



12/27/2022

Our Departmental Vision, Mission, and Values Statements

Mission

Advance the mental and physical health of our communities.

Vision

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Values

Collaboration –	Working together with purpose to achieve shared goals.
Commitment –	Unwavering in our quest for exceptional quality and service.
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Chair's Note

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- Chair's Note
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- Nutrition Workshop for Patients in Recovery
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- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Upcoming Case Conferences and Grand Rounds

This past year has been extraordinary. We have faced many challenges as a community, as families, as individuals. We have dealt with the COVID pandemic, the opioid epidemic, the broadly increased prevalence of mental illness, and now the “tripledemic” of COVID, RSV, and influenza. And through it all, we have risen to the challenges, supported our patients, innovated new approaches to care, and expanded to meet growing needs. We have found amazing support from the leadership of Carilion Clinic to recruit a growing number of psychiatrists, psychologists, nurse practitioners, therapists, and support personnel. We expect our new 37,000 square foot Tanglewood integrated ambulatory practice to open in September 2023. We are investing in the growth of our Comprehensive Psychiatric Emergency Program and have a robust team now providing care within its walls here in Roanoke, the walls of all Carilion hospitals, and in our GAP Clinic. Our extremely successful opioid addiction treatment programs are now expanding to meet a full range of addiction treatments. The Center for Grief and Healing has seen dramatic growth and is delivering so many much-needed services to our patients and families. Our Consultation Liaison program is now a robust program directly providing treatment support in every one of Carilion Clinic's hospitals. Our Interventional Psychiatry program is a robust initiative providing ECT, TMS, ketamine, and VNS services to a growing population. Our research programs, scholarly productivity, and measurement based care efforts are growing visibly each month. This is in addition to our ongoing Collaborative Care and Specialty Care ambulatory programs, our broad array of child and adolescent services, our core acute inpatient care services, and our extensive community partnerships. Our educational efforts with students, residents, and fellows continues to receive recognition and awards. As I reflect on



these accomplishments, I see 2023 as a year where we will be able to build upon our achievements to deliver “the right treatment to the right person at the right time.” I see 2023 as a year that brings us closer to our vision of being “an internationally recognized pioneer of clinical excellence through the dedicated integration of education, discovery, and recovery.” With my warmest wishes for a happier, healthier, and even more productive 2023!

Bob

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Access Code 2430 100 5708

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Well-being Hub is Live! (Inside Carilion)

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Wellness

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The words we use matter. As clinicians, we see this every day. Our words can clarify, support, and empower the people in our care. If we are not thoughtful, though, they can also hurt and diminish. This is particularly true in our work with patients living with addictive disorders. We have worked for years to clarify the words we use regarding those living with mental illness. For example, saying “a person living with Bipolar Disorder” speaks to the individual as a whole and who is not defined by the illness, such as “the Bipolar Disorder patient.” Similarly, it is a critical issue when we work with people living with addictive disorders to remember that they are people first and that addiction is an illness, not a failing. Using appropriate language, we can speak of someone who misuses substances, is in illness relapse, or has a positive drug screen. This conveys such a different message than using stigmatizing, blaming language. When we say someone is an “addict”, has a dirty or clean drug screen, has failed a drug test, these all stigmatize the illness and undercut our support for the person working on their recovery. Our addiction psychiatry team is working on communication, posters, and on-line messaging to support us in our patient care- look for this in the weeks ahead. Happy Holidays everyone!

Bob



From the Child and Adolescent Section.

Happy Holidays!

Child and Adolescent continues to be clinically busy. Our providers are seeing more patients with higher acuity. It takes strong teams to help with the challenges facing the children we serve, and I want to highlight team members who help our patients daily. Our collaborations with the emergency department and the GAP clinic help assure timely follow-up for children discharged from the emergency department, and recent process improvements with Dr. Del Fabbro and CONNECT works to assure that children admitted from our ED have a smooth transition to the inpatient service.

Our nurses in both inpatient and outpatient settings are an integral part of our care teams and we are so fortunate that our nurses are devoted to children and families and assisting families throughout care. Our inpatient SW staff additionally support families in times of highest need and are a source of both therapeutic support and connection to resources.

Many of our current and former fellows have recently passed board exams, and we celebrated with them. Our Current fellows are active in research projects. One project considers the impact of education on appropriate lab orders for an inpatient setting, and another project is considering the links between adolescent sleep, depression and suicidality.

We head into the new year grateful for the team we have and committed to growing our capacity to serve the children and families of our region.

Felicity Adams, M.D.

Connect Moved to Parkview



Connect moved to its new location at Parkview last week.

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Department News

- Congratulations to **Drs. Sulaimon Bakre, Abhishek Reddy, Hunter Sharp, Kritika Chugh, Oluwatomiwa Babade, and Anita Kablinger**, on having their abstract: The Prevalence of Vitamin D Deficiency in Children with Major Depressive Disorder during the COVID-19 Pandemic being accepted at the APA, 2023!
- Congratulations to **Drs. David Hartman and Cheri Hartman** on having their workshop proposal entitled, ***It Takes Imagination to See Without Sight: Envisioning Inclusivity***, for inclusion in the ASAM 54th Annual Conference to be held April 13-16, 2023 in Washington D.C.
- Congratulations to **Dr. Sasha Rai** for passing his Neuropsychiatry board exam!

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Research is a growing part of what we do to keep improving the care we deliver to our patients and our work to improve the health of our communities. [Research! America](#) is a national non-profit health research advocacy alliance. They have recently announced their annual awards. The [Gordon and Llura Gund LEADERSHIP AWARD](#) "honors individuals who have made a significant contribution to increasing the level of advocacy for medical and health research at the local, state or national level". This year's award recipients are Roanoke's own Michael J. Friedlander, PhD and [Heywood Fralin](#). Michael J. Friedlander, PhD, the founding executive director of the Fralin Biomedical Research Institute (FBRI), was named Virginia Tech's inaugural vice president for health sciences and technology in March 2016. The award specifically emphasizes the evolving partnership of Virginia Tech with Carilion Clinic. It further emphasizes the role of collaborative health and healthcare research in our future. This national recognition of Carilion's partnership with Virginia Tech speaks to the innovative and transformative nature of our relationship. It also speaks to the great benefits of focused philanthropy to support the work we are all doing to advance patient care and community health. Congratulations to Dr. Friedlander and Mr. Fralin for their dedicated and empowering contributions!

Bob



HSSIP & Interventional Psychiatry Update:

Health Systems Sciences and Interprofessional Practice (HSSIP): With the VTC-SOM medical students the Psychiatry clerkship focuses on teaching clinical informatics as a part of the new Health System Science curriculum. We are involved in this given our strong involvement with telehealth. Also, we are currently involved with several CI projects in the department such as OWLS, Mytonomy, and the new behavioral health modules. Last Friday at the medical school there was an afternoon CI system session (domain day) which involved Dr. Khalid, Dr. Mawa, Dr. Fergusson, Dr. Speaker, and myself. This past year we have also added 2 new medical student didactics with a CI focus. We continue to explore new ways to incorporate teaching CI, and please contact Dr. Khalid or me with ideas.

Electroconvulsive therapy is currently scheduled into January. We are welcoming Dr. Del Fabbro to the ECT team as Dr. Tanious is leaving for Catawba Hospital. We may have more future opportunities for collaboration with Catawba with the ECT service.

Transcranial Magnetic Stimulation (TMS) is currently scheduled into February, and Dr. John will be starting treatments independently this week. Dr. John is in the process of submitting a study with rTMS and amphetamine use disorder. This will involve a condensed form of theta burst TMS (twice daily), and it will also involve patients in the OBAT with active amphetamine use along with some contingency management.

Ketamine is scheduled into April, and we continue to outsource between Greenbook and Star Behavioral Health. We have therapists interested in psychedelic psychotherapy, and there may be opportunities with the Grief and Loss Center. We continue to explore possibilities for expanding Ketamine at CNRV. If providers are interested in administering ketamine treatments, please reach out to me.

We continue to see patients for the **Vagal Nerve Stimulation (VNS)** study and remain hopeful for involvement in a focused ultrasound study for depression. Our residents continue to be involved in an interventional psychiatry elective. Our interventional coordinator, Dora Wygal, continues to be the glue that keeps our program running smoothly. Thank you for all your referrals and support. It is exciting to see the interest that our clinic has had in growing our interventional psychiatry team!

Justin White MD

COVID-19 SUPPORT

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Department News

- Congratulations to **Dr. Sooraj John** for passing his ABPN board exam!
- The following poster titled “A Case of Severe Neuropsychiatric Symptoms in the Early Stages of Major Neurocognitive Disorder due to Cerebrovascular Disease” has been accepted by the APA annual meeting this year. **Mounica Thootkur, M.D.** will be presenting it in San Francisco next year.
- Welcome **Kathleen Boone MC, CCLS** as our Child Life Special with Adjunctive Therapy.
- Congratulations to **David Hartman, M.D., and Cheri Hartman, Ph. D.** who gave the inaugural Miranda West Memorial keynote lecture at the Virginia Chapter of the Association of Clinical Research Professionals Fall Symposium.
- **Ilona Jileeva (MS3), Sulaimon Bakre (PGY4), Laura Huff (PGY4-Chief Resident), and 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 2023 Annual Meeting of Geriatric Psychiatry in March 2023 at New Orleans.

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ECHO – January 6, 2023

- Save the date – and email us if you need the Zoom link for the January 6th 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 6th ECHO: cwhartman1@carilionclinic.org.

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. Thank you!



AMERICAN
PSYCHIATRIC
ASSOCIATION



New Research Poster Submission Site Now Open! APA Annual Meeting 2023.
Theme: *Innovate, Collaborate, Motivate: Charting the future of mental health*

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[Click Here to Join Online](#)

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Access Code 2430 100 5708

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Well-being Hub is Live! (Inside Carilion)

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

Wellness

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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org!



Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

**Psychiatry Grand Rounds, December 15, 2022 – 12:00-1:00 pm – Dr. Ahmad Khan -
“Trends and Barriers to Clozapine Use”**

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12/5/2022

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

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- APA 2023 Poster Submissions
- REI Abstract Submissions
- BEAM
- Graduate Certificate in Leadership
- 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

One of the projects I am leading at the American Psychiatric Association is a [Presidential Work Group](#) modestly entitled "The Future of Psychiatry." With a dozen members from across the country, we are beginning to shape a framework of targeted strategies for the APA to consider. One of the key areas we are focusing on is the role of measurement-based care (MBC). Our field is currently limited by the absence of consistent and reliable outcome measures demonstrating improvement in function and reduction in symptom burden over the course of treatment. At the recent APA Board of Trustees meeting, Dr. Robert Phillips of the American Board of Family Medicine (and head of their national MBC initiative, the PRIME registry) and I each [presented](#) some of the opportunities that expanded routine use and collection of MBC data may offer to our field. Here at Carilion Clinic, we are among the nation's organizations implementing MBC through the leadership of **Drs. Anita Kablinger and Virginia O'Brien**. It clearly makes a difference in optimizing care for each patient, and through broad data collection, can help support policies that will adequately fund the care so many people across the nation need.

Bob

Consult Liaison, Sarah Rivelli, MD, System-wide Director

We are happy to have Dr. Pineyro now with us at CMRH, who has transitioned there for Consults. Consults at NRV and the regional hospitals are now exclusively by telepsychiatry. We are at work on hiring a dedicated Telepsychiatrist for this work. In the meantime, a range of folks are pitching in for our Telepsych coverage - Drs. Preud'homme, Pineyro, O'Brien, Milam, myself, and NP Anders Sylvester-Johnson. I am grateful for everyone's flexibility as we work through this change in staffing. We are recruiting for a CL psychiatrist, so please let me know if there's anyone who might be interested.



I also want to thank the faculty that make up our core weekend rounders and help with vacation coverage - in addition to the people I mentioned who are covering Telepsych, there is also Drs. Anita Kablinger, Khoa Tran, and Badr Ratnakaran who frequently cover weekends or vacations. We have improved the consistency and quality of our care with this dedicated group providing care. Drs. Hajra Ahmad and Anilla Del Fabbro have also pitched in during vacations, even when they themselves are already quite busy... and we are very appreciative!

We have been working on getting the legal status of patients posted in EPIC. This will improve communication and awareness of whether or not a patient is under TDO or commitment. The indicator will be driven by an order and the status will show on the "storyboard" in EPIC. More to come when the education is ready to roll out.

Lisa Dishner helped us get an educational module for the Dynamic Appraisal of Situational Aggression (DASA) created. Check it out on Cornerstone. This is available for all staff; we plan to get the med-surg nurses trained on it. We have been piloting the DASA on select patients on the Complex Care Team and it has fostered a better understanding of how patients are doing behaviorally, and really improved communication across the team.

MS4 Mina Lee, Psychiatry Resident Tejaswini Doifode and I presented a poster at the Association of Medicine and Psychiatry on September 30th: "Organic Catatonia and Impact of Liaison Psychiatry in Cooperation with Other Medical Specialties on Patient Outcome: A Case Report." MS3 Sahan Nazeer won second place for Best Trainee Poster at the Academy of Consultation-Liaison Psychiatry on November 11th: "Rapid Effect of Suvorexant on Covid-19 Delirium" (authors Sahana Nazeer, Xavier Preud'homme, Sarah Rivelli, Maria Hankey, Anita Kablinger).

Department News

- Congratulations to the following that have passed their ABPN Board exams!
Kathleen Elswick, DO
Ehsan Samarbafzadeh, MD
Ahmad Khan, MD
- **Dr. Badr Ratnakaran** will be presenting a workshop titled "A lapse in memory: a guide on teaching about major neurocognitive disorders for the perplexed" at the 2023 AADPRT Annual Meeting in March at San Diego. Dr. Ratnakaran will also be presenting two general sessions titled "Climate change and mental health of older adults" and "Identifying ageism: moving towards addressing gaps in mental health care for older adults" at the 2023 APA Annual Meeting in May at San Francisco.

COVID-19 SUPPORT

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- **Dr. Badr Ratnakaran and Shyam Bhatt**, MS4 medical student have a poster entitled "A case report of duloxetine-induced psychosis" accepted for presentation at the 2023 APA Annual Meeting
- **Dr. Azziza Bankole** has recorded a lecture for the Psychiatric Society of Virginia, entitled *Major Neurocognitive Disorders*. If you are a PSV, you can find the lecture at: <https://psva.org/virtual-lecture-series/>

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Registration is now open for Ethical Considerations in Advance Care Planning Registration

Link: <https://forms.gle/rxxiVv68WLqWHxGq7>

Topic: Ethical Considerations in Advance Care Planning

Presenter: Mark G. Swope, PhD, MBE, MDiv. Director of Medical Ethics, Carilion Clinic in Roanoke, Virginia; **Panel Members:** Dr. Bonnie Hennig-Trestman, DSW, LCSW; Kathleen Struble, MSW, LCSW

Date: Wednesday, December 14, 2022, 12 noon – 2 PM via Zoom

Contact Hours: 2

Full Program Description and Program Objectives are outlined on the Registration Form. **Please note:** Registration closes at midnight on Monday, December, December 12, 2022.



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11/7/2022

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- RFA / Pilot Feasibility
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Yesterday evening, Carilion Clinic celebrated our annual Shine Awards ceremony at the Hotel Roanoke. The Shine Awards are a time to recognize and celebrate individuals and teams who have made a difference above and beyond what we expect in our day-to-day roles. There were many nominations for each of the Quality, Values, and Provider Excellence Awards. The list of finalists and team members for many of these awards is available [here](#). There are several awards I really want to highlight, since they reflect on the great work our department is doing. In Quality, the **ED Bridge to Treatment Collaborative Project** was an awardee. This team of 15 key people included folks from Psychiatry, Emergency Medicine, Community Mental Health, Clinical Research, and Health Analytics. Under Carilion's Values, an award winner was the team **Co-Localized Hepatitis C and Psychiatry**; this team of 8 primary individuals included representation from Psychiatry, Gastro-Enterology, OB/GYN, Internal Medicine, and Pharmacy. There were also two individual award recipients that I would like to highlight. A Carilion Values Award Winner is **Charlie Tarasidis Pharm D** who is not only dedicated to community addiction education and outreach but is also a faculty member of our Department. And the one Resident or Fellow Provider Excellence awardee among over 300 residents and fellows across Carilion, recognized for his caring and commitment to both our patients and colleagues, is **Dr. Kishore Nagaraja**, a PGY4 in our Department. I am so very proud of the people I have the honor of working with, and the great work we do every day in support of our patients, their families, our communities, and each other!

Bob



Department News

- Please congratulate **Jamie Butler, LPN**, on her Carilion one-year anniversary! Jamie works in the Roanoke outpatient service area.
- **Dr. Jennifer Wells** is our new Quality Program Physician Champion.
- **Dr. Sooraj John** has agreed to help lead the Peer Review Process for the department.

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RAP Grant Funding Announcements

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New Alcohol Risk Assessment – BEAM *Beacon-Alc*



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

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Tues & Thurs 10 am – Noon

[Click Here to Join Online](#)

Join by phone:

+1-210-795-1114 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708

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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 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. Let Dee Myers know which date you prefer and she will send a meeting invitation.

- Nov 17 from 1:30 – 3:30pm
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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](#).

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

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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
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at anardecchia@carilionclinic.org !



Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Psychiatry Peds Case Conference – November 10 – 12:00-1:00 pm – “Cluster B Personality Traits in an Adolescent with Preverbal Trauma,” Lauren Wilson, MD

Psychiatry Grand Rounds – November 17 – 12:00-1:00 pm

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11/14/2022

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.

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Collaboration –	Working together with purpose to achieve shared goals.
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In clinical care, accurate diagnosis is the foundation of effective treatment. Given the complexity of so many illnesses, this is often a challenge. **Dr. Gurpreet Dhaliwal**, a Professor of Medicine at the University of California at San Francisco, has focused much of his career on understanding the process of improving diagnostic decision making. His work and approach span not just internal medicine but has relevance for us in Psychiatry as well. He is a great teacher and communicator. Dr. Dhaliwal will be here this Thursday, delivering the upcoming FBRI Maury Strauss Distinguished Public Lecture, "Becoming a Super-Diagnostician: Optimizing Reasoning, Judgment, and Decision-Making." Everyone is welcome. Some background is available [here](#) and details for attending the event in person or online, scheduled for Thursday November 17 at 5:30pm, is [here](#). I think you, and your patients, will gain a lot by attending.

Bob

Department News

- **Sahana Nazeer MS4** received the second place best trainee poster award at the Academy of Consultation Liaison Psychiatry Meeting in Atlanta GA for the poster: [Effect of Suvorexant on COVID-19 Associated Delirium](#)
Presenting Author: Sahana Nazeer; Authors: **Sahana Nazeer, Xavier Preud'homme, Sarah Rivelli, Maria Hankey, Anita Kablinger**
- **Dr. Yezhe Lin** has a new publication: Wang S, He M, Andersen J, **Lin Y**, Zhang M, Liu Z, Li L. Sudden unexplained death in schizophrenia patients: an autopsy-based comparative study from China. Asian Journal of Psychiatry. 2022 Nov 3:103314.
- **Drs. Dave and Cheri Hartman** gave the keynote address at the Association of Clinical Research Professionals Virginia state conference on Friday, Nov 10th, ED Bridge to Treatment: Data Drives Statewide Replication.



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11/28/2022

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As the season progresses and winter will soon be upon us, it may be useful to do some strategic planning. According to a new [poll](#) from the American Psychiatric Association, nearly 40% of us face a declining mood during winter. While some of us relish the cold and the opportunity for winter sports, many feel the effects of more isolation and darkness. Around 3% of us actually experience Seasonal Affective Disorder (with the apt abbreviation of SAD) and fully 25% of those living with Bipolar Disorder are likely to experience a winter depression. In the more severe cases, bright light therapy or medication may be critical. For many, formal psychotherapy will prove very beneficial. But for nearly all of us, there are a couple of proven, reliable interventions: good company and good food. For those of us fortunate enough to have resources and caring people in our lives, these “interventions” are readily achievable. There are, however, many who are lacking in one or both. Let's do our best to be generous in spirit and with our resources in the months ahead. Not all of the therapy we do is done in the office!

Bol

CNRV – St. Albans Updates, Laura Taylor, Program Director

Inpatient care is a primary focus! We have four psychiatrists (**Drs. Bopp, Hamirani, and Khan, led by Dr. Rai**) and a full team of caring professionals to support mental health and recovery. We would like to welcome two of our newest individuals to the therapy team at St. Albans. First, **Mary Katelyn Hite** has joined our team as a **full time Mental Health Therapist**. She has been employed at Carilion for the last five years in various capacities. Second, we welcome **Megan Pittman** as a **full time**



Mental Health Therapist. She has worked for Carilion for the last two years. Lastly, we have added **Karina Espinal, Music Therapist** one day per week to provide music therapy. Our goal is to offer focused treatment as well as different and unique therapeutic experiences.

In addition to the therapy teams, our nursing team is growing exponentially! We would like to welcome the following individuals: **Dawn Bell, RN, Jacob Carman, Psych Tech, Valerie Dunford, RN, Rebecca Mardis, Psych Tech, Angel McCleese, Psych Tech, Hannah Stroupe, Psych Tech, Timothy Ealy, Psych Tech.** Thank you nursing team!

From an Ambulatory perspective, we have completed our internal office moves and welcomed several new providers and staff! **Drs. Mahmood, Burkhart, Bopp, and McDermott** have joined and are at full utilization! We have welcomed **Justin Stevenson as our HAA Team Lead and added Jen Chrisley as an HAA.** Our referral queue is at an all-time low and continuing to trend downward. As psychological services are growing, **Dr. Gieck, his staff, and Alex Amidjaya, Practice Manager are coordinating to launch group therapy sequences for adults and adolescents.** OBOT and MAT services are growing and patients in these services have the option to now receive Acu-Detox, Acupressure, or acu-beads in a relaxing environment while they are here for care.

Department News

- **Dr. Aisha Aydogan** will present a poster, “**Evidence for Transcranial Magnetic Stimulation (TMS) on Thyroid Stimulating Hormone (TSH): A Systematic Review,**” at the **5th International Brain Stimulation Conference**, February 18-22, 2023 in Lisbon, Portugal. Congratulations!
- **Dr. Anilla Del Fabbro, System Director for Emergency Psychiatry and Lisa Dishner, Senior Director of Nursing,** remarks were featured during the **VHHA Behavioral Health Webinar Series: “Carilion Clinic Comprehensive Psychiatric Emergency Program,”** on November 17.

ECHO, December 2, 2022 – 12:00-1:30 pm

Sublocade*- Lessons Learned, Tips and Tricks *(Extended-release Subcutaneous Injectable Buprenorphine) Anjali Varma, MD

Please email Dr. Cheri Harman to register cwhartman1@carilionclinic.org.

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)



RAP Grant Funding Announcements

Carilion Clinic is accepting applications to the **Research Acceleration Program (RAP)**. The program is open to all Carilion Clinic employees seeking funds for clinical, biomedical, or behavioral research projects. While all innovative research proposals are welcomed, applicants are encouraged to pursue research in alignment with our Vision 2025 Research and Innovation Strategy.

- A. Expand, design, and invest in care delivery of the future.
- B. Grow and invest in clinical platforms that provide cutting-edge treatment capabilities
- C. Deepen academic partnerships
 - Virginia Tech
 - Fralin Biomedical Research Institute at Virginia Tech Carilion.
 - Radford University Carilion

This year the application process is a REDCap web form found at the Carilion Clinic Research and Development website: <https://www.carilionclinic.org/research#research-acceleration-program>. Those that have completed a research and development application in the past will find the new application familiar, including an online submission process and eSignature approval routing. The Project Narrative, Budget and other supporting documents are uploaded in the provided links in the application. In addition to the application, you will find instructions at a glance and updated and condensed guidelines. Applications are due by **Monday, December 5th 2022 at 5:00 pm**. Good luck and I hope you consider applying.

CHBR Funding Announcements

Yet another funding opportunity for those pursuing health behavior research is a joint program between Carilion Clinic Research Acceleration Program, the Office of the Virginia Tech Vice President of Health Sciences and Technology, and the Center for Health Behaviors Research (CHBR). Proposals should align with the mission of Carilion Clinic-to improve the health of the communities we serve and seek to advance care through medical education and research-and with the mission and foci of the CHBR. The mission is to conduct and disseminate transformative health behaviors research with the primary objective of preventing and treating life-style related diseases. Funding will only be awarded to applications that are collaborations between Virginia Tech and Carilion Clinic.

We will fund up to three health behavior-related P/F studies, up to \$20,000-\$30,000 for a single year, that demonstrate a high likelihood of future extramural funding. Funding will only be awarded to applications that are collaborations between Virginia Tech and Carilion Clinic.

- Please provide a **letter of intent**, to include: title, PI(s), and an abstract (<500 words) that highlight the background and significance, hypothesis, specific aims, experimental design and procedures of the project by **Friday, December 2, 2022**.
- Please also provide an NIH biographical sketch for PI(s) with the letter of intent.
- Invitations for complete proposals will be made no later than Friday, January 13, 2023
- **Final applications will be due Friday, March 3, 2023**, and should be a maximum of three pages (one page, Specific Aims; two pages, Research Strategy). A budget and a timeline should also be included (approximately 1 page, combined), which does not count against the page limit. Awardees will be notified of funding no later than Friday, April 14, 2023. The funding period will be July 1, 2023 – November 30, 2023. Letters of intent, NIH biographical sketches and final applications are to be emailed to chbr@vtc.vt.edu.

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Investigators are encouraged to contact Drs. Warren Bickel (wkbickel@vtc.vt.edu), Alex DiFeliceantonio (dife@vtc.vt.edu), or Jeff Stein (jstein1@vtc.vt.edu) to determine eligibility and the appropriateness of the project



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

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 January 12, 2023, at 5:00 PM ET. To submit your New Research poster proposals click [here](#).

Submission Deadline: Thursday January 12, 2023, at 5:00 PM ET.



Children's National.

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.

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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 flowsheet row**, and **add the “BBAIc” 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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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



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Dear Faculty Affiliates and Center Associates of the Virginia Tech Center for Gerontology,

I am reaching out to each of you to promote to as many of your networks as possible our new Graduate Certificate in Leadership for an Aging Society **this Fall 2022!** The 12-credit program is taught synchronously online by leaders in the aging industry and can be completed in at little as one academic year. Students will learn how to develop, implement, and assess organizational policy and lead teams that provide support services for older adults. Our students have been able to complete the coursework while working full-time and/or in conjunction with other graduate degrees. Additionally, we are pleased to offer residency-neutral tuition and scholarship opportunities. The program is open to current professionals, graduate students in related fields, and exceptional undergraduates considering careers that may serve older adults. You can find additional information on our [flyer](#), but I am also happy to answer any questions you may have. Pamela Teaster pteaster@vt.edu

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

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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 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. **Dec 14 from 9:30 – 11:30am**

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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.
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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, PhD 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
- **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 !

Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Psychiatry Adult Case Conference, December 1, 2022 – 12:00-1:00 pm

Psychiatry Peds Case Conference, December 8, 2022 – 12:00-1:00 pm

Psychiatry Grand Rounds, December 15, 2022 – 12:00-1:00 pm



10/11/2022

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.

Department News

IN THIS ISSUE

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- iTHRIV Scholars – Oct. 18
- Improving Clinical Competencies in Providing Whole-Person Care for Muslim Patients-Oct 19
- BEAM
- RFA / Pilot Feasibility
- Graduate Certificate in Leadership for an Aging Society
- 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

- Spirit Week was held at the Roanoke Rehab. Staff was asked to show their team spirit by dressing up according to particular themes for each day. The days included Sport's Jersey, Decades, Team Theme, Favorite Character, Tie-Dye, Classic Movie Day and Wacky Day. The OBOT-OBAT team were the winners! (left – OBOT-OBAT Team; right – Admin Team; bottom – Inpatient Social Workers)





Congratulations to our Newest VTCSOM Faculty

These physicians have all obtained their initial faculty appointments since June, 2022.

Dr. Hajra Ahmad
Dr. Austin Bopp
Dr. Jeremiah Burkhart
Dr. Sooraj John
Dr. Hafsa Mahmood
Dr. Rebecca McDermott
Dr. Badr Ratnakaran
Dr. Margaret Rukstalis
Dr. Ehsan Samarbafzadeh
Dr. Keri Stevenson

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ASAM Annual Conference April 13-16, 2023 – Abstract Submissions due October 28, 2022

ASAM members and non-members are invited to submit abstracts and proposals for poster presentations, focus sessions, and workshops.

Submission Deadline: October 28, 2022

See [here](#).

2022 iTHRIV Scholars Clinical Translational Research Symposium: 18 October 2022

Join us as we celebrate our iTHRIV scholars at the 5th Annual iTHRIV Scholars Clinical Translational Research Symposium on **October 18 at 1 PM**. The symposium includes a keynote address from a distinguished translational researcher, an information session for prospective scholars, and research lightning talks from our current cohort and recent graduates. This year's event will be virtual and registration is required.

[Click Here to Register!](#) *Schedule is tentative and subject to change.



12:30 pm: Info session about iTHRIV Scholars program for prospective applicants
 1:00 pm: Welcome remarks from institutional leadership of the iTHRIV partner sites
 1:10 pm: Keynote address

Katrina Claw, PhD, Assistant Professor
 Department of Biomedical Informatics, Colorado Center for Personalized Medicine
 University of Colorado School of Medicine

[Learn more about Dr. Claw here](#)

1:50 pm: Questions for keynote
 2:00 pm: Scholar presentations
 3:00 pm: Closing remarks

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Improving Clinical Competencies in Providing for Whole-Person Care for Muslim Patients



Wednesday, October 19th, 2022



12:00 PM - 1:00 PM PST

Virtual!

Stanford Medicine's Office of Faculty Development @stanford.med.ofdd and Diversity HEAL Network has partnered with Dr. Rania Awaad to host this workshop.

Spirituality and religion can play a significant role in the promotion of health for patients from faith communities, yet these aspects of our patients' identity are often not integrated into their care. For example, many Muslim Americans believe their mental health issues may be linked to spiritual or metaphysical causes and seek clinicians to incorporate spirituality and religion into their treatment plans. However, current literature suggests that clinicians often feel inadequate at integrating religious and spiritual nuances into patient care. This workshop aims to provide clinicians the knowledge and framework to better address the needs of their Muslim patients. To facilitate this goal, this workshop will include research-informed, key concepts in improving clinical rapport with Muslim patients. Participants will leave this training with improved competency, comfort, and skill in meaningfully providing whole-person care for their Muslim patients.

By the end of this workshop, participants should be able to:

- Describe the issues that marginalized Muslim patients may face, including discrimination on the basis of ethnicity, cultural background, or faith
- Discuss the unique issues and challenges for Muslim patients



Identify successful counseling methods for Muslim students that implement culturally- and religiously-congruent techniques in clinical settings

- Demonstrate ways to meaningfully provide whole-person care for Muslim patients

Register using the link below. Please share this with your network of clinicians and health professionals.

<https://www.onlineregistrationcenter.com/register/222/waitinglistform.asp?m=275&c=460&p=12&chk=>

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RFA – Pilot feasibility (P/F) for VT/Carilion Collaborations and health behaviors

In a partnership with the Carilion Clinic Research Acceleration Program (RAP), the office of the Virginia Tech Vice President of Health Sciences and Technology, and the CHBR, we will fund up to three health behavior-related P/F studies, up to \$20,000-\$30,000 for a single year, that demonstrate a high likelihood of future extramural funding. Funding will only be awarded to

applications that are collaborations between Virginia Tech and Carilion Clinic.

Procedure:

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Investigators are encouraged to contact Drs. Warren Bickel (wkbickel@vtc.vt.edu), Alex DiFeliceantonio (dife@vtc.vt.edu), or Jeff Stein (jstein1@vtc.vt.edu) to determine eligibility and the appropriateness of the project. Acceptance of funding will indicate agreement to submit a grant application for extramural funding to continue the project, and to provide a written final report.

PLEASE NOTE THE COMPLETE DETAILS WERE SENT OUT IN A SEPARATE EMAIL.



GRADUATE CERTIFICATE IN LEADERSHIP FOR AN AGING SOCIETY

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Pamela Teaster pteaster@vt.edu

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+1-210-795-1114 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708

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- Sept 21 from 9:30 – 11:30am
- Oct 12 from 9:30 – 11:30am
- Oct 27 from 1:30 – 3:30pm
- Nov 17 from 1:30 – 3:30pm
- Dec 14 from 9:30 – 11:30am

AMA Journal of Ethics – Manuscript Invitation

- Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty percent of the US population is expected to be 65 years of age or older by 2030. Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be **submitted**



(<https://amajournalofethics.msubmit.net/cgi-bin/main.plex>) by 30
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<https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>

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Emily West will send out the virtual links.

Psychiatry Peds Case Conference, 12:00-1:00 pm, October 13, 2022 – Dr. Kishore Nagaraja – “Autism and Hallucinations: Is it Psychosis”?

Psychiatry Grand Rounds, 12:00-1:00 pm, October 20, 2022.



10/17/2022

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

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- RFA / Pilot Feasibility
- Graduate Certificate in Leadership for an Aging Society
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- HART Drop-In
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Upcoming Case Conferences and Grand Rounds

Carilion's core mission is to improve the health of the communities we serve. We do that in large part by providing great psychiatric care every day to our patients. We also do it by working to improve our knowledge so that we can improve the care we provide. This issue of our Newsletter reflects the direction our Department is taking: increasing our focus on scholarship, inclusivity, and research. Consistent with Carilion's Mission and the strategic direction of Vision 2025, we are focusing on research that makes a difference in the lives of our patients. This is often called translational research: bringing knowledge from the lab to the person who needs it. I recently had the opportunity to share some thoughts about the potential of translational research for our patients in Carilion's magazine, *Carilion Medicine*. That [article](#) is available at Inside Carilion. While it addresses patient-centered research for all of Carilion, I think you will find it of relevance for Psychiatry and for what we do to provide better care for our patients every day.

