75,000 people who were in one the vaccine trials? Not one died and not one was hospitalized 28 days after being vaccinated. By comparison, in a matched group of 75,000 Americans who were not vaccinated, 150 died and several hundred were hospitalized. Please look at the facts and encourage everyone who is eligible to be vaccinated to get vaccinated. That is the quickest and safest way for us to get through this extraordinary time.

*Bol*

Department News

- **Congratulations to Dr. Anita Kablinger** for being selected to receive the 2021 VTCSOM Research Domain Mentor. Dr. Kablinger will be recognized the VTCSOM Medical Student Research Symposium on March 6.



**Justice Center**  
THE COUNCIL OF STATE GOVERNMENTS

- With a renewed focus on ways to address mental health concerns in the criminal justice system, The Council of State

Governments Justice Center and the American Psychiatric Association Foundation have partnered to highlight leaders who are working to get people the help they need through innovative practices and programs. This [feature article](#) on **Dr. Robert Trestman and START NOW** is the first in a series under the Judges and Psychiatrists Leadership Initiative.

## 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)

## Town Hall – APA Addresses Structural Racism, Part 4: Structural Racism & Psychiatric Residency Training: Recruitment, Retention, and Development – Monday, February 8 | 8:00 – 9:30 pm ET

A panel of experts will examine how structural racism affects diversity in the psychiatry workforce. Topics will include the disproportionate number of minority psychiatrists, their experiences in different practice settings, and why having diversity in the psychiatric workforce is important for everyone. The discussants will describe ways to grow a diverse workforce in psychiatry, including pipeline programs like APA's, making academic psychiatry settings inclusive and welcoming spaces for diverse students, residents and attending psychiatrists, and ways to increase the number of minority underrepresented psychiatrists who are promoted to higher academic, administrative, clinical and research in hospitals, communities and organized psychiatry. The advantages of having a diverse psychiatric workforce will be explored. You do not need to be a member of the APA to register. **Register Today:** [psychiatry.org/townhall](https://psychiatry.org/townhall)

**Clinical Social Worker Association: 9 CE's and Online Event Announcement: 6 WEEK Learning Collaborative on Racism and the Clinical Process STARTING FEBRUARY 10: February 10, 17, 24, March**

**3, 10, 17 | 8:00-9:30 p.m. EST**

**[CLICK HERE TO REGISTER](#)**



## HEALTH BEHAVIORS INTEREST GROUP MEETING (FBRI-CTRHB) **February 18** - 11:00am - 12:00pm

- Peter Hall, Ph.D. will present his research on repetitive transcranial magnetic stimulation (rTMS) in health research. Meeting Zoom Link: <https://virginiatech.zoom.us/j/83053206393> - for further information please contact [jstein1@vtc.vt.edu](mailto:jstein1@vtc.vt.edu).

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**~February 19, 2021 9:00a-11:00a. ~Transgender~ What we need to know and what resources are available for us and our clients.**

*Facilitated by Melissa Irene Jackson, MSW Manager, Transgender Health Clinic Services, Patient Advocate, Virginia League for Planned Parenthood. (via Zoom)*

-2 contact hours

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Please contact Sharon Payne, Program Chair, at [spayne@vwu.edu](mailto:spayne@vwu.edu) with questions regarding the programs.



## VTCSOM College Award for Outreach Excellence- Submissions due Monday, **February 8**

- The purpose of the College Award for Outreach Excellence is to recognize a single outstanding faculty member in each college for their work in outreach, based on competitive submissions throughout their college. **(NOTE: Only academic faculty can apply.)** The winner will receive a plaque and a \$500 award (divided if necessary). Applicants can be nominated by their peers or self-nominate. Applicants are required to submit a narrative about their outreach work over the past year; specifically indicating their passion for service, the impact service has had on their community, themselves, their world view and their careers. Outreach experience should be community based and not specifically job related. The essay should be no more than 750 words and should avoid a resume/listing type of presentation. For this round, the deadline for submission will be Monday, February 8<sup>th</sup> and the award winner(s) will be announced at the March All Hands Meeting. Any questions and all submissions should be sent to Courtney Powell at [cbrakes@vt.edu](mailto:cbrakes@vt.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*



