

JANUARY 2018
PROFESSIONAL DEVELOPMENT UPDATES

REMEMBER

- **Please send me your accomplishments for the February 2018 Professional Development Update**

LEADERSHIP WORKSHOPS

The next Leadership Consultation will be Wednesday February 14th from 11:30-1pm and will be held at EP12 in the 1st floor training room.

FACULTY DEVELOPMENT SEMINARS

The next Faculty Development Seminar will focus on Teaching Portfolios. It will be very helpful to people going up for promotion any time in the future, as well as for individuals mentoring faculty who are in the promotion pipeline. It will be held on Wednesday February 7 from 10:30-12pm, EP12, Room TBD.

WRITING GROUPS: UPCOMING

The next Writing Group meeting will be Wednesday February 7 at 8am at EP12, Room TBD.

SPOTLIGHT: KELLY COFFMAN, MD

Kelly is a psychiatrist in the Women's Mental Health Program (WHMP) based at EP12 and treats women who are pregnant, hope to become pregnant, or postpartum. She runs the WMHP journal club and helps Toby Goldsmith supervise the resident clinic as needed. She is also the Associate Program Director of the forensic psychiatry fellowship program and works closely with the 3 forensic psychiatry fellows, supervising their forensic evaluations and reports. Kelly also serves as the Medical Director of the Fulton County Jail Competency Restoration Program, where she supervises the forensic psychiatry fellows' psychiatric treatment of inmates in the program. She started the WISE pilot program to help women with non-violent misdemeanor charges get diverted out of the criminal justice system and into mental health treatment. Last year, Kelly participated in the Junior Faculty Development Course and she recently was selected as a Fellow in the Emory@Grady Teaching Academy. Outside of Emory, she serves on the Fulton County Justice and Mental Health Task Force, a group of stakeholders from Fulton County with a broad background in mental health and criminal justice, focused on identifying the gaps in the current provision of mental health coverage and strategizing to improve diversion of those with mental illness from jail and into treatment. She also works alongside Grayson Norquist with a group of mental health advocates from various backgrounds (non-profits, attorneys, etc.) to suggest and promote legislative action to reduce the incarceration of the mentally ill in Fulton County and across Georgia.

According to Kelly, the variety of her work makes her feel intellectually fulfilled. She loves being able to normalize everything that pregnant/postpartum patients are feeling

and helping them feel more connected to their babies so they can have the pregnancy/maternity leave that they wanted to have. She also loves the detective work that is involved in forensic psychiatry and exclaims that the work is never dull! She enjoys teaching residents and fellows and helping them figure out what kind of psychiatrist they want to be. Kelly lists as the key highlights of her career trajectory testifying recently in her first federal case as an expert witness in forensic psychiatry and publishing in December 2017 her first first-authored publication in *Behavioral Sciences and the Law*.

Outside of work, she enjoys spending time outdoors with her family and 2 dogs and cheering on the New Orleans Saints. She also is a big supporter of the Lifeline Animal Project, the group that runs the Fulton and DeKalb county animal services and is helping to make Atlanta a no-kill community.

Going forward, Kelly hopes to expand her experience testifying as an expert witness, with particular focus in areas of psychiatric treatment in jails and the special needs of women in jails/prisons. She also intends to expand her advocacy work in Fulton County, working to reduce the rates of incarceration of those with mental illness and improving access to mental health care.

WELCOME TO NEW FACULTY

THANK YOU TO FACULTY WHO ARE LEAVING

None noted

DIVERSITY CORNER

The Subcommittee on Diversity and Inclusion will be sharing information monthly regarding various holidays and heritage months and celebrations of various forms of diversity. Volunteers to briefly education members of the department about a specific form of diversity and to share some personal experiences are welcome.