Bob

Department News

- **Dr. Abhishek Reddy** has been invited to serve as a reviewer for Abstracts to SLEEP 2023, the 37th Annual Meeting of the Associated Professional Sleep Societies, LLC, held June 3-7, 2023, in Indianapolis, Indiana.
- The manuscript titled "Homicidal Ideation and Psychiatric Comorbidity in the Inpatient Adolescents Aged 12 to 17" has been accepted to Frontiers in Psychiatry. Authors- **Dr. Ching-Fang Sun, Dr. Abhishek Reddy** and others.
- Please welcome **Jewel Yann**, HAA, Roanoke Outpatient!



Voices in Clinical & Translational Science

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)



The mission of the integrated Translational Health Research Institute of Virginia (iTHRIV) is to catalyze and sustain inclusive clinical and translational research through diverse, collaborative team science, innovative data science, and broad workforce development in order to improve human health and promote health equity.

The **Voices in Clinical & Translational Science** series serves as a platform to lift underrepresented voices in research across the iTHRIV partnership with a focus on promoting dialogue and encouraging team science. This quarterly seminar series is aimed at amplifying diverse perspectives in clinical and translational research to foster innovation and an inclusive environment. Presenters will share their science and also their lived experience as an underrepresented person in research. It is our hope that listeners will be called to listen more deeply to one another, and to seek new opportunities to broaden their own research in our shared quest to improve the health of our communities in Virginia and beyond.

We are looking forward to seeing you at our next seminar presentation for the series on October 25, 2022 with Dr. Kemi Bankole from Carilion Clinic. If you haven't already, please remember to register for the session using the link below!!



Sprints and Marathons: The Realities of Clinical Research –

Dr. Azziza "Kemi" Bankole is a professor of Psychiatry at the Virginia Tech Carilion School of Medicine (VTC SOM) and is the program director of the VTC SOM Geriatric Psychiatry fellowship program. Her research interests include schizophrenia in later life, dementia related agitation, and the use of sensor technology in older adults. Dr. Bankole is a co-principal investigator on the Behavioral and Environmental Sensing and Intervention for Dementia Caregiver Empowerment study funded by the National Science Foundation in partnership with systems engineers at North Carolina Agriculture and Technology State University and computer engineers at University of Virginia. She is currently working with researchers at Virginia Tech to establish interdisciplinary research collaborative platforms for researchers across departments and colleges within the university.

PLEASE REGISTER TO ATTEND by clicking the link below:

[Voices in Clinical Translational Science Series Registration Form - October 25, 2022, Kemi Bankole](#)

ASAM Annual Conference April 13-16, 2023 – Abstract Submissions due October 28, 2022

ASAM members and non-members are invited to submit abstracts and proposals for poster presentations, focus sessions, and workshops.

Submission Deadline: October 28, 2022

See [here](#).

2022 iTHRIV Scholars Clinical Translational Research Symposium: 18 October 2022

COVID-19 SUPPORT

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Join us as we celebrate our iTHRIV scholars at the 5th Annual iTHRIV Scholars Clinical Translational Research Symposium on **October 18 at 1 PM**. The symposium includes a keynote address from a distinguished translational researcher, an information session for prospective scholars, and research lightning talks from our current cohort and recent graduates. This year's event will be virtual and registration is required.

[Click Here to Register!](#) *Schedule is tentative and subject to change.

12:30 pm: Info session about iTHRIV Scholars program for prospective applicants

1:00 pm: Welcome remarks from institutional leadership of the iTHRIV partner sites

1:10 pm: Keynote address

Katrina Claw, PhD, Assistant Professor

Department of Biomedical Informatics, Colorado Center for Personalized Medicine

University of Colorado School of Medicine

[Learn more about Dr. Claw here](#)

1:50 pm: Questions for keynote

2:00 pm: Scholar presentations

3:00 pm: Closing remarks

COVID-19 SUPPORT

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Improving Clinical Competencies in Providing Whole-Person Care for Muslim Patients



Wednesday, October 19th, 2022



12:00 PM - 1:00 PM PST

Virtual!

Stanford Medicine's Office of Faculty Development @stanford.med.ofdd and Diversity HEAL Network has partnered with Dr. Rania Awaad to host this workshop.

Spirituality and religion can play a significant role in the promotion of health for patients from faith communities, yet these aspects of our patients' identity are often not integrated into their care. For example, many Muslim Americans believe their mental health issues may be linked to spiritual or metaphysical causes and seek clinicians to incorporate spirituality and religion into their treatment plans. However, current literature suggests that clinicians often feel inadequate at integrating religious and spiritual nuances into patient care. This workshop aims to provide clinicians the knowledge and framework to better address the needs of their Muslim patients. To facilitate this goal, this workshop will include research-informed, key concepts in improving clinical rapport with Muslim patients. Participants will leave this training with improved competency, comfort, and skill in meaningfully providing whole-person care for their Muslim patients.



By the end of this workshop, participants should be able to:

- Describe the issues that marginalized Muslim patients may face, including discrimination on the basis of ethnicity, cultural background, or faith
- Discuss the unique issues and challenges for Muslim patients
Identify successful counseling methods for Muslim students that implement culturally- and religiously-congruent techniques in clinical settings
- Demonstrate ways to meaningfully provide whole-person care for Muslim patients

Register using the link below. Please share this with your network of clinicians and health professionals.

<https://www.onlineregistrationcenter.com/register/222/waitinglistform.asp?m=275&c=460&p=12&chk=>

COVID-19 SUPPORT

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RAP Grant and CHBR Funding Announcements

Carilion Clinic is accepting applications to the **Research Acceleration Program (RAP)**. The program is open to all Carilion Clinic employees seeking funds for clinical, biomedical, or behavioral research projects. While all innovative research proposals are welcomed, applicants are encouraged to pursue research in alignment with our Vision 2025 Research and Innovation Strategy.

- Expand, design, and invest in care delivery of the future.
- Grow and invest in clinical platforms that provide cutting-edge treatment capabilities
- Deepen academic partnerships
 - Virginia Tech
 - Fralin Biomedical Research Institute at Virginia Tech Carilion.
 - Radford University Carilion

This year the application process is a REDCap web form found at the Carilion Clinic Research and Development website: <https://www.carilionclinic.org/research#research-acceleration-program>. Those that have completed a research and development application in the past will find the new application familiar, including an online submission process and eSignature approval routing. The Project Narrative, Budget and



other supporting documents are uploaded in the provided links in the application. In addition to the application, you will find instructions at a glance and updated and condensed guidelines. Applications are due by **Monday, December 5th 2022 at 5:00 pm**. Good luck and I hope you consider applying.

COVID-19 SUPPORT

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Yet another funding opportunity for those pursuing health behavior research is a joint program between Carilion Clinic Research Acceleration Program, the Office of the Virginia Tech Vice President of Health Sciences and Technology, and the Center for Health Behaviors Research (CHBR). Proposals should align with the mission of Carilion Clinic-to improve the health of the communities we serve and seek to advance care through medical education and research-and with the mission and foci of the CHBR. The mission is to conduct and disseminate transformative health behaviors research with the primary objective of preventing and treating life-style related diseases. Funding will only be awarded to applications that are collaborations between Virginia Tech and Carilion Clinic. Complete instructions and further information are found in this newsletter. A Letter of Intent with supporting documents is due by **Friday, December 2, 2022**, to chbr@vtc.vt.edu.

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 flowsheet row**, and add the “BBAIc” flowsheet row to your favorite list (see instructions below). To ensure the tool is properly utilized and results are not missed, *Beacon-AIc* results should be checked prior to seeing a patient and taken into consideration when administering care.

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

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

Interested in learning more or have any questions? Contact Dr. Anita Kablinger at askablinger@carilionclinic.org

COVID-19 SUPPORT

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RFA – Pilot feasibility (P/F) for VT/Carilion Collaborations and health behaviors

In a partnership with the Carilion Clinic Research Acceleration Program (RAP), the office of the Virginia Tech Vice President of Health Sciences and Technology, and the CHBR, we will fund up to three health behavior-related P/F studies, up to \$20,000-\$30,000 for a single year, that demonstrate a high likelihood of future extramural funding. Funding will only be awarded to

applications that are collaborations between Virginia Tech and Carilion Clinic.

Procedure:

- Please provide a **letter of intent**, to include: title, PI(s), and an abstract (<500 words) that highlight the background and significance, hypothesis, specific aims, experimental design and procedures of the project by **Friday, December 2, 2022**.
- Please also provide an NIH biographical sketch for PI(s) with the letter of intent.
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- Awardees will be notified of funding no later than Friday, April 14, 2023.
- The funding period will be July 1, 2023 – November 30, 2023.
- Letters of intent, NIH biographical sketches and final applications are to be emailed to chbr@vtc.vt.edu.

Investigators are encouraged to contact Drs. Warren Bickel (wbickel@vtc.vt.edu), Alex



DiFeliceantonio (dife@vtc.vt.edu), or Jeff Stein (jstein1@vtc.vt.edu) to determine eligibility and the appropriateness of the project. Acceptance of funding will indicate agreement to submit a grant application for extramural funding to continue the project, and to provide a written final report.

PLEASE NOTE THE COMPLETE DETAILS WERE SENT OUT IN A SEPARATE EMAIL.

GRADUATE CERTIFICATE IN LEADERSHIP FOR AN AGING SOCIETY

Dear Faculty Affiliates and Center Associates of the Virginia Tech Center for Gerontology,

I am reaching out to each of you to promote to as many of your networks as possible our new Graduate Certificate in Leadership for an Aging Society **this Fall 2022!**

The 12-credit program is taught synchronously online by leaders in the aging industry and can be completed in at little as one academic year. Students will learn how to develop, implement, and assess organizational policy and lead teams that provide support services for older adults. Our students have been able to complete the coursework while working full-time and/or in conjunction with other graduate degrees. Additionally, we are pleased to offer residency-neutral tuition and scholarship opportunities. The program is open to current professionals, graduate students in related fields, and exceptional undergraduates considering careers that may serve older adults. You can find additional information on our [flyer](#), but I am also happy to answer any questions you may have.

Pamela Teaster pteaster@vt.edu

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 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)

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)



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 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708

COVID-19 SUPPORT

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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 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. Let Dee Myers know which date you prefer and she will send a meeting invitation.

- Oct 12 from 9:30 – 11:30am
- Oct 27 from 1:30 – 3:30pm
- Nov 17 from 1:30 – 3:30pm
- Dec 14 from 9:30 – 11:30am

AMA Journal of Ethics – Manuscript Invitation

- Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty percent of the US population is expected to be 65 years of age or older by 2030. Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be **submitted** (<https://amajournalofethics.msubmit.net/cgi-bin/main.plex>) by **30 November 2022**.

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>

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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, PhD 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
- **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 !

Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Psychiatry Grand Rounds, 12:00-1:00 pm, October 20, 2022 – Ruma Mian, MD, PGY-4, “Gut Microbiota in Mental Health”

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10/26/2022

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I am delighted to share with you today that with a lot of thought and broad input, Carilion Clinic reassessed the infrastructure for outpatient Psychiatry as we incorporate “lessons learned” from the pandemic. Carilion has concluded and approved a relocation of our Psychiatry and Behavioral Medicine outpatient services to Tanglewood Mall. This great opportunity will enhance our patients' experience, improve our community visibility, and take an important step toward reducing the historic stigma of psychiatric care.

Outpatient mental health services, currently located at 2017 S. Jefferson St., will relocate to space adjacent to Carilion's existing Tanglewood practices. This location will provide easy access and long needed improvements and expansion of office space. It will include group therapy rooms, support groups, clinician offices and telemedicine capabilities. When renovations are complete, we'll provide the following services from the Tanglewood location:

- Child and Adolescent Mental Health
- Geriatric Mental Health
- The Center for Healthy Aging
- Psychiatry Research and Development
- Center for Grief and Healing
- Adult Treatment Programs (mood disorders, anxiety, etc.)

Plans for employee orientation and an open house event will be announced. We appreciate your patience during this transition. Some outpatient services will remain at the South Jefferson Street location for now and plans for inpatient care are in development. Inpatient and outpatient services continue at Carilion New River Valley Medical Center. As a reminder, the new Crystal Spring Garage to be located on the



corner of Jefferson and McClanahan Streets will provide 559 free parking spaces and help meet the need for our local facility parking. Our Tanglewood space is scheduled to open in the fall of 2023; the Crystal Spring Garage will open in the spring of 2025 at the same time as the new Crystal Spring Tower. Look for system-wide employee announcements in Friday's ePulse. Thank you for your continued dedication to our patients and our team!

Bob

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Ambulatory News – Dr. Virginia O'Brien, Ambulatory Director, and Peggy Myers, Senior Director

The top news this week for ambulatory is that the plan for our Roanoke clinic to move to Tanglewood has been approved. As many of you know, this has been a months' long process with many people involved. There will be some growing pains as we await completion of our new space, and as our current buildings are partially removed. We know it may prove challenging, but hope everyone can keep the new space in mind through the next year. As a reminder, the groups who will be relocating to Tanglewood include the Center for Grief and Healing, the Center for Healthy Aging, Child and Adolescent Psychiatry, Adult Ambulatory Psychiatry, and Psychology.

We also want to share that our wait lists have declined to around 200 in Roanoke and NRV. We want to thank our clinicians, staff, Anthony Whisman, and our practice managers for making this a reality. It was a major accomplishment! We began accepting new referrals in August with a goal of providing increasing specialty psychiatric care including women's health, TBI, OBAT, psycho-oncology, medically complex patients, and interventional psychiatry/treatment resistant depression.

Finally, we want to share that Carilion Direct is working with our access to care team to improve workflow and appointments. We anticipate this relationship growing in an effort to enhance patient access to available appointments and remove burden from our HAAs.



Fall Festival – Roanoke Rehab



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The Autumn Festival was held at the Roanoke Rehab on October 21. Dr. Angela Nardecchia hosted the Autumn Festival - Well-being Break which included pumpkin painting, prizes and more!

ECHO – November 4, 2022

Dr. Margaret Rukstalis has very kindly offered to provide the didactic for our first ECHO session of this fiscal year on November 4th, 2022. The topic is on best practices around treating OUD in the hospital setting. It will be held via Zoom, starting at 12 noon, a 90 minute educational opportunity with CMEs available to those who are eligible. Carilion's new Addiction Psychiatry Director will share her passion for evidence-based medicine as it applies to the field of addiction. Hope you can join us! If you are not on the Carilion ECHO email list, please RSVP to Dr. Cheri Hartman by Thursday, Nov 3rd at 10 am and we will add you to the email list. Gabe Anderson will send the Zoom link on Thursday afternoon so you can get this unique logon information that enables participation. Email: cwhartman1@carilionclinic.org to RSVP.

Department News

- The following manuscript titled "Efficacy of Cognitive Behavior Therapy for Insomnia (CBT-I) for the Treatment of Child and Adolescent Anxiety and Depression: A Systematic Review from Randomized Controlled Trials" has been accepted for publication in The Journal of Nervous and Mental Disease. **Authors- Abhishek Reddy, Mounica Thootkur and others.**



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The 12-credit program is taught synchronously online by leaders in the aging industry and can be completed in at little as one academic year. Students will learn how to develop, implement, and assess organizational policy and lead teams that provide support services for older adults. Our students have been able to complete the coursework while working full-time and/or in conjunction with other graduate degrees. Additionally, we are pleased to offer residency-neutral tuition and scholarship opportunities. The program is open to current professionals, graduate students in related fields, and exceptional undergraduates

COVID-19 SUPPORT

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considering careers that may serve older adults. You can find additional information on our [flyer](#), but I am also happy to answer any questions you may have.

Pamela Teaster pteaster@vt.edu

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Join by phone:

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- Oct 12 from 9:30 – 11:30am
- Oct 27 from 1:30 – 3:30pm
- Nov 17 from 1:30 – 3:30pm

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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

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Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Stay tuned for November dates.



10/31/2022

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

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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 – November 4
- Department News
- RAP Grant and CHBR Funding
- BEAM
- RFA / Pilot Feasibility
- Graduate Certificate in Leadership for an Aging Society
- 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

As was clear in last week's Newsletter, Carilion Clinic continues to invest in our department. Beyond the wonderful new space that will open at Tanglewood next fall, we have been growing our capacity as well. Across our facilities and divisions, the clinical staff of the Department of Psychiatry and Behavioral Medicine now includes 163 nurses and technicians, 25 LCSW's and LPC's, 33 psychiatrists, 12 nurse practitioners and physician assistants, and six psychologists. These numbers include neither our trainees (over 35 residents and fellows) nor all the great administrative and support staff that make this whole department function. This continued and growing investment in our department reflects the critical work each and every one of us is doing to meet the needs of our communities. Our recruitment continues, with active searches in all clinical disciplines. As our patients, families, and communities face profound challenges, I am proud to be able to say that Carilion fully supports our ongoing efforts to provide much-needed care. The year ahead holds great promise for further growth and innovation in the Department of Psychiatry and Behavioral Medicine.

Bob

ECHO – November 4, 2022

Dr. Margaret Rukstalis has very kindly offered to provide the didactic for our first ECHO session of this fiscal year on November 4th, 2022. The topic is on best practices around treating OUD in the hospital setting. It will be held via Zoom, starting at 12 noon, a 90 minute educational opportunity with CMEs available to those who are eligible. Carilion's new Addiction Psychiatry Director will share her passion for evidence-based medicine as it applies to the field of addiction. Hope you can join us! If you are not on the Carilion ECHO email list, please RSVP to Dr. Cheri



Hartman by Thursday, Nov 3rd at 10 am and we will add you to the email list. Gabe Anderson will send the Zoom link on Thursday afternoon so you can get this unique logon information that enables participation. Email: cwhartman1@carilionclinic.org to RSVP.

Department News

COVID-19 SUPPORT

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- Please welcome our newest physicians and NP's:
Dr. Margaret Rukstalis, Addiction Psychiatry Director
Dr. Keri Stevenson, Ambulatory
Seth Losey, NP, CNRV-St. Albans
- Please congratulate **Dr. Katherine Liebesny** as our new Child and Adolescent Fellowship Director.
- Child and Adolescent Psychiatry Fellows 2023-2025
I am delighted to share that we have had a very successful and busy interview season and have now pre-matched Dr. Ryan Ritch and Dr. Trishna Sharma for our 2023 CF1 class! Thanks to all who reviewed applications, met with our candidates and represented our program so effectively. We look forward to welcoming Dr. Ritch in July and Dr. Sharma in August. **Dr. Katherine Liebesny, Child and Adolescent Psychiatry Fellowship Director**
- Adjunctive therapies and nursing staff would like to send a **HUGE THANK YOU to the pharmacy team at CRMH**. They chose to celebrate Pharmacy Week (10/16-22) by collecting donations for patients here at Roanoke Rehab. We are so grateful for their thoughtfulness! Thank you CRMH Pharmacy Team!



- **Dr. Kiran Khalid** presented the following at AACAP in Toronto, ON:
Resident as Teacher: Fostering a Learning Environment Throughout the Lifespan of a Clinical Rotation (multi-institutional presenters)
Spotlight Conversations: **Addressing Unconscious Bias to Diversify the Physician Workforce in the United States for Better Patient Outcomes**



(session was presented for the third time with presenters from various institutions)

Mentorship, Networking, and Advocacy: Navigating a Successful Career as an International Medical Graduate (IMG) in Child and Adolescent Psychiatry (Dr. Abhishek Reddy was also one of the presenters)

The International Medical Graduate (IMG) Transition to Being an Early-Career Psychiatrist (ECP): the Whats and the Hows (presenters from multiple institutions)

Poster: Title: **The Neuroscience of Resilience in Youth: Review of Findings and Development of an Educational Module**

- **Dr. Abhishek Reddy** has had the following accepted for publication:
Manuscript title: **The role of Metformin in Treatment of Weight Gain Associated with Atypical Antipsychotic Treatment in Children and Adolescents: A Meta-analysis of Randomized Controlled Trials**
Journal: **Frontiers in Psychiatry, section Molecular Psychiatry**
Abhishek Reddy and others.

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RAP Grant Funding Announcements

Carilion Clinic is accepting applications to the **Research Acceleration Program (RAP)**. The program is open to all Carilion Clinic employees seeking funds for clinical, biomedical, or behavioral research projects. While all innovative research proposals are welcomed, applicants are encouraged to pursue research in alignment with our Vision 2025 Research and Innovation Strategy.

- Expand, design, and invest in care delivery of the future.
- Grow and invest in clinical platforms that provide cutting-edge treatment capabilities
- Deepen academic partnerships
 - Virginia Tech
 - Fralin Biomedical Research Institute at Virginia Tech Carilion.
 - Radford University Carilion

This year the application process is a REDCap web form found at the Carilion Clinic Research and Development website: <https://www.carilionclinic.org/research#research-acceleration-program>. Those that have completed a research and development application in the past will find the new application familiar, including an online submission process and eSignature approval routing. The Project Narrative, Budget and other supporting documents are uploaded in the provided links in the application. In addition to the application, you will find instructions at a glance and updated and condensed guidelines. Applications are due by **Monday, December 5th 2022 at 5:00 pm**. Good luck and I hope you consider applying.

CHBR Funding Announcements

Yet another funding opportunity for those pursuing health behavior research is a joint program between Carilion Clinic Research Acceleration Program, the Office of the Virginia Tech Vice President of Health Sciences and Technology, and the Center for Health



Behaviors Research (CHBR). Proposals should align with the mission of Carilion Clinic-to improve the health of the communities we serve and seek to advance care through medical education and research-and with the mission and foci of the CHBR. The mission is to conduct and disseminate transformative health behaviors research with the primary objective of preventing and treating life-style related diseases. Funding will only be awarded to applications that are collaborations between Virginia Tech and Carilion Clinic.

We will fund up to three health behavior-related P/F studies, up to \$20,000-\$30,000 for a single year, that demonstrate a high likelihood of future extramural funding. Funding will only be awarded to applications that are collaborations between Virginia Tech and Carilion Clinic.

- Please provide a **letter of intent**, to include: title, PI(s), and an abstract (<500 words) that highlight the background and significance, hypothesis, specific aims, experimental design and procedures of the project by **Friday, December 2, 2022**.
- Please also provide an NIH biographical sketch for PI(s) with the letter of intent.
- Invitations for complete proposals will be made no later than Friday, January 13, 2023
- **Final applications will be due Friday, March 3, 2023**, and should be a maximum of three pages (one page, Specific Aims; two pages, Research Strategy). A budget and a timeline should also be included (approximately 1 page, combined), which does not count against the page limit. Awardees will be notified of funding no later than Friday, April 14, 2023. The funding period will be July 1, 2023 – November 30, 2023. Letters of intent, NIH biographical sketches and final applications are to be emailed to chbr@vtc.vt.edu. **Investigators are encouraged to contact Drs. Warren Bickel (wkbickel@vtc.vt.edu), Alex DiFeliceantonio (dife@vtc.vt.edu), or Jeff Stein (jstein1@vtc.vt.edu) to determine eligibility and the appropriateness of the project**

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New Alcohol Risk Assessment – BEAM *Beacon-Alc*



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Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Psychiatry Adult Case Conference – November 3 – 12:00-1:00 pm – Dr. Akhil Pola, “Assessing Clozapine’s Role in Treatment-Resistant Schizophrenia”

Psychiatry Peds Case Conference – November 10 – 12:00-1:00 pm

Psychiatry Grand Rounds – November 17 – 12:00-1:00 pm

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9/6/2022

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- APA 2023 Annual Meeting Abstract Submissions
- IRB Questions September 19
- iTHRIV Scholars Clinical Translational Research Symposium
- BEAM
- Graduate Certificate in Leadership for an Aging Society
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Grand Rounds and Case Conferences

Chair's Note

In Psychiatry, the needs of our patients and the way symptoms manifest can change quickly. One new such way just came to my attention. It is called 'digital self-harm.' Digital self-harm is using social media to post negative comments about yourself, typically anonymously. A recent [study](#) published in the journal *Child and Adolescent Mental Health* examined survey responses of nearly 5,000 middle and high schoolers and found about 9% of American teens have engaged in digital self-harm. Of real concern, those who did post such messages and content were up to seven times more likely to have had suicide thoughts and were 15 times more likely to have attempted suicide. The study did not look at young adults, but it is reasonable to consider this a risk for many as well. I wanted to raise this to encourage us all to inquire about this practice, as appropriate, among our patients. As we work to stay current and aware of risk factors contributing to the risk of death by suicide, digital self-harm has now been added to that list.

Bob



2023 APA Annual Meeting, May 20-24, 2023

Don't Miss Out! Submit Your Abstract Today

2023 Theme: *Innovate, Collaborate, Motivate: Charting the future of mental health*

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There is still time to submit your ideas for general sessions, courses, and posters for the **2023 APA Annual Meeting, May 20-24, 2023**, in San Francisco, CA. Don't miss out on this opportunity to share your research and expertise with the field. All abstract submissions must be made electronically through APA's online abstract submission system to be considered. For helpful tips and additional information about topics and format, view the [Submission Guidelines](#). All presenters and co-authors must enter the abstract system using their my.psychiatry.org username and password. If you or any of your co-authors do not yet have an account, you can create one [here](#). Please ensure all authors have created an account prior to starting a submission. **Submission Deadline: Friday, September 9, 2022 at 5:00 p.m. ET** Submit online at <http://apapsy.ch/2023-am-submission>

IRB Questions – September 19

Hello to All,

The IRB office would like to extend open office hours to primary investigators and their team members to address any questions or for assistance with any aspect of IRB submission. I will be available to speak with you or a team member about any IRB related questions, specific study questions, or PRISM questions that you may have on **Monday, September 19th, from Noon – 8pm**. I would like to schedule phone calls or a Teams meeting in 30-45 min increments, depending on the amount of time needed for the discussion. Please reply with the following: Your availability, Preference for phone (with phone number) or Teams meeting, A general idea of your questions (study #, etc). I will call your preferred number or schedule a Teams meeting. Please know that you can always email me to schedule a call if there is a more pressing need.

Thank you,

Patricia (Trish) Winter, PhD, MT-BC

Human Subjects Research and Education Manager, Institutional Review Board
(office) (540) 521-5890



2022 iTHRIV Scholars Clinical Translational Research Symposium: 18 October 2022

Join us as we celebrate our iTHRIV scholars at the 5th Annual iTHRIV Scholars Clinical Translational Research Symposium on **October 18 at 1 PM**. The symposium includes a keynote address from a distinguished translational researcher, an information session for prospective scholars, and research lightning talks from our current cohort and recent graduates. This year's event will be virtual and registration is required.

[Click Here to Register!](#) *Schedule is tentative and subject to change.

12:30 pm: Info session about iTHRIV Scholars program for prospective applicants

1:00 pm: Welcome remarks from institutional leadership of the iTHRIV partner sites

1:10 pm: Keynote address

Katrina Claw, PhD, Assistant Professor

Department of Biomedical Informatics, Colorado Center for Personalized Medicine

University of Colorado School of Medicine

[Learn more about Dr. Claw here](#)

1:50 pm: Questions for keynote

2:00 pm: Scholar presentations

3:00 pm: Closing remarks

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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.**



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Pamela Teaster pteaster@vt.edu



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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 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708



2022 ANNUAL FALL MEETING

*Confounding Factors:
How Social Pressures Impact Our Patients*

September 30 - October 1, 2022
Wintergreen Resort & Conference Center



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- Sept 8 from 1:30 – 3:30pm
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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



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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
- **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.
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Grand Rounds and Case Conferences

Virtual invites and details will be sent out by Emily West.

Psychiatry Peds Case Conference, September 8, 2022, 12:15-1:15 pm
Psychiatry Grand Rounds, September 15, 2022, 12:00-1:00 pm



9/12/2022

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.

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- Department News
- National Women in Medicine Month
- InclusiveVT Welcome event
- IRB Questions September 19
- iTHRIV Scholars Clinical Translational Research Symposium
- BEAM
- Graduate Certificate in Leadership for an Aging Society
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Grand Rounds and Case Conferences

Chair's Note

In mid-July, the National Suicide Hotline was substantially enhanced as the 988 Suicide and Crisis Lifeline number. This builds upon the decade-old National Suicide Hotline to develop a more robust and easy-to-use system that will eventually link the caller to any needed locally available services. That said, much of the need expressed by callers to the line have historically been satisfied by on-line counselling. A recent report notes that calls to the lifeline increased 45% compared to August 2021. The [report](#) specifies the number of calls, chats and texts made to the 988 lifeline in the month of August and was just released on Friday, September 9. As we are all aware, there is a dramatic expansion in the numbers of people dealing with depression, anxiety, and addictive disorders (among other illnesses). The national 988 resource is an important and timely improvement in linking people in need of immediate care to someone who can guide them. And, speaking of people in need of care, we should never overlook ourselves: the professionals dealing day-in and day-out with the profound emotional distress of our patients. There is now one more on-line set of tools available to support us. Carilion is one of the organizations that has supported the American Hospital Association to test, vet, and implement a freely-available anonymous resource. The AHA's [Stress Meter™](#) is an easy way to assess your stress level and access credible, vetted resources. Check it out!

Bob



COVID-19 SUPPORT

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Emergency Psychiatry Services Update, Anilla Del Fabbro, Director

I would like to formally welcome Dr. Hajra Ahmad to our team. She has smoothly transitioned from resident to attending and is providing exemplary teaching to our team, as well as clinical care to our patients. We are providing care to our psychiatric patients in the CRMH ED as well as to our outlying Carilion facilities during the week and weekends. A special shout out to NP Stephanie East for covering our ED/s 2-3 weekends per month.

We have our NP Paula Robinson covering a 3-11pm shift Monday through Friday. In addition, our dedicated Social Workers, Alicia Baxter and Cori Hagee are covering weekend shifts which has been helpful in ensuring continuity of care and smoother transitions. Both phenomenal women are also well versed in providing therapeutic interventions. Rounding out our CPEP (Comprehensive Psychiatric Emergency Program) team are Alice Duncan RN, Derrick McCloe MHT and Jesse Collop LPC.

Our GAPCare (Gaining Access to Psychiatric Care) clinic is flourishing, and it is hard to believe that Jenelle Fleming PA-C has only been with us since mid-July. We have been working on implementing a more formal referral process. Our referral sources include the ED, our inpatient psychiatric units at CRMH and our CL psychiatry team at CRMH. We do require that all referrals have an appointment with a provider within 3 months as the goal of the clinic is to provide close follow up until the patient establishes with a permanent provider.

We have interviewed applicants for CPEP and CONNECT Director/s which will help provide daily structure for both teams, further enhance communication within Carilion and with our community partners. Lisa Dishner and Peggy Myers have done an incredible job of overseeing CPEP and CONNECT respectively. CONNECT has done their usual outstanding job at seeing patients and their dedication is unflagging. WE are excited to have Clinical Team Leads for days and evenings, Paula Layman, Tony Ciafardini, Jessica Price and Lakeisha Henry.

Mini briefs:

We are in the early phase of exploring how to implement START NOW in our CPEP and/or GAPCare clinic. We plan to visit all outlying Carilion facilities, CNRV was our first site on August 24th.



Department News

Dr. Alexei Morozov was published in Biological Psychiatry “Social synchronization of conditioned fear in mice requires ventral hippocampus input to amygdala.”

[https://www.biologicalpsychiatryjournal.com/article/S0006-3223\(22\)01444-5/fulltext](https://www.biologicalpsychiatryjournal.com/article/S0006-3223(22)01444-5/fulltext)

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Shout Outs!

You all are doing great things each day! I have received kudos and wanted to share.

Derrick McCloe: The peers and patients that are referred to the peer center are very complementary of your work and your approach to their treatment goals and plan. You take the time to explain processes, listen and ensure a smooth transition from the ED to the peer center. What a great example of Carilion Values. Thank you, Derrick, for your compassionate approach to care during the patients most vulnerable times.

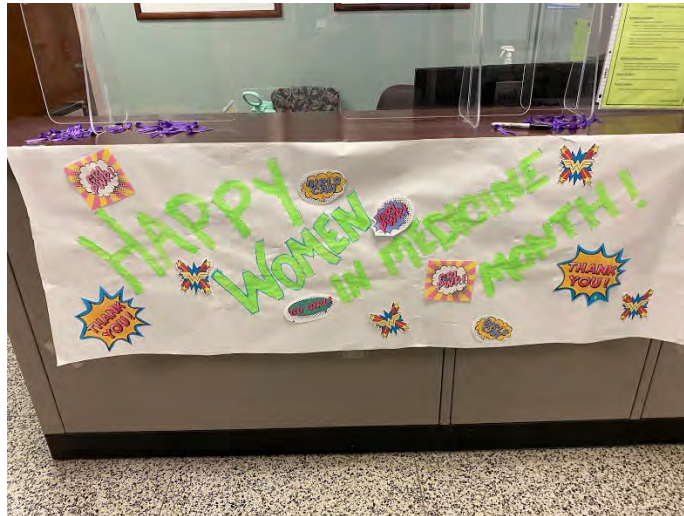
Alice Duncan: Way to go! You received a Daisy Award nomination. The patient stated “she talked to me in the most calming, compassionate tone” “She always had a big smile on even under her mask. How lucky you are to have her as one of the faces of Carilion.....” “Please never change, the world needs 1,000 more just like you. Keep smiling” Another great example of Carilion Values. Thank you, Alice, for providing care to patients with compassion each day. I have a copy of the award and a daisy pin for you.

I appreciate you all. Thank you for the work you do each day!

