

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS  
DECEMBER 2023

**REMEMBER**

**Please send me your accomplishments, program/team activities, and personal updates for the January 2024 Kudos**

**SAVE THE DATES**

**FACULTY DEVELOPMENT SEMINARS**

Upcoming faculty development seminars, which will be held from 9:00-10:30a, [Zoom](#) link:

- Wednesday February 21, 2024 – Trainee Feedback: Faculty Perspective
- Wednesday May 22, 2024 – Promotion: DEI Section of CV, Service Portfolio

**WRITING GROUPS: UPCOMING**

The Writing Group is the 1<sup>st</sup> Wednesday of every month from 8:00-9:00am. These meetings are on [Zoom](#).

**SPOTLIGHTS**

**STAFF SPOTLIGHT: Sahara Khan**

Sahara Khan is the Senior Clinical Business Manager for the Emory at Grady Psychiatry and Behavioral Health. In Sahara's role for the Emory at Grady Psychiatry and Behavioral Health department she works with the faculty and leadership teams at Emory Brain Health, Grady and Morehouse to support the department and its faculty. She collaborates with operational and physician leaders to maintain day-to-day operations, evaluate financial/performance data and assess plans and needs for various clinical areas among the divisions.

Sahara has enjoyed being at the Emory at Grady site because it allows her to be at the center of two large and complex, but differing organizations. She gets to see different sides of the healthcare system and there is always so much to learn. She enjoys a challenge, and being in this role pushes her to constantly be learning, taking initiative and asking questions.

What are some of the key highlights of your career trajectory to date?

Key highlights for Sahara include having worked in healthcare for the majority of her career in different roles. She has worked within psychiatry for over eight years. During that time, she worked towards a Master's degree in business administration and organization development and leadership. Both of these degrees allow Sahara to apply a technical and analytical perspective to her work, which has helped her get to where she is in her current role.

Looking to the future, Sahara hopes to continue the work she currently does in healthcare operations, learn and grow with the influence of all the knowledgeable colleagues she works with. She hopes to gain more insight from their experiences and apply this with her own to become more involved with initiatives within the department.

Outside of Emory, Sahara applies her skills in a creative outlet in event planning and coordination, where she gets to meet new people, learn about new cultures and work with couples to bring their dream weddings to life. Sahara recently got married so she is currently enjoying this new phase of life with her husband and two cats. They are foodies, so they enjoy exploring new restaurants and cooking new recipes.

### **TRAINEE SPOTLIGHT: Chaewon Im, MD**

Chaewon Im is currently co-chief resident at Grady Memorial Hospital with Brandon Sims and on the resident DEI committee.

Chaewon most enjoys working with her co-chief and phenomenal interns! It has been a wonderful learning experience to hone her leadership skills, and the interns inspire her to continue developing herself personally and professionally. She loves teaching, promoting diversity and cultivating spaces for residents to speak freely. She also feels privileged to work with the patient population at Grady.

Key highlights of Chaewon's career trajectory include being co-chief resident and working with Brandon to create a safe and open learning environment for the interns. It has been the most rewarding experience! Being involved with resident recruitment and working to improve the diversity of the resident classes has also been one of the greatest highlights.

Chaewon's plans for the future include being an inpatient attending at a county hospital back home in Hawaii. Her goal is to work with the Native Hawaiian and immigrant population in the community.

What are your interests and involvements outside of the workplace?

Outside of work, Chaewon enjoys reading, painting, pottery, cooking, baking and hiking. Elizabeth Chang (Med-Psych PGY4) and Chaewon have an annual bake off, which they are currently tied for. She also enjoys spending time with her family, husband Dan and their cat Easul.

### **PROGRAM SPOTLIGHT: VA Suicide Prevention and Risk Management Program**

On November 5, 2007, the Joshua Omvig Veteran Suicide Prevention Act authorized the Secretary of the VA to establish a comprehensive program designed to prevent suicide among Veterans. On February 12, 2015, the Clay Hunt Suicide Prevention for American Veterans Act expanded related suicide prevention efforts. The Suicide Prevention Program (SPP) at the Atlanta VA Health Care System (VAHCS) works diligently to provide Veterans, caregivers and families, communities and VA employees with a comprehensive network of services and resources for suicide prevention.

