

EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
MAY 2022

REMEMBER

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

SAVE THE DATES

FACULTY DEVELOPMENT SEMINARS

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

- Wednesday June 15, 2022 – Crucial Conversations with Trainees and Colleagues – Panelists include Rachel Ammirati, Anjan Bhattacharyya, Ann Schwartz, and Martha Ward
- Wednesday July 13, 2022 – Applying for a Clinical Distinction

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am. The next meeting is Wednesday July 6, 2022 and will be on [Zoom](#).

SPOTLIGHTS

FACULTY SPOTLIGHT: Mikle South, PhD

Mikle South is Director of the Emory Autism Center on the Clairmont Campus, and Director of the Early Emory Center for Child Development, an inclusive preschool for neurodiverse and neurotypical children. He is also currently on the promotions committee for the department.

Outside of Emory, Mikle is a co-organizer of an international working group for anxiety in autism, and Associate Editor of the journal Research in Autism Spectrum Disorders, which emphasizes international involvement for autism research. He gives many community-based presentations across the country regarding autism and mental health.

Mikle's best moments are collaborations with others, around the US and in the UK and Australia. A senior faculty member told him early in his career it took time to "get the wind behind your sails" and building those connections with others has been the most fun, and most productive.

An important objective for Mikle is to build the research portfolio at the Emory Autism Center. There is room to add outcome research to document results from the excellent clinical teams, while going in new directions in more basic research on mental health components, including sensory behaviors and sleep patterns.

Outside of work, Mikle likes to play soccer, at least until a recent ankle fracture during an over-40 league. He will try moving to pickleball now, though that's less popular here

than elsewhere. He and his wife Kristin like sampling Atlanta's great eateries and hiking diverse locations.

ADJUNCT FACULTY SPOTLIGHT: Betsy Gard, PhD

After the birth of her child and the turmoil of a divorce, Betsy Gard shifted from a full-time to an adjunct faculty position. This enabled her to continue to enjoy the camaraderie of Emory psychologists and psychiatrists, while simultaneously developing her private practice, which allowed for greater flexibility. She became active in the Georgia Psychological Association (GPA), serving on committees and developing her leadership skills. When GPA Vice-President, there was a mass shooting at the Perimeter Mall Food Court, which led to the development of the State of Georgia team of psychologists trained to respond to critical events and disasters. The Georgia Team collaborated with the state's highway officers and the Georgia Emergency Management Association and networked with the Red Cross. They were the first mental health professionals to go through 5-day disaster training and respond to Hurricane Andrew. The American Psychological Association also began a collaboration with the American Red Cross (ARC), and Betsy became the Southeast Consultant for states establishing mental health teams. As part of ARC, she went to over 25 disasters (e.g., hurricanes, earthquakes, airline crashes, mass shootings, tornadoes, floods, bombings), worked on preparedness for pandemics and radiation disasters, and was grateful to colleagues and friends who helped those surviving disasters to put their lives back together. She was also invited to participate on international missions to Romania, Belarus, China, Haiti and collaborated with volunteers from all over the world. On these missions, she helped train "boots on the ground" workers who needed mental health tools to help their country.

After 9/11 and flying to NYC five days after the Towers fell, Betsy worked with ARC to provide workshops on Coping with Deployment and Reconnections for when newly enlisted and courageous service personnel deployed to the Middle East and when they returned to their homes and families. During the height of the pandemic, she supported front line health workers and developed workshops on compassion fatigue and vicarious trauma. Most recently, she helped provide training for the Peer Support Program on using Psychological First Aid called EMBRACE.

The Emory Department of Psychiatry and Behavioral Sciences has been a home for the varied roles Betsy has had the privilege and opportunity to serve. The collegiality of the faculty and energy and eagerness of the trainees has provided her a springboard to serve both the Emory Community and the larger community. She continues to find intellectual stimulation and satisfaction in serving on DISC, supervising, and collaborating with colleagues to investigate fascinating questions. She believes the department has a vibrant and diverse presence in Atlanta, Georgia, the country and the world, and feels she has been given an amazing gift to be part of this group.

On a more personal note, Betsy has had the wonderful fortune to raise a daughter who became a pediatric emergency room physician and a son who was adopted from a Russian orphanage. She has seen her daughter volunteer and give back to her

community. Betsy participated with her son in a four-year NIMH study on early onset of Bipolar disorder and has witnessed him develop the strength and persistence to work through his severe mental illness. The loss of her husband of 32 years has been a grief she continues to live with, but the support of the Department, especially, Dr. Kaslow's kindness during these challenging times helped with those very difficult weeks and months after his death.