Submitted by Lisa Dishner, Senior DON



Celebrating National Women in Medicine Month



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VTCSOM – InclusiveVT Welcome September 15

InclusiveVT Welcome featuring Judith Heumann Sep 15, 2022 at 7pm internationally recognized, lifelong advocate for the rights of disabled people

<https://www.inclusive.vt.edu/Programs/inclusivevt-week.html>

IRB Questions – September 19

Hello to All,

The IRB office would like to extend open office hours to primary investigators and their team members to address any questions or for assistance with any aspect of IRB submission. I will be available to speak with you or a team member about any IRB related questions, specific study questions, or PRISM questions that you may have on **Monday, September 19th, from Noon – 8pm**. I would like to schedule phone calls or a Teams meeting in 30-45 min increments, depending on the amount of time needed for the discussion. Please reply with the following: Your availability, Preference for phone (with phone number) or Teams meeting, A general idea of your questions (study #, etc). I will call your preferred number or schedule a Teams meeting. Please know that you can always email me to schedule a call if there is a more pressing need.

Thank you,

Patricia (Trish) Winter, PhD, MT-BC

Human Subjects Research and Education Manager, Institutional Review Board
(office) (540) 521-5890



2022 iTHRIV Scholars Clinical Translational Research Symposium: 18 October 2022

Join us as we celebrate our iTHRIV scholars at the 5th Annual iTHRIV Scholars Clinical Translational Research Symposium on **October 18 at 1 PM**. The symposium includes a keynote address from a distinguished translational researcher, an information session for prospective scholars, and research lightning talks from our current cohort and recent graduates. This year's event will be virtual and registration is required.

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[Click Here to Register!](#) *Schedule is tentative and subject to change.

12:30 pm: Info session about iTHRIV Scholars program for prospective applicants

1:00 pm: Welcome remarks from institutional leadership of the iTHRIV partner sites

1:10 pm: Keynote address

Katrina Claw, PhD, Assistant Professor

Department of Biomedical Informatics, Colorado Center for Personalized Medicine

University of Colorado School of Medicine

[Learn more about Dr. Claw here](#)

1:50 pm: Questions for keynote

2:00 pm: Scholar presentations

3:00 pm: Closing remarks

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Upcoming Grand Rounds and Case Conferences

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Psychiatry Grand Rounds, September 15, 2022, 12:00-1:00 pm
“The Interaction Between Nutrition, Pharmacology and Mental Health,”
Raga Mogallapu, MD, Berkeley Medical Center Behavioral Medicine and
Psychiatry, Martinsburg, WV.

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- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness

This is Telehealth Awareness Week (Sept. 18-24). While this may seem to be a bit on the tech (even nerdy) side of things, telehealth is clearly impacting our lives as clinicians every day. Whether it is our electronic health record (Epic), or our ability to provide remote care to our patients, telehealth has transformed care delivery. In our Department we have transformed so much of what we do over the past few years. We are routinely delivering ambulatory care by video or audio-only services, dramatically simplifying the lives of many patients who no longer need to take days off of work or travel for hours to see us. Patients are completing self-assessments on line in advance of their visits to provide key objective data on symptom burden and functioning. We are supporting primary care and specialty care colleagues through collaborative care consultations and electronic consults (or eConsults) that can occur at a delay. We are caring for patients in all of our emergency departments by telemedicine visits, and supporting consults at all of our hospitals via the same telemedicine technology. We are soon going to be able to allow our patients to self-schedule appointments. And, we are working with our technology services group (TSG) on building the templates for the upcoming Behavioral Health module of Epic that will roll out in a few months. The Digital Health Team has created a hub on Inside Carilion that contains an array of resources and information for those interested in learning more. These resources include [An Overview of Digital Health and What is Currently Implemented](#) and the more detailed [Digital Health Resources](#). The more we know about telehealth, the better we can control the technology in our service and for the benefit of our patients. With all of that said, have a Happy Telehealth Awareness Week!

Bol



Department News

- The following poster was accepted for presentation at TEACH Education Day: **EBM on CAP: Do we need evidence-based medicine rounds built in the day? A needs assessment**, Kiran Khalid, Abhishek Reddy, Maria Hankey.
- **Dr. Kye Kim's book chapter has been published.** Whitehead P, Gamaludin S, DeWitt S, Stewart C, **Kim KY**. Global Perspectives in Cancer Care: Religion, Spirituality and Cultural Diversity in Health and Healing. In: Silberman M and Berger A, eds. Holistic Care of the Cancer Patients, United States: Identifying Unique Aspects of Palliative Care. New York, NY: Oxford University Press. 2022: 33-44.

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ASAM Annual Conference April 13-16, 2023 – Abstract Submissions due October 28, 2022

ASAM members and non-members are invited to submit abstracts and proposals for poster presentations, focus sessions, and workshops.

Submission Deadline: October 28, 2022

See [here](#).

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12:30 pm: Info session about iTHRIV Scholars program for prospective applicants

1:00 pm: Welcome remarks from institutional leadership of the iTHRIV partner sites

1:10 pm: Keynote address

Katrina Claw, PhD, Assistant Professor

Department of Biomedical Informatics, Colorado Center for Personalized Medicine

University of Colorado School of Medicine

[Learn more about Dr. Claw here](#)

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New Alcohol Risk Assessment – BEAM *Beacon-Alc*



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Pamela Teaster pteaster@vt.edu

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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](#)

Join by phone:

+1-210-795-1114 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708

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2022 ANNUAL FALL MEETING
*Confounding Factors:
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September 30 - October 1, 2022
Wintergreen Resort & Conference Center

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- Sept 21 from 9:30 – 11:30am
- Oct 12 from 9:30 – 11:30am
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- Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty percent of the US population is expected to be 65 years of age or older by 2030. Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be **submitted** (<https://amajournalofethics.msubmit.net/cgi-bin/main.plex>) by **30 November 2022**.

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

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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, PhD 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
- **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 !



9/27/2022

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
- Psychology Services Update
- Department News
- ASAM Abstract Submissions
- iTHRIV Scholars Clinical Translational Research Symposium
- BEAM
- Graduate Certificate in Leadership for an Aging Society
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness

On Sept. 20, Carilion's [Center for Grief and Healing](#) hosted a virtual town hall event, "[Parenting in Traumatic Times: Gun Violence](#)." A panel of local experts answered questions about community safety and how acts of brutality affect our mental health. Panelists included experts from Roanoke City Council, Roanoke City Public Schools, Total Action for Progress, area counselors, and our own Dr. Kate Liebesny (Child and Adolescent Psychiatrist) and Dr. Paula Wolfteich (Director of the Center for Grief and Healing). Several media outlets attended the event, which was also live streamed. Following the event, there were 90 media mentions across the nation with over 1 million impressions online, positioning Carilion Clinic as an expert in trauma treatment and overall mental health. I am very pleased to share with you that Carilion's *Center for Grief and Healing* will continue the event as a series, covering other traumatic community concerns such as suicide and addiction. The more we share this knowledge, the more we reduce stigma and open the door to treatment-- and to recovery.

Bob

Psychology Services Update – Dr. Joe Gieck, Director

- The Center for Grief and Healing:
 - Received award of two programming grants. One grant from the National Alliance of Grieving Children and the New York Life Fund to build a grief program for children and adolescents in the area called Camp Treehouse. The CGH also received award of funding from The Earl D. and Carrie Leigh Doran Fund to support growth of traumatic grief support services through the Roanoke Valley area.



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- New Homicide Survivors Loss Group on Tuesdays at 6:00 p.m.
 - For a complete list of programming: [Center for Grief and Healing | Carilion Clinic](#)
- Behavioral health and therapy services expanding to include evidence-based group treatments to improve access to care; all groups run in approximately 12-week cycles. For patients who are interested they can have a psychology referral placed:
 - START NOW: Adapted for general ambulatory care, this offers a structured 12-week curriculum with CB and DBT emphasis.
 - Roanoke: Thursdays, 1:00-2:30 (First group started 09/29/2022)
 - CNRV: Wednesdays, 11:00-12:30 (now accepting patient referrals)
 - Cognitive Processing Therapy for PTSD: Evidenced-based treatment for PTSD through a 12-week structured curriculum; currently limited to female participants.
 - Roanoke: Tuesdays, 3:00-4:30 (First group started 09/20/2022)
 - CNRV: Mondays, 3:00-4:30 (now accepting patient referrals)
- We would like to welcome Sam Felts, MA, and Annah Cash who are doctoral clinical psychology students from Radford University and Virginia Tech respectively. They are part of year-long clinical psychology practicum at CNRV with Joe Gieck and Jeremy Burkart.

Department News

- Carilion received a \$15,000 grant from the Community Foundation serving Southwestern Virginia for Traumatic Grief Support Services. **Dr. Paula Wolfteich is the PI.**
- A poster abstract was accepted to PSV Fall Meeting, September 30-October 1, ***Adolescents with ADHD Prescribed Mixed Amphetamine and Alprazolam Are at A Higher Risk of Substance Use Disorder***, Dr. Ching-fang Sun, Dr. Virginia O'Brien, Dr. Anita Kablinger, and Dr. Archana Adikey.
- The following poster was accepted for presentation at TEACH Education Day: **EBM on CAP: Do we need evidence-based medicine rounds built in the day? A needs assessment**, Dr. Kiran Khalid, Dr. Abhishek Reddy, and Maria Hankey.



ASAM Annual Conference April 13-16, 2023 – Abstract Submissions due October 28, 2022

ASAM members and non-members are invited to submit abstracts and proposals for poster presentations, focus sessions, and workshops.

Submission Deadline: October 28, 2022

See [here](#).

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2022 iTHRIV Scholars Clinical Translational Research Symposium: 18 October 2022

Join us as we celebrate our iTHRIV scholars at the 5th Annual iTHRIV Scholars Clinical Translational Research Symposium on **October 18 at 1 PM**. The symposium includes a keynote address from a distinguished translational researcher, an information session for prospective scholars, and research lightning talks from our current cohort and recent graduates. This year's event will be virtual and registration is required.

[Click Here to Register!](#) *Schedule is tentative and subject to change.

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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Case Conferences and Grand Rounds

Emily West will send out the virtual links.

Psychiatry Adult Case Conference, 12:00-1:00 pm, October 6, 2022.

Psychiatry Peds Case Conference, 12:00-1:00 pm, October 13, 2022.

Psychiatry Grand Rounds, 12:00-1:00 pm, October 20, 2022.



8/1/2022

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Chair's Note

So, how many psychiatric beds does the country really need? A couple of years ago, the then-president of the American Psychiatric Association, Jeff Geller, pulled together a Taskforce charged with drafting a model to help guide various regions across the US in understanding the dynamics of managing inpatient psychiatric care. What impact would changes in partial hospital capacity, crisis beds, emergency room capacity, and so forth have on the number of needed inpatient beds? The task force included over forty people and took almost two years of work. The initial result for the adult system is now available at <https://www.psychiatry.org/psychiatricbeds>. It turns out that the answer is, well, complicated. It is really about the whole system- not just the number of inpatient beds. The bottom line will not be much of a surprise: we need to invest a lot more money and thought into the system to make it work well to benefit our patients and communities.

Bob

Department News

- **Ching-Fang Sun, MD, Neha Singh, BS, Martha M Tenzer, BA and Anita Kablinger, MD, CPI's** submission entitled **"Factitious Dermatitis in Children and Adolescents Highly Comorbid with Psychiatric Disorders"** has been accepted as a new research poster at the AACAP/CACAP 2022 Annual Meeting in Toronto, October 17-22, 2022.
- **Ching-Fang Sun, MD, Hui Xie, MPH, Vemmy Metsutnan, John H. Draeger, Yezhe Ling, Anita S. Kablinger, MD, The Mean Age of Gender Dysphoria Diagnosis Is Decreasing,** poster submission accepted by AACAP.

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- Department News
- iTHRIV funding opportunities
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting Abstracts
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- Risk Profiles of Depression in the Year of COVID-19 Among Sexual and Gender Minority Youth of Color: Results From a Multicenter Study Among US College Students. Erin McDaid, BS, **Yezhe Lin, MD, MSC**, Wisteria Y Deng, MS, Hui Xie, MPH, **Katherine V. Liebesny, MD and Anita S. Kablinger, MD.**
- Patterns of Sexual Assault Before and During the COVID-19 Pandemic: A Longitudinal Comparison in Sexual and Gender Minority College Students in the United States. **Yezhe Lin, MD, MSC**, Wisteria Y. Deng, MS Hui Xie, MPH, **Katherine V. Liebesny, MD and Anita S. Kablinger, MD.**
- Psychological Inflexibility Moderates the Relationship Between the Risks of Eating Disorder and Gender Identity Among Youths in US Colleges: Real-World Results From a Multicenter Study, **Yezhe Lin, MD, MSC**, Wisteria Y. Deng, MS Hui Xie, MPH, **Katherine V. Liebesny, MD and Anita S. Kablinger, MD.**
- **Dr. Kiran Khalid** was co-author on a letter to the editor, published in Academic Psychiatry; title: **Problem-Based Learning in Psychopharmacology.**
- **Dr. Kiran Khalid with PICU team (Dr. Chad Ward, Nicole Rozette)** publication; Case reports in psychiatry, titled: **High-Dose Dexmedetomidine for Severe Hyperactive Delirium Secondary to Intravenous Levetiracetam on Two Separate Occasions in the Same Patient.**
- The following New Research Poster Abstract was accepted for presentation at national meeting of American Association of Child and Adolescent Psychiatry (AACAP), Toronto 2022: **The Neuroscience of Resilience in Youth: Review of Findings and Development of an Educational Module**, **Kiran Khalid** and others.
- **Dr. Ellie Rahmani, Ehsan Samarbafzadeh, MD, Trish Lemelle, MD, Hunter Sharp, and Anita Kablinger, MD** authored a new publication. Title: **A descriptive analysis of pharmacological management of aggression and/or agitation in patients with traumatic brain injury in a Southwest Virginia inpatient population.** Journal: Journal of Clinical Pharmacy and Therapeutics.
- **Congratulations to Dr. Ramon Pineyro** celebrating a one-year anniversary with Carilion.
- **Congratulations to Dr. J. Eric Vance** celebrating a ten-year anniversary with Carilion.

iTHRIV is Pleased to Announce Two Funding Opportunities!

Pilot Translational and Clinical Studies Program

The iTHRIV Pilot Studies Program announces **\$200,000** in available funding to support innovative approaches to clinical and translational research across the iTHRIV partner institutions. Proposals can



include the full range of translation from the laboratory to the clinical area. For more detailed information and access to all required forms please review the full RFP at this [link](#).

Funding Available: Single iTHRIV Institution proposals can request \$25,000 and Multi-iTHRIV Institution proposals can request \$50,000. Projects are required to be completed within one year.

Community Organization & Research Institution Partnership

The iTHRIV Community Collaboration Core announces **\$80,000** in funding to support community organization and iTHRIV research institution partnership projects. Proposed community engaged research projects may address direct health outcomes, health disparities, and/ or social determinants of health. For more detailed information and access to all required forms please review the full RFP at this [link](#).

Funding Available: Proposals may request \$40,000. Projects are required to be completed within one year.

Proposals Due: **Monday, August 29th, 2022 by 5 pm**

Questions? Please contact iTHRIV: iTHRIVAdmin@hscmail.mcc.virginia.edu

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Tues & Thurs 10 am – Noon

Project Design, Data Collection, & Biostat Services

COVID-19 SUPPORT

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[Click Here to Join Online](#)

Join by phone

+1-210-795-1114 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708

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2022 ANNUAL FALL MEETING

*Confounding Factors:
How Social Pressures Impact Our Patients*

September 30 - October 1, 2022
Wintergreen Resort & Conference Center



- The abstract process is a way for medical students, residents and fellows to participate in the Annual Meeting. [Click here](#) to submit an abstract. **Only medical students, residents and fellows are eligible to submit abstracts. Deadline is August 17.**
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Autism Study

- We are now recruiting patients for an autism study investigating the impact of a new drug on symptoms of irritability in adolescents. Eligible patients must be 13 to 17 years old, have a documented diagnosis of autism spectrum disorder, and have GI symptoms such as constipation or diarrhea. Eligible patients cannot currently be using antipsychotic medications, oral controlled or extended-release medications, or have a comorbid major psychiatric condition such as bipolar disorder or schizophrenia. If you have any questions or would like more information, please contact Bryce Lewis at 540-494-8285 or brlewis@carilionclinic.org. If you would like to refer a patient for this study, please contact Dr. Anita Kablinger.

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Wellness

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- **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.
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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, PhD 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
- **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 !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Adult Case Conference, August 4, 2022, 12:00-1:00 pm, Sethulakshmi Sreevalsam Anil, MBBS, “Side Effects and Toxicity in Lithium Therapy.”

Psychiatry Peds Case Conference, August 11, 2022, 12:15-1:15 pm, more details to come.

Psychiatry Grand Rounds, August 18, 2022, 12:00-1:00 pm, Diana Clarke, PhD and Nintin Gogtay, MD, “DSM-5- TR: What You Need to Know.” Drs. Clarke and Gogtay are with the APA. The meeting will be hybrid. More details to come.



8/8/2022

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.

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Collaboration –	Working together with purpose to achieve shared goals.
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Interventional Update – Justin White, MD

IN THIS ISSUE

- Interventional Update
- OBAT News
- BEAM
- Teach Education Day – poster submissions
- iTHRIV funding opportunities
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting Abstracts
- AMA Journal of Ethics- Manuscripts
- Autism Study
- Well-being Hub is Live
- AUGUST Well-being Events
- Wellness
- Grand Rounds and Case Conferences

We are happy to welcome **Dr. Khan, Dr. Ahmad, and Dr. John** to our ECT group. **Dr. Criss, Dr. Tanious, Dr. Tran,** and I will continue to be involved. Hopefully with the changes leading to more independent practice for Certified Registered Nurse Anesthetists we will have more capability to expand the number of patient spots for ECT at CMC and CNVR medical center. With Covid we lost 40% of our dedicated ECT time at CMC, and at St. Albans we lost at least 6 dedicated hours per week over the past 4 years. The demand for ECT in our community remains high despite new interventional treatment options such as Ketamine and TMS.

Thanks to the efforts of **Dr. Rai, Dr. Gilliam, Laura Taylor, and other CNRV staff,** there is a plan to start with liquid ketamine treatment for treatment refractory depression on inpatient psychiatry. Ketamine may be available in the outpatient area at CNRV soon. “Psychedelic” psychotherapy may also be an option following ketamine given the number of wonderful new psychologists we now have at both sites. This form of therapy may be a particularly helpful treatment in working with individuals with severe treatment refractory depression from grief and loss as well as patients suffering from PTSD.

Our Transcranial magnetic stimulation device at CMC is FDA approved for OCD and treatment refractory depression. Please keep this treatment in mind for our patients because efficacy rates for TMS are like ketamine, and often this treatment is associated with less side effects when compared to Ketamine and ECT. TMS offers the opportunity for frequent helpful patient care interactions.

Regarding research, the TMS team working with **Dr. Kablinger** is currently exploring the possibility of an upcoming study working with patients suffering from



amphetamine use disorder. There have been many smaller studies supporting the use of TMS for the treatment of addiction. Currently there is a TMS device, BrainsWay, that is FDA cleared device for smoking cessation. The Vagal Nerve Stimulator study (RECOVER trial) for depression is currently going well with active recruitment. Also, we continue to be hopeful for involvement with future studies involving transcranial “deep brain” focused ultrasound neuromodulation with VTC faculty.

The referrals to the interventional psychiatry clinic continue to be very appreciated. Many people are involved in this clinic, and **Dora Wygal** continues to be our amazing coordinator that keeps things running smoothly. Please remember to thank her when you see her next! We have grown this area of the clinic considerably over the past two years due to everyone’s enthusiasm and dedication.

Sincere Thanks! – Justin

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OBAT News – Cheri Hartman, PhD

- **Megan Pittman** has accepted an offer to transfer from our Psychiatry OBAT program as a care coordinator to assume a therapist position at St. Albans - remaining in our Psychiatry Dept! Congratulations to Megan who just recently completed and graduated from her MSW Program. Megan's last day with our OBAT is August 26th. It will be VERY hard to let go of Megan - but I know you join me in wishing her well. So glad she will still be with Carilion and remains in our department! ALSO - I wanted to let you know that we have posted the position for an additional care coordinator to replace Megan - hard shoes to fill! Spread the word - we aim to keep our care coordinator team strong and cohesive, as we work together to meet our patients' needs. This position requires at least a bachelors' degree in a social work-related field and one year experience with our patient population (adults struggling with a substance use disorder).

COMING SOON!

New Alcohol Risk Assessment – BEAM *Beacon-Alc*



- As one of the leading causes of death, public health guidelines recommend consistent standardized screening for alcohol use disorder (AUD). 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.**

More information and educational materials to come.

Interested in learning more or have any questions? Contact Dr. Anita Kablinger at askablinger@carilionclinic.org

- **2022 TEACH Education Day Call for poster abstracts is now open!** Education research posters will be displayed during the **TEACH Education Day Posters, Recognition, and Awards Reception on October 27, 2022**. Poster abstracts should reflect the TEACH mission to advance educational excellence & innovation, be of peer review quality, and follow the formatting requirements listed below. **The deadline for submissions is August 19, 2022, at 11:59 pm.** One poster abstract will be selected for a 15-minute podium presentation during the Posters, Recognition, & Awards Reception. All submissions must be submitted using the **online submission form** by August 19 at 11:59 pm.

iTHRIV is Pleased to Announce Two Funding Opportunities!

Pilot Translational and Clinical Studies Program

The iTHRIV Pilot Studies Program announces **\$200,000** in available funding to support innovative approaches to clinical and translational research across the iTHRIV partner institutions. Proposals can include the full range of translation from the laboratory to the clinical area. For more detailed information and access to all required forms please review the full RFP at this [link](#).

Funding Available: Single iTHRIV Institution proposals can request \$25,000 and Multi-iTHRIV Institution proposals can request \$50,000. Projects are required to be completed within one year.

Community Organization & Research Institution Partnership

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The iTHRIV Community Collaboration Core announces **\$80,000** in funding to support community organization and iTHRIV research institution partnership projects. Proposed community engaged research projects may address direct health outcomes, health disparities, and/ or social determinants of health. For more detailed information and access to all required forms please review the full RFP at this [link](#).

Funding Available: Proposals may request \$40,000. Projects are required to be completed within one year.

Proposals Due: **Monday, August 29th, 2022 by 5 pm**

Questions? Please contact iTHRIV: iTHRIVAdmin@hscmail.mcc.virginia.edu

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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 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 Drop-In Virtual Office Hours

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August Well-being Events

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<https://mhanational.org/events/workplace-mental-health-employer-perspective>

Thursday, August 18 from 2pm-3pm | *How to nurture talent and address burnout: A conversation with Lurie's Children's Hospital and KPMG*

<https://go.beckershospitalreview.com/how-to-nurture-talent-and-address-burnout-a-conversation-with-luries-childrens-hospital-and-kpmg>

Thursday, August 18 from 2pm-3pm (note: same time as above) | *The Culture "Blueprint" - How to Drive and Sustain Improvement in Employee Well-Being*

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

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IN THIS ISSUE

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- Senior Director Update
- PEAKS Graduation
- Roanoke Inpatient Rehab Adjunctive Therapy Team
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- BEAM
- Graduate Certificate in Leadership for an Aging Society
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Chair's Note

In psychiatry, we have long known that many of the physical complaints made by people living with serious mental illness are discounted as “functional” by the clinicians examining them. This has often led to delayed or missed diagnoses of potentially life-threatening illnesses. In multiple studies, the origin of this discounting by clinicians is considered a form of cognitive bias. Recently, The Joint Commission (TJC) has used a term to describe this process directly relevant to the medical arena: diagnostic overshadowing. It is pretty easy to see how a physician may unconsciously misinterpret complaints of abdominal distress, for example, in the context of a primary diagnosis of schizophrenia. In this setting, knowing the diagnosis of schizophrenia may bias the reasoning and any subsequent differential diagnostic workup. What is new is not only the medical jargon of “diagnostic overshadowing,” but the fact that TJC has published this as a Sentinel Event Alert. These publications focus awareness of healthcare personnel across the country. When we, as clinicians, are aware of the potential for bias, we are able to take a step back and examine our decision making process to assure our patients of the very best care. I am delighted with this development and want to thank Rodney Fultz, Senior Director for Quality and Operations at CNRV, for bringing this to my attention.

Bal



Senior Director Update – Peggy Myers

Ambulatory Clinics:

***Kathy Markham is celebrating 15 years with us this week.** I greatly appreciate Kathy's leadership and determination for our Roanoke Ambulatory Clinic. She is a great resource for information. Please feel free to send Kathy a note of appreciation. 🌸

***Our Practice Managers have been working with Anthony Whisman,** Quality Management Analyst, to review clinic open appointments and review clinic needs. The team has also been involved in discussions with Carilion Direct in consideration of outsourcing some of our phone coverage workload.

***The Roanoke Clinic had paused new referrals on 4/6/22.** We are pleased to announce that we will begin to receive new referrals on 8/15/22. Our waitlists at both clinics have been significantly reduced thanks to the hard work of **Ashlie Phenes, Justin Stevenson** and clinic personnel.

***The Center for Grief and Healing is planning for 3 new groups in September:** Homicide support, Soul Survivors and Perinatal loss. They recently held a retreat to explore and establish their mission statement.

***Welcome to Drs. Bopp, Mahmood, John, Samarbafzadeh, and Jenelle Flemming (PA).**

***Welcome to Cameron Hamden, our new Project Manager.** He will be working with us on projects that include Carilion Direct.

***Congratulations to Emily West** (Administrative Suite) as she moves to the position of Administrative Coordinator. We will be adding one additional support staff member in an effort to further support our providers.

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OBAT:

***Mary Vandergrift has joined our team as the Director of Addictions Programs.** Her physician partner, **Dr. Margaret Rukstalis**, will be joining us on 9/15/22. Welcome Mary!

***Thanks to Cheri Hartman, Michelle Diehl, Dr. Wells,** and team for welcoming patients from the Family Medicine OBOT. Your efforts during this transition have been appreciated.

Roanoke Inpatient Therapy Teams:

***Stephanie Sparozich** has been promoted to Interim Manager of Social Services. Congratulations to Stephanie!

***Welcome to Mia Hancock-Keeling, Elisa Caldwell, and Karina Espinal.**

***Pet Partners** will be coming back to Roanoke for their first visit on 8/30/22.

CONNECT:

***A BIG THANK YOU** to our Connect Team for all of their efforts during a time of transition. Your work has not gone unnoticed!

***Welcome to new Connectors: Billy Word, Angela Martin, Ricky Southerland, and new Provider, Dr. Ahmad.**

***Congratulations to Lakeisha Henry and Jessica Price** as they join **Tony Ciafardini** as Team Leads.

***Also, many thanks to Gabe Anderson** for taking on the extra responsibility of maintaining the Connect schedule.



PEAKS Graduates

Congratulations to our Institute for our Leadership Effectiveness PEAKS graduates! Class of 2022 Trailblazers graduation was held on August 10.

Lisa Dishner, MSN, Virginia O'Brien, MD, Anilla Del Fabbro, MD, Azziza Bankole, MD and Peggy Myers, LCSW.

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Roanoke Inpatient Rehab Adjunctive Therapy Team

- **Roanoke Inpatient Rehab Adjunctive Therapy Team** would like you to join us in welcoming **Karina Espinal** to our Team. Karina is a board-certified music therapist who graduated from Radford University in May 2016 and came to us from Indiana, where she had worked for the last four years. Be sure to introduce yourself and say hello. We are so glad to have her on our team!



TRAVEL FUNDING AVAILABLE FROM GRADUATE AND PROFESSIONAL STUDENT SENATE AT VIRGINIA TECH – DEADLINE AUGUST 22, 2022

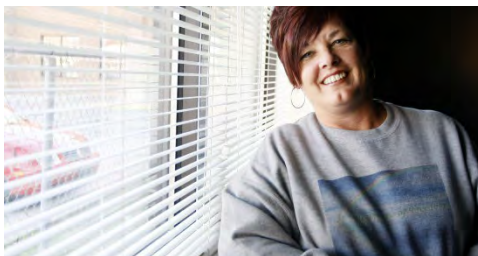
Graduate and professional students presenting research conducted at Virginia Tech are eligible to apply for the [Fall 2022 Travel Fund Program](#)! Grants of up to \$750 may cover registration, lodging, meals, abstract fees and other costs of presenting at an in-person or virtual conference with a start date from Oct. 1-Dec. 31. Students from all disciplines are invited to apply, even if your conference abstract has not been officially accepted. **Applications due August 22, 2022 at 11:59 PM.** Please contact [Cissy Ming](#) with any questions.

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ED Bridge Program WVTF Radio interview

Dr. Cheri Hartman shared: Hannah Curtis (thank you to Hannah!) put us in touch with Roxy from WVTF radio and this resulted: [‘Without treatment, odds are set up against them’— program aims to get more people into addiction recovery | WVTF](#)



[‘Without treatment, odds are set up against them’— program aims to get more people into addiction recovery](#)

Virginia continues to see high numbers of people who are dying as a result of drug overdoses, but treatment options for those seeking help are in short supply in many communities. Some health workers are working to get more patients in emergency rooms into addiction treatment.

www.wvtf.org



2023 APA Annual Meeting, May 20-24, 2023

Don't Miss Out! Submit Your Abstract Today

2023 Theme: *Innovate, Collaborate, Motivate: Charting the future of mental health*

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There is still time to submit your ideas for general sessions, courses, and posters for the **2023 APA Annual Meeting, May 20-24, 2023**, in San Francisco, CA. Don't miss out on this opportunity to share your research and expertise with the field.

All abstract submissions must be made electronically through APA's online abstract submission system to be considered. For helpful tips and additional information about topics and format, view the [Submission Guidelines](#).

All presenters and co-authors must enter the abstract system using their my.psychiatry.org username and password. If you or any of your co-authors do not yet have an account, you can create one [here](#). Please ensure all authors have created an account prior to starting a submission.

Submission Deadline: Friday, September 9, 2022 at 5:00 p.m. ET

Submit online at <http://apapsy.ch/2023-am-submission>

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New Alcohol Risk Assessment – BEAM *Beacon-Alc*



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GRADUATE CERTIFICATE IN LEADERSHIP FOR AN AGING SOCIETY

Dear Faculty Affiliates and Center Associates of the Virginia Tech Center for Gerontology,

I am reaching out to each of you to promote to as many of your networks as possible our new Graduate Certificate in Leadership for an Aging Society **this Fall 2022!**

The 12-credit program is taught synchronously online by leaders in the aging industry and can be completed in at little as one academic year. Students will learn how to develop, implement, and assess organizational policy and lead teams that provide support services for older adults. Our students have been able to complete the coursework while working full-time and/or in conjunction with other graduate degrees. Additionally, we are pleased to offer residency-neutral tuition and scholarship opportunities.

The program is open to current professionals, graduate students in related fields, and exceptional undergraduates considering careers that may serve older adults. You can find additional information on our [flyer](#), but I am also happy to answer any questions you may have.

We would be thrilled if you could share this information with anyone whom you think may benefit from the program.

Many thanks,

Pamela Teaster pteaster@vt.edu



2022 TEACH Education Day Call for poster abstracts is now open! Deadline August 19.

Education research posters will be displayed during the **TEACH Education Day Posters, Recognition, and Awards Reception on October 27, 2022**. Poster abstracts should reflect the TEACH mission to advance educational excellence & innovation, be of peer review quality, and follow the formatting requirements listed below. **The deadline for submissions is August 19, 2022, at 11:59 pm**. One poster abstract will be selected for a 15-minute podium presentation during the Posters, Recognition, & Awards Reception. All submissions must be submitted using the [online submission form](#) by August 19 at 11:59 pm.

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Tues & Thurs 10 am – Noon

Project Design, Data Collection, & Biostat Services

[Click Here to Join Online](#)

Join by phone

+1-210-795-1114 US Toll

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Access Code 2430 100 5708



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*Confounding Factors:
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September 30 - October 1, 2022
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Please note the highlighted date has changed from 9/22 to 9/21.

If you are interested in one of these classes, let me know and I will send a meeting invitation.

Deidre (Dee) Myers

Research Data Analyst
Health Analytics Research Team
dmyers2@carilionclinic.org



AMA Journal of Ethics – Manuscript Invitation

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Autism Study

- We are now recruiting patients for an autism study investigating the impact of a new drug on symptoms of irritability in adolescents. Eligible patients must be 13 to 17 years old, have a documented diagnosis of autism spectrum disorder, and have GI symptoms such as constipation or diarrhea. Eligible patients cannot currently be using antipsychotic medications, oral controlled or extended-release medications, or have a comorbid major psychiatric condition such as bipolar disorder or schizophrenia. If you have any questions or would like more information, please contact Bryce Lewis at 540-494-8285 or brlewis@carilionclinic.org. If you would like to refer a patient for this study, please contact Dr. Anita Kablinger.

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](#).

August Well-being Events

Thursday, August 11 from 12:30-1:30pm | *Workplace Mental Health: Employer Perspective*

<https://mhanational.org/events/workplace-mental-health-employer-perspective>



Thursday, August 18 from 2pm-3pm | *How to nurture talent and address burnout: A conversation with Lurie's Children's Hospital and KPMG*
<https://go.beckershospitalreview.com/how-to-nurture-talent-and-address-burnout-a-conversation-with-luries-childrens-hospital-and-kpmg>

Thursday, August 18 from 2pm-3pm (note: same time as above) | *The Culture "Blueprint" - How to Drive and Sustain Improvement in Employee Well-Being*
<https://www.pressganey.com/resources/events/culture-blueprint-how-drive-and-sustain-improvement-employee-well-being>

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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
- **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 !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Grand Rounds, August 18, 2022, 12:00-1:00 pm, Diana Clarke, PhD and Nintin Gogtay, MD, “DSM-5- TR: What You Need to Know.” Drs. Clarke and Gogtay are with the APA. The meeting will be hybrid.