Kwanzaa – Telsie Davis, PhD, Assistant Professor Atlanta VAMC. Here are some highlights about Kwanzaa: (1) Invented and first promoted by Dr. Malauna Karenga in 1966; (2) It is a non-religious holiday celebration of the harvest and African heritage from December 26 to January 1; (3) Dr. Karenga believed the principles of the harvest are vital to building strong communities for African Americans; (4) The 7 daily principles of the harvest are: 12/26 – Umoja (Unity); 12/27 – Kujichagulia (Self-Determination); 12/28 – Ujima (Collective Work); 12/29 – Ujamaa (Cooperative Economics); 12/30 – Nia (Purpose); 12/31 – Kuumba (Creativity); and 1/1 – Imani (Faith); (5) The symbols of Kwanzaa needed for celebration are: Mkeka (Straw mat – represents the foundation on which all rests); Kinara (7-space candle – represents the stalk from with African people originated); Muhindi (Ears of corn – represent children of the stalk); and Zawadi (Fruit – represents labor by parents and rewards of the seeds sown by children); (6) Traditional Kwanzaa celebrations include decorations, feasts and gifts, and inclusion of children in ceremonies. Source: www.thefreeresource.com/what-is-kwanzaa-facts-resources-and-information-about-celebrating-kwanzaa

Birthday of Martin Luther King, Jr. – Sandra Parks, Administrative

Assistant, Brain Health Center. Our family had not long moved to Atlanta from rural South Georgia when the Civil Rights Movement was at a pinnacle (late sixties). At least it seemed that way, as I had never been any further north than Macon, Georgia. Though a child, I understood our relocation was for my parents to secure better work opportunities to support our family. Why was there so much fuss and unrest in Atlanta? Things in rural Georgia “seemed” simpler. Or, was my focus too narrow? Was this happening in other cities? Had my parents made a good or the best choice? I did not understand it all then, but I knew there were tensions—even vaguely understood it to be racial tensions from media coverage. I was an American, born in America no less, the Great USA; but even as a child, I knew the tensions had an impact on our family. Unfortunately, yep, my race was the one being tormented at the root of those racial tensions. (In the eyes of a child, the Vietnam War needed attention but was too far away for my limited focus.) Media coverage quite often featured this man, Dr. Martin Luther King, Jr. (born Michael King, Jr.), in conjunction with the Civil Rights Movement. His skin looked like my own. He was articulate, speaking with such authority that resonated and commanded attention with great ease. He looked to be the age of my parents—especially my dad. I would come to know many years later, perhaps after his assassination (April 4, 1968), that they shared the same birth year (1929). Though they were both from the same race, their experiences were quite different. Different but they were subjected to some of the same negative challenges from other race(s) and ethnicities. Dr. King had a mission that would benefit our entire race—perhaps others too. Was his mission divinely appointed or was he just a fellow giving life to a cause? Did his efforts contribute to the reason my dad was able to eventually engage in business management or exercise a spirit of entrepreneurship most of his working life in the metro-Atlanta area? One has been deceased a little over 5 months (my dad) and the other (Dr. King) nearly 5 decades. Both positively impacted my life; and for that, I am truly blessed and grateful. In honor of Dr. King, please join me in celebrating his life and accomplishments. Before becoming a civil rights leader and activist, Dr. King was called to be a preacher. He considered this his first calling and greatest commitment. Because of his Christian faith, he felt the civil rights activities to be an extension of his ministry. From 1955 until his death, Dr. King was instrumental in leading and organizing many campaigns to address human rights issues (e.g., 1955 Montgomery bus boycott, helped found the Southern Christian Leadership Conference [SCLC] in 1957, and led the March on Washington in 1963). Also, he was the youngest person ever to receive the Nobel Peace Prize in 1964. It was awarded for non-violent resistance to racial prejudice. After his assassination, there were riots in many US cities. Some areas physically devastated by the same have never been rebuilt, begging to the question of whether we have recovered. Nonetheless, US Representative John Conyers (D – Michigan) and US Senator Edward Brooke (R – Massachusetts) led the charge to establish King’s birthday as a national holiday. Efforts met with much opposition, falling just five votes shy of the number needed for passage by the US House of Representatives in 1979. Though he did not initially support the bill, President Ronald Reagan did sign the holiday into law in 1983. The first federal holiday observance occurred in 1986. Similar to other holidays under the Uniform Monday Holiday Act, it occurs annually on the third Monday of January. Needless to say, all states did not

readily accept it; but by 2000 all 50 states did celebrate initial observance. In 2018, it will occur on January 15, Dr. King's actual birth date.