SPP is a team of 18 staff. SPP provides support for community-based prevention and clinically-based interventions to prevent suicides by Veterans. SPP participates in many community outreach events. These include large scale national collaborations, such as the Governor's Challenge, and much smaller local events, like having an educational table at a community event. The VAs commitment to community-based initiatives is reflected in the recently added SPP positions: three Community Engagement and Partnership Coordinators (CEPCs) and two COMPACT Act Coordinators. CEPCs focus on working together with community leaders and other community partners with the common goal of suicide prevention among Veterans. COMPACT Act Coordinators serve as a singular point of contact for Veterans during a COMPACT episode of care (i.e., emergent suicide care). They are also the facility subject matter experts, ensure seamless care transitions between VA and non-VA systems and provide advocacy for Veterans to ensure that they do not receive bills for COMPACT related care.

SPP provides clinically based interventions and support to teams within the VA. A significant part of SPP's responsibilities include monitoring and supporting the mental health care and needs of Veterans who have been identified as being at a high risk for suicide. Relatedly, SPP distributes gunlocks and provides education related to Lethal Means safety. SPP has received national praise for their work in response to Veteran calls to the Veterans Crisis Line (VCL). After Veterans in the Atlanta catchment area call the VCL, SPP is alerted and provides further follow-up assessment and support with connecting Veterans to care and resources. In the past year, SPP responded to over 6,000 calls to the VCL.

SPP can contact us through their [email group](#) or by leaving a voicemail for at: 404-521-6262. Another great resource to learn more about Suicide Prevention is the [Rocky Mountain MIRECC for Veteran Suicide Prevention website](#).

### **Risk Mitigation Program**

The Risk Mitigation Program was renamed in 2017, formerly known as the Enhanced Community Partnership in 2013. It was uniquely established as it was piloted, working collaboratively with Community Service Boards, other community care providers and the NonVA Community Care Department. The Risk Mitigation program comprised one Supervisor, six Licensed Clinical Social Workers and one Program Support Assistant. The primary purpose of this program is to address the mental health needs of Veterans with the premise of mitigating the risk of those receiving mental health treatment in the community. Upon notification, the Risk Mitigation tracks Veterans in community care hospitals for acute mental crises, as well as those receiving medication management, individual therapy and family/couples counseling. The Risk Mitigation Program assigns the social workers as Liaisons as they work with Veterans seeking to establish mental health care. In addition, the Liaisons also communicate with hospital personnel and with the VA's Suicide Prevention Program to address hospitalized suicidal Veterans' post-discharge plans to ensure safety. The Risk Mitigation liaisons work hand in hand with a few community service boards and participate in treatment team meetings, as well as view documentation to ensure Veterans are actively participating. Lastly, the Risk Mitigation Program hosts a quarterly meeting with community care providers to provide

updates about accessing care and new interventions. To learn more about our program, please contact Natasha Williams, PhD, LCSW, at 404-216-3019.

### **NEW FACULTY**

None reported.

### **WELLNESS COMMITTEE**

#### **Wellness Resources:**

Healthy Emory is bringing back the [Eat Smart, Move More, Weigh Less](#) program in September.

Challenges with Healthy Emory are ongoing - the Sharecare app is the platform and incentive dollars are available!

[Operation Eat Right](#) encourages you to improve your nutrition and boost your well-being using Healthy Emory Connect!