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8/22/2022

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
- Child & Adolescent Update
- Department News
- Travel Funding VT
- APA 2023 Annual Meeting Abstract Submissions
- BEAM
- Graduate Certificate in Leadership for an Aging Society
- iTHRIV funding opportunities
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting Abstracts
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Grand Rounds and Case Conferences

Everyone in a clinical setting works hard. That is a given. The decisions we make, the treatments we provide, each have the potential to change lives for the better. But how do we know when we are making the best possible decisions? How do we improve the care we deliver? How do we know our treatments work? How do we best engage our patient's families to support recovery? What do we need to do to expand access and keep costs down without impairing quality? These questions are not what comes to mind when many of us think about "research." Those of us who have conducted traditional clinical or laboratory research have often been frustrated that the knowledge created very slowly (if ever) impacts and improves the actual outcomes of care that people receive. To address this disconnect, many of us are looking at ways to bring innovations that may make people's lives better into the hospital room and clinical office. This work, often called translational research, is intended to make use of what we know to benefit our patients in the "real world" of day-to-day care delivery. Many elements are converging here at Carilion to support this effort. Carilion's Vision2025 specifically includes a focus on patient-centered research. The VTC School of Medicine has a new department of Health Systems Science. Virginia Tech's Colleges and the Fralin Biomedical Research Institute (FBRI) have faculty, learners, and ideas that may help Carilion clinicians and staff directly address the questions I first posed. In parallel, Carilion Clinic has been actively developing our internal resources to do so as well. These resources aren't limited to our Research Department. It really includes all of us. In the weeks and months ahead, we will work together to implement ideas that reduce wasted efforts, better support our decisions, and take the vast amounts of data we collect and turn it into actionable information to improve the care we- and many others- deliver.

Bob



Child & Adolescent Update – Felicity Adams, C&A Director

The child and adolescent section members are headed back into the school year and things are busy. We are looking forward to helping children and families navigate the transition from summer vacation back to academics and extracurriculars. A few highlights about our what our faculty and fellows are doing are listed below.

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- At the end of September, Dr. Draeger will transition to a flextime and position and plans to be with us on an as needed basis during parts of each academic year. We wish him well as he makes this transition.
- Dr. Liebesny will be joining the Mental Health Committee of the Virginia chapter of the AAP.
- Dr. Khalid and Dr. Abhishek Reddy will both be presenting research and seminars at the AACAP meeting in October.
- Dr. Vance will present on the neurobiology of resilience at an upcoming conference in San Diego.
- Dr. Khalid is mentoring Dr. Wilson in a project to assess barriers in post discharge transitions of care.
- Dr. Jessica Elliott is planning to pilot a parent group for parents of teens in with substance abuse. She will be supervised by Dr. Nardecchia.
- Dr. Adams and Dr. Nardecchia will be working with the LIFT center at Fallon Park to collaborate on mental health supports for teachers, classroom groups, and individual students as a part of a grant awarded to the LIFT center.
- Dr. Liebesny is working with Dr. Erica Reynolds from pediatric endocrinology and Dr. Lori Dudley from pediatric behavioral health in a collaborative gender affirming care clinic based in pediatric endocrine.
- Both first year fellows, Dr. Ferguson, and Dr. Nagaraja are working on a project with Dr. Abhi Reddy and Dr. Kablinger to explore the relationships between sleep, depression, and suicidality.
- Dr. Khalid, Dr. Abhi Reddy and Dr. Liebesny all have posters and/or presentations accepted for presentation at AACAP in Toronto in the fall. Residents and medical students who worked with them and will have presentations at AACAP include Dr. Sulaimon Bakre (PGY 4), and Dr. Mounica Reddy Thootkur (PGY 3), and Kritika Chugh (VTC-SOM) with Dr. Abhi Reddy and Dr. Yezhe Lin, MD (PGY 2) with Dr. Liebesny.

Department News

- The following have received their VTCSOM Initial Faculty Appointments:
Dr. Sooraj John, MD
Hajra Ahmad, MD
Hafsa Mahmood, MD



Rebecca McDermott, PhD
Ehsan Samarbafzadeh, MD
Jeremiah Burkhardt, PhD
Austin Bopp, MD
Paula Wolfteich, PhD

- Please welcome **Lynzee Mann**. Lynzee is the newest HAA for Child and Adolescent Psychiatry in Roanoke. She started on 8/15.
- The following was accepted to PSV for poster presentation:
A Case of Comorbid Depression and Obsessive-Compulsive Disorder Treated with Sertraline-Aripiprazole Augmentation in a Pediatric Patient. **Riya Patel (VTCOM M3), Mounica Thootkur (PGY3), Kiran Khalid, MD.**
- Dr. Abhi Reddy shared that the following abstracts were accepted to PSV for Fall 2022.

A Case of Bascule Syndrome and Anxiety Treated with Clonidine
Michael Ferguson, MD, Abhishek Reddy, MD

Prophylactic Effect of N-acetylcysteine in an Adolescent with Trichotillomania after Acetaminophen Overdose
Michael Ferguson, MD, Caroline Mebane MS3, Abhishek Reddy, MD

Comparative Review of the Efficacy of Prazosin Versus Clonidine in Post-Traumatic Stress Disorder (PTSD) Related Nightmares in Children and Adolescents
Akhil Pola, Tejaswini Doifode, MBBS, Mounica Thootkur, MBBS, Abhishek Reddy, MD

Dr. Mounica Thootkur shared the that the following abstracts were accepted for PSV.

A unique delusion in early stage of major neurocognitive disorder due to cerebrovascular disease: consideration for clinicians.

Authors: Mounica Thootkur, MBBS, Yezhe Lin, MB, MMed, Akhil Pola, MBBS, Michael Greenage, DO, Justin White, MD, Mamta Sapra, MD.

A Case of Comorbid Depression and Obsessive-Compulsive Disorder Treated with Sertraline-Aripiprazole Augmentation in a Pediatric Patient

Authors: Riya T Patel, MS-3, Mounica Thootkur, MBBS, Kiran Khalid, MD

A case of phentermine-induced psychosis: the need for caution for drug-drug interactions.

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Authors: Sethulakshmi Anil, MBBS, Mounica Thootkur, MBBS, Justin White, MD

Comparative review of the efficacy of prazosin versus clonidine in post-traumatic stress disorder (PTSD) related nightmares in children and adolescents.

Authors: Akhil Pola, MBBS, Tejaswini Doifode, MBBS, Mounica Thootkur, MBBS, Abhishek Reddy, MD

- Dr. Sooraj John was published in PubMed. See [here](#). **Contrasting Frontoparietal Network Connectivity in Antipsychotic Medication-Naive First-Episode Psychosis Patients Who Do and Do Not Display Features of the Deficit Syndrome.**

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TRAVEL FUNDING AVAILABLE FROM GRADUATE AND PROFESSIONAL STUDENT SENATE AT VIRGINIA TECH – DEADLINE AUGUST 22, 2022

Graduate and professional students presenting research conducted at Virginia Tech are eligible to apply for the [Fall 2022 Travel Fund Program](#)! Grants of up to \$750 may cover registration, lodging, meals, abstract fees and other costs of presenting at an in-person or virtual conference with a start date from Oct. 1-Dec. 31. Students from all disciplines are invited to apply, even if your conference abstract has not been officially accepted. **Applications due August 22, 2022 at 11:59 PM.** Please contact [Cissy Ming](#) with any questions.

2023 APA Annual Meeting, May 20-24, 2023

Don't Miss Out! Submit Your Abstract Today

2023 Theme: *Innovate, Collaborate, Motivate: Charting the future of mental health*

There is still time to submit your ideas for general sessions, courses, and posters for the **2023 APA Annual Meeting, May 20-24, 2023**, in San Francisco, CA. Don't miss out on this opportunity to share your research and expertise with the field. All abstract submissions must be made electronically through APA's online abstract submission system to be considered. For helpful tips and additional information about topics and format, view the [Submission Guidelines](#). All presenters and co-authors must enter the abstract system using



their my.psychiatry.org username and password. If you or any of your co-authors do not yet have an account, you can create one [here](#). Please ensure all authors have created an account prior to starting a submission. **Submission Deadline: Friday, September 9, 2022 at 5:00 p.m. ET** Submit online at <http://apapsy.ch/2023-am-submission>

COMING SOON!

New Alcohol Risk Assessment – BEAM *Beacon-Alc*



- As one of the leading causes of death, public health guidelines recommend consistent standardized screening for alcohol use disorder (AUD). 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**.

More information and educational materials to come.

Interested in learning more or have any questions? Contact Dr. Anita Kablinger at askablinger@carilionclinic.org

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Research Data Analyst

Health Analytics Research Team

dmyers2@carilionclinic.org



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Psychiatry Peds Case Conference, September 8, 2022, 12:15-1:15 pm

Psychiatry Grand Rounds, September 15, 2022, 12:00-1:00 pm



8/29/2022

Our Departmental Vision, Mission, and Values Statements

Mission

Advance the mental and physical health of our communities.

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Chair's Note

IN THIS ISSUE

- Chair's Note
- Department News
- VT Welcome Reception for New Women Colleagues
- APA 2023 Annual Meeting Abstract Submissions
- BEAM
- Graduate Certificate in Leadership for an Aging Society
- CBHDS Drop-In
- HART Drop-In
- PSV Fall Meeting Abstracts
- TriNetX Training
- AMA Journal of Ethics- Manuscripts
- Well-being Hub is Live
- Wellness
- Grand Rounds and Case Conferences

One of our Department's core missions is education. We have many disciplines of learners who work with us. We invest many hours in formal lectures, precepting, and mentoring them. And, in truth, we also gain a great deal ourselves from the process of educating and training the next generations of clinicians. As we assume these responsibilities, we sometimes get feedback directly from learners, thanking us for our efforts. We also get the satisfaction and pride of seeing them grow in skill and empathy. One formal source of feedback comes from our VTC medical students, who complete formal evaluations of our efforts to teach them at the end of each clerkship. We have consistently done well in these evaluations. This time we have exceeded even our routine excellence. On scores that top out at 5 (for Excellent), our Department got scores of 4.7 to 4.8 in General Organization, Learning Environment, Clinical Experience, and Student Assessment. This is extraordinary- and praiseworthy. Thanks to everyone involved in helping directly and indirectly create such a supportive clinical and learning environment. Well done all!!

Bob

Department News

• Publications

A unique delusion in early stage of major neurocognitive disorder due to cerebrovascular disease: consideration for clinicians. *Correction to last week-*
Authors: Yezhe Lin, MD, MSc, Mounica Thootkur, MBBS, Akhil Pola, MBBS, Michael Greenage, DO, Justin White, MD, Mamta Sapra, MD.



[13-Month maintenance ECT treatment in a 66-year-old male patient with pacemaker.](#)

Yezhe Lin, Gregory H Jones, Carola Rong, Salih Sele

Journal

Psychiatry Research Case Reports

[New-Onset Psychotic Symptoms Following Abrupt Buprenorphine/Naloxone Discontinuation in a Female Patient with Bipolar Disorder: A Case Report](#)

Yezhe Lin, Alexander D Zhang, Ching-Fang Sun, Justin B White, Ansi Qi, Jessica A Farrell, Robert L Trestman, Rachel K Martin, Anita S Kablinger

Journal

Psychopharmacology bulletin

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)

Dr. Badr Ratnakaran will be presenting at the Annual Meeting of Association of Academic Psychiatrist to be held at Denver from September 7-10. He will be leading a workshop titled, "Overcoming Threats to the Resilience of Psychiatry Trainees: Formulating Strategies using Self-Reflection, Realistic Expectations and Reasonable Goals" and will also be faculty for the Master Educator Certification Program at the meeting.

You are Invited ...

VT WELCOME RECEPTION FOR NEW WOMEN COLLEAGUES

Thursday, September 8th, 2022 @ 4-6PM, The Inn at Virginia Tech, Latham Ballroom.

In its 17th year, this annual tradition is an informal opportunity for women faculty, staff and graduate students at VT to gather as a community, welcome new folks, begin forging networks, and share information and resources. **Please [RSVP here](#) no later than Wednesday, August 31st.** hosted by AdvanceVT, Women's Center, the Graduate School, VT Women Connect, Women's and Gender Studies, and the Women's Alliance & Caucus

2023 APA Annual Meeting, May 20-24, 2023

Don't Miss Out! Submit Your Abstract Today

2023 Theme: *Innovate, Collaborate, Motivate: Charting the future of mental health*

There is still time to submit your ideas for general sessions, courses, and posters for the **2023 APA Annual Meeting, May 20-24, 2023**, in San Francisco, CA. Don't miss out on this opportunity to share your research and expertise with the field. All abstract submissions



must be made electronically through APA's online abstract submission system to be considered. For helpful tips and additional information about topics and format, view the [Submission Guidelines](#). All presenters and co-authors must enter the abstract system using their my.psychiatry.org username and password. If you or any of your co-authors do not yet have an account, you can create one [here](#). Please ensure all authors have created an account prior to starting a submission. **Submission Deadline: Friday, September 9, 2022 at 5:00 p.m. ET** Submit online at <http://apapsy.ch/2023-am-submission>

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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 flowsheet row**, and **add the “BBAIc” 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

GRADUATE CERTIFICATE IN LEADERSHIP FOR AN AGING SOCIETY

Dear Faculty Affiliates and Center Associates of the Virginia Tech Center for Gerontology,

I am reaching out to each of you to promote to as many of your networks as possible our new Graduate Certificate in Leadership for an Aging Society **this Fall 2022!**

The 12-credit program is taught synchronously online by leaders in the aging industry and can be completed in at little as one academic year. Students will learn how to develop, implement, and assess organizational policy and lead teams that provide support services for older adults. Our students have been able to complete the coursework while working full-time and/or in conjunction with other graduate degrees. Additionally, we are pleased to offer residency-neutral tuition and scholarship opportunities.

The program is open to current professionals, graduate students in related fields, and exceptional undergraduates considering careers that may serve older adults. You can find additional information on our [flyer](#), but I am also happy to answer any questions you may have.

We would be thrilled if you could share this information with anyone whom you think may benefit from the program.

Many thanks,

Pamela Teaster pteaster@vt.edu

CBHDS Drop-In

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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

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HART Drop-In Virtual Office Hours

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HART Drop-In Virtual Office Hours

Tues & Thurs 10 am – Noon

Project Design, Data Collection, & Biostat Services

[Click Here to Join Online](#)

Join by phone

+1-210-795-1114 US Toll

+1-866-240-1897 US Toll Free

Access Code 2430 100 5708



2022 ANNUAL FALL MEETING

*Confounding Factors:
How Social Pressures Impact Our Patients*

September 30 - October 1, 2022
Wintergreen Resort & Conference Center



- The abstract process is a way for medical students, residents and fellows to participate in the Annual Meeting. [Click here](#) to submit an abstract. **Only medical students, residents and fellows are eligible to submit abstracts. Deadline is August 17.**



- **Online Registration is open** - click [here](#). Printable [registration](#).
Discounted registration available through August 31.

TriNetX Training

Have great ideas for research or want to look at the feasibility to initiate projects?

Look no further! TriNetX is here and a great source of opportunity!

If you have not taken a TriNetX class or need a refresher, below is the list of sessions for the remainder of the year.

- Sept 8 from 1:30 – 3:30pm
- Sept 21 from 9:30 – 11:30am
- Oct 12 from 9:30 – 11:30am
- Oct 27 from 1:30 – 3:30pm
- Nov 17 from 1:30 – 3:30pm
- Dec 14 from 9:30 – 11:30am

Please note the highlighted date has changed from 9/22 to 9/21.

If you are interested in one of these classes, let me know and I will send a meeting invitation.

Deidre (Dee) Myers

Research Data Analyst

Health Analytics Research Team

dlmyers2@carilionclinic.org

AMA Journal of Ethics – Manuscript Invitation

- Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty percent of the US population is expected to be 65 years of age or older by 2030. Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be **submitted** (<https://amajournalofethics.msubmit.net/cgi-bin/main.plex>) by **30 November 2022.**

Well-being Hub is Live! (Inside Carilion)

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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>

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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, PhD 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
- **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 !

Upcoming Grand Rounds and Case Conferences

Virtual invites and details will be sent out by Emily West.

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7/5/2022

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It is a new academic year. The birds are singing, the flowers are blooming, and excitement (perhaps anxiety?) is high as all our learners are figuring out their new roles. Those who were medical students a month ago are now first year resident physicians; recent second year residents spending most of their time on inpatient settings are now dealing with the vagaries of ambulatory offices. These past years of learning and providing care during the pandemic shaped us and taught us about our flexibility, creativity, and ability to handle distress: that of our patients and of ourselves. The field of psychiatry is rapidly evolving as well. New medications, new psychotherapeutic techniques and interventions, and any number of disruptive technologies are transforming care delivery. Two things that remain constant are our commitment to our patients and to our learners. As clinicians we are there for our patients, trying our level best to ease suffering, treat illness, and help them become empowered to lead full and satisfying lives. As educators, we are dedicated to our students, residents, and fellows so that they in turn can become the next generation of dedicated healers. Here's to Academic Year 2022-2023!

Bob

Dean's Diversity Champions Award – call for nominations

The Diversity, Equity, and Inclusion team is proud to announce the [Dean's Diversity Champions Award](#), which recognizes significant achievements of faculty, staff, and students toward developing a more diverse, equitable, and inclusive community. Nominations (including self-nominations) are welcome from any member of the VTC SOM community. Up to ten awards will be given each year. **Deadline for nominations: Friday, July 8 at 5:00 p.m.**



Nomination link: <https://virginiatech.questionpro.com/t/AUAFGZtJ98>

If you have any questions, please contact Dr. Bankole at aobankole@vt.edu.

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7/11/2022

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- Complicated Case Histories New-Onset Psychotic Symptoms Following Abrupt Buprenorphine/ Naloxone Discontinuation in a Female Patient with Bipolar Disorder: A Case Report **By Yezhe Lin, Alexander D. Zhang, Ching-Fang Sun, Justin B. White, Ansi Qi, Jessica A. Farrell, Robert L. Trestman, Rachel K. Martin, Anita S. Kablinger**
<https://medworksmedia.com/product/new-onset-psychotic-symptoms-following-abrupt-buprenorphine-naloxone-discontinuation-in-a-female-patient-with-bipolar-disorder-a-case-report/>

medworksmedia.com

- See “**Getting to Know: Paula Wolfteich, Ph.D., L.C.P.**” on [insidecarilion here](#).

ECHO – July 21, 2022

- Save the date - and email us if you need the Zoom link for the July 22nd Carilion ECHO at 12 noon - Dr. Anne Ickes, Carilion's Addiction Medicine Fellow presents: ***You, Me and Dopamine plus Overdose Reversal in the ED.***



Please email Dr. Cheri Hartman by July 21st at 10 am if you would like to be added to the email list to receive the Zoom link for the July 22nd ECHO: cwhartman1@carilionclinic.org.

iTHRIV is Pleased to Announce Two Funding Opportunities!

Pilot Translational and Clinical Studies Program

The iTHRIV Pilot Studies Program announces **\$200,000** in available funding to support innovative approaches to clinical and translational research across the iTHRIV partner institutions. Proposals can include the full range of translation from the laboratory to the clinical area. For more detailed information and access to all required forms please review the full RFP at this [link](#).

Funding Available: Single iTHRIV Institution proposals can request \$25,000 and Multi-iTHRIV Institution proposals can request \$50,000. Projects are required to be completed within one year.

Community Organization & Research Institution Partnership

The iTHRIV Community Collaboration Core announces **\$80,000** in funding to support community organization and iTHRIV research institution partnership projects. Proposed community engaged research projects may address direct health outcomes, health disparities, and/ or social determinants of health. For more detailed information and access to all required forms please review the full RFP at this [link](#).

Funding Available: Proposals may request \$40,000. Projects are required to be completed within one year.

Proposals Due: Monday, August 29th, 2022 by 5 pm

Questions? Please contact iTHRIV: iTHRIVAdmin@hscmail.mcc.virginia.edu

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Educational Video- Admission Process

Healthcare is an ever-changing landscape, and we are expected to adapt quickly with a level of efficacy. To keep the team well honed, Charles created a quick video to serve as a guide for the new employees and a refresher for the current members. This video focuses on the complete admission process. The goal being to maintain performance efficiency and congruence across shifts and role.

BIO: Meet Charles Grandel, Psych Tech Preceptor for St. Albans. He is recognized by his team members as compassionate, efficient, team oriented and ever ready to accept any challenge. He is an integral part of St. Albans stellar team for past five years. Charles enjoys driving his motorcycle, camping across most of the USA and enjoy drawing comic books in his spare time. He has successfully mentored many staff members and played a major role in staff retention.

Submitted by Komal Dobarra, CNRV-St. Albans Nurse Manager

Clinical Research Update – Dr. Anita Kablinger, Clinical Research Director

Research and QI ideas, projects and collaboration opportunities continue to expand as we grow, especially as we begin the 2022-23 academic year!

Congratulations to Drs. Abhi Reddy (faculty) and Sulaimon Bakre (PGY4 resident) identified as researchers of the 2021-22 academic year!



Here are some of the current areas and events of interest – please feel free to contact me with questions or to make connections and get involved:

1. VTCSOM Research Live! Now scheduling for August 2022-January 2023, Fridays between 1-2:20 pm; psychiatry faculty can sign up for a date to give a 15 minute presentation on interests (or I can be your spokesperson) and engage MSI students for their primary med school project.
2. iTHRIV funding opportunities - Proposals Due: Monday, August 29th, 2022 by 5 pm.
3. Salem VAMC faculty interests in collaboration in geropsychology, TBI, dementia and caregivers.
4. The Center for Grief and Loss are in the planning phase to develop and implement assessments and track outcome measures in grieving children.
5. There is a great interest in addressing the needs of our patients with methamphetamine use disorder – investigators and ideas about interventions are welcome.
6. The use of delay discounting in adult inpatient psychiatry project initiated by one of our VTCSOM students is in need of investigators to continue data collection and analysis.
7. A digital tool assessing the risk of alcohol misuse in ambulatory psychiatry patients and use by clinicians plans to roll out this summer.
8. A novel procedure that could lead to point-of-care (POC) drug testing in OBAT clinic individuals is in development.
9. Very new is a possible collaboration with VT using virtual reality and interior design avenues for treatment.
10. RAP grants will be announced in the fall – you can read about the 3 tiers of funding on the Carilion intranet under R+D.

Our biggest need is help in keeping up with all of the great ideas and the status of the projects.

Thanks for all you do, especially your CURIOSITY in finding new ways to care for our patients, colleagues and staff!

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ECHO – July 21, 2022

- Save the date - and email us if you need the Zoom link for the July 22nd Carilion ECHO at 12 noon - Dr. Anne Ickes, Carilion's Addiction Medicine Fellow presents: ***You, Me and Dopamine plus Overdose Reversal in the ED.***

Please email Dr. Cheri Hartman by July 21st at 10 am if you would like to be added to the email list to receive the Zoom link for the July 22nd ECHO: cwhartman1@carilionclinic.org.

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Only 40% of patients dealing with unipolar major depression achieve remission with the first antidepressant medication. Wouldn't it be wonderful if we could run a simple test to determine which medication would work before we started the often months-long process of treatment to remission? This is the promise of pharmacogenomic testing: using a blood test to determine which medication will work. There are multiple companies now marketing such tests. Do they work? Until recently, there were at least seven peer-reviewed studies done on this issue: five found no significant benefit in treatment selection using pharmacogenomics and two found some benefit. In a new large scale [featured study](#) in JAMA, pharmacogenomics made no improvement in the depression severity versus treatment as usual six months after starting medication treatment. This is frustrating for many of us looking for guidance to improve care, but an important cautionary note about using a scientific approach before the science is proven valid. For now, a careful history and thoughtful collaboration with the patient remains the best option for a good outcome.

Bob

Department News

Drs. Bonnie-Hennig Trestman and Robert Trestman gave invited presentations to the Israeli Huntington's Disease Association in Tel Aviv Israel on July 20, 2022.

The following New Research Poster Abstracts were accepted for American Association of Child and Adolescent Psychiatry, Toronto 2022:



- “Differences in Vitamin D Deficiency in Depression, Anxiety, and ADHD During the COVID-19 Pandemic,” **Sulaimon Bakre, Abhishek Reddy, Hunter Sharp, Oghenetega Ayisire, Kritika Chugh, Anita Kablinger.**
- “Prevalence of Insomnia in Adolescents in Child Welfare Custody: A Nationwide Sample Analysis,” **Abhishek Reddy, Mounica Reddy Thootkur** and others.

This abstract was accepted for presentation at the 2022 National LGBTQ Health Conference in Chicago later this week:

- “Minority Within a Minority: Bisexuality is Associated with Depression, Anxiety and Suicidality Among Sexual and Gender Minority College Students,” Wisteria Deng, **Yezhe Lin**, and Hui Xie.

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Residency News

The VTC Psychiatry Residency 2022-2023 PGY1 class began their training on July 1, 2022. We are excited to watch them grow both personally and professionally over the next 3-4 years. Welcome PGY1s!



Back Row: Jacqueline Cleary, Justin Goolcharan, Dana Sharma, Amin Syed



Front Row: Kajal Mawa, Karishma Soni, Shweta Patel, Samantha Matthews

OBOT is now an OBAT

As a result of policy changes at the state level - that occurred in response to advocacy by **Dr. David Hartman**, while serving on the Governor's Commission on the Opioid and Addiction Crisis, we have now transformed our OBOT (office-based opioid treatment) program into an OBAT: an office-based addiction treatment program. This change is supported by a set of new policies issued by the Virginia Department of Medical Assistance Services that provide a framework for reimbursing providers who treat any form of substance use disorder using the comprehensive interdisciplinary care approach we have use for opioid use disorder treatment in the OBOT. The result is the ability to create programs that use care coordination with co-located psychiatric and counseling and medical care alongside targeted addiction treatment, using interdisciplinary teaming and plans of care. Examples of substance use disorders for which treatment can be provided include: the opioid use disorder, alcohol use disorder, cannabis use disorder and stimulant use disorder. Our program is committed to using medications, following the best practices in the field of addiction, to augment therapeutic interventions and care coordination to support the patient's path to recovery. We have begun accepting referrals of individuals struggling with an alcohol use disorder, who qualify for outpatient care per an ASAM assessment.

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A century ago, Gestalt psychologists described “toleration of ambiguity” as a hallmark of creativity. This is really being put to the test these days. So much is currently uncertain and ambiguous: Is the pandemic over? What is the future of telehealth? Will the federal funding for increased mental health and addiction care have an impact on us and our patients? How do we increase equity in healthcare and healthcare access? How safe are we in our homes, offices, and schools? The list just keeps going. The good news about this incredible level of ambiguity and uncertainty is the opportunity provided to be creative- to develop and implement innovative care models and to build collaborations with local, regional, and national colleagues. While dealing with ambiguity can be exhausting and frustrating, using this ambiguity to be creative, to build and strengthen our teams, is exciting, exhilarating, and very satisfying. Let's focus on the opportunities ahead and the steps we can take to get there together!

Department News

- **Dr. Anita Kablinger** served on a panel for the International Precision Neuroscience Conference held May. The panel led a discussion about the challenges and opportunities at the interface of science and clinical practice for realizing the promise of precision neuroscience.
- **Dr. Jennifer Wells** will celebrate her 10-year Carilion anniversary on June 18. Congratulations and thank you for your dedication to our patients!



Residency Update

- The VTC Psychiatry Residency program and the Geriatric Psychiatry fellowship held their graduation ceremony on Friday, June 3rd at Hotel Roanoke. There were several residents and faculty in attendance along with many families and friends, and we were grateful we were able to celebrate in person this year!

Below is a list of graduates and where they will be working upon graduation. We are proud to say that we have 3 graduates who will be joining Carilion as faculty members!

Graduates

Timothy Adegoke, M.B.B.S., M.P.H.— Vanderbilt University C/L Fellowship, Nashville, TN

Hajra Ahmad, M.D.— Carilion Clinic, Roanoke, VA

Kristin Bubel, M.D.— Prisma Health, Greenville, SC

Andrew Lee, M.D.— Medical University of South Carolina Addiction Fellowship, Charleston, SC

Chudi Okafor, M.D.— Centra Health, Lynchburg, VA

Shuo Qiu, M.D.— University of California, San Francisco, CA

Ehsan Samarbafzadeh, M.D.— Carilion Clinic, Roanoke, VA

Badr Ratnakaran, M.B.B.S.— Carilion Clinic, Roanoke, VA

Transferring to Child and Adolescent Psychiatry Fellowship

Archana Adikey, M.B.B.S.— University of Arkansas, Little Rock, AR

Michael Ferguson, M.D.— Carilion-Virginia Tech Carilion, Roanoke, VA

Kishore Nagaraja, M.D.— Carilion-Virginia Tech Carilion, Roanoke, VA

Huntington's Disease Program

- **Dr. Bonnie Hennig-Trestman, D.S.W** is featured on the Carilion Clinic intranet [here](#). The article describes the collaboration between the Section of Neurology and the Department of Psychiatry's work with patients and families living with Huntington's Disease.

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iTHRIV Community Collaboration Core – Anonymous Survey – respond by June 30

- What do you think about health research? iTHRIV would like to hear from you by **June 30** – <https://redcap.link/iTHRIVCommSurvey>.
The iTHRIV Community Collaboration Core would like to gain insight into researcher perceptions of working with the community for research as well as Community members' thoughts and experiences with biomedical research. This survey can help guide their steps in the future development of programs, grants and resources associated with iTHRIV.

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If you haven't taken TriNetX Training or need a refresher, below is the list of available classes.

- **June 9** from 1:30 – 3:30pm
- **June 22** from 9:30 – 11:30am

Please contact Deirdre (Dee) Myers with your date and she will send you a meeting invite. dlmyers2@carilionclinic.org



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Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Peds Case Conference, Thursday, June 9, 2022, 12:15-1:15pm, Dr. Li Frank Ningel presenting.

Psychiatry Grand Rounds, Thursday, June 16, 2022, 12-1pm – Dr. Chudi Okafor presenting.

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6/20/2022

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- Residency Awards
- Ambulatory Update
- CCAT Marijuana Subcommittee
- Dean's Diversity Champions Award
- iTHRIV Survey
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- TriNetX Training
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- AMA Journal of Ethics- Manuscripts
- Autism Study
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The news of the Emancipation Proclamation finally reached Texas on June 19, 1865, two and a half years after the fact and two months after the end of the Civil War. Juneteenth is the commemoration of that event. As of last year, it became a federal holiday in recognition of the end of legal human slavery in America. While legal slavery ended, it's important to acknowledge that for years thereafter, former slaves remained in economic bondage through sharecropping; Jim Crow laws restricted Black people's freedom; and people of color continue to be exploited, dehumanized, and disenfranchised through countless systemic injustices. I believe it is important to reflect on the need to end structural racism and promote mental health equity for the Black community, other communities of color, and our society overall. The uneven impact of the COVID-19 pandemic has highlighted the prevalence of structural racism in our society, and the disparity in access and treatment quality that Black and other communities of color experience. The efforts of Carilion, of VTC School of Medicine, and of our communities to focus attention on these disparities are central to awareness, improvement, and a just and equitable future. Juneteenth is a reminder for us to insist on more than the mere appearance of progress to address access and equity in the treatment of mental illness and addictive disorders.

Bob

Department News

- **Dr. Anuradha Reddy** will celebrate her 15-year Carilion anniversary on July 16. Congratulations and thank you for your dedication to our patients!
- **Dr. Brooks King-Casas** was promoted to Associate Professor for VTCSOM in Psychiatry.



- **Dr. Azziza Bankole** was promoted to Professor for VTCSOM in Psychiatry.
- **Dr. Badr Ratnakaran** received his initial faculty appointment with VTCSOM in Psychiatry.
- **Dr. Ching-fang Sun and Dr. Robert Trestman** published a [letter](#) in JAMA's *Comment and Response* on June 14, entitled "Effect of Care Management or Online Dialectical Behavior Therapy Skills Training vs Usual Care on Self-harm Among Adults with Suicidal Ideation".

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Fellow Graduation

The Fellow Graduation was held on June 10.

Graduates:

Ruhina Ali, MD will continue in the Carilion Clinic Department of Psychiatry as a 3rd year resident / General Psychiatry.

Kodjovi Kodjo, MD will join Transformations Care Network, Bethesda, MD with a specialty in Child and Adolescent Psychiatry.

Awards:

Kodjovi Kodjo, MD won the Highest Adult PRITE score award.

Paula Wolfteich, PhD won the Faculty of the Year award.

Residency Awards for 2021-2022

Psychiatry Intern of the Year	Rachel Martin, M.D.
Psychiatry Resident Teacher of the Year	Timothy Adegoke, M.B.B.S., M.P.H.
Psychiatry Resident Researcher of the Year	Sulaimon Bakre, M.B.B.S., M.P.H.
Psychiatry Faculty Researcher of the Year	Abhishek Reddy, M.D.



Psychiatry Resident of the Year	Kristin Camille Bubel, M.D.
Carilion Clinic Psychiatry Faculty of the Year	Anilla Del Fabbro, M.D.
Salem VA Medical Center Psychiatry Faculty of the Year	Bush Kavuru, M.D.

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Ambulatory Update – Virginia O’Brien, MD, Ambulatory Director

Hello. Please welcome new clinicians and leaders starting this summer. We are delighted to have them:

- Mary Vandergrift, PA, will join us in July as the new Director of the Addiction Disorders Treatment Program.
- Margaret Rukstalis, MD, starts in September as the System Wide Director of Addictions.
- Rebecca McDermott, PhD, began in her role at NRV as part of our Psychological Services team.
- Jeremiah Burkhardt, PhD, has started at NRV, also part of our Psychological Services team.
- Paula Wolfteich, PhD, is our new Director for the Center for Grief and Healing.
- Jennifer Amateis, LCSW, joining the Center for Grief and Healing as a therapist.
- Badr Ratnakaran, MBBS, transitioning from Carilion geriatric psychiatry fellow to faculty in July.
- Ehsan Samarbafzadeh, MD, transitioning from Carilion psychiatry resident to outpatient faculty in July.
- Sooraj John, MD, transitioning from resident at University of Alabama Birmingham to Carilion faculty in July.
- Austin Bopp, DO, transitioning from Child and Adolescent Fellow at UVA to faculty at NRV in August.

