

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
FEBRUARY 2022

REMEMBER

Please send me your accomplishments and personal updates for the March 2022 Kudos

SAVE THE DATES

FACULTY DEVELOPMENT SEMINARS

The next faculty development seminar is on Wednesday June 15, 2022 from 9:00-10:30am on Difficult Conversations with Colleagues and Trainees.
<https://zoom.us/j/6213030759?pwd=dzB1aWU5TFRVbTZwK2JFd3R6WTh2dz09>

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am and will be on [Zoom](#).

CE WORKSHOP SCHEDULE

None reported

SPOTLIGHTS

ADJUNCT FACULTY SPOTLIGHT: Ray Kotwicki, MD

Ray Kotwick came to Emory in 2001 because of the amazing post-doctoral fellowship in community psychiatry and public health. This was a unique training opportunity championed by Dr. Steve and Carol Levy, as well as Dr. Miles Crowder and Dr. Nadine Kaslow through which psychiatrists earned a master of public health degree while completing their residency. His project focused on establishing a mental health program (including Balint Process Groups!) at what-was-then Atlanta's largest homeless shelter. Ray studied health policy and management at the Rollins School of Public Health, which drew him toward developing and running programs. His first faculty position in the Department was as Medical Director of Community Outreach Services at Grady. They were able to establish a diverse stakeholder collaboration to develop two Assertive Community Outreach teams and provide physical and mental health care in the community to those patients who traditionally were the highest utilizers of services.

In 2005, Ray was asked to serve as part-time medical director of Skyland Trail, a private, non-profit residential and intensive out-patient program. Initially, he was skeptical of this move because he viewed himself as a community psychiatrist, a.k.a. a psychiatric physician who worked with patients who had no resources in the public sector. Ray quickly learned community psychiatry really should refer to the importance of leveraging support, insight and encouragement from one's community in recovery from mental illnesses rather than who pays for treatment. As such, he feels like he continues to practice community psychiatry as the Charles B. West Chief Medical

Officer at Skyland Trail. The Organization has grown since 2005 to include 215 staff with seven psychiatrists, a stand-alone adolescent facility, and a strong connection to Emory's Department of Psychiatry and Behavioral Sciences.

The second half of Ray's part-time position at Skyland Trail before 2016 was to direct medical student education for the Department and co-direct the longitudinal "Becoming a Doctor" curriculum for the Emory School of Medicine. He loved getting to know every medical student and helping mentor their career development. In fact, one student from his tenure in this role, Dr. Ben Hunter, now serves as the Medical Director of Professional Services with him at Skyland Trail. Fostering bright, engaged and compassionate trainees to blossom into game-changing professionals has been one of the highlights of my career. And because he doesn't have biological children, he considers amazing people like Ben as his legacies.

Teaching medical students and public health students continues to be one of Ray's favorite aspects of his job. They have elective and some clerkship students who rotate through Skyland Trail where they have the exciting/scary chance to engage with patients in individual psychotherapy with immediate feedback from the psychiatrists. Some students really thrive in this setting and fall in love with psychiatry in large part because psychotherapy can be so stimulating and impactful. Many other clinical training sites do not offer the opportunity for trainees to experiment with individual psychotherapy so it's wonderful the Emory students can be exposed to this vital component of psychiatry at Skyland Trail. Dr. Rakofsky has been an inspiring and stellar Director and continues to advance trainees' learning experiences which helps recruit new talent into our specialty.

The camaraderie with academicians within the Department is extremely exciting and helps Skyland Trail physicians feel more connected to thought leaders within the field. Dr. Bill McDonald is a member of Skyland Trail's Board of Directors and National Advisory Board and has been a personal mentor and friend to Ray over the years. He challenges him to think of applications of scholarship in psychiatry within service-driven programs like those offered at Skyland Trail, and not infrequently challenges some of the research and outcome assessments to try and meaningfully contribute to mental health literature and understanding. Being challenged and pushed to be one's best and to continue to learn, grow, and evolve is a massive benefit of being an adjunct faculty member at Emory.

Ray is a repressed chef. He loves to cook and try new restaurants for inspiration. He believes food and socialization surrounding eating with others serves as metaphors for many aspects of mental health and community development. One of his favorite things to do on vacations is to take cooking classes. Ray attended Thai and Indian cooking school in London, Italian classes in Rome and a very demanding course that focused on haute French cuisine in Paris. He is certain that he overestimates his culinary skills, as one dish studied and (theoretically) mastered in France – bananas Vesuvius – requires flambéing or setting the sauce on fire. At a home dinner party this resulted in setting the wall on fire and charring the ceiling! Hence, he remains a very content psychiatrist.

STAFF SPOTLIGHT: Elise Rodriguez

Elise Rodriguez supports the department of Psychiatry and Behavioral Sciences with matters surrounding finance/budget, project management, human resources and data utilization.