Before we moved from rural South Georgia and while waiting at a bus stop to take public transportation to work, my mom was egged by White children on a school bus. Even further south than where we lived, there was a family member savagely murdered over a dispute involving a White woman. While attending an integrated school in the early 70s, I experienced racial name calling firsthand from someone to whom I hardly gave much thought and definitely had no interaction. It was to be called "booger." No matter how horrific and insensitive, we all survived those incidents. Thanks to Dr. King for sharing Mohandas K. Gandhi's non-violent concepts and enlightening us to react in a more excellent way. In addition, the following quote by Dr. King is encouraging and refreshing:

Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity.

In my lifespan, racially I have been known as a Negro, Black, and an African-American. Whether considered a dated or politically correct term does not matter to me. Learning long ago I am not dried nasal mucous, I am **very** proud to be who I am. I am thankful to have the day observed as a holiday away from work. In Atlanta, we know there is a week-long celebration filled with many events recognizing Dr. King's life and legacy. It is culminated annually on the national holiday observance during the televised ecumenical services. In years past, I have been blessed to either be a participant in the same, work on school projects with my children when they were school age, assisted them to be participants in volunteer efforts via our church, and/or to participate in extracurricular dance performance tributes. As a woman of faith and a minister, I now better understand the intensity and steadfastness Dr. King exercised in being a champion for equal rights.

International Day of Remembrance to Commemorate the Victims of the Holocaust – Hannah Potvin, MD, Psychiatry Resident. My grandfather (mom's father), Martin Heilbrunn, had a quite remarkable story. He was actually the only one of my grandparents I knew and would rarely speak about it but I did get a chance to have a long conversation with him before he passed about his life and some of his experiences. My grandfather was born in Germany in a small Jewish community but eventually moved to Nuremberg to live with his aunt & uncle. After hiding under a neighbor's bed during Kristalnacht, he was smuggled out of the country through Belgium and eventually legally entered the US. Once in the US, he actually joined the US army and went back working as a translator. He helped liberate parts of Europe but sadly found out that his parents did not survive. They died in Theresienstadt and Auschwitz. Our family still has his Judenstern (the yellow star marking him as Jew) and his military discharge papers among other memorabilia. He died while I was in medical school and was buried, fittingly, right around Veteran's Day.

International Day of Remembrance to Commemorate the Victims of the Holocaust – Heather Greenspan, MD, Assistant Professor, Emory University Hospital Consult Liaison Services. As we reflect on the International Day of Remembrance to Commemorate Victims of the Holocaust, I am reminded of the strengthening and vividly harrowing ordeal my 2nd paternal cousin Moshe Ekstein,

affectionately referred to as “Eki,” lived through. He witnessed the execution of his mother and 2 siblings when Nazis were “collecting” Jews for one of the concentration camps in Russia, now considered Ukraine. He hid in the forest until found by his father, who also escaped the execution. The trauma didn’t end there. He and his father were sent to an execution camp. After surviving the camp, he and his father emigrated to Israel, where they began anew. While I resided in Israel during medical school from 2004- 2008, he and his family (wife and 3 children) became my primary family and he was a father figure to me. He felt it was important to share his story with me to remember our shared history and relay the fortitude of our family and people to rebuild. He instilled in me the strength of our people and knowledge that no matter how challenging life seemed, things could always be worse. Instead of dwelling on his traumas, he thrived in the community and attended a well- respected university (Technion- Israel Institute of Technology AKA “the Harvard of Israel”), and become a civil engineer. Eki continues to be respected in his community, having been instrumental in erecting Highway 6, a major highway in Israel.

WELNNESS CORNER

The departmental Wellness Subcommittee will be sharing monthly wellness tips.