When Betsy was promoted to Adjunct Professor, she accomplished a long cherish hope and has felt incredibly grateful for this honor and for being asked to submit for Kudos.

STAFF SPOTLIGHT: Karen Ross

Karen Ross is the administrative assistant to the Vice Chairman of Child, Adolescent and Young Adult Programs and Director of the Psychiatry and Law Services. She also serves as the Program Coordinator for the Forensic Psychiatry Fellowship Program. Prior to joining the Department of Psychiatry and Behavioral Sciences, she served almost 20 years in the Department of Ophthalmology as an administrative assistant.

In Karen's new role, she is still in the learning process. However, she has enjoyed working as the administrative assistant and being instrumental in making sure those she supports do not have to worry about parameter tasks that make their office and programs run smoothly.

Key highlights in Karen's career trajectory include in 2006 being promoted from senior secretary to administrative assistant in neuro-ophthalmology and having the opportunity to supervise the secretarial team. This position gave her the opportunity to organize the structure of the workflow and make sure patients knew their needs were being addressed. She is also proud of serving on the building team that helped with the renovation of the fourth floor of the Eye Center. This opportunity allowed her to work on a diverse team of employees, giving others a chance to get to know her skill set. She also enjoyed becoming a resource for the department and training new secretaries in ophthalmology.

Karen's goals/plans for the immediate future include learning and growing her new role in psychiatry. She also has goals of retiring in 15 years from Emory, expanding her company into a commercial business and finish her doctorate degree to get the opportunity to teach/train future ministers and ministry leaders.

Outside of Emory, Karen is active at St. Stephen Missionary Baptist Church as Associate Minister, Oversee Media Ministry, weekly corporate prayer call, and new members' ministry. She also trains and teaches in the areas of evangelism and leadership. She is an active member and co-chair of Spiritual oversight for Alpha Kappa Alpha Sorority, Inc., owner and chief baker at Sweets by Kayro, LLC, doctoral student (DMin program) at Luther Rice University and Seminary and caregiver to her 85-year-old mother.

Outside of work, Karen loves doing community service, which she does primarily via her sorority. She has had the opportunity to make pillowcase dresses and shirts for children in Africa, help restock a pantry in a Douglasville elementary school and assist in collecting gently used eyeglasses and shoes for Soles for Soles and The Lions Club. She also enjoys baking, drawing, writing and reading books.

TRAINEE SPOTLIGHT: Charlotte Van Hale, MD

Charlotte Van Hale serves as the Emory inpatient and consults co-chief, alongside her partner Karen Giles. She sees patients for psychotherapy and in the Furman and Women's Mental Health clinics. She recently completed the Emory University Psychoanalytic Institute's Core program after taking classes for the past two years. Outside the department, she moonlights with the Grady hospital medicine group. Prior to being a psychiatry resident at Emory, Charlotte completed an internal medicine residency at Georgetown University in Washington, DC and became board certified in internal medicine in 2019.

Charlotte is fascinated with the formation and development of individual personalities. Psychiatry is extremely rewarding for her because it is an opportunity for her to see the human mind in action. The ability to get to know patients in a way that is different from all other medical specialties is a unique privilege of psychiatry and one she cherishes. Like all physicians, she loves making her patients better and seeing them improve.

Highlights of Charlotte's career trajectory include becoming a psychiatrist and an internist, which has been challenging, but rewarding experiences, particularly seeing how well the two specialties complement one another. She has had the opportunity to work with intelligent and dedicated attendings and co-residents, who have been the highlight of the years. There are so many individual patient experiences that have been moving, educational, or particularly notable that have left a significant impression on me, both professionally and personally.

Outside of work, Charlotte enjoys being outdoors running, walking, cycling or hiking. She loves traveling and seeing new places, as well as cooking, gardening and spending time with her fiancé, Thomas, friends and family.

Looking to the future, after graduation Charlotte accepted a department position doing CL psychiatry at Emory Midtown and outpatient psychiatry at EP 12. She is grateful for the training received, and long term, would love to continue finding ways to weave together internal medicine and psychodynamic psychotherapy. She is excited to continue with EUPI in the psychodynamic psychotherapy program next year. Right now, she finds consult work to be a great mix of the things most interesting to her.