Our primary focus in recent months has been development of plans for ambulatory adult psychiatry, child and adolescent psychiatry, the Center for Healthy Aging, and the Center for Grief and Healing to move to Tanglewood Mall. This has involved numerous meetings with varied groups, discussions with our clinicians, and many



reviews and revisions of design plans. We hope to have formal approval of the plans very soon.

The ambulatory clinic in Roanoke remains on hold for new referrals as we continue to absorb patients from clinicians who have left in recent months. Many of you know that in light of this referral pause, we have been asked by Carilion leadership to track our ability to fill same day cancellations. Our managers in Roanoke and NRV are working diligently to fill vacant appointment times. In addition, our practice managers have been working with Anthony Whisman to identify scheduling gaps and look for solutions. Along those lines, we have also begun preliminary discussions with Carilion Direct to explore opportunities with them. I have been meeting with primacy care leaders to devise a plan to transition some stable patients taking stimulants back to their PCPs with the goal to free up space for us to see more new patients. We also continue to grow our e-consults service and collaborative care pilot.

It is worth noting that several department members are part of a months' long work group to help transition our ambulatory department to EPIC HORIZONS, which will occur in Spring of 2023.

In a bit of exciting news, we anticipate expansion of our use of OWL Insights to NRV later this summer.

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CCAT Marijuana Subcommittee

Join Us! Marijuana Subcommittee

The Carilion Clinic Addiction Taskforce is forming a subcommittee to focus on marijuana and related products. Given the legalization of marijuana in Virginia and the rising number of medical and psychiatric consequences, the Marijuana Subcommittee will:

- develop appropriate policies to guide clinical decision making
- explore potential treatment for marijuana use disorders in emergency, inpatient and ambulatory settings
- examine potential evidence-based prevention and recovery initiatives.

Please complete [this form](#) to be considered for the subcommittee. You may nominate yourself or a coworker. For more information, email [Bob Trestman, Ph.D., M.D.](#) or [Michael Jeremiah, M.D.](#)



Dean's Diversity Champions Award – call for nominations

The Diversity, Equity, and Inclusion team is proud to announce the [Dean's Diversity Champions Award](#), which recognizes significant achievements of faculty, staff, and students toward developing a more diverse, equitable, and inclusive community. Nominations (including self-nominations) are welcome from any member of the VTCSOM community. Up to ten awards will be given each year.

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Following the Supreme Court's decision on *Dobbs v Jackson* that overturned *Roe v Wade*, I think it important for each of us to be informed about the consistent perspective of our professional societies. The position statements on this issue from key healthcare organizations include those of The American Medical Association <https://www.ama-assn.org/about/leadership/dobbs-ruling-assault-women-s-health-safe-medical-practice>, the American College of Obstetricians and Gynecologists <https://www.acog.org/news/news-releases/2022/06/acog-statement-on-the-decision-in-dobbs-v-jackson>, the American Psychological Association <https://www.apa.org/news/press/releases/2022/06/scotus-abortion-decision>, the American Nurses Association <https://www.nursingworld.org/news/news-releases/2022-news-releases/us-supreme-courts-decision-to-overturn-roe-vs.-wade--is-a-serious-setback-for-reproductive-health-and-human-rights/>, the National Association of Social Workers <https://www.socialworkers.org/News/News-Releases/ID/2505/NASW-Condemns-Decision-by-the-US-Supreme-Court-to-Overtake-Roe-v-Wade>, and the American Psychiatric Association <https://www.psychiatry.org/news-room/news-releases/apa-statement-on-dobbs-v-jackson>. I encourage you to read them. In a statement reflecting a pragmatic approach to dealing with the consequences of this decision, the American Hospital Association <https://www.aha.org/press-releases/2022-06-24-aha-statement-us-supreme-court-decision-dobbs-v-jackson-womens-health> stated, "We expect that today's decision will have practical impacts on hospitals and health systems, including on health care provided across state lines, EMTALA obligations, maternal health care, the clinician-patient relationship, medical education and access to care for individuals regardless of socioeconomic status." As our Department's mission is to "Advance the mental and physical health of our communities," we must anticipate



and be prepared to treat the impact of this decision on our patients, their families, and our communities.

Bob

Department News

- Roanoke Rehab Inpatient would like everyone to join them in welcoming the new Recreational Therapists to join the Adjunctive Therapy Team. **Laura Cuadrado, CTRS**, started March 7th. Laura is a Radford University, class of 2018, and worked at Catawba from 2018-2022. **Tessa Gray, CTRS**, started June 6th, a recent graduation from Longwood University.

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5/2/2022

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- Free Training PTSD and Suicide Risk
- AMA Journal of Ethics- Manuscripts
- Autism Study
- Well-being Hub is Live
- Wellness
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Fourteen years ago, the Parity Law (formally the Mental Health Parity and Addiction Equity Act) was passed. For years, this law was honored in the exception- so many times our patients have been discriminated against through unfair insurance practices both directly and indirectly. They were directly affected by denials or lack of access to care. They were indirectly impacted by inadequate reimbursement and extraordinary administrative demands that made caring for people with many forms of insurance unaffordable by clinicians and many health systems. Recently, things are beginning to change. There are audits and lawsuits forcing insurers to provide improving access and reducing the administrative burdens that were previously an industry norm. Just last week, the Substance Abuse and Mental Health Services Agency (SAMHSA) issued new guidance to [consumers of care](#) and their [families](#) that are designed to help assure that their rights are known to them. We are making a difference in improving access and reducing stigma. This month is [Mental Health Awareness Month](#); let's use this as an opportunity to keep advocating for our patients and their families, breaking down stigma, and helping those who need our care.

Bob

Department News



- **Lisa Dishner, MSN**, will display our work and management of Covid at the annual American Psychiatric Nurses Association conference in October.



Center for Grief and Healing

Good afternoon everyone! I wanted to make a **BIG** announcement and congratulate two new hires to our Center for Grief and Healing:

- **Paula Wolfeich, PHD**, has accepted our offer to be the Director of the Center for Grief and Healing. Dr. Wolfeich joined the Department of Psychiatry and Behavioral Medicine in 2021 with Child and Adolescent Psychiatry and has been integral in our Child Psychiatry Fellowship and school programming with the LIFT Project. Dr. Wolfeich possesses significant experience in the role of program director and in the domain of program building and advocacy, having served as the Clinical and Intervention Director for the National Children's Advocacy Center in Huntsville, AL and the Clinical Director at the Child Advocacy and Intervention Center in Bend, OR prior to coming to Carilion.
- **Jennifer Amateis, LCSW**, has accepted our offer as a Licensed Clinical Social Worker for the Center for Grief and Healing. Jennifer has been with our Child and Adolescent Psychiatry section since 2019, and worked previously at Family Service of Roanoke Valley from 2013-2019, having been in multiple roles including that of Clinical Supervisor and therapist. Jennifer possesses significant experience working with children, adolescents, adults and families, and has had a key role in restarting our Soul Survivors group under the Center for Grief and Healing.

Congratulations and welcome! ***Submitted by Dr. Joe Gieck.***

ECHO – May 6 – 1:00 – 2:30 pm

Cannabis Use Disorder: Diagnosis, Treatment for Youth and Adults, Synthetics, Delta 8, CBC – Our Changing Landscape Legally and Chemically” by Cheri Hartman, PhD with David Hartman, MD, Psychiatry Department, Carilion Clinic

VA Tech Carilion School of Medicine, Roanoke, VA. Please email Cheri Hartman for the Zoom link cwhartman1@carilionclinic.org.

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Assessment of PTSD and Suicide Risk – Free Training

Who? Licensed mental health providers treating Veterans in the community may apply. VA and other federal providers are not eligible and may contact us about other training opportunities.

What? Comprehensive training in the assessment of PTSD and suicide risk. Assessment tools will be provided. Topics include: Military culture, How to assess and diagnose PTSD, Essential treatment recommendations, How to identify and assess suicide risk, Lethal means safety, and Safety planning

When? (all sessions are 10:00am-6:30pm ET)

- May 16-17 (Monday & Tuesday) -or- • July 26-27 (Tuesday & Wednesday)

[Apply for Training on Assessment of PTSD and Suicide Risk Management in Veterans](#)

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5/9/2022

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- Department News
- CNRV-St. Albans Update
- Nursing Update
- C/L Psych Journal Club
- TriNetX Training
- APA MHSC Abstracts
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As most of you are aware, we have been working closely with our primary care colleagues to build stronger connections between primary care and psychiatry. Continuing reports of connections between mental illness and chronic general medical conditions only reaffirms this need. A new [cohort study](#) of over 40,000 patients finds pretty dramatic evidence of these risks. In younger men, depression and anxiety disorders increased the risk of subsequently developing chronic general medical conditions by over 70%. In women of all ages, depression and anxiety disorders increased their risks of one or more chronic general medical conditions by over 60%. These are profound risks-- and are potentially preventable. Our challenge is both clear and substantial. There are multiple avenues to expand capacity for care. [eConsults](#) and the [Collaborative Care Model](#) are two ways we are promoting and growing here at Carilion Clinic. Another is through a change in the culture of psychiatry. Psychiatrists spend four years in medical school and four years (or more) in residency and fellowship training. We should be caring for the sickest patients who cannot be cared for by primary care or other specialties. For those with severe and persistent mental illness or profound substance use disorders, we may indeed need to provide care for them for years. We can nevertheless expand our capacity by accepting referred patients as needed, but once stable, allowing them to return for care by their primary clinicians. This consultative model is consistent with other medical specialties and focuses on the years of specialized training psychiatrists receive. Given the shortage of psychiatrists now and for the foreseeable future, there really is no meaningful alternative.

Bob



Department News

- **Dr. Kye Kim** was published in the American Journal of Hospice and Palliative Medicine - *Whitehead P, Gamaludin S, Dewitt S, Stewart C, Kim KY. Caring for patients with dementia at end of life. American Journal of Hospice and Palliative Medicine. 2022; 39: 716-724.*

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CNRV-St. Albans Update – Laura Taylor, Program Director

- We would like to welcome two new individuals to the therapy team at St. Albans. First, **Graham Pratt MSW** will serve in a CONNECT role primarily during extended weekend hours. Graham has been with CONNECT for several years and he is now on site at CNRV (Carilion New River Valley). This will enable us to better coordinate the needs of our CNRV ED (Emergency Departments) psych patients. We welcome **Chloe Muttart**, graduate counseling intern. She will join Lisa Houston on Dr Hamirani's team later this month.

In addition to the therapy teams, our nursing team is growing exponentially! So excited to welcome the following individuals: **Dorneya Halatai- RN, Ogechi Nkeonye-RN, Mary Lou Marshal- RN, Samuel Glasser- RN, Jaden Brewer- Psych Tech, Joseph Hall- Psych Tech, Mariah Washington- Psych Tech, Shawn Ramsey-Psych Tech, and Stephanie Johnson- Psych Tech.** We have special plans to celebrate the nursing team for Nurses Week 2022! Thank you nursing team!

From an Ambulatory perspective, we have completed our internal office moves to ensure adequate space is available as we welcome new providers in the months of May and onward. We are actively examining our scheduling needs as well as the referral waitlist. Our Practice Manager, Alex Amidjaya has been collaborating closely with the Epic team to explore ways to utilize the system to its fullest potential.

The flooring project on the inpatient unit is now complete. The old flooring and carpet were replaced with hard flooring and the appearance of the unit has drastically improved! The last step is the installation of new beds during the first week in June.



With the unit flooring project complete, we will be moving forward with the roll out of the new therapy schedule. Leadership will be meeting this week to finalize details and identify a 'go live' date. We have started implementing individualized therapies for our admission unit and will reintroduce pet therapies beginning the second week of May. We are so excited to welcome our Pet Therapy volunteers along with their beautiful dogs Wrigley and Apollo. Both are starting to visit on a regular schedule, and we have Chloe coming soon. The Healing Garden is starting to look beautiful and plans are in the works to incorporate patient activities that will be focused on gardening!

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Nursing Update – Lisa Dishner, Senior Director of Nursing



May 6- May 12 is National Nurses Week. Please take a moment to share your appreciation for our nurses. Thank you for your unconditional service to others and for putting so much heart into all that you do. We appreciate you! "The best way to find yourself is to lose yourself in the service of others" - Mahatma Gandhi

Inpatient continues to be very busy and working to find ways to increase our census. Our staffing continues to slowly improve. Our committees, at each site, are meeting and working collaboratively to come up with various items to implement and improve on the units. If you would like to join a committee please reach out to Komal or Terri.

Consultation Liaison Psychiatry Journal Club

- Please join us for the Consultation Liaison Psychiatry Journal Club on Tues, **May 10 at 12-1pm** in Psychiatry Conference Room 2 (ground floor, rehab building). You may also joins us via Teams. Dr. Pineyro will be presenting "The Impact of Designated Behavioral Health Services on Resource Utilization and Quality of Care in Patients Requiring Constant Observation in a General Hospital Setting" (Pinkhasov, 2019). Let Dr. Rivelli know if you want an invitation to join by Teams and have not already received one. skrivelli@carilionclinic.org



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Over one million people in the United States have been documented to have died from COVID-19. A thousand times-a-thousand lives lost. Such a number can numb us to the stark pain of having lost a parent, sibling, caregiver, or friend. The pandemic has exacerbated mental illness and substance use disorders, impaired the social and educational development of a generation of children, and has highlighted the stark inequalities in healthcare access based on race and income. We have learned a lot from these trying times, though: we have seen the stigma of mental illness and substance use diminish as we more openly address and discuss these shared concerns; funding is now flowing to actively address the “digital divide” to provide broad band access to everyone, allowing telehealth to be provided more equitably; and we are rethinking how best to expand access to treatment to provide needed care to patients and their dedicated families. I am very proud of the work we are doing together here at Carilion Clinic to reach more people in need, and very much aware of the dedication it takes to keep doing this much needed, and little heralded, work. It's a great time to remember the words and intent of the Alicia Key's song, “Good job” that she released in 2020 near the beginning of the pandemic: “. . . You're doing a good job, Don't get too down, The world needs you now, Know that you matter.”

Bob

Department News

- Congratulations! **Dr. Kemi Bankole** was voted to be the VTCSOM representative to The University Council of Virginia Tech Faculty.



- Congratulations to **Dr. Rachel Martin, PGY1**, on being selected by the VTCSOM Class of 2023 to receive *the Humanism and Excellence in Teaching Award* as an exemplar of humanism and teaching excellence!

CONNECT Update – Deirdre Rea, CONNECT Director

Greetings from CONNECT!

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Despite staffing challenges, we have remained very busy and successful at placing, discharging and managing the psychiatric populations in all the Carilion ED's. We have hired **Ricky Southerland, MA** and hope to have several more new faces joining us in the coming weeks. After much delay, there is finally an in-person CONNECT presence at CNRV in the transition of **Graham Pratt, MSW** from Roanoke into that site. He is currently working Friday through Monday so that he can continue to support weekend work in CONNECT. Once his position is back filled, he will work during the week to not only perform assessments at the CNRV-ED and beyond but to assist in therapy services to patients followed for psych needs on the medical floors.

As Covid continues to abate, some CONNECT assessment specialists are beginning to return to the ED to provide face to face assessment services at CRMH. This has been particularly helpful when the ED is experiencing a surge -quite frequent these days- and we have multiple patients in the waiting room. Our ED colleagues have been greatly appreciative. We are currently working to increase our partnership with CTCH and be utilized in a more standardized way to assist their patients.

There will be a Mental Health Matters Expo on May 18 at the Berglund Civic Center and CONNECT has been invited to have a table/booth there describing our services and how we help our community. Hope to see some of you there!

ECHO – May 20 – 12:00 noon

- All are invited to Zoom into the ECHO session scheduled for May 20th at 12 noon - a 90 minute learning opportunity - offering 1.5 CMEs to participants on the topic of sleep disorder co-morbidity in the OBOT. Jennifer Johnson, PA-C in the Family Medicine Department is presenting a didactic entitled "No Rest for the Weary: the exhausting journey to a good night's sleep." If you are interested in attending and are not yet on the ECHO email list, please let Cheri Hartman know of your interest and we will add you to the list who



receives the Zoom link. Hope you can join us! Flyer attached -- email Cheri at cwhartman1@carilionclinic.org.

Carilion Recruiting Teens for Autism Study

Dr. Anita Kablinger spoke with WDBJ last week. See video link below.

Carilion Recruiting Teens for Autism Study

WDBJ-TV Roanoke (Online)

May 13, 2022

Carilion Recruiting Teens for Autism Study (Video)

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Department News

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- Department News
- Psychological Services Update
- VTC SOM Faculty Committee Election Results
- Carilion Employee night recognize The Center for Grief and Healing
- TriNetX Training
- APA MHSC Abstracts
- AMA Journal of Ethics- Manuscripts
- Autism Study
- Well-being Hub is Live
- Wellness
- Grand Rounds and Case Conferences

- **Dr. Abhishek Reddy** along with a Multi Centre team whose submission entitled, ***Maintaining Personal Wellness: A Review of the Problem and Practical Solutions***, has been accepted for inclusion as a **Clinical Perspectives Session** presentation at the AACAP/CACAP Annual Meeting in Toronto, Ontario, October 17-22, 2022. I will be talking about- **Impact of Sleep on Physician Burnout**.

Psychological Services – Dr. Joe Gieck, Director

First we would like to announce that **Dr. Rick Seidel** will be retiring June 6. We want to thank him for his dedication, time, and service to patient care through Carilion Clinic where he has worked since 1993. In that time Dr. Seidel has served in a number of roles with the Department of Psychiatry and Behavioral Medicine including Director of Clinical Programs. Dr. Seidel has also been an Associate Professor of Psychiatry with Virginia Tech-Carilion School of Medicine since 2010 and he has been extensively involved in education and psychotherapy supervision of our Psychiatry residents. In 2008 Dr. Seidel received the Distinguished Service Award from the Society of Behavioral Medicine, is cited with over 20 peer reviewed articles and national or regional presentations, and has been either principal investigator or co-investigator for ten grants totaling approximately \$4 million in funding. We wish him well in his retirement.

The Center for Grief and Healing continues to advance and grow:



- **Paula Wolfteich, Ph.D.**, has been hired in the role of Director for this program and will be starting in this role early June.
- **Jennifer Amateis, LCSW**, has been hired as one of our clinical therapy providers and will be starting in this role early July.
- **Frannie Gaeta, LCSW**, was a panelist and presenter for the Schwartz Center Rounds on April 26 focused on growth from grief and loss.
- The Center for Grief and Healing continues to develop supportive services. **Frannie Gaeta, LCSW, and Jennifer Amateis, LCSW**, restarted Soul Survivors earlier this Spring, and we look forward to piloting a support group for those who have lost a loved one to homicide. Please see <https://www.carilionclinic.org/grief#about> for updates and information about services.

COVID-19 SUPPORT

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Updates at CNRV:

- **Jeremiah Burkhardt, Psy.D.**, will be starting with Carilion Clinic as of May 23.
- **Sam Felts, MA**, who is a doctoral psychology graduate student at Radford University has accepted our offer for a Psychology Practicum to start in late August.

VTCSOM Faculty Committee Election Results 2022

The Faculty Governance Committee announced the results of the 2022 Faculty Committee elections. **Congratulations to Dr. Kye Kim and Dr. Anilla Del Fabbro!**

Academic Committee

Joshua D. Adams, M.D.

Vydia Permashwar, M.B.B.S – Dean's Appointee

Appointment, Promotion, and Tenure Committee

Stephanie E. Nagy-Agren, M.D.

Kye Y. Kim, M.D.

Virginia A. Powel, M.D., M.P.H.

Faculty Governance Committee

Joshua D. Adams, M.D.

Medical Curriculum Committee

Douglas J. Grider, M.D.

Amitabh Parashar, M.B.B.S.

Medical Student Admissions Committee

Andrew B. Moore, M.D.

Gary R. Simonds, M.D., M.H.C.D.S

Biraj M. Patel, M.D.

Michael A. Bergen, M.D. – Dean's Appointee

Anilla Del Fabbro, M.D. – Dean's Appointee



Daniel J. Torrent, M.D., M.P.H. – Dean's Appointee

Medical Student Performance and Promotion Committee

Donna C. Boyd, Ph.D.

Mark E. Feldmann, Jr., M.D.

Carilion Employee night will recognize The Center for Grief and Healing – June 24

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Go Red Sox!

TriNetX Training

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- June 22 from 9:30 – 11:30am

Please contact Deirdre (Dee) Myers with your date and she will send you a meeting invite. dlmyers2@carilionclinic.org

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The hub was also featured in an Inside Carilion article:

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Wellness

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- **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.
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at anardecchia@carilionclinic.org !



Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

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5/31/2022

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Chair's Note

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- CNRV-St. Albans Inpatient Update
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In our Department, we have dealt with the consequences of the Pandemic for a long time. Like the pandemic, the specifics themselves evolve. We have been addressing exacerbated preexisting illness throughout the Pandemic. Over the past year, we have also seen increasing addiction, depression, and anxiety. We have been helping people cope with relationship struggles, parental concerns over interrupted childhood development, financial instability, increasing child and adolescent impairment and illness, and the challenges of perpetual uncertainty. Add to that the ever-increasing fears of gun violence. All too often, the reports focus on the risk of people living with mental illness as causing gun violence. In truth, there are individuals with mental illness who may become violent. However, those with mental illness **are no more likely than those without mental illness to shoot someone else**. They are, tragically, far more likely to use a gun to [commit suicide](#). The biggest factor reported in study after study is access to firearms. We can reduce these risks, but we must find ways to address access to firearms. These discussions are not easy, but by educating ourselves I fully believe we can find reasonable, incremental steps that enhance public safety and enhance the safety of our patients.

Bob

Department News

- **Drs. David and Cheri Hartman** recently presented to the Virginia Drug Treatment Court Advisory Council in Richmond, VA., on May 18th 2022 on the topic of "Substance Use disorders As Chronic Diseases; where public health and public safety intersect." The presentation was made at the invitation of the Vice Chair, Judge "Chip" Hurley, and was combined with an introduction to Medicaid's advancements in Virginia in treating the opioid use disorder through the ARTS Initiative (Addiction and Recovery Treatment Services) policies, as described by Ashley Harrell and Jason Lowe. This posed an



opportunity for Drs. Hartman to offset stigma through medical educational and to advocate for a nondiscriminatory approach to allowing opioid use disorder patients just eligibility for Drug Court services (in alignment with the recent Department of Justice "guidance" on the ADA rights of persons with addiction).

- **Dr. Virginia O'Brien** participated in the Central Virginia Healthcare Executive Group virtual panel discussion on COVID's Impact on Behavioral Health in Southwest Virginia on May 19. Dr. O'Brien was one of three presenters.

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CNRV-St. Albans Inpatient Update – Dr. Sasha Rai, Medical Director

- 1) We are actively recruiting for 1 full time ACP position for night shift, we have interviewed one NP for our day shift position and are waiting on them to accept the offer.
- 2) Our animal assisted therapy program will be expanding to three times a week.
- 3) We will also be expanding recreational therapy services at CNRV.
- 4) Dr. Hafsa Mahmood will be doing her last month of her residency training at CNRV inpatient service and then will join CNRV as an outpatient psychiatrist in August.
- 5) We will be accepting PA students from Radford University Carilion. They will be working with Dr. Hamirani, Dr. Khan and me as part of their psychiatry rotation.
- 6) We will be making changes to inpatient psychiatry meeting times so as to give more time to our physicians to complete admissions.

ECHO – June 3, 2022 at 12 noon

- Upcoming ECHO session will be held on June 3rd 2022 at 12 noon on: "Buprenorphine rapid induction by micro-dosing: pros and cons" by **Dr. William S. Rea**. If you are not already on the Carilion ECHO email list and would like to attend this learning opportunity with the FREE CME credits that are available, please email Cheri Hartman at cwhartman1@carilionclinic.org by no later than June 2nd at 10:00 am.

iTHRIV Community Collaboration Core – Anonymous Survey

- What do you think about health research? iTHRIV would like to hear from you by **June 14** – <https://redcap.link/iTHRIVCommSurvey>.



The iTHRIV Community Collaboration Core would like to gain insight into researcher perceptions of working with the community for research as well as Community members' thoughts and experiences with biomedical research. This survey can help guide their steps in the future development of programs, grants and resources associated with iTHRIV.

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4/4/2022

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Chair's Note

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- Carilion Research Day
- Tips on Conducting a Virtual Visit
- CBHDS Weekly Drop-in
- AMA Journal of Ethics- Manuscripts
- PSV Lecture Series
- Acupuncture Detox Training
- Autism Study
- AAP Virtual Education Programs
- NAMI Resources
- VNS Therapy
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We learned during the Pandemic that people living with any mental illness had a 38% [increased mortality from COVID-19](#) and those with schizophrenia had a greater than 2-fold increase risk of [dying from COVID](#). As we hopefully move beyond the acute stages of the Pandemic, it's also important to look to the ongoing threats our patients face. Recent longitudinal studies of large populations affirm what we anticipated for many years: people with mental illness have a reduced life span. One study suggests 7-10 years of lost life for those [with any mental illness](#); couple that with [any general medical condition](#) and the number of lost years of life exceeds 11. In particular, the number of life years lost for men living with a substance use disorder [is almost 15](#). As we work to address our patients' conditions, we need to partner broadly with all medical disciplines to assure comorbid illnesses are treated and that we partner with community agencies to develop effective strategies to support enhanced and coordinated care. At Carilion, we are committed to doing this. We are expanding collaborative care approaches that leverage multiple disciplines and technologies to care for the entire person. Simultaneously, we work with community partners, both public and private, to expand and coordinate access to care. This is a transformative process bringing that is genuinely "improving the health of the communities we serve."

Bob



Nursing Update – Lisa Dishner, Senior Director of Psychiatric Nursing

- Nursing continues to be very busy on the inpatient units. Komal and Terri are interviewing and recruiting many new staff and are looking for ways to retain our current staff. Please take a moment to welcome our new team members and share your knowledge with them as they adjust to their role in psychiatry.

Our inpatient units continue to adapt to the changes with the pandemic and we are hopeful that we can continue to increase our beds to maintain access for patients needing our services.

The inpatient teams have been so flexible and have worked so hard during the pandemic especially with the many changes that have occurred. We have a remarkable team. I appreciate you.

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ECHO – April 8 – 12:00-1:30 pm

- Upcoming Carilion ECHO program on April 8th 2022: "What's New? The Latest in Our Field from the ASAM 2022 Conference" - flyer attached. If you are not on the Carilion ECHO email list, RSVP to Dr. Cheri Hartman at cwhartman1@carilionclinic.org by April 7th at 10 am regarding your interest in being added to the list, who receives the Zoom link for this 90 minute session. Free CME credits are offered by the Carilion CME office. Presenters are Addiction Medicine specialists, Dr. David Hartman and Dr. Kimberly Simcox. Hope you can join us on April 8th at 12 noon.

Carilion Research Day – Tuesday, April 5, 2022

Accepted Abstracts for Carilion Research Day 2022

Psychiatry Representation - Tuesday April 5 (Virtual)

1. Ko, H., Gatto, A., Jones, S., **O'Brien, VC., McNamara, R.**, Hunter, HD., Tenzer, MM., **Kablinger, AS**, Cooper, LD. Utilizing the Brainwriting Premortem Method to Improve Measurement-Based Care Implementation. Carilion Research Day, April 2022. Poster



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2. Langman, M., **Kablinger, AS**. New Onset Psychosis Following COVID-19 hospitalization: A Diagnostic Dilemma. Carilion Research Day, April 2022. Poster
3. **Lee, A., Venuto-Ashton, A., Tarasidis, C**. Co-Localized Psychiatry and Hepatitis C Treatment. Carilion Research Day, April 2022. *Rapid oral presentation 8:20 am to be presented by Dr. Lee
4. Zhang, A., **Lin, Y**. New-Onset Psychotic Symptoms Following Abrupt Buprenorphine/Naloxone Withdrawal. Carilion Research Day 2022. *Rapid oral presentation 11:14 am to be presented by Alexander Zhang MS3VTC SOM
5. Masters, S., **Farrell, J., Adikey, A., Kablinger AS**. Enhancing Hepatitis C Screening and Linkage to Care in Psychiatry. Carilion Research Day, April 2022. Poster
6. Nazeer, S., **Reddy, A**. New Onset Obsessive-Compulsive Disorder and Psychosis in Adolescent Patient During COVID-19. Carilion Research Day, April 2022. Poster
7. **Cagle, N., Hamirani, F**. Late Onset Obsessive-Compulsive Disorder After Infectious Insult. Carilion Research Day, April 2022. Poster
8. Markwith, A., **Rea, WS.**, Pauly, R., Pauly, D. Reverse Takotsubo After a One Time Use of Methamphetamine. Carilion Research Day, April 2022. Poster

Tips on Conducting a Virtual Visit – April 4 and April 6

Tips on Conducting a Virtual Visit – April 4 and 6

If you've experienced challenges when conducting telemedicine visits with patients, or simply want to improve your efficacy in video visits, take part in our provider education series! Amwell Medical Director Cynthia Horner, M.D., will lead two educational sessions about how to conduct an effective virtual visit from start to finish. She will offer tips and tricks to streamline the remote process and answer your questions. Open to any Carilion health care professional assisting with video visits.

Both sessions cover the same topics and are available through Teams, **Monday, April 4 at 5 p.m. or Wednesday, April 6 at noon**. Registration is required and sessions will be recorded. Once registered, save the date and expect an email that includes a link to the session.

[Register now](#)



Center for Biostatistics and Health Data Science (CBHDS) Weekly Drop-In Consulting Hours

On behalf of Dr. Alex Hanlon and our team at the Center for Biostatistics and Health Data Science (CBHDS), we remind you of our Center's weekly **Drop-in Consulting Hours** for questions related to biostatistics, data science, programming, data management or anything in between. We welcome all of you! If you are unsure of our services, [please check out our short video here](#) or [visit our website](#).

WHAT: [Drop-In Zoom or In-Person Consulting Hours](#)

WHO: Open to Everyone!

This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [CBHDS's team of biostatisticians](#).

WHEN: Every Monday from 10 AM to 2 PM EST; Every Wednesday from 3 PM to 7 PM EST*

*evening hours are provided to accommodate those who cannot make it during typical business hours

WHERE: [Zoom Drop-In link, click here](#)

In-Person Drop-In, visit us in Riverside 4, Room 1200*

*in-person consulting starts on March 14, 2022

WHAT TO EXPECT:

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 and we'll get back to you expeditiously.

In-Person Drop-In: when you stop by Riverside 4, Room 1200, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!

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Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane



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Psychiatry Society of Virginia Lecture Series

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- Eastern Virginia Medical School is partnering with the Psychiatry Society of Virginia (PSV), Portsmouth Naval Medical Center, and the Hampton Veterans Affairs Medical Center to create a novel virtual, visiting lectureship. We are recruiting attending physicians from across the state to share 30-minute pre-recorded lectures on various topics within psychiatry and mental health. These videos would be collected and saved to the member portal on the PSV website so that residents, trainees, and other attendings across the state can benefit from collaborative sharing of expertise.

Please indicate your interest in creating a video to help educate and inform the future of Psychiatry by emailing Joshua Moran, MD at MoranJS@EVMS.EDU. [Topics of Interest](#)

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4/11/2022

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- Research Update
- Department News
- CBHDS Weekly Drop-in
- AMA Journal of Ethics- Manuscripts
- PSV Lecture Series
- Acupuncture Detox Training
- Autism Study
- AAP Virtual Education Programs
- NAMI Resources
- VNS Therapy
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The implementation of the Americans with Disabilities Act (ADA) was first focused on those with physical disabilities and has gradually expanded to explicitly include those with mental illness. Recent [guidance](#) from the US Department of Justice now officially includes coverage of individuals in treatment or recovery from addiction to opioids. The guidance document “is intended to help people with opioid use disorder (OUD) who are in treatment or recovery understand their rights under federal law and to provide guidance to entities covered by the ADA about how to comply with the law.” This is a wonderful development that will actively support the many thousands of individuals living with OUD receive care without facing discrimination at work or losing their jobs. As we work to address the epidemic of addiction, this is great news and a key tool that empowers people with OUD on their path to recovery.

Bol

Research Update – Anita Kablinger, Research Director

A Departmental Research Summary for 2021

Here are just some of the research highlights with a focus on our Department. Taken together, these accomplishments reflect a growing productivity and vibrancy of scholarship. Congratulations to all involved!