## 2021 AAP ANNUAL MEETING - CALL FOR ABSTRACT SUBMISSIONS



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

**See link for information -**

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

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

## ORCCA and STARS MEMBERSHIP

**Dr. Kim Horn** would like to share an exciting opportunity with you given your interest in and commitment to substance misuse research and your affiliation with VT and Carilion Clinic. As you may already know, VT and Carilion are affiliates of The Opioid Research Consortium of Central Appalachia (ORCCA) (<https://the-orcca.com>) which is a regional research partnership across 6 universities and 2 major health systems seeking to accelerate collaborative, highly translational opioid treatment and prevention research in Central Appalachia. We are excited to announce that ORCCA is beginning its full individual membership drive including its first thematic research network. The National Institute on Drug Abuse (NIDA) recently awarded a \$2.6 million grant to Dr. Rob Pack of East Tennessee State University and me, as founding ORCCA directors, to create the Studies To Advance Recovery Support (STARS) network designed to develop studies on how best to provide support services for individuals being treated for opioid use disorder (OUD). ORCCA and STARS membership application materials can be found at the following link: <https://theorcca.com/become-a-member>.

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BEAM Diagnostics is conducting a study with psychiatry to validate an app assessing the risk of Opioid Use Disorder (OUD). Patients with OUD are eligible to participate in the 10-minute study that is done remotely. There is no compensation for

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participation but completing this survey will help to develop new ways of assessing patient risk without actually asking questions about opioid use! As we move into the digital therapeutic world, apps like this (BEACON-ODU) can help clinicians help their patients. Please let your patient know of this research opportunity – our goal is to sign up 400 patients in the next 6 months! Please contact Daniella Rodriguez at [dmrodriguez@carilionclinic.org](mailto:dmrodriguez@carilionclinic.org) or (540) 588-3183 or provide patients with this contact information so they can independently seek out involvement. Your feedback on the app is also encouraged!

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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.

- **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.

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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, February 4, 2021, 12:00-1:00 pm via WebEx**

**Psych Peds Case Conference, Thursday, February 11, 2021, 12:15-1:15 pm via WebEx**

**Psych Grand Rounds, Thursday, February 18, 2021, 12:00-1:00 pm via WebEx**

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**NOTE FROM THE CHAIR**

It should come as no surprise that psychiatric emergency room visits have increased during the pandemic compared to pre-pandemic levels. A recent [study](#) in JAMA Psychiatry has documented those increases across the US for suicidality, drug overdoses in general and opioid overdoses in particular, and for all psychiatric illnesses. We fully expect that pattern to continue and likely increase as the full impact of the pandemic drags on. And among us all, one group may be at the greatest risk for anxiety, depression, and despair: the country's mothers. While situations had incrementally improved for most mothers caring for families, the pandemic has worsened job inequality (with Hispanic, Black, and single mothers hit the hardest) and food insecurity. What can we do? We can work as hard as possible to increase our capacity and improve access to care. We can continue to look for ways to improve efficiency. We can continue to partner with our community agencies to leverage our limited resources. There is no easy solution, but as usual, when we work together, we will keep getting better at providing the care our patients, their families, and our communities need.

*Bob*

**Department News**

- **Kathleen B. Elswick, DO**, received her VTCSOM initial faculty appointment.
- **Deirdre Rea, DNP, PMH-CNS, RN-BC** has been chosen as a reviewer for the Johnson & Johnson Nurses Innovate Quickfire Challenge on Mental Health.