DISC UPDATES

Mental Health Awareness Month (May 2022) – Scot Seitz, PhD, Postdoctoral Fellow in Health Service Psychology – Since 1949, Mental Health Awareness Month has been observed in May of each year. Some of the primary goals of Mental Health Awareness Month are to raise awareness about mental health challenges and

treatments, reduce stigma associated with mental health, and support people who are struggling with mental health concerns. Various organizations develop themes for Mental Health Awareness Month. For May 2022, Mental Health America selected the theme of “Back to Basics,” and they are focused on providing foundational knowledge about mental health and relevant resources. NAMI’s theme for May 2022 is “Together for Mental Health,” and they are emphasizing the role of collaboration to advocate for an improved mental health care system. Most mental health organizations provide resources (e.g., a mental health toolkit, social media content, videos) for people to engage in Mental Health Awareness Month. You can learn more about Mental Health Awareness Month at:

- [Mental Health America](#)
- [National Alliance on Mental Illness](#)
- [National Today](#)

Eid al-Fitr – Ishrat Khan, MD, Assistant Professor – Eid al-Fitr is a Muslim religious holiday celebrated worldwide at the end of the month of Ramadan. It marks the end of the month-long dawn-to-sunset fasting during the month of [Ramadan](#). It falls on the first day of [Shawwal](#) in the [Islamic calendar](#) when the new moon is sighted by local religious authorities. Eid al-Fitr day starts with Eid prayers at local Mosques, giving charity before the Eid prayers, greetings each other, community social gatherings, visiting family and friends and sharing delicious meals and giving gifts. Children eagerly wait for this special day as they get money from elders to spend as they desire. Eid celebration generally last three days in Muslim countries.

WOMEN FACULTY SUBCOMMITTEE

Wisdom from Women

The Women Faculty Subcommittee’s tips for ensuring equity at Emory:

TIP #2: A Contrarion or Devil’s Advocate role can foster equity on your Team

The Contrarion or Devil’s Advocate role is where an individual is assigned to be the critic of the proposed decision or widely-held viewpoint. Having a role for a member to express diverging opinions and alternate perspectives can combat group think and expose limitations and unconscious biases. The result can be high-quality decision-making that is innovative and equitable.

Reference: [3 Tools for Effective Business Decision Making | by Sorin Dumitrascu | Loud Updates | May, 2022 | Medium](#)

Remember: *“The world we have created is a product of our thinking; it cannot be changed without changing our thinking.”* - Albert Einstein

WELLNESS RESOURCES

The Department’s Wellness Committee Summer Field Trip will take place on Sunday, June 26 at 3:00 pm with a visit to the [Civil Rights Museum](#).

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

Major Leadership Appointments, Activities and Achievements

Krystal Frierson Bonapart was elected Secretary of the Georgia Psychological Association.

Jennifer Felger will be granted tenure at the rank of Associate Professor effective September 2022.

Negar Fani will be promoted to the rank of associate professor effective September 1, 2022.

Chanda Graves has been honored with the Distinguished Psychologist distinction through the School of Medicine.

Tamara Haynes has been honored with the Senior Physician distinction through the School of Medicine.

Adriana Hermida was elected President of the International Society for ECT and Neurostimulation (ISEN).

Rachel Hershenberg has been selected to serve as the Chair of the Continuing Education Review Committee for SEPI's 2023 annual conference.

Erica Marshall Lee was elected President Elect of the Georgia Psychological Association.

Patricio Riva Posse will be promoted to the rank of associate professor effective September 2022.

DeJuan White has been honored with the Senior Physician distinction through the School of Medicine.

Education

Frank AA, Schwartz AC, Welsh JW, Ruble AE, Branch R, DeMoss D, DeJong SM. "Enhancing addictions education in patient care and medical knowledge competencies for general psychiatry residents." *Academic Psychiatry* (Advanced online publication, 29 April 2022).

Chanda Graves was invited to join the Faculty, Resident and Staff, Growth, Development and Scholarship Working Group of the Emory School of Medicine Education Transformation process.

Erica Marshall-Lee was selected as Assistant Editor, Integration and Application, for the WHSC Health Professions Education Journal.

DeJuan White has been named an Associate Program Director in the department's general psychiatry residency program.