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](#)

Healthy Emory resources including the Sharecare platform for Move More, Refresh from Stress and more! Open to University and Healthcare Employees  
[Healthy Emory Connect | Emory University | Atlanta GA](#)

Wellbeing and mental health support for Emory University Employees [Faculty Staff Assistance Program](#) and for [Emory Healthcare Employees](#) username EHC (800 327 2251)

Graduate Medical Education Well-being [Resident Well Being | Emory School of Medicine](#)

International Conference on Physician Health (alternates years with American Conference) [International Conference on Physician Health™ | American Medical Association \(ama-assn.org\)](#)

[Dr. Lorna Breen Heroes Foundation | Dedicated to Protecting the Well-Being of Physicians and Health Care Professionals \(drlornabreen.org\)](#)

Office of Well- Being established for Woodruff Health Sciences

[Emory's Woodruff Health Sciences Center establishes Office of Well-Being | Emory University | Atlanta GA](#)

**FACULTY KUDOS**

**Research**

Celano M, Armani MH, Holton J, Miller LJ. Family OSCEs in Child and Adolescent Psychiatry Training: Formative Evaluation Involving Adolescent Simulated Patients. Acad Psychiatry. 2023 Nov 2. doi: 10.1007/s40596-023-01896-1. Epub ahead of print. PMID: 37919541.

Fani N, Fulton T, Botzanowski B. (accepted). The Neurophysiology of Interoceptive Disruptions in Trauma-exposed Populations. (In S. Khalsa, A. Powers, Eds.) Perceptual Dysregulation in Psychiatric Nosology. Springer.

Palitsky R, Lyons MJ & Kaplan DM. [Beyond Hub-and-Spoke Adaptation: Religiously and Culturally Responsive Implementation of Mindfulness for Global Public Health](#). Mindfulness (2023).

Schneider RL, & Petersen JM. (2023). Preliminary feasibility, acceptability, and effectiveness of a pilot telehealth-based intensive outpatient program incorporating acceptance and commitment therapy for adolescents with obsessive compulsive disorder. Journal of Contextual Behavioral Science, 100716.

Zaccari B, Higgins M, Haywood TN, Patel M, Emerson, D, Hubbard, K, Loftis J & Kelly U. Yoga vs Cognitive Processing Therapy for Military Sexual Trauma–Related Posttraumatic Stress Disorder: A Randomized Clinical Trial. JAMA Netw Open. 2023;6(12):e2344862. doi:10.1001/jamanetworkopen.2023.44862

**Honors, Awards, Rankings**

David Goldsmith was named an associate member of the American College of Neuropsychopharmacology.

Ebrahim Haroon was promoted to Fellow at the American College of Neuropsychopharmacology.

Brandon Kitay's submission "Digital Scaling of Collaborative Care to Improve Behavioral Health Access in Primary Care" was selected as an awarded proposal for the 2023-24 Emory Innovation RFA.

Allison LoPilato was named an Anxiety and Depression Association of America board member.

Vas Michopoulos was named an Anxiety and Depression Association of America board member.

Andrew Miller was recognized as a “Highly Cited Researcher” and part of an elite group of the world’s most influential scientists by the Institute for Scientific Information. The distinction describes scholars who produce high levels of research that has a strong influence on colleagues.

Jeff Rakofsky was named a Distinguished Reviewer for Academic Psychiatry in 2023.

Sheila Rauch was appointed as the Vice Chair of the Research and Development Committee at Atlanta VAHCS.

Ann Schwartz was named a Distinguished Reviewer for Academic Psychiatry in 2023.

### **Media**

Joseph Cubells (1) AJC – [Confusion as Georgia Medical Board Rolls Back Rules on Virtual Prescribing](#)

Negar Fani (1) The Conversation – [Racism Produces Subtle Brain Changes that Lead to Increased Disease Risk in Black Populations](#)

Toby Goldsmith (1) GPB – [A Newly Approved Medication can Ease Postpartum Depression in as Little as 3 Days](#)

Brandon Kitay (1) A Neuroflow Podcast – [Bridging the Gap](#).

### **ADJUNCT FACULTY KUDOS**

Kerry Ressler was recognized as a “Highly Cited Researcher” and part of an elite group of the world’s most influential scientists by the Institute for Scientific Information. The distinction describes scholars who produce high levels of research that has a strong influence on colleagues.