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- Fralin Biomedical Research Institute (FBRI) at Virginia Tech Carilion School of Medicine (VTCSOM): Multiple faculty have a secondary appointment within Psychiatry and Behavioral Medicine. There are a total of 129 active grants summed at an annual value of \$33 million.
- VTCSOM: All Department of Psychiatry and Behavioral Medicine clinical faculty have a primary appointment within VTCSOM. Virginia Tech approved the promotion of 19 VTCSOM faculty in 2021 including 3 to full professor and 16 to Associate Professor across 7 clinical and non-clinical academic departments (including Psychiatry's **Sarah Rivelli MD** – Associate Professor and **Sachinder Vasudeva MD** – Associate Professor)
- Carilion Clinic Research and Development has 41 employees under the direction of Dr. Francis Farrell, senior director of research, and Mrs. Andrea Bidanset Mohr, director of clinical trials. In the third year (of five) of National Institute of Health funding for the collaborative iTHRIVE program, Drs. **Anita Kablinger** and **Lee Cooper**, Carilion Clinic and Virginia Tech respectively, were awarded funding for the research study entitled: A Comparison of the Effectiveness of Telepsychiatry with a Randomized Waitlist Control Utilizing Patient Reported Outcome Measures (PROMs). Thirty-three (33) grants were awarded to 18 departments/clinical sections with a cumulative total of > \$10.6 million including **Psychiatry's Comprehensive Psychiatry Emergency Program (CPEP) grant of \$4 million**
- Publications: 15 publications from our Adult Psychiatry faculty, 2 from Child/ Adolescent faculty, 6 from Geropsychiatry, and 55 from VT/FBRI faculty with Department of Psychiatry appointments. Psychiatry Residents and Fellows co-authored 8 publications and VTCSOM medical students coauthored 6 publications.
- State, Regional, National and International presentations, abstracts, and posters numbered 70 from Carilion faculty adult section, 18 from Child Adolescent, and 1 from Geropsychiatry. 21 presentations, abstracts or posters were driven by our general residents, 2 from the addiction medicine fellow, 1 from our Child Adolescent fellows, and 1 from our Geropsychiatry fellow.



Department News

- Shout out: Thank you to **Emily West and Juli Delloroso** for organizing the book drive for the City of Roanoke Jail. Thanks to all who donated - it was a great success!
- The following manuscript was accepted for publication in Behavioral Sciences Journal: Does Insomnia Increase the Risk of suicide in Hospitalized Patients with Major Depressive Disorder? A Nationwide Inpatient Analysis from 2006-2015 **Abhishek Reddy, Mounica Thootkur.**
- The following manuscript has been accepted for publication in Case Reports in Psychiatry: New-Onset Obsessive-Compulsive Disorder and Psychosis In An Adolescent Patient During The COVID-19 Pandemic **Sahana Nazeer, Abhishek Reddy.**

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Center for Biostatistics and Health Data Science (CBHDS) Weekly Drop-In Consulting Hours

On behalf of Dr. Alex Hanlon and our team at the Center for Biostatistics and Health Data Science (CBHDS), we remind you of our Center's weekly **Drop-in Consulting Hours** for questions related to biostatistics, data science, programming, data management or anything in between. We welcome all of you! If you are unsure of our services, [please check out our short video here](#) or [visit our website](#).

WHAT: [Drop-In Zoom or In-Person Consulting Hours](#)

WHO: Open to Everyone!

This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [CBHDS's team of biostatisticians](#).

WHEN: Every Monday from 10 AM to 2 PM EST; Every Wednesday from 3 PM to 7 PM EST*

*evening hours are provided to accommodate those who cannot make it during typical business hours

WHERE: [Zoom Drop-In link, click here](#)

In-Person Drop-In, visit us in Riverside 4, Room 1200*

*in-person consulting starts on March 14, 2022

WHAT TO EXPECT:

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 and we'll get back to you expeditiously.



In-Person Drop-In: when you stop by Riverside 4, Room 1200, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!

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- Department News
- Free Training PTSD and Suicide Risk
- AMA Journal of Ethics- Manuscripts
- Autism Study
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There is a lot of good news for our adolescents: the rates of binge drinking, drunken driving, pregnancies, and smoking have all decreased in teenagers. Tragically, these significant improvements have been more than offset by a dramatic increase in depression, anxiety, compulsive behaviors, self-injurious behaviors, and suicide. The trends were already in place before the pandemic, but accelerated by the social isolation, illnesses, and uncertainties of the past two years. There are many factors to consider in the long term, but our challenge in the short term is clear: improve and expand access to care both internally and with our community partners. As we do so, we will evaluate the benefits of the treatment and programs we implement and continually improve upon our approach and methods. As part of this effort, we have for example embedded several of our Child and Adolescent Psychiatrists in Carilion's Pediatric practices. We are expanding our information-tracking through data-based Health Analytics; working with our primary care practices to provide timely electronic consults (eConsults) and building Collaborative Care initiatives; and growing our school-based efforts. All of this is happening while we are working in parallel to grow our capacity to care for young, mid-life, and older adults who are also experiencing increased levels of anxiety, depression, and addiction. The fact that our society is beginning to address long-held fears and stigma of mental illness and addiction is helping significantly in our efforts. The journey we are on is crucial- and we are making a difference each day with every person we care for!

Bob

Department News

- **Dr. Badr Ratnakaran** has been appointed by Dr. Rebecca Brendel, APA President-Elect, as a corresponding member of the APA's Council on Geriatric Psychiatry for a three-year term.



Assessment of PTSD and Suicide Risk – Free Training

Who?

Licensed mental health providers treating Veterans in the community may apply. VA and other federal providers are not eligible and may contact us about other training opportunities.

What?

Comprehensive training in the assessment of PTSD and suicide risk. Assessment tools will be provided. Topics include:

- Military culture
- How to assess and diagnose PTSD
- Essential treatment recommendations
- How to identify and assess suicide risk
- Lethal means safety
- Safety planning

When?

Two options are available in 2022:
(all sessions are 10:00am-6:30pm ET)

- May 16-17 (Monday & Tuesday) -or-
- July 26-27 (Tuesday & Wednesday)

[Apply for Training on Assessment of PTSD and Suicide Risk Management in Veterans](#)

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- VNS Therapy
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- Grand Rounds and Case Conferences

Chair's Note

As we progress through life, it is usually a good idea to reflect on what we have experienced and what we have learned. A group of us has done so regarding the impact the COVID-19 pandemic has had upon the field of psychiatry. A book I co-edited with Arpan Waghray MD is the newest edition of the [Psychiatric Clinics of North America](#), entitled COVID 19: How the Pandemic Changed Psychiatry for Good. Experts in the field explore the pandemic's impact on emergency departments, substance use disorder treatments, healthcare workers, child psychiatry, geriatric psychiatry, financing psychiatric services, and more. I am delighted that the chapter on Geriatric Psychiatry is written by our own Dr. Kemi Bankole. All of us who worked on this hope it can serve as a foundation to build upon as we work to make our field more resilient- and able to cope with future disruptions and disasters.

Bol



Department News

- **Dr. Badr Ratnakaran** will be presenting a workshop titled , "Geriatric Psychiatry Education: Best Practices and Resources," at the Annual Meeting of American Association of Directors of Psychiatric Residency Training.
- On 20th March, **Dr. Badr Ratnakaran** will present (Dr. Sarah Rivelli, co-author) titled, "A case of an adverse event during transitions of mental health care in an older adult: navigating the challenges of psychiatric medication reconciliation in geriatric population," at the Annual Meeting of American Association of Geriatric Psychiatry.

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)

Social Work Month – March 2022

March is Social Work Month. Our Social Workers/Mental Health Therapists are found throughout our department - in Connect, Inpatient, Ambulatory, CPEP, and OBOT. Much appreciation to all of you!





Announcing the Psychiatry Consultation-Liaison Journal Club!

We will be meeting on the second Tuesday of the month from 12-1pm.
In person in Psych Conference Room 2 or via Teams. **On March 8, 2022, Dr. Tanious will be presenting on the Effect of Sublingual Dexmedetomidine vs. Placebo on Acute Agitation Associated with Bipolar Disorder.** Please Contact Dr. Rivelli (skrivelli@carilionclinic.org) if you want to be added to the invite list.

COVID-19 SUPPORT

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Center for Biostatistics and Health Data Science (CBHDS) Weekly Drop-In Consulting Hours

On behalf of Dr. Alex Hanlon and our team at the Center for Biostatistics and Health Data Science (CBHDS), we remind you of our Center's weekly **Drop-in Consulting Hours** for questions related to biostatistics, data science, programming, data management or anything in between. We welcome all of you! If you are unsure of our services, [please check out our short video here](#) or [visit our website](#).

WHAT:

[Drop-In Zoom or In-Person Consulting Hours](#)

WHO:

Open to Everyone!

This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [CBHDS's team of biostatisticians](#).

WHEN:

Every Monday from 10 AM to 2 PM EST

Every Wednesday from 3 PM to 7 PM EST*

*evening hours are provided to accommodate those who cannot make it during typical business hours

WHERE:

[Zoom Drop-In link, click here](#)

In-Person Drop-In, visit us in Riverside 4, Room 1200*

*in-person consulting starts on March 14, 2022

**WHAT TO EXPECT:**

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 and we'll get back to you expeditiously.

In-Person Drop-In: when you stop by Riverside 4, Room 1200, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!

**COVID-19
SUPPORT**

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**HOLD THE DATE: VTCSOM Student Research Symposium –
March 25, 2022 – noon-5:30 pm****Carilion Research Day – Tuesday, April 5, 2022 – Abstract
Submission due March 11**

- **Submit an abstract now for Carilion Research Day 2022:** During Research Day, you'll learn about our community's latest research endeavors through discussions with residents/fellows, faculty, staff, and students. The agenda will be from 7 a.m. to 2 p.m. and the event will be 100% virtual via WebEx. Up to 125 abstracts/case studies will be selected for three poster presentations. The **abstract submission due date is Friday, March 11 at 5 p.m.** Abstracts accepted for poster presentations and RCPs will be notified on Wednesday, March 16, 2022. [Submit your abstract here.](#)

**AMERICAN ACADEMY OF
PSYCHIATRY AND THE LAW**

**ABSTRACT SUBMISSION DEADLINE IS MARCH 15,
2022**

53rd Annual Meeting CALL FOR PAPERS



The Whole Truth: Recognizing Gender and Culture in Forensic Psychiatry. Thursday, October 27 – Sunday, October 30, 2022; Sheraton New Orleans Hotel | New Orleans, Louisiana

[CLICK HERE TO DOWNLOAD THE CALL FOR PAPERS](#)

[CLICK HERE TO DOWNLOAD CALL FOR PAPERS FREQUENTLY ASKED QUESTIONS](#)

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[CLICK HERE TO SUBMIT YOUR ABSTRACT ONLINE](#) For problems or questions, contact the AAPL staff by email (office@AAPL.org) or phone (800-331-1389).

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- Eastern Virginia Medical School is partnering with the Psychiatry Society of Virginia (PSV), Portsmouth Naval Medical Center, and the Hampton Veterans Affairs Medical Center to create a novel virtual, visiting lectureship. We are recruiting attending physicians from across the state to share 30-minute pre-recorded lectures on various topics within psychiatry and mental health. These videos would be collected and saved to the member portal on the PSV website so that residents, trainees, and other attendings across the state can benefit from collaborative sharing of expertise.

Please indicate your interest in creating a video to help educate and inform the future of Psychiatry by emailing Joshua Moran, MD at MoranJS@EVMS.EDU. [Topics of Interest](#)

Acupuncture Detox (NADA) Training

- The National Acupuncture Detoxification Association trains people in the NADA protocol, an ear acupressure and acupuncture intervention for trauma, substance misuse, abuse, dependence and related behavioral and mental health conditions. Together we promote and advocate for access to holistic health as a right of all communities. **Dr. Sunil Jain** of PMR and Pain Medicine is soliciting interest in NADA training. He is looking to get a group together for a training on campus. The training will be led by **Dr. Victoria Taylor**, a licensed acupuncturist and certified NADA trainer. The tuition (\$500



per person) includes training materials, resource manual, training fee and 1 year NADA membership fee. The total time commitment is 5 half days. The training may be held on Saturdays. There may be an option to do 4 sessions of 6 hours each instead. Students will act as volunteers for each other as part of the training. This course will train the provider in the NADA protocol for addiction, PTSD, smoking cessation, stress and related conditions. Please email Dr. Jain at skjain@carilionclinic.org if you are potentially interested.

Autism Study

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- We are now recruiting patients for an autism study investigating the impact of a new drug on symptoms of irritability in adolescents. Eligible patients must be 13 to 17 years old, have a documented diagnosis of autism spectrum disorder, and have GI symptoms such as constipation or diarrhea. Eligible patients cannot currently be using antipsychotic medications, oral controlled or extended-release medications, or have a comorbid major psychiatric condition such as bipolar disorder or schizophrenia. If you have any questions or would like more information, please contact Bryce Lewis at 540-494-8285 or brlewis@carilionclinic.org. If you would like to refer a patient for this study, please contact Dr. Anita Kablinger.

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ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO



Anxiety & Depression
Association of America
Triumphing Through Science,
Treatment, and Education

The link to registration is <https://adaa.org/conference>

NAMI Resources



- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for a year. 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** - *Virginia Society of Clinical Social Workers - Roanoke Chapter*

VNS Therapy for Treatment Resistant Depression

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- 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 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.**

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.



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- **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, PhD 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
- **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 !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Peds Case Conference, Thursday, March 10, 2022, 12:15-1:15pm

Psychiatry Grand Rounds, Thursday, March 17, 2022, 12-1pm



3/14/2022

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

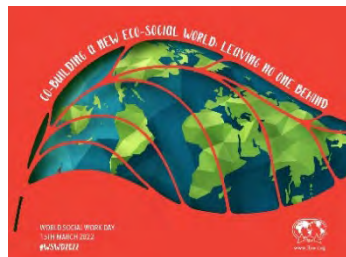
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- Social Work Month
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- CBHDS Weekly Drop-in
- VTCSOM Student Research Symposium
- Carilion Research Day
- AAPL Submissions
- AMA Journal of Ethics- Manuscripts
- PSV Lecture Series
- Acupuncture Detox Training
- Autism Study
- AAP Virtual Education Programs
- NAMI Resources
- VNS Therapy
- Well-being Hub is Live
- Wellness
- Grand Rounds and Case Conferences



There are many issues and tragedies unfolding around the world. Despite that (and in part in response to it) I want to highlight a some good things. This is [Brain Awareness Week](#), and a local part of that is **the FBRI Brain School** taking

place this evening. You can still register by clicking on *register to attend* at this site: (<https://fbri.vtc.vt.edu/events/annual-brain-school.html>). The in-person program will run from 5 PM to 7:30 PM with talks from 5:30 to 7:00 PM and various activities preceding and following the program. There will be three brief presentations from leading brain experts on: i) how brain share emotions, ii) how children's brains can meet challenges during development and can be rehabilitated, and iii) how our brains can learn to make healthier lifestyle decisions. The program and parking are free and open to the public although registration is required. Masks are recommended and the large auditorium room in the VTC School of Medicine (M203) will allow for spacing of a limited number of attendees.



Another cause for celebration that is part of [Social Work Month](#) is tomorrow's [World Social Work Day](#). This year's focus is **Co-building a New Eco-Social World: Leaving No One Behind**. The theme presents a vision and action plan to create new global values, policies and practices that develop trust, security and confidence for all people and the sustainability of the planet. As we work with our individual patients to help them recover from illness, it is

important to remember and celebrate our organizational dedication to improve the health of communities in which we all work and live. *Bob*



Department News

- **Dr. Cheri Hartman** was featured for Women's History Month at VTCSOM. See details [here](#).

ECHO – March 18, 2022 at 12 noon

- The next ECHO session to be held on **March 18th at 12 noon** via Zoom on the topic of "Caring for Persons with Disabilities" (in the OBOT and other treatment settings) by Dr. David Hartman and Jennifer Johnson, PA, Family and Community Medicine OBOT. To be described: phases of adjustment for the newly disabled, the CBT - cognitive behavioral therapy - approach, ADA considerations, case discussion by Jennifer Johnson, PA . If you are not yet on our ECHO email list, please email Dr. Cheri Hartman, cwhartman1@carilionclinic.org, regarding your interest in receiving the Zoom link that Gabe Anderson will email to you on the Thursday afternoon prior.

COVID-19 SUPPORT

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Creative Arts Week

Carilion Clinic Inpatient Psychiatry is lucky to celebrate Creative Arts Week, with our own Art Therapist and Music Therapist. Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship. Art therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art therapy is used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.



<https://arttherapy.org/>

Name: **Shelby Wynn, MS, ATR, LPC**

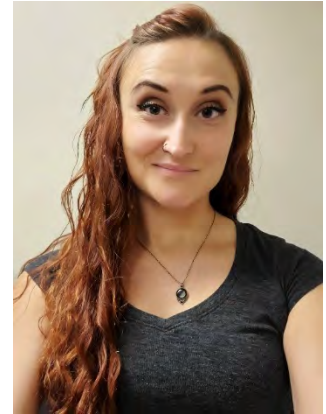
Years with Carilion: **4 years in April 2022**

Years been certified: **3**

Where you went to school: **Eastern Virginia Medical School**

Go-to Leisure: **Volleyball, spending time with my 4 Fur babies, Reading**

Favorite part of your job with Carilion: **Its never the same job 2 days in a row**



Favorite song/band: Song: Invisible by Josh Gracin and Band: Theory of A Deadman

Fun thing worth bragging about: in 2018 I published a book for teens living with a mentally ill caregiver called Growing Up Grounded (Amazon). I also run my own party entertainment business where I offer Face Painting, balloon sculpting, and Henna~ II.

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings

<https://www.musictherapy.org/>

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VTCSOM Faculty – Nominations for Committee Elections

Dear VTCSOM Faculty,

This is a friendly reminder that nominations are being solicited for VTCSOM's annual faculty committee elections. With the exception of visiting faculty, all regular and instructional faculty may serve on faculty committees, vote on faculty governance issues, and be appointed by the Dean to serve as a dean's designee on selected faculty committees (consistent with the policies pertaining to each particular committee).

Nominations, including self-nominations, are strongly encouraged:

- If self-nominating, you will be asked to provide a brief bio-sketch (short, one or two-paragraph summary). The information provided will appear on the ballot and may be edited for clarity and conciseness.
- If nominating a colleague, you will be asked to provide the nominee's name, department, and the reason for your nomination. The Office of Faculty Affairs will inform the nominee of their nomination to determine interest and to solicit a bio-sketch.



Unless otherwise noted, elections are for three-year terms. A description of each faculty committee can be found in the original email below, and within the nomination survey. Select the following link to self-nominate or make nominations:

<https://virginiatech.questionpro.com/t/AUzr5ZrUmt>

The call for nominations will close this Friday, March 18th, 2022.

Please contact any member of the Faculty Governance Committee if you have questions. Thank you for your interest!

VTCSOM Faculty Governance Committee

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[Zoom Drop-In link, click here](#)

In-Person Drop-In, visit us in Riverside 4, Room 1200*

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AMA Journal of Ethics – Manuscripts due November 30, 2022

Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty percent of the US population is expected to be 65 years of age or older by 2030. Agism's pervasiveness in US culture means it is also pervasive in health care and a cause of inequity that profoundly undermines elders' quality of life. Independence and autonomy losses tend to accompany aging for all of us. Elders are vulnerable to exploitation and are exposed to late-life stressors that affect their mental health, accompany compromise or loss of independence and autonomy, and tend to track declines in general health and cognitive function. This theme issue also investigates reasons why diminishing numbers of geriatric mental health clinicians should draw clinical, ethical, and legal attention to whether US health care and its workforce is prepared to deliver the volume and quality of care elders deserve.

Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be submitted (<https://amajournalofethics.msubmit.net/cgi-bin/main.plex>) by **30 November 2022**.

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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](#).

Wellness

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- **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 !



Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Grand Rounds, Thursday, March 17, 2022, 12-1pm

COVID-19 SUPPORT

If you are
experiencing
distress as a result
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call: COVID-19
Employee Support
Helpline 1-800-468-
1359 (option 2)



3/21/2022

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.
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Chair's Note

IN THIS ISSUE

- Chair's Note
- Department News
- C&A Section Update
- Center for Health and Grief
- American RedCross Blood Drive
- Tips on Conducting a Virtual Visit
- Social Work Month
- CBHDS Weekly Drop-in
- VTC SOM Student Research Symposium
- Carilion Research Day
- AMA Journal of Ethics- Manuscripts
- PSV Lecture Series
- Acupuncture Detox Training
- Autism Study
- AAP Virtual Education Programs
- NAMI Resources
- VNS Therapy
- Well-being Hub is Live
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Carilion Clinic is committed to the health of our communities. Implementing this commitment takes many steps and continues to evolve since the formation of our clinic over 15 years ago. The clinic model, when fully achieved, provides integrated care— a seamless process and coordinated communication as patients move from primary care to specialists, and back again. We have taken many steps to bring world-class care to our region. Carilion has developed robust academic partnerships through the Virginia Tech Carilion School of Medicine, the Fralin Biomedical Research Institute at VTC, and Radford University Carilion's school for allied health sciences. Our Department has been a key participant and has grown rapidly to meet these challenges. We are now continuing that work through a concerted effort to move toward fully integrated care across the enterprise. Led by Dr. Patrice Weiss, our Chief Medical Officer, Carilion is now embarking on a process and culture change to enhance access and integration of our work. The goal is for our patients to be supported at every step: rapid access to care, referral to specialists that is efficient and easy, coordination of treatment with the patient and family (as appropriate), and the leveraged use of technology to prevent waste of time and resources. This step on our journey is just beginning. In the months ahead, we will work together to design and implement these changes to make it easier for us to deliver great care and for our patients to experience it. The work will unfold in many small workgroups in and across our care-delivery settings. We will highlight some of key these efforts in **Inside Carilion** as well as in this bulletin. Happy Springtime everyone!

Bob



Department News

- **Dr. Badr Ratnakaran** has published a book chapter titled "Psychopharmacological challenges of treating older adults with COVID-19" in the book "Geriatric Mental Health: Lessons from a Pandemic" by APA Publishing.
- Please welcome to Roanoke Outpatient staff, **Marsha Jones, LPN**.

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Child & Adolescent Section Update – Felicity Adams, MD, Director

- The division of child and adolescent psychiatry continues its mission to improve the mental health of children and families in our region. Our inpatient unit recently expanded back to a census of 11 which is welcome and helps to meet a community need. Our nurses and nursing leadership have worked to make this happen and have managed many challenges during the past months. We are very grateful for their teamwork and collaboration. Even with the increased inpatient bed capacity, many children continue to be seen and served in the Emergency Department and Dr. Del Fabbro and her team have worked to create a therapeutic environment in the ED, with expanded access to counseling and aftercare planning.

In the outpatient setting we welcomed Tina Renick RDN, CEDS, to work in our Eating Disorder Specialty Clinic together with Dr. Liebesny and our child psychiatry Fellows. Ms. Renick brings years of experience with nutrition counseling and eating disorders and is a welcome addition to our team. Dr. Abhi Reddy and Jennifer Amateis, LCSW are accepting referrals for pediatric sleep consultation and CBT-I.

Dr. Wolfeich and our Child Psychiatry Fellows have built an effective and valued partnership at Fallon Park Elementary and are working with the LIFT center to expand the mental health services provided at the school.

Dr. Abhi Reddy, Dr. Kiran Khalid and others have research presentations planned for this year's AACAP meeting.

Dr. Nardecchia keeps focusing on keeping our wellness a priority for which we are grateful! Additionally, she is working to expand the substance abuse treatment clinic and teaching group therapy to our child fellows.



Our child and adolescent psychiatry training program is full and thriving, looking forward to July, when we will welcome Kishore Nagaraja and Michael Ferguson as Child Fellows. Any residents interested in the child and adolescent fellowship for 2023-2024 may contact Dr. Felicity Adams, or Terryee Trout.

Center for Grief and Healing: Article recommended by Frannie Gaeta, LCSW

[Hidden Pain : Children Who Lost a Parent or Caregiver to COVID-19 and What the Nation Can Do to Help Them](#). This extensive resource is a comprehensive blueprint for outreach and care for children who have lost caregivers during the pandemic. It is a plan that requires action from all sectors across the nation in a manner that transcends politics and other divisions. Published by: www.covidcollaborative.us

American RedCross SW Chapter Board Blood Drive-March 25

- Just a reminder for the upcoming SW chapter American RedCross blood drive on March 25. This is one of our American RedCross Board blood drives and I would really appreciate your help and donation. Our Southwest Region ARC board has partnered with Amy Lowman and the Home Show being held at the Salem Civic Center that weekend. All presenting donors will receive a ticket to the Home Show!! The blood drive is at the Salem Civic Center!!! The blood drive hours are 11 am – 4 pm, the location is the Salem Civic Center. Please go to www.redcrossblood.org and search for sponsor code **Roanokeboard**. If using the DONOR APP you may also search with the sponsor code Roanokeboard!!

Tips on Conducting a Virtual Visit – March 30 and April 4

Tips on Conducting a Virtual Visit

If you've experienced challenges when conducting telemedicine visits with patients, or simply want to improve your efficacy in video visits, take part in our provider education series!

Amwell Medical Director Cynthia Horner, M.D., will lead two educational sessions about how to conduct an effective virtual visit from start to finish. She will offer tips and tricks to streamline the remote process and answer your questions. Open to any Carilion health care professional assisting with video visits.

Both sessions cover the same topics and are available through Teams, **Wednesday, March 30 at noon or Monday, April 4 at 5 p.m.** Registration is required, and

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sessions will be recorded. Once registered, save the date and expect an email that includes a link to the session. [Register now](#)

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March is Social Work Month. Our Social Workers/Mental Health Therapists are found throughout our department - in Connect, Inpatient, Ambulatory, CPEP, and OBOT. Much appreciation to all of you!

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WHAT: [Drop-In Zoom or In-Person Consulting Hours](#)

WHO: Open to Everyone!

This short-term, no-fee drop-in consulting service is provided compliments of the iTHRIV CTSA and [CBHDS's team of biostatisticians](#).

WHEN: Every Monday from 10 AM to 2 PM EST; Every Wednesday from 3 PM to 7 PM EST*

*evening hours are provided to accommodate those who cannot make it during typical business hours

WHERE: [Zoom Drop-In link, click here](#)

In-Person Drop-In, visit us in Riverside 4, Room 1200*

*in-person consulting starts on March 14, 2022

WHAT TO EXPECT:

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 and we'll get back to you expeditiously.

In-Person Drop-In: when you stop by Riverside 4, Room 1200, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!



**VTCSOM Student Research Symposium – March 25, 2022 –
noon-5:30 pm**

Carilion Research Day – Tuesday, April 5, 2022

AMA Journal of Ethics – Manuscript Invitation

COVID-19 SUPPORT

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- Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty percent of the US population is expected to be 65 years of age or older by 2030. Agism's pervasiveness in US culture means it is also pervasive in health care and a cause of inequity that profoundly undermines elders' quality of life. Independence and autonomy losses tend to accompany aging for all of us. Elders are vulnerable to exploitation and are exposed to late-life stressors that affect their mental health, accompany compromise or loss of independence and autonomy, and tend to track declines in general health and cognitive function. This theme issue also investigates reasons why diminishing numbers of geriatric mental health clinicians should draw clinical, ethical, and legal attention to whether US health care and its workforce is prepared to deliver the volume and quality of care elders deserve.

Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*® that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be **submitted** (<https://amajournalofethics.msubmit.net/cqi-bin/main.plex>) by **30 November 2022**.

Psychiatry Society of Virginia Lecture Series

- Eastern Virginia Medical School is partnering with the Psychiatry Society of Virginia (PSV), Portsmouth Naval Medical Center, and the Hampton Veterans Affairs Medical Center to create a novel virtual, visiting lectureship. We are recruiting attending physicians from across the state to share 30-minute pre-recorded lectures on various topics within psychiatry and mental health. These videos would be collected and saved to the member portal on the PSV website so that residents, trainees, and other attendings across the state can benefit from collaborative sharing of expertise.



Please indicate your interest in creating a video to help educate and inform the future of Psychiatry by emailing Joshua Moran, MD at MoranJS@EVMS.EDU. [Topics of Interest](#)

Acupuncture Detox (NADA) Training

- The National Acupuncture Detoxification Association trains people in the NADA protocol, an ear acupressure and acupuncture intervention for trauma, substance misuse, abuse, dependence and related behavioral and mental health conditions. Together we promote and advocate for access to holistic health as a right of all communities. **Dr. Sunil Jain** of PMR and Pain Medicine is soliciting interest in NADA training. He is looking to get a group together for a training on campus. The training will be led by **Dr. Victoria Taylor**, a licensed acupuncturist and certified NADA trainer. The tuition (\$500 per person) includes training materials, resource manual, training fee and 1 year NADA membership fee. The total time commitment is 5 half days. The training may be held on Saturdays. There may be an option to do 4 sessions of 6 hours each instead. Students will act as volunteers for each other as part of the training. This course will train the provider in the NADA protocol for addiction, PTSD, smoking cessation, stress and related conditions. Please email Dr. Jain at skjain@carilionclinic.org if you are potentially interested.

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Autism Study

- We are now recruiting patients for an autism study investigating the impact of a new drug on symptoms of irritability in adolescents. Eligible patients must be 13 to 17 years old, have a documented diagnosis of autism spectrum disorder, and have GI symptoms such as constipation or diarrhea. Eligible patients cannot currently be using antipsychotic medications, oral controlled or extended-release medications, or have a comorbid major psychiatric condition such as bipolar disorder or schizophrenia. If you have any questions or would like more information, please contact Bryce Lewis at 540-494-8285 or brlewis@carilionclinic.org. If you would like to refer a patient for this study, please contact Dr. Anita Kablinger.

AAP Virtual Education Program Registration is now Open

- Through June 14, 2022; 4:00 pm - 6:00 pm (central time)**
2nd Tuesday of each month. REGISTER FOR THE SERIES & ATTEND UP TO EIGHT SESSIONS...2021-22 AAP VEP Preliminary Program; CLICK HERE to Register for the 2021-2022 AAP VEP Series NOW! Full session abstract descriptions are available on the registration site



NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for a year. 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** - *Virginia Society of Clinical Social Workers - Roanoke Chapter*

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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 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.**

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](#).

Wellness

- **Carilion EAP** – Many are under the incorrect understanding that the Employee Assistance Program is only for non-clinicians. EAP is a vital



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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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Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Adult Case Conference, Thursday, March 24, 12-1pm

Psychiatry Adult Case Conference, Thursday, April 7, 12-1pm

Psychiatry Peds Case Conference, Thursday, April 14, 12:15-1:15pm

Psychiatry Grand Rounds, Thursday, April 21, 2022, 12-1pm



3/28/2022

Our Departmental Vision, Mission, and Values Statements

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Covid-19 has killed over 975,000 Americans in the past two years. Drug overdoses surged in this period as well, surpassing 100,000 deaths in 2021 alone. We are all too aware of the dramatic increases in depression, anxiety disorders, and other severe mental illnesses in adults and in children. And then there is alcohol. We have all read about increases in the use of alcohol during the pandemic, but the mortality due to this increase were only recently examined in detail. A recent [study](#) from the National Institute of Alcohol Abuse and Alcoholism (NIAAA) documents that in the first year of the pandemic there was a 25% increase in alcohol-related deaths, amounting to over 99,000 lives lost. Data from the first 6 months of 2021 reflect that the death toll is still consistently elevated. I raise this issue because we can do something about it. In each patient interaction, let's be sure to discuss alcohol use and impact in addition to the many other risk factors we assess. The first step of treatment is screening- then we can engage, help to motivate, support treatment participation, and consistently empower our patients in the ongoing process of recovery.

Bob



Happy Doctors Day, March 30, 2021



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From Med Staff: In recognition of your dedication and hard work, please stop by the

CRMH 6th Floor Auditorium between 7:00 am and 9:00 am.

Breakfast items, snacks and drinks will be available along with some other items as our way of saying **Thank You!!**

Department News

- **Sarah Rivelli, MD and Sachinder Vasudeva, MD, MS** were presented their VTCSOM Associate Professor promotion certificates at the Faculty Assembly and Academic Promotions Celebration on March 22, 2022.

Emergency Psychiatry Section Update – Anilla Del Fabbro, Director

Hello from the Emergency Department Psychiatry team and Happy Spring. Our team has been working hard. We are grateful for the collaboration with CONNECT, as well as with our ED physician partners. Thank you to our Psychiatry Consult-Liaison team for checking in to see if we need additional help. This is particularly helpful when we have multiple consults at several of our outlying EDs. Stephanie East, NP and I have continued to cover the ED/s on the weekends. I am delighted to welcome Paula Robinson, NP to our team on March 28th. Many may know her as an RN on our inpatient psychiatric unit. She will be orienting for a couple of weeks and plans to cover 3pm-11pm Mondays to Fridays.



I would like to focus on our CPEP and our urgent ambulatory (short-term follow-up) clinic. We have been referring to this clinic as a Bridge or Transition clinic. Neither title describes the clinic adequately and these names have already been claimed by other programs. I would like to challenge the wordsmiths among you to come up with a unique and catchy name or acronym for the clinic. Dr. Deirdre Rea and I have been fortunate to interview several excellent candidates for our growing programs, including therapists, social workers, RNs and ACPs. It is a pleasure to welcome Becky Wooldridge, NP to this clinic. She will start with one half day weekly for several months as she transitions over from inpatient psychiatry at NRV.

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Future potential endeavors include collaboration with Dr. Wells to ensure peripartum patients are identified early in the ED and that their care is expedited to improve their overall experience. Other projects may include interventional psychiatry collaborations and LAI initiation/clinic.