Elise finds purpose in supporting healthcare teams because their work matters, and in supporting these teams, her work also matters. More specifically, she is excited to rejoin a Psychiatry and Behavioral Sciences team as she is passionate about this specialty.

Elise takes pride in the teams she has developed and those who emerged as leaders following her support in their professional development. She is excited to witness their successes as they continue to grow in the Emory family. To note other accomplishments, she was selected to be a DEI council member for the Physician Group Practices at Emory Healthcare and served as a workgroup member to bring telemedicine to Primary Care.

Looking ahead, Elise is focused on obtaining her MBA and embracing all opportunities that will expand her knowledge on healthcare finance, operations and academic health systems. She would also like to be more involved in initiatives supporting representation and inclusivity of women of color in healthcare administration.

Outside of Emory, Elise is a part of the Big Sister program and an active volunteer. She also enjoys travelling, reading and exploring the outdoors with her yorkie, Joy. She also carves out time for community work in partnering with Volunteer Emory and helping out at the Fulton County animal shelter. She is awaiting a match in the Big Sister program and look forward to having an impact on local youth one little at a time. Her involvements outside of the workplace are one of a mid-level professional with a budding interest in DEI. She attends virtual DEI conferences and reads the latest publications on DEI resources and initiatives of health systems and academic institutions similar to Emory. She also actively participates in ERG Alliance trainings and conferences.

TRAINEE SPOTLIGHT: Cody Overmyer, MD

Cody Overmyer is currently a PGY-4, Emory VA psychiatry chief resident and a member of the Faculty Development Educational Materials Workgroup. His responsibilities as chief resident includes onboarding residents and students, organizing resident noon lectures and case conferences, creating and maintaining the call schedule, coordinating with Morehouse psychiatry and other administrative/managerial tasks.

The most enjoyable part of Cody's work is developing long-term therapeutic relationships with his patients. He enjoys getting to know them, hearing their stories and seeing improvements in their mental health.

Key highlights of Cody's career includes conducting research as an undergraduate about the interactive effects of extrinsic contingency focus and exclusion/inclusion on consumer product preferences; part of the first class at Western Michigan University Homer Stryker MD School of Medicine where he was also a member of the curriculum committee for four years; conducted research in medical school regarding views on the state of mental health collaboration; during his PGY-3 year at Emory he created a psychiatric resource guide that he shared with his colleagues. He is also working the Faculty Development Educational Materials Workgroup to adapt it into an ongoing resource for the Emory community; and working as the Emory psychiatry VA chief this year.

In the future he plans to practice outpatient psychiatry. His goals are to provide excellent patient care and be an advocate for my colleagues.

Cody's interests outside of work include spending time with his wife (Kristen), labradoodle (Mellie) and cat (Teek). He enjoys spending time with family and friends, checking out new restaurants and breweries, traveling, reading and playing games.

FACULTY DEVELOPMENT COMMITTEE UPDATES

None reported

DISC UPDATES

Purim – Shoshana Krohner, MA, Clinical Psychology Intern – Purim, which literally means “lots” is a Jewish holiday, the Feast of Lots, that commemorates exiled Jews being saved from persecution in ancient Persia, around 5th century BCE. According to the Book of Esther in the Torah, the Jewish people in the city of Shushan were threatened by Haman, a royal advisor who convinces King Ahasuerus to kill all the Jews in Persia. Haman casts lots to determine the date upon which this plan will be carried out, and produces the date, the 13th of Adar. The story tells that Haman's plan was thwarted by a young woman, Queen Esther, whom the king had married after killing his first wife for defying him. King Agasuerus took Esther as his new queen, without knowledge of her Jewish identity. After the royal decree to plan the massacre of the Jews in Persia was released, Esther reveals her true identity to the king, who in response reverses Haman's decree. Instead of the Jews being killed, on the 13th of Adar, Haman and his 10 sons were killed instead and the Jews embarked on a vengeful massacre of their enemies.

This story of redemption and revenge is celebrated today with raucous and joyous traditions and ritual. On Purim, the 13th of the Jewish month of Adar, we read the Book of Esther (i.e., the megillah), deliver gifts to friends and individuals in need, don costume, and sit down for lavish, celebratory meals. A fair amount of alcohol is consumed, which along with the costumes tends to lead to a carnival-like atmosphere. Costume is encouraged as a reminder of the 'hidden hand' that directs the story of events and the fate of Jewish people, through what may otherwise be perceived as natural events. In Jewish communities today, the story continues to be told in accordance with the original ancient texts, although many progressive-minded Jews

encourage critical discussion of problematic elements of the story—for example, the portrayal of women in the story and the violent revenge of the Jews against their fellow countrymen.