## Recreational Therapy Month

- February is Recreational Therapy Month. We would like to acknowledge and thank : **Tina Kraye, Kari Decker, Bre Hamm, Morgan Poe, Kassidy Earehart, and Tonirose Alicea** for their service at Rehab and NRV. *Submitted by Peggy Myers, NRV-St. Albans Director*

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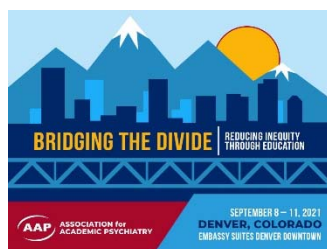
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## RESEARCH DAY – APRIL 13, 2021

- Mark your calendars for this 13th Annual event Carilion Clinic/Nursing/VTC Fralin Biomedical Research Institute/ VTC School of Medicine  
**Tuesday, April 13, 2021**  
**This year's event will be virtual.**  
**Registration, Abstract Submission Information, and the Virtual Website are Soon to Follow**

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**[2021 AAP Spring Virtual Master Educator Registration is OPEN](#)**



**April 21 and April 22, 2021:** This three-year series of educational workshops provides psychiatric educators the additional skills needed to be effective leaders in health professional education in psychiatry.

This spring offering will be presented **virtually** via Zoom. Please be sure to mark your calendars according to your time zone.

## VNS Therapy for Treatment Resistant Depression

- We are currently recruiting patients for a study looking at Vagus Nerve Stimulation (VNS) treatment for patients with treatment resistant depression. Patients appropriate for the study will have a current diagnosis of major depressive episode with inadequate response from at least one antidepressant treatment, as well as a documented history of chronic or recurring major depressive disorder that has not adequately responded to at least 4 trials of antidepressant treatment in the current and/or prior lifetime episodes. Patients must also have Medicare to participate in the study. If you have any questions or would like additional information about the study, **please contact Bryce Lewis by email at [brlewis@carilionclinic.org](mailto:brlewis@carilionclinic.org) or by phone at (540) 494-8285. If you have a patient that may be qualified to participate in the study, please contact Dr. Anita Kablinger.**

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NOTE FROM THE CHAIR

Just last week, our med school released the VTCSOM Task Force Report on diversity and inclusiveness, reflecting months of work of over 100 faculty, students, and staff. While the [report](#) addresses many domains, I would like to focus on one domain that affects many of us in our clinical work: the learning and working environment. The task group that worked on this area was led by Dr. Michael Nussbaum, Chair of Surgery, and included members of our faculty (Dr. Felicity Adams) and residency (Drs. Aisha Aydogan and Felicia Gallucci). The findings and recommendations of that group are detailed on pages 26-28 of the linked [report](#) and cover 4 themes: Website content related to the learning and working environment is insufficient; Diversity education and training opportunities should be available to all VTCSOM and Carilion Clinic faculty and staff; VTCSOM learners at all levels deserve safe and retaliation-free learning, clinical, and working environments; and Structured, ongoing assessment will contribute to continuous improvements within the learning and working environments. I want to thank Drs. Adams, Aydogan, and Gallucci for their work and believe that this report, and the implementation that will follow, helps us all affirm the very first Value of the VTCSOM: “Virginia Tech Carilion School of Medicine values human diversity because it enriches our lives and the School. We acknowledge and respect our differences while affirming our common humanity. As caregivers and educators, we value the inherent dignity and value of every person and strive to maintain a climate for work and learning, based on mutual respect and understanding.”

*Bob*



## Department News

- **Dr. Gul Quadri** is working with the APA school workgroup to help with the OARS document for teachers. See link [here](#) specifically the script on page 4.
- **Drs. Cheri and David Hartman** have been invited to present at the Governor's Summit on Equitable Collaboration, **February 17, and February 25**. They will speak on the collaborative principles that have guided the establishment of the ED Bridge to Treatment program. For registration: <https://www.equitablecollaboration.org/registration.html>
- **Dr. Anilla Del Fabbro** received her initial faculty appointment to VTCSOM.

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## Recreational Therapy Month



- Gratitude Wall at Roanoke Rehab.



- CNRV/St. Albans RT Team: Left to right – **Morgan Poe, Santina Krayner and Brieanne Hamm.**



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- **Dr. Kathleen Elswick** made a Gratitude Wall for CNRV/St. Albans staff to write on during Play Therapy Week.