These are the number of ECO and recommended TDO patients, as well as their disposition that the CPEP is measured for monthly reporting:

• Total disposition volumes (7/1/2021 - 3/21/2022):

◦ 516 total patients seen

- Inpatient - Carilion: **182**
- Inpatient - External: **133**
- Inpatient - State: **126**
- Ambulatory - **75**

	INPATIENT - CARILION	INPATIENT - EXTERNAL	AMBULATORY	INPATIENT - STATE	Grand Total
2021	132	86	62	76	356
Jul	17	27	12	5	61
Aug	18	9	5	14	46
Sep	29	9	23	18	79
Oct	24	10	12	14	60
Nov	29	16	5	10	60
Dec	15	15	5	15	50
2022	50	47	13	50	160
Jan	18	19	8	14	59
Feb	16	16	2	17	51
Mar	16	12	3	19	50
Grand Total	182	133	75	126	516

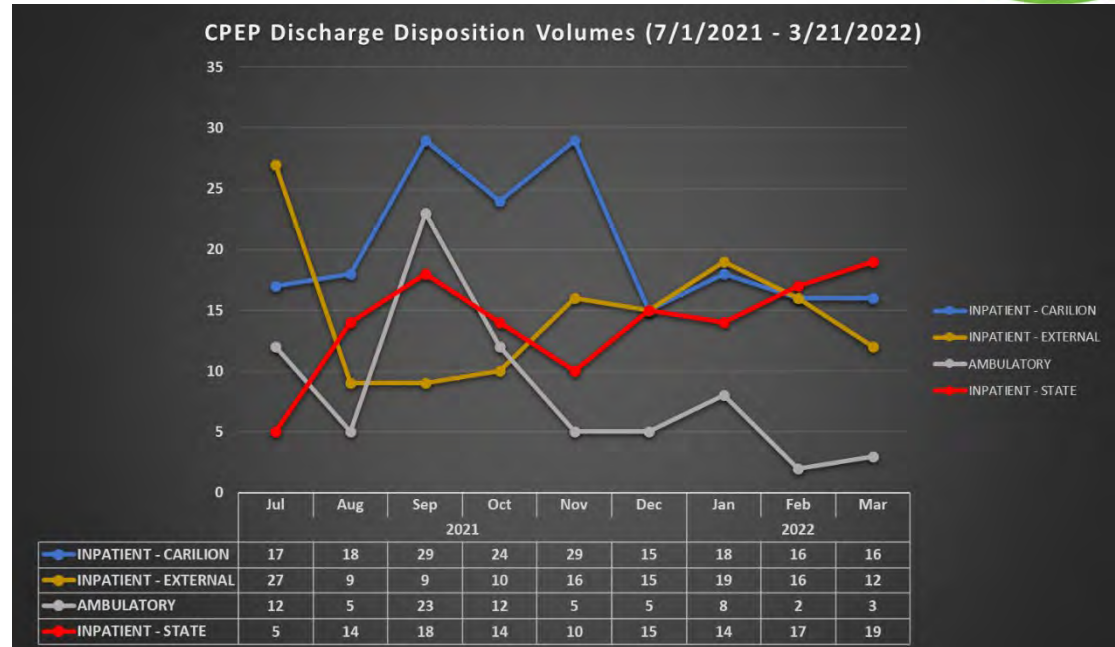
These are the number of ED Psych. MD consults completed and does not include follow-up visits:

	2021						2021 Total	2022			2022 Total	Grand Total
	Jul	Aug	Sep	Oct	Nov	Dec		Jan	Feb	Mar		
DEL FABBRO, ANILLA [ADELFABBRO]	105	109	95	95	115	91	610	132	120	122	374	984
WHITE, WILLIAM A [WAWHITE]	1	2	3			1	7	1			1	8
Grand Total	106	111	98	95	115	92	617	133	120	122	375	992



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Thanks to Anthony Whisman for graphs and numbers.

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Carilion Research Day – Tuesday, April 5, 2022

Accepted Abstracts for Carilion Research Day 2022

Psychiatry Representation - Tuesday April 5 (Virtual)

1. Ko, H., Gatto, A., Jones, S., **O'Brien, VC., McNamara, R.**, Hunter, HD., Tenzer, MM., **Kablinger, AS**, Cooper, LD. Utilizing the Brainwriting Premortem Method to Improve Measurement-Based Care Implementation. Carilion Research Day, April 2022. Poster



2. Langman, M., **Kablinger, AS**. New Onset Psychosis Following COVID-19 hospitalization: A Diagnostic Dilemma. Carilion Research Day, April 2022. Poster
3. **Lee, A., Venuto-Ashton, A., Tarasidis, C**. Co-Localized Psychiatry and Hepatitis C Treatment. Carilion Research Day, April 2022. *Rapid oral presentation 8:20 am to be presented by Dr. Lee
4. Zhang, A., **Lin, Y**. New-Onset Psychotic Symptoms Following Abrupt Buprenorphine/Naloxone Withdrawal. Carilion Research Day 2022. *Rapid oral presentation 11:14 am to be presented by Alexander Zhang MS3VTCSOM
5. Masters, S., **Farrell, J., Adikey, A., Kablinger AS**. Enhancing Hepatitis C Screening and Linkage to Care in Psychiatry. Carilion Research Day, April 2022. Poster
6. Nazeer, S., **Reddy, A**. New Onset Obsessive-Compulsive Disorder and Psychosis in Adolescent Patient During COVID-19. Carilion Research Day, April 2022. Poster
7. **Cagle, N., Hamirani, F**. Late Onset Obsessive-Compulsive Disorder After Infectious Insult. Carilion Research Day, April 2022. Poster
8. Markwith, A., **Rea, WS.,** Pauly, R., Pauly, D. Reverse Takotsubo After a One Time Use of Methamphetamine. Carilion Research Day, April 2022. Poster

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[Register now](#)



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WHAT TO EXPECT:

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 and we'll get back to you expeditiously.

In-Person Drop-In: when you stop by Riverside 4, Room 1200, you'll be greeted by a friendly CBHDS biostatistician eagerly awaiting your questions!

AMA Journal of Ethics – Manuscript Invitation

- Dr. Badr Ratnakaran is serving as an Editorial Fellow of *AMA Journal of Ethics* in curating a special theme issue on Geriatric Psychiatry. Twenty



COVID-19 SUPPORT

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percent of the US population is expected to be 65 years of age or older by 2030. Agism's pervasiveness in US culture means it is also pervasive in health care and a cause of inequity that profoundly undermines elders' quality of life. Independence and autonomy losses tend to accompany aging for all of us. Elders are vulnerable to exploitation and are exposed to late-life stressors that affect their mental health, accompany compromise or loss of independence and autonomy, and tend to track declines in general health and cognitive function. This theme issue also investigates reasons why diminishing numbers of geriatric mental health clinicians should draw clinical, ethical, and legal attention to whether US health care and its workforce is prepared to deliver the volume and quality of care elders deserve.

Manuscripts are invited for the October 2023 issue of the *AMA Journal of Ethics*[®] that discuss topics in geriatric psychiatry on ethical and humane mental health care of older adults. Manuscripts submitted for peer review consideration and inclusion in this issue must follow **Instructions for Authors** (<https://journalofethics.ama-assn.org/instructions-peer-review-manuscript-submission>) and be **submitted** (<https://amajournalofethics.msubmit.net/cgi-bin/main.plex>) by **30 November 2022**.

Psychiatry Society of Virginia Lecture Series

- Eastern Virginia Medical School is partnering with the Psychiatry Society of Virginia (PSV), Portsmouth Naval Medical Center, and the Hampton Veterans Affairs Medical Center to create a novel virtual, visiting lectureship. We are recruiting attending physicians from across the state to share 30-minute pre-recorded lectures on various topics within psychiatry and mental health. These videos would be collected and saved to the member portal on the PSV website so that residents, trainees, and other attendings across the state can benefit from collaborative sharing of expertise.

Please indicate your interest in creating a video to help educate and inform the future of Psychiatry by emailing Joshua Moran, MD at MoranJS@EVMS.EDU. [Topics of Interest](#)

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- The National Acupuncture Detoxification Association trains people in the NADA protocol, an ear acupressure and acupuncture intervention for trauma, substance misuse, abuse, dependence and related behavioral and mental health conditions. Together we promote and advocate for access to holistic health as a right of all communities. **Dr. Sunil Jain** of PMR and Pain Medicine is soliciting interest in NADA training. He is looking to get a group



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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](#).

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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- **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
- **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.
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Adult Case Conference, Thursday, April 7, 12-1pm
Psychiatry Peds Case Conference, Thursday, April 14, 12:15-1:15pm
Psychiatry Grand Rounds, Thursday, April 21, 2022, 12-1pm



2/7/2022

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.
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Curiosity –	Fostering creativity and innovation in our pursuit of excellence.

Note from the Chair

IN THIS ISSUE

- Note from the Chair
- Department News
- Administrative Update
- Recreation Therapy Month
- C-L Journal Club
- Black History Month Event
- Diversity, Equity and Inclusion programs
- PSV Lecture Series
- Acupuncture Detox Training
- New Autism Study
- AAP Virtual Education Programs
- VTC SOM Student Research Symposium
- Carilion Research Day
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- NAMI Resources
- VNS Therapy
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We all know that the system of care for people with mental illness and substance use disorders is broken. Improving our ability to deliver care requires that we define the operational and policy problems and then propose solutions. In a recent [statement](#) to the Ways and Means Committee of Congress, the American Hospital Association suggested actionable ways to address America's Mental Health Crisis: expanding and adequately funding our workforce (including student loan forgiveness, expanding residency slots); addressing burnout and providing treatment for health professionals; expanding and improving insurance coverage for mental illness and substance use disorders; vigorously enforce the Mental Health Parity and Addiction Equity Act (by eliminating discriminatory insurance practices that exist in Psychiatry but not in other medical areas); effectively integrate physical and behavioral health with evidence based practices such as Collaborative Care; and require effective communication of psychiatric care between all involved providers through electronic health records. It is an extensive list with a lot of meaningful recommendations. We do know ways to improve the system; the more each of us knows about the details, the more we can effectively work to improve our ability to provide the care our patients need- and deserve. We can help shape the conversation. Who better than us to do so?

Bol

Department News

- Congratulations to **Dr. Shariff Tanious** on passing his Consultation Liaison Board Certification exam!



Administrative Update – from the Desk of Bill Wasserman, V.P. Operations

I hope this wintertime note finds you all doing well. As you are aware, we recently had a significant snow/ice event and were coping with the aftermath for a week or more. Along with the weather event, during this period, we continued to see the rise in COVID infection/ prevalence in our patients and staff. With our various staffing challenges I want to express our thanks to our teams for flexibility in supporting our patient needs. Hopefully, for the remainder of the winter season we will see more moderate weather and a diminishing of the current COVID surge. As of last week, the system was starting to see fewer COVID hospitalizations.

COVID-19 SUPPORT

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Statewide, the pandemic continues to have a significant impact on access to Psychiatric care. Inpatient psychiatric bed availability is constrained, emergency departments are seeing significant boarding of Psychiatric patients and ambulatory psychiatric care is experiencing significant waiting lists. Needless to say, the statewide psychiatric clinical service delivery system has been seriously disrupted for two years now. The good news, is that we understand that the new State executive and legislative branches are expressing support for additional resources to bolster our system of care. For our community, I submit the following as evidence of this ongoing support.

1. Carilion Emergency Psychiatry, ambulatory bridge to treatment program - \$600,000. DBHDS funding to create an urgent ambulatory psychiatry clinic in Roanoke for patients D/C'd from our emergency departments requiring close follow up.
2. DBHDS Commissioner budget package submitted to this session of the General Assembly to continue financial support of our CRMH, CPEP (Comprehensive Psychiatric Emergency Program).
3. Catawba State Hospital – ongoing discussions to enhance collaboration between Carilion Dept. of Psychiatry, Community Partners and the State for transformation of Catawba.
4. State Psychiatric Bed Registry – The statewide acute psychiatric care bed registry is currently undergoing significant review by a DBHDS 'Crisis response' taskforce. I am representing Carilion and the Virginia Health and Hospital Association on this committee.

In the next several months we will be learning more about statewide initiatives intended to stabilize and improve the care delivery system. I can assure you that our department will be 'at the table' advocating for our patients and our Community.

Lastly, with respect to our staffing challenges, I want to express my sincere appreciation to you and our teammates during what has become a significant stressor for our team. We all know about the serious nature of our workforce challenges. Our department administration along with our Human Resource partners are exploring every reasonable avenue to improve our staffing situation. We continue to actively recruit in the workforce marketplace - permanent, part-time, flex and



contract positions. We are seeing some success at these efforts in terms of our recruitment pipeline. However, our staffing will continue to be a challenge in the near term.

Thank you for your commitment and flexibility, yet again, as we continue to navigate these circumstances.

In closing, as our recruitment efforts continue it is more important than ever to ensure that our department maintains a work environment to retain **you** as valued members of our team. In this regard, I would like to invite you to speak with your leadership and communicate with me, directly, as to how we can improve our workplace and teamwork. My thanks to our providers, nursing team, social work, rec therapy, art, music therapy, discharge planners, administrative and support staff for your profound dedication to our patients and their families. Forgive me if I have overlooked anyone in the aforementioned.

Until next time, I look forward to our ongoing communication. Be well!

Sincerely,

Bill

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Recreation Therapy Month

- February is Recreation Therapy Month...so, what is Recreational Therapy exactly? Recreational Therapy is a mode of therapy that uses leisure education and activities to increase the cognitive, social, emotional, and physical wellbeing of a person. Whether a person was born with a diagnosis, acquired a disability, or needs an activity to be adapted, Recreational Therapy is designed to help an individual become successful in whatever leisure interests they want to pursue! Recreational therapy incorporates a variety of different modalities to help achieve their goals and improve their quality of life. Recreational therapists with Carilion Clinic complete leisure assessments to support patients meet their goals which typically focus on leisure education, leisure awareness, and coping skills. All recreational therapists with St. Alban's and Roanoke Rehab are Certified Therapeutic Recreation Specialists, CTRS.

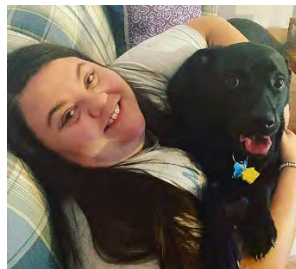
Throughout the month we will showcase the Recreational Therapists to celebrate Recreation Therapy Month! Let's start with **the Amazing Recreational Therapy Team at St. Alban's.**



Tina Kray, Team Lead

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Morgan Poe



Brienne Hamm

“We put the RT in HEART”

“Therapeutic Recreation’s purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; Not to offer an escape from life, but to provide a discovery of life”

Announcing the Psychiatry Consultation-Liaison Journal Club!

We will be meeting on the **second Tuesday of the month from 12-1pm**.
In person in Psych Conference Room 2 or via Teams.

Dr. Rivelli will be presenting on the REDUCE trial and potential impact of haloperidol on mortality in critically ill patients with delirium.

Please Contact Dr. Rivelli (skrivelli@carilionclinic.org) if you want to be added to the invite list.



Black History Month Event



- **An Unfinished Conversation on a Contested Space**
Virtual Panel: Thursday, February 17th, 5:30pm-7:00pm
Click [here](#) for registration and details.

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Upcoming programs for Diversity, Equity and Inclusion

- **2/15/2022 - 7:00-8:00 am and 2/16/2022 - 5:00-6:00 pm** – “Bias in Evaluations.” Click [here](#) for information/links.

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HOLD THE DATE: VTCSOM Student Research Symposium – March 25, 2022 – noon-5:30 pm

Carilion Research Day – Tuesday, April 5, 2022

- Registration and Abstract links should be available 1/18/2022. Will update when confirmed.

ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO



Anxiety & Depression
Association of America
Triumphing Through Science,
Treatment, and Education

The link to registration is <https://adaa.org/conference>

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2/14/2022

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Department News

- Congratulations to **Dr. Sasha Rai and Dr. Ahmad Khan** on receiving their VTCSOM initial faculty appointments.
- **Dr. Abhi Reddy** has been involved in the following manuscript that has been accepted for publication "The Primary Companion for Disorders." **Burden of Psychiatric Disorders in Moyamoya Disease: A National Inpatient Perspective from 2007-2014**
- The following article which has been previously published was selected to be in a Frontiers- e-book format under the Research Topic- Children, Adolescents and Families with Severe Mental Illness: Towards a Comprehensive Early Identification Risk.
Association Between Major Depressive Disorder and Sleep Disturbances Through Inflammation in Adolescents
Abhishek Reddy, Mounica Thootkur
<https://www.frontiersin.org/research-topics/10757/children-adolescents-and-families-with-severe-mental-illness-towards-a-comprehensive-early-identific#articles>

Update for Psychological Services – Joe Gieck, Psychological Services Director

Hello everyone. Psychological Services continues to be busy as we seek to expand and offer evidence-based psychological services to our region. We have a couple of announcements related to staff that we would like to share:



- Dr. Cheri Hartman recently passed her 10-year anniversary at Carilion Clinic. We appreciate her passion and dedication to treatment of those affected by opioid use disorder.
- We are pleased to welcome Dr. Rebecca McDermott to CNRV in March of 2022. Dr. McDermott is a Clinical Psychology graduate of the University of Western Ontario and completed her doctoral residency at Royal Ottawa Hospital.

Center for Grief and Healing: We continue to work toward having an integrated Center for grief and healing. There are several ongoing efforts to make everyone aware of:

- We are actively recruiting and interviewing for the Director for Grief and Healing.
- By the end of the first quarter of this year we will have a weblink dedicated to this center and will be providing information for existing grief and loss services. Our goal is to offer a centralized placement for available services as the network to support this endeavor expands.

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Name: **ToniRose Alicea**
 Years with Carilion Clinic: **2**
 Years certified: **4**
 Where you went to school(s): **Moravian College (PA)/ Kean University (NJ)**
 Go-to Leisure: **Cooking, Crafting & Spending time with my two dogs especially outside!**
 Favorite part of your job with Carilion: **Getting to meet people of all ages, backgrounds and lifestyles while learning and applying what they love & what brings them quality of life**
 Favorite song/band: **I love cover bands! Slowed down, acoustic versions of upbeat songs are my go-to**
 Fun thing worth bragging about: **I am a certified yoga instructor and have been teaching since 2015**



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Name: **Kassidy Earehart**
 Years with Carilion Clinic: **2.5 years**
 Years certified: **7 years**
 Where you went to school(s): **Longwood University**
 Go-to Leisure: **Running, Adventuring, Anything outdoors or in the sunshine ☀️, Snuggling my cats**
 Favorite part of your job with Carilion: **Connecting with the patients and holding space for them to discover their passions, their worth, and all they have to offer.**
 Favorite song/band: **All the Country! 🎵**
 Fun thing worth bragging about: **I owned (and loved!) a horse for 14 years and horses are one of my passions. I have a goal to be certified in Equine Assisted Therapy in the future**

ECHO – Friday, February 18 – 12:00-1:30 pm

- The presenter is the Director of the California Bridge - Arianna Campbell, who will discuss buprenorphine macrodosing, the impact of fentanyl and other



topics related to effective ED Interventions for initiating opioid use disorder treatment. Interested parties not already on our ECHO email list can "register" by emailing me by Thursday at 10 am (February 17th) to receive the Zoom link. There is no cost to participate. cwhartman1@carilionclinic.org

Announcing the Psychiatry Consultation-Liaison Journal Club!

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Please Contact Dr. Rivelli (skrivelli@carilionclinic.org) if you want to be added to the invite list.

Black History Month Event

- **An Unfinished Conversation on a Contested Space**
Virtual Panel: Thursday, **February 17th, 5:30pm-7:00pm**
Click [here](#) for registration and details.

Upcoming programs for Diversity, Equity and Inclusion

- **2/15/2022 - 7:00-8:00 am and 2/16/2022 - 5:00-6:00 pm** – “Bias in Evaluations.” Click [here](#) for information/links.



COVID-19 SUPPORT

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AMERICAN ACADEMY OF PSYCHIATRY AND THE LAW

UPDATE:

SUBMISSION DEADLINE IS MARCH 15, 2022

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53rd Annual Meeting

CALL FOR PAPERS

***The Whole Truth: Recognizing Gender and Culture
in Forensic Psychiatry***

Thursday, October 27 – Sunday, October 30, 2022

Sheraton New Orleans Hotel | New Orleans, Louisiana

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- Registration and Abstract links should be available 1/18/2022. Will update when confirmed.

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Anxiety & Depression
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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
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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Grand Rounds, Thursday, February 17, 2022, 12:00-1:00 pm



2/21/2022

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.
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- OBOT News
- Recreation Therapy Month
- C-L Journal Club
- VTCSOM Student Research Symposium
- Carilion Research Day
- AAPL Submissions
- PSV Lecture Series
- Acupuncture Detox Training
- Autism Study
- AAP Virtual Education Programs
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

Chair's Note

America lost over 100,000 people to drug overdoses in 2021; Virginia alone lost over 2650. The problem has escalated during the pandemic and shows no signs of improving in the first months of 2022. Here at Carilion, we have been working very hard to help those dealing with addiction. One of the very successful opioid use disorder (OUD) programs is our Emergency Department Linkages to Care program funded by the Virginia Department of Health. From a report compiled by Dr. Cheri Hartman, here are a few of the highlights. For the three years of the program, between 70-83% of the patients who presented to the Carilion Medical Center Emergency Department with overdoses or withdrawal were successfully started on suboxone and linked directly to our Outpatient Based Opioid Treatment (OBOT) program. For three years in a row, our 30-day retention rates in the OBOT have been between 60-85%. Over those three years, we've incrementally increased engagement and enrollment of patients who presented with overdose. For those familiar with such efforts, these results are nothing short of wonderful. They reflect the dedication and persistent efforts of teams of people from the Emergency Department, Ambulatory Psychiatry, the Peer Recovery Specialists, and of course the OBOT staff. This data is from our initial Roanoke-based program. We anticipate developing and implementing similar efforts throughout our system of care in the months ahead. This is indeed one of the ways we live up to our mission of advancing the physical and mental health of our communities- and serving as a test bed for innovation that matters.

Bob



Department News

- **Robert Trestman, Ph.D., M.D.,**
 - gave a presentation on medical marijuana to the Roanoke Torch Club in December.
 - was interviewed by JAMA Medical News on “Association of Major Depressive Symptoms with Endorsement of COVID-19 Vaccine Misinformation Among US Adults.”
 - was interviewed by the [Wall Street Journal](#) about mental health treatments on Medicare
 - and was interviewed by [Kaiser Health News](#) on the “No Surprises Act”.
- **2021 TEACH AWARD WINNERS INCLUDED:**
 - Educator Mentorship Award: **Bush Kavuru, M.D.,** Psychiatry and Behavioral Medicine
 - Innovative Teaching Award: The VTCSOM Pre-Clerkship and Clinical Teams led by **Tracey Criss, M.D.,** Heidi Lane, Ed.D., and Tarin Schmidt-Dalton, M.D.
 - Scholarship of Teaching and Learning Award (SoTL): **Sarah Rivelli, M.D.,** Psychiatry and Behavioral Medicine

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Update for CNRV-St. Albans Inpatient Psychiatry – Sasha Rai, MD

1. We now have 3 full time inpatient psychiatrist at Saint Albans and will be adding another psychiatrist in August 2022.
2. We are doing inpatient Ketamine treatment at CNRV and will be doing a pre and post HAM-D rating to see the effectiveness of Ketamine treatment.
3. We are working to develop outpatient Ketamine treatment for patients who we discharge from inpatient service so that we can provide service closer to patient's place of residence in New River Valley Region. Dr. Hamirani, Dr. Khan and Rebecca Wooldridge are interested in providing outpatient Ketamine treatment in CNRV.
4. We are in early discussions to bring ECT back to CNRV, Dr. Khan is interested in providing ECT and has extensive training in this modality. He is also interested in starting a Clozapine Clinic at CNRV.
5. Animal assisted therapy will be offered at CNRV hopefully soon when the pandemic subsides, Laura Taylor and Recreational Therapy staff are talking to hospital administration to facilitate this.
6. New interns for recreational therapy and social work are rotating on the unit and we will be expanding recreational therapy services to offer more of that treatment modality on weekends and weekday evenings.
7. We have an open position for a night shift Psych NP or PA, so if you know anyone who is interested, please ask them to apply.



8. Dr. Khan and Dr. Hamirani have received their Suboxone waiver so we will be expanding the number of patients we treat for opioid use disorder at CNRV.

OBOT News

- Congratulations to Michelle Diehl on her promotion to LEAD Care Coordinator in the Psychiatry Roanoke OBOT program. Michelle was the pioneering FIRST care coordinator for this interdisciplinary team-based treatment model. Her leadership skills have been consistently evident as the OBOT program grew - with a complement today of six care coordinators. This would not have been possible without Michelle's leadership!

Recreation Therapy Month

- February is Recreation Therapy Month...so, what is Recreational Therapy exactly? Recreational Therapy is a mode of therapy that uses leisure education and activities to increase the cognitive, social, emotional, and physical wellbeing of a person. Whether a person was born with a diagnosis, acquired a disability, or needs an activity to be adapted, Recreational Therapy is designed to help an individual become successful in whatever leisure interests they want to pursue! Recreational therapy incorporates a variety of different modalities to help achieve their goals and improve their quality of life. Recreational therapists with Carilion Clinic complete leisure assessments to support patients meet their goals which typically focus on leisure education, leisure awareness, and coping skills. All recreational therapists with St. Alban's and Roanoke Rehab are Certified Therapeutic Recreation Specialists, CTRS.

Announcing the Psychiatry Consultation-Liaison Journal Club!

We will be meeting on the **second Tuesday of the month from 12-1pm.** In person in Psych Conference Room 2 or via Teams. Dr. Rivelli will be presenting on the REDUCE trial and potential impact of haloperidol on mortality in critically ill patients with delirium. Please Contact Dr. Rivelli (skrivelli@carilionclinic.org) if you want to be added to the invite list.

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- **Submit an abstract now for Carilion Research Day 2022:** During Research Day, you'll learn about our community's latest research endeavors through discussions with residents/fellows, faculty, staff, and students. The agenda will be from 7 a.m. to 2 p.m. and the event will be 100% virtual via WebEx. Up to 125 abstracts/case studies will be selected for three poster presentations. The **abstract submission due date is Friday, March 11 at 5 p.m.** Abstracts accepted for poster presentations and RCPs will be notified on Wednesday, March 16, 2022. [Submit your abstract here.](#)

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Psychiatry Adult Case Conference, Thursday, March 3, 2022, 12-1pm

Psychiatry Peds Case Conference, Thursday, March 10, 2022, 12:15-1:15pm

Psychiatry Grand Rounds, Thursday, March 17, 2022, 12-1pm

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2/28/2022

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Chair's Note

The American Hospital Association is a large organization that has historically advocated for the role hospital systems (like Carilion) play in health care and a community's well being. This has been profoundly apparent during the pandemic. Over the past decade, the AHA has increased its focus on behavioral health. Behavioral health issues- depression, anxiety, addiction, equity, and access (among others) - were significant before the pandemic and have only worsened over the past two years. The AHA is now expanding its focus on behavioral health in general and the role of psychiatry in particular. The AHA [Behavioral Health Strategic Priorities](#) include such key issues as integration into general physical health in inpatient, emergency, and primary care settings; health system partnerships with the community to expand access to a continuum of care; stigma reduction efforts; and suicide prevention. Just last week in our AHA Behavioral Health Committee meeting, additional efforts were announced that include a focus on behavioral health workforce support and expansion, improving reimbursement for the work we do, and expanding equity in both access and quality of care. Despite the very real challenges we face, I believe society's growing willingness to openly discuss and address mental illness and addiction is real cause for optimism. The national conversation is opening up to the potential for treatment- equitable, evidence based, and culturally appropriate- to improve the lives of so very many people. I am proud that we are a part of that conversation and the work we do makes a real difference in the lives of our patients and their families.

Bob



Department News

- **Joe Gieck, PhD**, was quoted in TIME “It’s Time to Get Over ‘COVID Shame’”
TIME - [It's time to get over 'COVID shame'](#) Plenty of health conditions, from sexually transmitted infections to mental health disorders, carry damaging stigma—but respiratory diseases typically don’t. “How often do people feel ashamed that they got the flu?” says Joe Gieck, an assistant professor of psychiatry and behavioral medicine at the Virginia Tech Carilion School of Medicine.
- Publication is now available: Mierisch, Cassandra MD; **Hartman, Cheryl PhD**; Quinn, Caleb BA; **Hartman, David MD**. Screening, brief intervention, and referral to treatment (SBIRT) training reduces stigma and prepares orthopaedic providers to identify and intervene in opioid misuse: a prospective cohort study, Current Orthopaedic Practice: March/April 2022 - Volume 33 - Issue 2 - p 126-133.
doi: 10.1097/BCO.0000000000001080
- **Paula Layman and Stephanie Sparozich** passed their LCSW exams. Congratulations to you both!

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Update for Ambulatory Psychiatry – Virginia O’Brien, MD

- Hello colleagues. The outpatient clinic remains busy as the need for psychiatric services grows. We successfully pivoted to majority virtual visits with the Omicron wave earlier this year and will be opening back up to in person visits beginning 3/1/22. In addition, we continue to partner across departments with family and community medicine, internal medicine, cardiology, oncology, colleges in the region, and OBGYN.

During this time, we have seen an increase in the use of e-consults, and **Drs. Pineyro and Wells** have joined our group of physicians responding to these requests. Doing e-consults allows us to positively influence the care of patients in the community who may be unable to see us in clinic or who can forgo an appointment with psychiatry by answering a simple question for their clinician.

In development since last summer, collaborative care will begin enrolling patients on 3/10. This is yet another service that will help us care for patients



in the community without an in person visit. While the 3/10 date is the start of a pilot program, we've received word that family and community medicine is interested in a more rapid expansion of this service and will be meeting to work out the details in the near future.

Our waitlist study is underway. You may recall that this is an iTHRIV grant-funded project between the Department of Psychiatry and Behavioral Medicine and the Virginia Tech Department of Psychology. It was conceived to provide a control group of patients to compare to those in active treatment using measurement-based care. We can tell that it is already helping connect patients to OWL and serves to triage referrals. However, it is not expected to decrease our wait list numbers, which have increased sharply during the pandemic. We do hope that e-consults and collaborative care, along with additional initiatives we are working toward, will help impact the wait list in the big picture.

I'd like to extend a welcome to our new practice manager at New River Valley, **Alex Admidjaya**. We are excited to have him and can already see the difference he is making there. We appreciate **Crystie Vallejo's** dedication and assistance helping transition to new staffing at NRV. Additional developments are that **Dr. Rai** is accepting referrals for patients with neuropsychiatric conditions at NRV, and clinicians and staff are working to expand outpatient ketamine and ECT to NRV in the future. We are thrilled to have two new psychologists joining the group – **Dr. Rebecca McDermott** in March and **Dr. Jeremiah Burkhardt** in early summer.

I'd like to end by noting that **Dr. Jen Wells** has been named the Director of Women's Mental Health and is in the early stages of building partnerships and growing services. **Congrats, Dr Wells!** We look forward to where this will lead.

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Recreational Therapy Month

This concludes our introductions to our Rec Therapist Teams. We appreciate them all!

Name: **Consuela Donyea Gregory**

Time with Carilion: **4 months**

Year certified: **19yrs**

Went to school: **Old Dominion University**

I enjoy listening to music and spending time in nature doing almost anything from hiking in the mountains to swimming in the James River. I'd even go for laying on a rock watching the clouds or the stars and moon or making a snow angel 😊 Nature is beautiful!



My favorite part of the job at Carilion is being able to help patients reach their goals for discharge. If that means giving them information on ways to improve their sleep or what a diagnosis means or helping them to build their coping skills tool kit so they are ready to face life head on. I am so proud to be a part of the Carilion Mental Health Rehab team in working together to meet the patients where they are and giving them the tools they need to navigate their symptoms, take time to focus on their mental health needs, and to improve their quality of life.

Right now I am loving the song "Take Me Away" by Morgan Wade. My favorites change frequently. I love music and find it very therapeutic.

I guess I'd like to brag that I love Recreation Therapy and working in the field of Mental Health so much that I get to work double and enjoy working fulltime with our Veterans at the Richmond VA Hospital on their Inpatient Acute Mental Health unit. I also have an amazing 12 year old son who makes me proud every single day.

COVID-19 SUPPORT

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Name: **Kari Decker, MS, CTRS, ADS**

Years with Carilion: **1, 1 month** 😊

Years been certified: **16**

Where you went to school: **SUNY Oneonta & SUNY Cortland**

My go-to Leisure are Running, Knitting, & Reading

My favorite part of the job with Carilion is learning new ways therapeutic recreation fits within inpatient and working with the different teams to support the patients. I spent 15+ years working in community therapeutic recreation, it was time to do something different and learn new professional things.

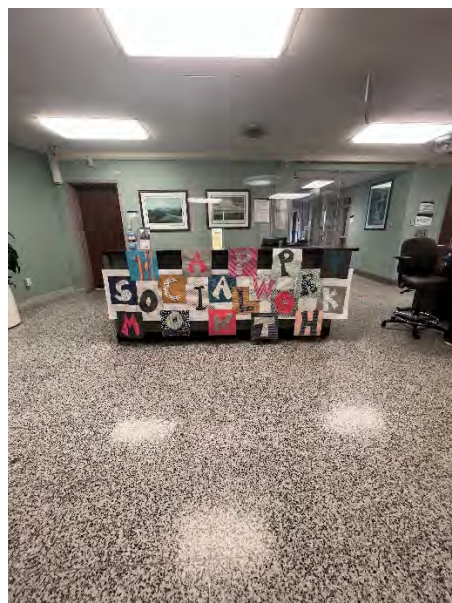
Favorite song/band: Tossup between The Wailin' Jenny's and Garlic Storm

Fun thing worth bragging about.... I just finished my 3rd

(and probably final) ultra-marathon this month. I ran Holiday Lake 50k+ (32.2 miles). It was a beautiful, and very hard day!

Social Work Month – March 2022

March is Social Work Month. Our Social Workers/Mental Health Therapists are found throughout our department - in Connect, Inpatient, Ambulatory, CPEP, and OBOT. Much appreciation to all of you!





APA Psychiatric News

- **Dr. Badr Ratnakaran's workgroup of APA fellows** are featured in Work Group Produces Primer on Structural Racism for Trainees:
<https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2022.03.3.26>

Announcing the Psychiatry Consultation-Liaison Journal Club!

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We will be meeting on the **second Tuesday of the month from 12-1pm**. In person in Psych Conference Room 2 or via Teams. Dr. Rivelli will be presenting on the REDUCE trial and potential impact of haloperidol on mortality in critically ill patients with delirium. Please Contact Dr. Rivelli (skrivelli@carilionclinic.org) if you want to be added to the invite list.