- 1) Healthy Emory has a new App and Platform with Virgin Pulse and it offers exercise, food and sleep tracking and is connected with the Move More Challenge / Fitbit activities coming in March. For information, check out - <https://app.member.virginpulse.com/welcome.html?userToken=jEWvmVEPIHcx4EfSx%2F0eL%2BIFJjr1Q8CnwWQ6Gp7%2FD3UJlu15hYvRBxCfvqLiAXyA&sporsord=3537277&language=en-US> . To join go to, <http://healthy.emory.edu/connect>
- 2) Fitbit information - <http://www.hr.emory.edu/eu/wellness/movemore/movemorechallenge.html>
- 3) Community Supported Agriculture -<http://oxford.emory.edu/offices-and-services/organic-farm.html>
- 4) Compassion Training at Emory - <https://tiber.emory.edu/cognitively-based-compassion-training/course-offerings/index.html>

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

None reported

Education

Kaslow, N.J., Bangasser, D.A., Grus, C.L., McCutcheon, S.R., & Fowler, G.A. (2018). Facilitating pipeline progress from doctoral degree to first job. *American Psychologist*, 73, 47-62. doi: 10.1037/amp0000120

Research

Bosch, O.J., Pohl, T., T., Neumann, I.D., & Young, LD (2017). Abandoned prairie vole mothers show normal maternal care but altered emotionality: Potential influence of the brain corticotropin-releasing factor system. *Behavioural Brain Research*, 341. doi: 10.1016/j.bbr.2017.12.034

Coffman, K.L., Shivale, S., Egan, G., Roberts, V., & Ash, P. (2017) WISE program analysis: Evaluating the first 15 months of progress in a novel treatment diversion program for women. *Behavioral Sciences Law*, 35, 540-549. DOI: 10.1002/bsl.2321

Coles, CD, Kable, JA, Taddeo, E, & Strickland, D (published online ahead of print, January 9, 2018). GoFAR: Improving attention, behavior and adaptive functioning in children with fetal alcohol spectrum disorders: Brief report. *Developmental Rehabilitation*.

Kapoor, S., Domingue, H. K., Watson-Singleton, N. N., Are, F., Elmore, C. A., Crooks, C. L., Madden, A., Mack, S.A., Peifer, J.S., & Kaslow, N.J. (2018). Childhood abuse, intrapersonal strength, and suicide resilience in African American females who attempted suicide. *Journal of Family Violence*, 33, 53-64. DOI: 10.1007/s10896-017-9943-2

Medeiros da Frota Ribeiro, C., & Riva-Posse, P. (2017). Use of Ketamine in elderly patients with treatment-resistant depression. *Current Psychiatry Reports*, 19, 107. DOI: 10.1007/s11920-017-0855-x

Honors, Awards, Rankings

The following individuals in our department were selected as Atlanta Top Docs, Atlanta Magazine 2018.

- Scott Firestone
- Larry Giustra
- Toby Goldsmith
- Adriana Hermida
- Steve Levy
- Andy Miller
- Larry Tune

Quality and Safety Initiatives and Capital Campaign Initiatives

None reported

Community Benefit Programs and Activities

Nori Lim gave a talk at Morningside Elementary entitled “How to raise brave and confident children: Parentings strategies to help children with anxiety.”

Facilities

None reported

Emory in the Media

The January 2018 APA Monitor highlighted the work of Barbara Rothbaum and her colleagues related to Virtual Reality – Virtual reality expands its reach: Newly accessible virtual reality systems are delivering results in the therapist’s office, research lab and beyond

Greg Berns: (1) NBC News – Dogs can't speak humans: Here's the tech that could change that; (2) Bustle – Do dogs worry? These studies prove canine pals share more in common with their humans than you think

Rachel Hershenberg: (1) Fast Company: How to really accomplish your goals in 2018; (2) Psychology Today – When your emotions catch you off guard

Nadine Kaslow: (1) CNN – House of Horror

Other Accomplishments

Kelly Coffman is now board certified in forensic psychiatry.

TRAINEE KUDOS

Jessica Maples-Keller was selected as a Rising Star in the Association for Psychological Science.

Elizabeth (Liz) McCord was selected as one of the 2018 Walter Wellborn Fellows. She will be continuing the ongoing global health collaboration between Emory School of Medicine and the St Paul Millennium School of Medicine in Ethiopia and Martha Ward is her faculty sponsor.

Justin Palanci was selected as one of the 2018 Walter Wellborn Fellows. He will be enhancing his training on the Open Dialogue Program centered at Grady and Rob Cotes is his faculty sponsor.

STAFF KUDOS

None reported