Purim was an exciting and fun holiday for me as a child. Having grown up in an orthodox Jewish community, our family went all out for Purim. We baked dozens of hamantaschen—the three-cornered, stuffed cookie (meant to look like the alleged shape of Haman’s hat), we planned our costumes weeks in advance, and delivered home-made treats to our friends and family’s homes. In synagogue, we’d listen to the megillah reading of the story, where adults and children would boo and shake their groggers (noisemakers) whenever Haman, the villain’s, name was mentioned. Throngs of young yeshiva boys (seminary students) would roam our neighborhood, knocking on the doors of Jewish homes to collect funds for their schools and local charities. I can recall myself as a child watching these joyous boys in the foyer of my parent’s home, singing and dancing in a circle, wearing ridiculous costumes and shouting out blessings to my parents (the rampant, underage drinking is generally overlooked on this holiday). Today, I get to see my nieces and nephews revel in that carefree energy and joy of Purim, proudly showing off their costumes and home-baked treats.

International Transgender Day of Visibility (also called TDOV, Transgender Day of Visibility) – Ren Massey, PhD, Adjunct Assistant Professor – occurs annually on March 31 to celebrate the contributions of transgender/gender diverse (TGD) people and raise awareness of discrimination faced by TGD people. The day was founded in 2009 by transgender activist Rachel Crandall to counterbalance the Transgender Day of Remembrance, to honor the TGD people murdered in anti-trans violence. In 2021, Joe Biden officially proclaimed March 31, 2021, as a Transgender Day of Visibility, making him the first American President to issue a formal presidential proclamation recognizing the Transgender Day of Visibility. In recent years, progress in opportunities for TGD people to serve have been seen with, among other examples, Dr. Petra De Sutter becoming the Deputy Minister of Civil Service in Belgium and Dr. Rachel Levine becoming the Assistant Secretary of Health & Human Services in the USA.

World Day of Social Justice (February 20th) – Scot Seitz, PhD, Postdoctoral Fellow in Health Service Psychology – In 2007, the General Assembly of the United Nations declared that February 20th will be the World Day of Social Justice. Part of the rationale for establishing the World Day of Social Justice was to highlight the key role that social justice plays in creating peace and security across the globe. Each year, the United Nations selects a specific theme for the World Day of Social Justice. The 2022 theme is “Achieving Social Justice through Formal Employment.” More than half of the people who are employed throughout the world work in the informal economy, which often lacks the social protection and benefits provided by the formal economy. One way to celebrate the World Day of Social Justice is to teach others about the [need for social justice](#). Another way to celebrate is to attend the annual events associated with the [World Day of Social Justice](#).

WELLNESS RESOURCES

Resources from Healthy Emory and a link below to the ACPH.

- [Benefits](#)
- [Rewards](#)
- [Career](#)
- [Learning](#)
- [Wellness](#)
- [Work Life](#)
- [Employee Assistance](#)
- [Employee Assistance – Physician Wellbeing Conference](#)

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

None reported

Education

None reported

Research

Bai W, Cai H, Jin Y, Zhang Q, Su Z, Tang YL, Ng CH, Xiang YT. (2021). COVID-19 vaccine hesitancy in community-dwelling and hospitalized patients with severe mental illness. *Psychological Medicine*. doi: 10.1017/S0033291721004918

Fani N, Harnett NG, Bradley B, Mekawi Y, Powers A, Stevens JS, Ressler KJ, Carter SE. Racial Discrimination and White Matter Microstructure in Trauma-Exposed Black Women. (2022). *Biological Psychiatry*, 91(3), 254-261. doi: 10.1016/j.biopsych.2021.08.011

Freitag S, Kapoor S, & Lamis DA. (2022). Childhood maltreatment, impulsive aggression, and suicidality among patients diagnosed with bipolar disorder. *Psychological Trauma: Theory, Research, Practice, and Policy*. doi: 10.1037/tra0001218

Jiang W, Luo J, Guan H, Jiang F, Tang YL. (2022). Problematic Mobile Phone Use and Life Satisfaction among University Students during the COVID-19 pandemic. *Frontiers in Public Health*, doi: 10.3389/fpubh.2021.805529

Lapid M, Forester B, Petrides G, Hermida AP, Nykamp L, Mueller M, Patrick R. ECT-AD Trial: Challenges to startup & recruitment. *CTAD* (poster)

Hampton-Anderson, J.N., Watson-Singleton, N.N., Mekawi, Y., Dunn, S.E., & Kaslow, N.J. (2022). Intimate partner violence, existential well-being, and Africultural coping in African American women. *Journal of Aggression, Maltreatment & Trauma*.