HOLD THE DATE: VTCSOM Student Research Symposium – March 25, 2022 – noon-5:30 pm

Carilion Research Day – Tuesday, April 5, 2022 – Abstract Submission due March 11

- **Submit an abstract now for Carilion Research Day 2022:** During Research Day, you'll learn about our community's latest research endeavors through discussions with residents/fellows, faculty, staff, and students. The agenda will be from 7 a.m. to 2 p.m. and the event will be 100% virtual via WebEx. Up to 125 abstracts/case studies will be selected for three poster presentations. The **abstract submission due date is Friday, March 11 at 5 p.m.** Abstracts accepted for poster presentations and RCPs will be notified on Wednesday, March 16, 2022. [Submit your abstract here.](#)



AMERICAN ACADEMY OF PSYCHIATRY AND THE LAW

**ABSTRACT SUBMISSION DEADLINE IS MARCH 15,
2022**

53rd Annual Meeting CALL FOR PAPERS

The Whole Truth: Recognizing Gender and Culture in Forensic Psychiatry. Thursday, October 27 – Sunday, October 30, 2022; Sheraton New Orleans Hotel | New Orleans, Louisiana

[CLICK HERE TO DOWNLOAD THE CALL FOR PAPERS](#)

[CLICK HERE TO DOWNLOAD CALL FOR PAPERS FREQUENTLY ASKED QUESTIONS](#)

[CLICK HERE TO DOWNLOAD THE FINANCIAL DISCLOSURE FORM](#)

Please be sure to download the Call for Papers and Frequently Asked Questions for reference before submitting your abstract.

[CLICK HERE TO SUBMIT YOUR ABSTRACT ONLINE](#) For problems or questions, contact the AAPL staff by email (office@AAPL.org) or phone (800-331-1389).

Psychiatry Society of Virginia Lecture Series

- Eastern Virginia Medical School is partnering with the Psychiatry Society of Virginia (PSV), Portsmouth Naval Medical Center, and the Hampton Veterans Affairs Medical Center to create a novel virtual, visiting lectureship. We are recruiting attending physicians from across the state to share 30-minute pre-recorded lectures on various topics within psychiatry and mental health. These videos would be collected and saved to the member portal on the PSV website so that residents, trainees, and other attendings across the state can benefit from collaborative sharing of expertise.

Please indicate your interest in creating a video to help educate and inform the future of Psychiatry by emailing Joshua Moran, MD at MoranJS@EVMS.EDU. [Topics of Interest](#)

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Acupuncture Detox (NADA) Training

- The National Acupuncture Detoxification Association trains people in the NADA protocol, an ear acupressure and acupuncture intervention for trauma, substance misuse, abuse, dependence and related behavioral and mental health conditions. Together we promote and advocate for access to holistic health as a right of all communities. **Dr. Sunil Jain** of PMR and Pain Medicine is soliciting interest in NADA training. He is looking to get a group together for a training on campus. The training will be led by **Dr. Victoria Taylor**, a licensed acupuncturist and certified NADA trainer. The tuition (\$500 per person) includes training materials, resource manual, training fee and 1 year NADA membership fee. The total time commitment is 5 half days. The training may be held on Saturdays. There may be an option to do 4 sessions of 6 hours each instead. Students will act as volunteers for each other as part of the training. This course will train the provider in the NADA protocol for addiction, PTSD, smoking cessation, stress and related conditions. Please email Dr. Jain at skjain@carilionclinic.org if you are potentially interested.

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AAP Virtual Education Program Registration is now Open

- **Through June 14, 2022; 4:00 pm - 6:00 pm (central time)**
2nd Tuesday of each month. REGISTER FOR THE SERIES & ATTEND UP TO EIGHT SESSIONS...2021-22 AAP VEP Preliminary Program; CLICK HERE to Register for the 2021-2022 AAP VEP Series NOW! Full session abstract descriptions are available on the registration site



ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO



The link to registration is <https://adaa.org/conference>

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NAMI Resources

- Just a friendly reminder about this resource from NAMI: Covid-19 has been here for a year. 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** - *Virginia Society of Clinical Social Workers - Roanoke Chapter*

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 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.**

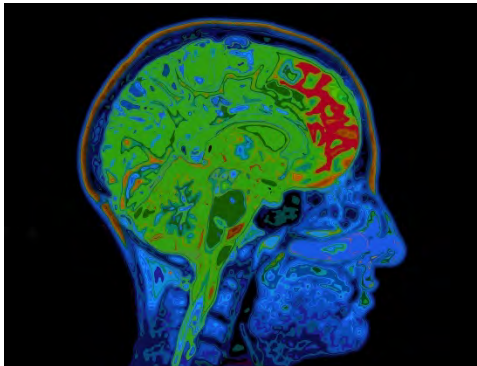


Great Educational article on grief

<https://www.sciencefriday.com/segments/book-the-grieving-brain/>

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How Grief Rewires The Brain

MRI image. Credit: Shutterstock
Being a human can be a wonderful thing. We're social creatures, craving strong bonds with family and friends. Those relationships can be the most rewarding parts of life.

www.sciencefriday.com

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



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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, PhD 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
- **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 !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Adult Case Conference, Thursday, March 3, 2022, 12-1pm

Psychiatry Peds Case Conference, Thursday, March 10, 2022, 12:15-1:15pm

Psychiatry Grand Rounds, Thursday, March 17, 2022, 12-1pm



1/4/2022

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.

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- CBHDS Drop-In Zoom Biostatistics Consulting
- NAMI Resources
- VNS Therapy
- Wellness
- Grand Rounds and Case Conferences

Note from the Chair

We made it through the incredibly challenging year of 2021. A pandemic, social upheaval, and political instability will be closely tied to any review of the year 2021. So, too, will be the remarkable resilience and dedication of healthcare professionals. And despite the overlapping storms of illness and increasing psychiatric distress and suffering- depression, anxiety, addiction- we continued to innovate and deliver extraordinary and compassionate care. We have learned a lot over the past year- rapid innovation, tolerance of ambiguity, and overcoming whatever challenges we faced each day. That knowledge and those tools will serve us well throughout the future. The first few months of 2022 will likely continue to present us with challenges. The omicron variant is surging and will persist over the next month or two as we transition from pandemic status to a more flu-like endemic illness pattern. For those who are basically healthy, vaccinated and boosted, the threat of serious COVID illness is modest. But many of our patients are not so well protected. We owe it to them to help them overcome fear and misinformation and get vaccinated. We also owe it to them to wear N95's and other appropriate PPE so that we do not spread the virus. The end is in sight; spring will most likely bring with it the end of the acute phase of the pandemic. We have often noted that dealing with the pandemic is like running a marathon- it is critical to pace ourselves. Well, the most challenging part of a marathon is often the last few miles. I believe we are now in that phase and can't let up. Let's be true to ourselves and our mission. Let's support each other and our patients by sharing that most precious gift, built upon our skill and knowledge of healthcare: compassion and hope.

With sincere and warmest wishes for a healthier and happier 2022,

Bob

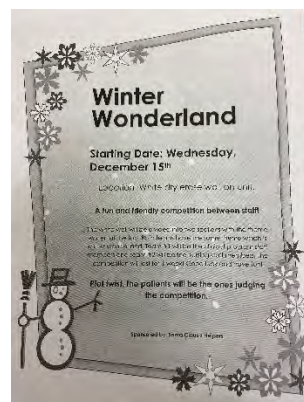


Department News

- **Dr. Abhishek Reddy** has had the following abstracts accepted for presentation at the 30th European Congress of Psychiatry, April 2-5, 2022, Budapest Hungary: "Bullying victimization in children and adolescents and its impact on academic outcomes" and "Bright Light Therapy for MDD in Children and Adolescents: a narrative review of literature."
- **CNRV-St. Albans staff** participated in a friendly competition "Winter Wonderland." The outcome was a tie!

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MBC Work-group Manuscript Accepted

- The Carilion Clinic-VTC SOM and VT Psychology Measurement-Based Care (MBC) work-group has had their manuscript entitled "Effects of COVID 19 in Adult Ambulatory Psychiatry: Using Patient Rated Outcome Measures (PROMs) and Telemedicine" accepted for publication in the Journal of Telemedicine and e-Health!

This study showed that patients who engaged in psychiatric services incorporating PROMs had improvements in mental health during the COVID-19 pandemic.

Our study team includes Virginia O'Brien, Anita Kablinger, Rob McNamara, Mattie Tenzer and Hunter Sharp (Carilion-VTC SOM) and Lee Cooper, Alyssa Gatto, Hayoung Ko and Sydney Jones (Virginia Tech Department of Psychology).



Moving forward, the team is assessing facilitators and barriers to implementing MBC in an ambulatory setting and developing educational materials for clinicians to maximize MBC use.

In addition, the team recently received an iTHRIV award from the CTSA that will be used to evaluate different interventions for the extensive adult ambulatory wait-list.

Please don't hesitate to talk to a member of our team about MBC and your role in this important patient care endeavor!

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Acupuncture Detox (NADA) Training

- The National Acupuncture Detoxification Association trains people in the NADA protocol, an ear acupressure and acupuncture intervention for trauma, substance misuse, abuse, dependence and related behavioral and mental health conditions. Together we promote and advocate for access to holistic health as a right of all communities.

Dr. Sunil Jain of PMR and Pain Medicine is soliciting interest in NADA training. He is looking to get a group together for a training on campus. The training will be led by **Dr. Victoria Taylor**, a licensed acupuncturist and certified NADA trainer. The tuition (\$500 per person) includes training materials, resource manual, training fee and 1 year NADA membership fee. The total time commitment is 5 half days. The training may be held on Saturdays. There may be an option to do 4 sessions of 6 hours each instead. Students will act as volunteers for each other as part of the training. This course will train the provider in the NADA protocol for addiction, PTSD, smoking cessation, stress and related conditions. Please email Dr. Jain at skjain@carilionclinic.org if you are potentially interested.

iThriv Grant awarded to Psychiatry

- **Psychiatry was awarded one of the iThriv pilot funds - Assessing telepsychiatry.** Carilion Clinic Psychiatry and Virginia Tech Psychology departments have been successfully using Patient Reported Outcome Measures (PROMs) to assess the severity of mental illness and health outcomes after in-person psychiatric treatments. The COVID-19 pandemic, however, necessitated a rapid transition nationally from in-person to virtual services. Initial results indicate that patients who received care via telepsychiatry showed improvements in depression, anxiety and psychological functioning. However, without a control group of untreated



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patients, the impact of telepsychiatry and PROMs remains unclear. A research team led by **Anita Kablinger**, clinical trials research director at Carilion Clinic, and Lee Cooper, clinical associate professor and director of the Psychological Service Center and the Adult Assessment Clinic in Virginia Tech's Department of Psychology in the College of Science, proposes creating a control group in which patients awaiting treatment will be randomly assigned to one of two control groups: One group will complete PROMs monthly and have access to microlearning patient education videos, and a second group will not receive intervention but will complete the PROMs upon admission to the waitlist and right before being seen by a provider. This will allow the team to assess the influence of telepsychiatry treatment and the effect of repeated PROMs, offering indications for continued availability of PROMs in conjunction with telepsychiatry services post-pandemic. For more info on iThriv grants [Read More](#)

New Autism Study

- We are now recruiting patients for an autism study investigating the impact of a new drug on symptoms of irritability in adolescents. Eligible patients must be 13 to 17 years old, have a documented diagnosis of autism spectrum disorder, and have GI symptoms such as constipation or diarrhea. Eligible patients cannot currently be using antipsychotic medications, oral controlled or extended-release medications, or have a comorbid major psychiatric condition such as bipolar disorder or schizophrenia. If you have any questions or would like more information, please contact Bryce Lewis at 540-494-8285 or brlewis@carilionclinic.org. If you would like to refer a patient for this study, please contact Dr. Anita Kablinger.

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2021-22 AAP Virtual Education Program

November 9, 2020 - June 14, 2022; 4:00 pm - 6:00 pm (central time)

2nd Tuesday of each month (see below for session dates)

REGISTER FOR THE SERIES & ATTEND UP TO EIGHT SESSIONS...**2021-22 AAP VEP**

Preliminary Program; [CLICK HERE](#); [CLICK HERE](#) to Register for the 2021-2022 AAP

VEP Series NOW! Full session abstract descriptions are available on the registration site



ADAA 2022 Anxiety & Depression Conference – March 17-20, 2022 – Denver, CO



Anxiety & Depression
Association of America
Triumphing Through Science,
Treatment, and Education

The link to registration is <https://adaa.org/conference>

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CBHDS Drop-In Zoom Biostatistics Consulting

- Dear Virginia Tech and Carilion Clinic Research Community: We hope you are settling nicely into the new academic year. This is a reminder that the [Center for Biostatistics and Health Data Science](#) offers [Drop-in Zoom Consulting Hours](#) every Monday and Wednesday, **at no cost to you**, to support your research efforts. If you are unfamiliar with our services, [please check out our short video here](#). We also invite you to read about recent [CBHDS News and Events](#)!

Links and Information:

WHAT: [Drop-in Zoom Consulting Hours](#) for Biostatistics Support

WHO: Open to ALL! Short-term, drop-in consulting provided compliments of the [iTHRIV CTSA](#) by [CBHDS's team of biostatisticians](#)

WHEN: Every [MONDAY, from 10am – 2pm](#); Every [WEDNESDAY, from 3pm – 7pm](#) (to accommodate those who cannot make it during typical business hours)

HOW: To participate, please click the link above at your preferred time. If you would like further information about our [Zoom consulting hours](#) please visit our [website](#).

WHAT TO EXPECT: When you [click the link to our consulting hours](#), you'll arrive in our Zoom waiting room. We'll 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're ready to see you. If you have any questions while in the Zoom waiting room, please send us an email at biostats@vt.edu and we'll get back to you expeditiously. (Contact Emily Bezar if you have questions: emilybezar@vt.edu)

NAMI Resources

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Upcoming Grand Rounds and Case Conferences

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Psychiatry Pediatrics Case Conference, Thursday, January 13, 12:15-1:15 pm

Psychiatry Grand Rounds, Thursday, January 20, 2022, 12:00-1:00 pm



1/10/2022

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Note from the Chair

Heroism. We often think of it as an acute event- pulling someone from a burning building or quickly administering a life-saving medication. While true, I believe that image undervalues the hard part of heroism- persistently and with little recognition doing the right thing to make the world a better place. At the beginning of the pandemic, health care workers- all of us- were called “heroes.” The adulation faltered over time, but the demands on us have not only continued, they have increased. Overdose deaths have increased remarkably, as has depression, anxiety, and a profound sense of despondency among millions of Americans. We have nevertheless found ways to care for a growing number of people, young and old, during this pandemic. And it has taken a toll on us- many of us feel tired, frustrated, even angry at times. But we keep coming to work, caring for our patients, and developing ways to improve care and access to care, each and every day. That is what I see as heroism- persistently doing the right thing to make the world around us, one action and one person at a time, a better place. What you do matters and indeed makes a difference. Whether someone else shouts aloud, “You are a hero,” please take a moment to acknowledge to yourself that your work and your commitment is at the heart of heroism. And for that, we should all be proud.

Bob

Department News

- **Dr. Sulaimon Bakre** has a published article in the journal “Case Reports in Psychiatry.” Sulaimon Bakre, "COVID-19 Induced Brief Psychotic Disorder: A Case Report and Review of Literature," Case Reports in Psychiatry, vol. 2022, Article ID 9405630, 3 pages, 2022.



<https://doi.org/10.1155/2022/9405630>.

Upcoming programs for Inclusion and Diversity

- 1/12/2022 - 12:00-1:00 pm Part 1 – “LGBTQ+ Inclusion in Medicine – Concepts, Terms, and Their Nuances”
- 1/19/2022 - 12:00-1:00 pm Part 2 – “LGBTQ+ Inclusion in Medicine -Planning for and Accommodating Queerness.”
- 2/15/2022 - 7:00-8:00 am and 2/16/2022 - 5:00-6:00 pm – “Bias in Evaluations.” Click [here](#) for information/links.

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VTCSOM Movie Event January 18

When - Tuesday, January 18 at 2pm

Where - The screening will be online and a discussion will follow afterwards

About the movie - THE FIRST WAVE is a testament to the strength of the human spirit. With exclusive access inside one of New York's hardest hit hospital systems during the terrifying first four months of the pandemic, we can view the emotional and societal impacts of the pandemic. Click [here](#) for registration.

Upcoming January 20th Grand Rounds

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Note from Dr. Mike Friedlander, Executive Director of FBRI

Dear Carilion Colleagues,

This pandemic seems to go on and here at the Fralin Biomedical Research Institute at VTC, we are acutely aware of the continuing challenges it is putting on all of you and the entire health care system. It seems like only yesterday that this all began and people all over the country, including here in Roanoke, were reaching out to show their appreciation for the selfless work that health care providers do every day in support of our community's health



(e.g. thank you drive-bys, banging pots and pans, signs thanking health care heroes). Like all things, people get complacent (or numb) over time and while I know that CC leadership regularly acknowledges and values the incredible work that you all do, I wanted to be sure that you heard that message loud and clear from your colleagues here at the research institute, where we don't have as much opportunity to interact with you and express our support and appreciation on a daily basis.

THANK YOU! For every day that you go to work and face serious illness and mortality in your patients, doing all that you can for them and their loved ones; for every day that you put your own health at risk for the benefit of others; for sacrificing your personal and family time to pull extra shifts and respond to the crisis with your expertise, skills and knowledge; for hanging in there when the goalposts for reaching the end of the pandemic seem to keep moving farther into the future; and for being part of this community that we all call home. **THANK YOU!**

We are proud to be your friends and colleagues and are extremely grateful for your contributions that make our community a better and safer place for us and our families.

Sincerely,
Mike

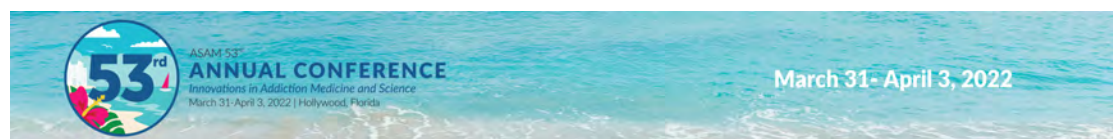
Michael J. Friedlander, Ph.D.

Virginia Tech Vice President for Health Sciences and Technology, Virginia Tech
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Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

Psychiatry Pediatrics Case Conference, Thursday, January 13, 12:15-1:15 pm

Psychiatry Grand Rounds, Thursday, January 20, 2022, 12:00-1:00 pm

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1/17/2022

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Note from the Chair

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- Note from the Chair
- Department News
- Psychiatry Residency Update
- Inclusion and Diversity programs
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- January 20 Grand Rounds
- ECHO Jan. 21
- ASAM Annual Conference Call for Abstracts
- PSV Lecture Series
- Acupuncture Detox Training
- New Autism Study
- AAP Virtual Education Programs
- VTC SOM Student Research Symposium
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One concept most everyone agrees on is the need for fairness. We all want to be treated fairly. We want to be included in decisions that impact our lives. We want a level playing field when it comes to equitable access to resources like health care in general and mental health care in particular. As we celebrate Dr. Martin Luther King Jr. Day today, there are some striking concerns regarding equity in Virginia. 93 of Virginia's 133 localities are federally-recognized areas with inadequate numbers of mental health professionals. Over a third of Virginians live in those localities. Two localities have literally no licensed behavioral health (BH) professionals, while 35 localities have no trained BH prescribers. 20% of Virginians live in communities with no or a few BH professionals. Many, if not most, of the households there don't have broadband access and therefore can't access tele-health services. Virginia localities with no or a few BH professionals have increased rates of addiction, functional impairment, and suicidality. Virginia's behavioral health workforce does not reflect the racial and ethnic diversity of the Commonwealth's population, making culturally meaningful communication and care challenging. And, to top it off, 61% of Virginia's current psychiatrists are age 55 or older and there aren't nearly enough trainees to replace them. For more detail, please do look at the full [report](#). Despite those challenges, though, there is reason for optimism. Major investments are being made in broadband access, which will reduce the "internet divide" and allow people to connect to tele-health services. Investment is being made in expanding BH training programs and in expanded health insurance coverage. And the stigma surrounding mental illness and addiction is diminishing. As we talk about the facts of depression, anxiety, trauma, and addiction, we raise awareness and encourage greater investment in needed care. We are working to level the playing field and are making genuine strides in improving health equity. Don't give up the dream!

Bob



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Psychiatry Residency Update – Michael Greenage, DO

- Recruitment season is getting ready to wrap up. We had well over 1000 applications submitted to our program and will interview a total of 91 applicants for 8 PGY1 positions. Match Day is March 18th and we will share information on our incoming PGY1 class at that time. I would like to give a sincere thank you to all faculty and residents who have assisted with this interview season. I would also like to thank Amanda and Melissa for all of their hard work handling the logistics of all of the interviews. ITE scores for every class were over the national averages this year which is a testament to managing to give great teaching even in the virtual format. Thanks to everyone helping.

Upcoming programs for Inclusion and Diversity

- From Virginia Tech: Take advantage of the many learning experiences available this week, including social justice activist Fania Davis' keynote remarks this evening, an art exhibit celebrating Dr. King and Black History Month, and a performance by musician and activist Angélique Kidjo. You will also have an opportunity to hear one of America's leading Black scientists, Karine Gibbs, discuss her research regarding "micro-crowdsourcing." More information and a full schedule of events is available on the [Cultural and Community Centers' calendar](#).
- 1/19/2022 - 12:00-1:00 pm Part 2 – "LGBTQ+ Inclusion in Medicine -Planning for and Accommodating Queerness."
- 2/15/2022 - 7:00-8:00 am and 2/16/2022 - 5:00-6:00 pm – "Bias in Evaluations." Click [here](#) for information/links.



VTCSOM Movie Event January 18

When - Tuesday, January 18 at 2pm

Where - The screening will be online and a discussion will follow afterwards

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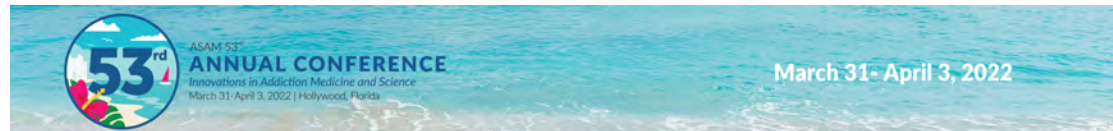
ECHO – January 21, 2022

- January 21st - 12 noon Zoom-based virtual training opportunity. The topic of this ECHO session is on "The DEA and its role in combatting the opioid epidemic: what health care team members need to know." RSVP to Cheri Hartman by 12 noon on Thursday, January 20th, to be added to the email list to receive the Zoom link for the Friday session (if you're not already on the ECHO email list): cwhartman1@carilionclinic.org. This ECHO session will not be recorded for future viewing. CMEs Category 1 will be offered to Carilion clinicians for FREE. Others can receive a certificate of completion to submit for Category 2 CME credit or CE credit from your professional organization.



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1/24/2022

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Bob

Department News

- Congratulations to **Drs. Doifode, Barman** (previous chief resident at CC-VTCSOM Psychiatry) and **Kablinger** on the publication of Barman R, Majumder P, Doifode T, Kablinger A. **Newer antipsychotics: Brexpiprazole, cariprazine, and lumateperone: A pledge or another unkept promise?**



World J Psychiatry 2021; 11(12): 1228-1238

URL: <https://www.wjgnet.com/2220-3206/full/v11/i12/1228.htm>

CNRV-St. Albans Update – Laura Taylor, Director

St. Alban's has welcomed two new faculty to the Psychiatry team: Dr. Rai and Dr. Khan.

COVID-19 SUPPORT

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Dr. Sasha Rai is serving as Medical Director for St. Albans. Dr. Rai is originally from New Delhi, India. He has traveled and lived in many places, including Southern Africa, Brooklyn, Denver, and Omaha before settling in the New River Valley. Dr. Rai completed his education at SSR Medical College in Mauritius. He then completed his residency at SUNY Downstate, Brooklyn, NY, Forensic Psychiatry Fellowship at the University of Colorado and a Neuropsychiatry Fellowship at the University of Nebraska. Dr. Rai's most influential experiences surround his time providing care in Denver, CO jails as well as the Colorado State Prison System. This experience allowed him to treat the most severely ill psychiatric patients and also exposed him to a variety of psychopathologies. Not only did this experience provide him with caring for those in the system, it also exposed the greater issue regarding treatment and its correlation with re-offending. Dr. Rai will be leading the way as Medical Director while also specializing in Neuropsychiatry and Addiction medicine, provided through in person and telepsychiatry visits. His future goals for St. Albans include offering Transcranial Magnetic Stimulation and Ketamine Treatment.

Dr. Ahmad R Khan is an Adult Psychiatrist at the Department of Psychiatry and Behavioral Medicine. He received his medical degree from Services Institute of Medical Sciences, Pakistan in 2012. He then completed his psychiatry residency at the University of North Dakota School of Medicine and Health Sciences. He received Electroconvulsive therapy (ECT) training and certification during his residency and served as the American Psychiatric Association, Resident Fellow Member representative for North Dakota. His clinical interests include Treatment-Resistant Schizophrenia, depression, Neuromodulations, Clozapine, LAI antipsychotics, Medication-Assisted Treatment for substance abuse, and Borderline Personality Disorders. He has a passion for increasing mental health awareness in developing countries. He has been involved in different activities, including Facebook/Instagram live sessions, writing articles for local newspapers, and running various social media initiatives. He is currently interested in addressing the barriers to Clozapine use by starting a Clozapine Clinic for Carilion Clinic Psychiatry Residents. He is also in the process of becoming eligible to apply for the Addiction Medicine Board by the Practice Pathway. Dr. Khan will be providing a blend of in person and telepsychiatry. His future goals for St. Albans include and support Dr. Rai's focus of Transcranial Magnetic Stimulation and Ketamine Treatment as well as establishing a Clozapine Clinic for psychiatry residents.



Dr. Faiq Hamirani continues to provide inpatient care as well as care in ambulatory services. He is actively participating in the establishment of the Ketamine Treatment program. **Dr. Ramon Pineyro** continues to support the NRV with a blend of in person and telepsychiatry consultation. **Dr. Celia Trotta** is a daily support on the inpatient unit as the team grows.

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Links and Information:

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WHO: Open to ALL! Short-term, drop-in consulting provided compliments of the [iTHRIV CTSA](#) by [CBHDS's team of biostatisticians](#)

WHEN: Every [MONDAY, from 10am – 2pm](#); Every [WEDNESDAY, from 3pm – 7pm](#) (to accommodate those who cannot make it during typical business hours)

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If you have department-specific ideas for well-being or addressing physician/care team distress, contact Dr. Angela Nardecchia at acnardecchia@carilionclinic.org !

Upcoming Grand Rounds and Case Conferences

Virtual invites will be sent out by Emily West.

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1/31/2022

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.

Note from the Chair

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- Diversity, Equity and Inclusion programs
- PSV Lecture Series
- Acupuncture Detox Training
- New Autism Study
- AAP Virtual Education Programs
- VTC SOM Student Research Symposium
- Carilion Research Day
- ADAA 2022 Anxiety & Depression Conference Submission Deadlines
- CBHDS Drop-In Zoom Biostatistics Consulting
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- Grand Rounds and Case Conferences

There is an expression where I was raised in New Orleans. It goes, “When you are up to your *(fill in preferred body part here)* in alligators, it is hard to remember why you came to the swamp in the first place.” As we have focused on the immediate and critical demands of caring for those with mental illness during the pandemic, it is understandable that we have not focused as much on the broader opportunities and challenges of Carilion’s mission “to improve the health of the communities we serve” and our Department’s mission to “advance the mental and physical health of our communities.” One of the ways in which we are doing so is our engagement in the National Institute of Health (NIH) funded ***integrated Translational Health Research Institute of Virginia*** ([iTHRIVE](#)). This collaboration between Virginia Tech, Carilion, the University of Virginia, and Inova exists to bring improved clinical care to our communities. Carilion has been a key partner in this evolving program from the outset. Now in its fourth year, it has matured to the point of focusing more on community engagement. In the months and years ahead, I look forward to sharing more with you about the opportunities for learners, staff, and faculty to engage with our communities to bring evidence-based initiatives that will advance mental health and psychiatric care. Please feel free to contact me with any questions.

Badr

Department News

- **Dr. Badr Ratnakaran** has been selected to serve on the Assessment Task Force of the [National Neuroscience Curriculum Initiative](#) , a collaboration of educators and neuroscientists. Congratulations Badr!

CRMH and CNRV-St. Albans Update – Peggy Myers, Senior Director



- We have started 2022 off with some great energy! Here's what's happening around our Ambulatory Services....

Ambulatory Clinics:

CNRV will be welcoming **Alex Amidjaya** to our ambulatory clinic as our new Practice Manager. Alex is coming to the NRV from Richmond, VA. He has his MBA in Healthcare Administration from Maryville University, St. Louis, MO. He has experience in business operations, project management, leadership and development. Additionally, Alex has a strong understanding of IT, business and data analysis, leadership skills and knowledge in the healthcare industry. His first day with Carilion will be February 7th. We are so excited to welcome him to the team! Alex will be supporting both of our new HAA's: **Lauryn Wiley and Katie Ford**.

Roanoke has had over 100 individuals triaged on our waitlist for ambulatory psychiatry by **Ashlie Phenex** (our Triage Mental Health Therapist). In doing so, we have been able to personalize the care of each individual while on the waitlist - targeting specific psychosocial information, goals, and unique needs. We have also been able to increase the patient's understanding of OWL as a tool to further enhance their treatment experience, and are seeing increased use of this tool monthly following triage. The majority of patients have received microlearning education videos (Mytonomy), and information regarding other Carilion Clinic services. Additionally, the majority of patients have received information regarding community-based resources while waiting to meet with a psychiatrist to increase patient care and bridging the gap between clinic and community. We are waiting for IRB approval to begin researching the impact that ongoing Patient Rated Outcome Measures have on patients before meeting with their psychiatrist to further understand the impact of OWL. Thank you, Ashlie and outpatient team!

Psychological Services:

We confirmed hire of **Rebecca McDermott, PhD** to CNRV with start date mid-March.

The Center for Grief and Healing is moving forward with development of a website to be available by the end of February, 2022; this will provide a list of available and active services to assist with grief, loss, resilience, and healing. We are also starting to interview for the Director position.

OBOT:

Dr. Cheri Hartman has had her 10-year employment anniversary with Carilion Clinic. **Thank you for your service, Cheri!**

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Drs. John Burton, David Hartman and Cheri Hartman presented at a statewide webinar on our ED Bridge to Treatment model on January 14th attended by 72 participants. The good news is that six hospitals have signed up to become "early implementers" of this model, working with our ED Bridge team to put the essential elements for this portal for accessing treatment for the opioid use disorder into place. Together with our Carilion ED Bridge team I have finished the Virginia Guidelines for Building a Bridge from the ED to the Shorelines of Treatment, which has been made available as a resource to these six hospital systems. Peer recovery specialists' support, immediate access through iPad Amwell communications, having social workers dedicated to conducting the ASAM assessments, care coordinators in our ambulatory division at the ready to assist with warm handoffs, getting 49 Emergency Doctors waived - as led by Drs. Burton and Karen Kuehl; Dr. David Hartman's training on Medications for Opioid Use Disorder, and opening rapid access to treatment opportunities with the support of our whole OBOT team (office-based opioid treatment) -- all of these important contributions -- have led to successful outcomes and statewide recognition. With overdose fatalities reaching an all-time high in 2021, this Virginia ED Bridge Replication project couldn't be more timely.

CONNECT:

Kirsten Osborne is newly licensed as an LPC. Congratulations, Kirsten!

CONNECT also received recognition from the leadership at New River Valley Community Services Board for partnering with them to prevent a negative outcome for one of their acute patients. It was a situation that spanned over multiple shifts, involved creativity for finding a positive solution, and rapid communication between multiple stakeholders at Carilion and in the community.

Inpatient Therapy Rehab:

Adjunctive Therapists have been providing quality groups for all patients at Roanoke Rehab. Patients in the COVID positive pod have been participating in virtual groups offered twice a day. Patients who are waiting on their second negative test are offered 1:1 groups and given resources to help with their treatment including a Wellness Journal, a personal journal, cards, and puzzles. All other patients can participate in groups including Music Making with **Eric Stachelski** MS, MT-BC, Expression Art Emotional Identification with **Shelby Wynn** MS, ATR, LPC, Recreational Coping Skills Catchphrase with **ToniRose Alicea**, CTRS, and Leisure Awareness Challenge with **Kassidy Earehart**, CTRS. The therapists have been doing a great job of being flexible as changes occur, and keeping the patient's treatment as their focus. **Katie Conoboy** passed her LCSW exam. Congratulations, Katie!



Welcome to **Malvona Ross-Sohl**, who will be joining our Consult team on 2/13/22 as a Mental Health Therapist. **Taylor Cole** will be moving to work with our Inpatient Teams.

Best wishes to **Katie Conoboy**! Katie will be transferring in February to work with Carilion's EAP team. **Tonirose Alicea** will also be moving on to another opportunity in February. Thank you for your contributions at Rehab. Welcome to **Juli Delorso**, student Intern from Radford University.

ECHO February 4, 2022

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- The next ECHO session will be on Friday, February 4th at the later start time of 1:00 pm. The topic is on "Harm Reduction - An Essential Part of the Recovery Path" - all are welcomed to join this virtual learning FREE CME opportunity. The speaker is the Interim Executive Director of the Virginia Harm Reduction Coalition. If someone is not already on the Carilion ECHO email list, please email Dr. Cheri Hartman by Thursday, February 3rd to receive the Zoom link for Friday. cwhartman1@carilionclinic.org

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