## ECHO February 19 – Sublocade Training February 15

- Training on Buprenorphine prescribing best practices is open to all interested parties on **February 19th from 12 - 2 pm**. Persons not yet on the Carilion ECHO email list can RSVP to me to be invited to the ECHO session on the 19th at: [cwhartman1@carilionclinic.org](mailto:cwhartman1@carilionclinic.org). Free CMEs will be awarded for this special ECHO designed to meet the annual requirement of 2 hours training for any prescribers of opioids. See flyer [here](#).
- On Monday **February 15th** (at 12 noon) a training on Sublocade is being offered in partnership with Indivior, as Carilion makes progress toward finalizing its capacity as a specialty pharmacy site, becoming eligible to dispense Sublocade. Contact Cheri Hartman for further information.

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## Virginia Society for Clinical Social Work (VSCSW) - Save the Dates

**~February 19, 2021 9:00a-11:00a. ~Transgender~ What we need to know and what resources are available for us and our clients.**

*Facilitated by Melissa Irene Jackson, MSW Manager, Transgender Health Clinic Services, Patient Advocate, Virginia League for Planned Parenthood. (via Zoom)*  
-2 contact hours

**~April 9, 2021 9a-12p ~Ethics 2021: Current Practice Trends and Regulations**  
*Facilitated by David Boehm, LCSW CSOTP Private Practitioner and former Chair of the Board of Social Work, member of the Department of Health Professions and expert in the treatment of offenders and high risk individuals. (via Zoom)*

-3 contact hours

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February 22, 2021

**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**

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

**IN THIS ISSUE**

- Note from the Chair
- Nancy Howell Agee
- Psychiatry Residency
- Upcoming Anti-Racism/Social Justice Workshops
- VSCSW-save the dates!
- Supporting Diversity and Inclusion in Research Participation
- NAMI Resources
- Research Day
- 2021 AAP Annual Meeting
- Scholarly Work Open Forum
- VNS Therapy
- ORCCA and STARS Membership
- ASCP Research Award
- BEAM Opioid Study
- Wellness
- Grand Rounds and Case Conferences

**NOTE FROM THE CHAIR**

Integrated psychiatric care (often called integrated behavioral health care) has long been known to be a valuable component of healthcare. It is finally becoming recognized more broadly for its critical role in improving overall health and healthcare. A recent **publication** of the American Hospital Association (AHA) addresses this role specifically and concludes that “Hospitals and health systems are integrating behavioral health to reduce barriers to accessing behavioral health services, enabling them to more effectively treat the whole person, thereby improving outcomes, enhancing the patient experience and reducing the total cost of care. Integrating behavioral health is an opportunity for hospitals to comprehensively address the physical and mental health needs of their patients while improving value and affordability.” While it may seem obvious to us in Psychiatry, to have the AHA advocate for this approach marks an important milestone in the need for recognition and treatment of mental illness in all healthcare.

*Bob*

**Nancy Howell Agee Named to Modern Healthcare’s Women Leaders Luminaries List**

*Dr. Patrice Weiss shared with SMT:* Nancy’s done it again. She’s earned national recognition and brought honor to our entire organization, this time as a 2021 inductee in Modern Healthcare’s Women Leaders Luminaries. The award, which is



part of the magazine's Top 25 Women Leaders program, recognizes executives whose careers have been defined by reshaping the industry and who are perennial figures in Modern Healthcare's recognition programs. The profiles of the honorees are featured in this week's print edition and at [ModernHealthcare.com/topwomenexecs](https://www.modernhealthcare.com/topwomenexecs). Nancy was first named to Modern Healthcare's list of Top 25 Women Leaders in 2017 and has also regularly appeared among its 100 Most Influential People in Healthcare.

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I am delighted to share that the ACGME has reviewed our Residency program and we have once again received full continued accreditation. Congratulations to Drs. Greenage and Sapra, to Melissa Adams and Amanda Paxton, and to all of our great faculty. Well done!

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