Mekawi Y, Silverstein M, Walker A, Ishiekwene M, Carter S, Michopoulos V, Stevens J, & Powers A. (2022). Examining the psychometric properties of the PCL-5 in a Black Community Sample using Item Response Theory. *Journal of Anxiety Disorders*.

Morrison KE, Stenson AF, Marx-Rattner R, Carter S, Michopoulos V, Gillespie CF, Powers A, Huang W, Kane MA, Jovanovic T, Bale TL. (2022). Developmental Timing of Trauma in Women Predicts Unique Extracellular Vesicle Proteome Signatures. *Biological Psychiatry*, 91(3), 273-282. doi: 10.1016/j.biopsych.2021.08.003

Zhang JY, Wu, H, Jia LN, Jiang W, Luo J, Liu Y, Gao Q, Ren YP, Ma X, Tang YL, McDonald WM. Cardiovascular Effects of High-frequency Magnetic Seizure Therapy Compared to Electroconvulsive Therapy. *Journal of ECT*.

Honors, Awards, Rankings

Julie Kable received an Emory Women of Excellence Award, presented by the Center for Women at Emory and the Office of Diversity, Equity, and Inclusion.

Dorian Lamis has been appointed to the Editorial Board of the *Journal of Affective Disorders* for a three-year term.

Noriel Lim is on the Editorial Board of the *Asian American Journal of Psychology*.

Andrew Miller, the 2020 Dean's Distinguished Faculty Lecture and Award recipient, will be giving his honorary lecture on "The Emerging Role of Inflammation in Depression and Other Psychiatric Disorders." The Dean's Distinguished Faculty Lecture and Award is among the most prestigious and celebratory honors that the School of Medicine can bestow on a faculty member. Please join via Zoom on Wednesday, March 16, as Dr. Miller is honored. [Register to attend here.](#)

Martha Ward was awarded the Berky Dolores Abreu Spirit Award from the Emory Women's Center.

DeJuan White served as a panelist at the Association of Medicine and Psychiatry's webinar series "Racism is a Root Cause of Medical Error."

Community

Jeffrey Rakofsky participated in an audience talk-back for the musical Next to Normal at Chance Theatre in Anaheim, California.

Presentations

Emory Lifestyle Medicine group has the following presentations coming in March:

- [The Science of Fasting with Will Hsu, MD](#) – Thursday, March 17, 5-6:15 PM; In-person + Virtual. Physical location: School of Medicine, Room 178P
- [Lifestyle Medicine Integration in Acute Stroke Patients Care with Karima Benameur, MD](#) – Wednesday, March 30, 12-1 PM

Anthony Chatham presented on the Neuropsychiatric Symptoms of Parkinson's Disease at the GPPA Winter Conference.

Marshall - Lee E, Gill M. (2022). Continuing Education Workshop: The Movement: Social Justice and Advocacy in Counseling. Brenau University. Gainesville, Georgia.

Nykamp L, Forester B, Hermida AP, Mueller M, Petrides G, Heintz H, Lapid M. ECT-AD Ethic and Informed consent issues. International Psychogeriatric Association Annual Meeting oral presentation*

Sterina E, Hermida AP, Gerberi DJ, Lapid MI. Emotional Resilience of Older Adults During COVID-19: A Systematic Review of Studies of Stress and Well-Being. *International Psychogeriatric Association Annual Meeting* oral presentation*

Media

Nadine Kaslow (1) HealthDay – [Drug Overdose Suicides Rising Among Young Americans and Seniors](#).

Larry Young (1) Knowable – [Oxytocin's Effects Aren't Just About Love](#). (2) Inverse – [Oxytocin: Why the "Love Hormone" Could Lead to New Forms of Therapy](#).

ADJUNCT KUDOS

Beverly Stoute will receive the Haskell Norman Prize for Excellence in Psychoanalysis from the San Francisco Center for Psychoanalysis.

TRAINEE KUDOS

Gullon A, Tsygankova V, Woolwine B, Tan A, Hermida AP. Cultural Considerations for Older LGBTQ Adults During the COVID-19 Pandemic. International Psychogeriatric Association Annual Meeting (poster)

Ku BS, Addington J, Bearden CE, Cadenhead KS, Cannon TD, Compton MT, Cornblatt BA, Druss BG, Keshavan M, Mathalon DH, Perkins DO, Stone WS, Tsuang MT, Woods SW, Walker EF. (2022). The associations between area-level residential instability and gray matter volumes from the North American Prodrome Longitudinal Study (NAPLS) consortium. *Schizophrenia Research*, 241, 1-9. doi: 10.1016/j.schres.2021.12.050

Tsygankova V, Gullon A, Woolwine B, Subler AA, Hermida AP. Caregiver Burden and Geriatric Patients Undergoing Electroconvulsive Therapy in the COVID-19 Era International Psychogeriatric Association Annual Meeting (poster)