Research

Clark CJ, Bergenfeld I, Cheong YF, Kaslow NJ, & Yount KM. (2022). Impact of measurement variability on study inference in partner violence prevention trials in low- and middle-income countries. *Assessment*. doi: 10.1177/10731911221095599

Friis-Healy EA, Farber EW, Cook SC, Cullum KA, Gillespie CF, Marshall-Lee ED, Upshaw NC, White DT, Zhang S, & Kaslow NJ. (2022). Promoting resilience in persons with serious mental health conditions during the coronavirus pandemic. *Psychological Services*, 19(S1), 13-22. doi: [10.1037/ser000594](https://doi.org/10.1037/ser000594)

Han X, Jiang F, Liu Y, Liu T, Liu H, Shen L, Yang Z, Tang YL, Zhu J. [Workplace Violence, Workforce Stability, and Well-being in China's Psychiatric Hospitals](#). American Journal of Preventive Medicine, 2022.

Harerimana NV, Liu Y, Gerasimov ES, Duong D, Beach TG, Reiman EM, Schneider JA, Boyle P, Lori A, Bennett DA, Lah JJ, Levey AI, Seyfried NT, Wingo TS, Wingo AP. [Genetic Evidence Supporting a Causal Role of Depression in Alzheimer's Disease](#). Biol Psychiatry. 2021 Dec 16:S0006-3223(21)01840-0. doi: 10.1016/j.biopsych.2021.11.025. Online ahead of print. PMID: 35177243

Hermida A, Mohsin M, Pinheiro A, McCord E, Lisko J, Head L MD. The Cardiovascular Side Effects of Electroconvulsive Therapy and Their Management. Journal of ECT. March 2022; 38(1).

Liu Y, Jia LN, Wu H, Jiang W, Wang Q, Wang D, Xing YB, Ren YP, Ma X, Tang YL. Adjuvant Electroconvulsive Therapy with Antipsychotics is associated with Improvement in Auditory Mismatch Negativity in Schizophrenia. Psychiatry Research, 2022, May;311:114484. doi: 10.1016/j.psychres.2022.114484. Epub 2022 Feb 25

Vasiliki Michopoulos received the NoA to a new R01 for Neuroendocrine Mechanisms Underlying Perimenopausal Risk for Trauma-Related Hyperarousal in Black Women.

Jennifer Stevens received an additional grant for Discovering Diagnostics Subtypes, and NaTurAI history of traumatic brain injury (TBI) vs. non-TBI Recovery to Gain Military advantage the D2ISENTANGLE Focused Program Award.

Wang J, Zhang L, Jiang F, Liu Y, Wang M, Wu Y, Tang YL. Gender differences in burnout among endocrinologists in China. Frontiers in Psychology, 2022, 13:845188. doi: 10.3389/fpsyg.2022.845188

Wingo TS, Gerasimov ES, Liu Y, Duong DM, Vattathil SM, Lori A, Gockley J, Breen MS, Maihofer AX, Nievergelt CM, Koenen KC, Levey DF, Gelernter J, Stein MB, Ressler KJ, Bennett DA, Levey AI, Seyfried NT, Wingo AP. [Integrating human brain proteomes with genome-wide association data implicates novel proteins in post-traumatic stress disorder](#). Mol Psychiatry. 2022 Apr 21. doi: 10.1038/s41380-022-01544-4. Online ahead of print. PMID: 35449297

Wingo AP, Wang M, Liu J, Breen MS, Yang HS, Tang B, Schneider JA, Seyfried NT, Lah JJ, Levey AI, Bennett DA, Jin P, De Jager PL, Wingo TS. [Brain microRNAs are associated with variation in cognitive trajectory in advanced age](#). Transl Psychiatry. 2022 Feb 1;12(1):47. doi: 10.1038/s41398-022-01806-3. PMID: 35105862 Free PMC article.

Aliza Wingo was awarded two R01 grants for R01 AG075827, “Integrative genomic, transcriptomic, and proteomic analyses to investigate sex-specific differences in Alzheimer's disease” and “A brain multi-omic approach to identify key molecular drivers of neuropsychiatric symptoms in Alzheimer's dementia.”

Woods-Jaeger BA, Hampton-Anderson J, Christensen K, Miller T, O'Connor P, & Berkley-Patton J. (2022). [School-based racial microaggressions: A barrier to resilience among African American adolescents exposed to trauma.](#) *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(S1), S23–S31.

Honors, Awards, Rankings

The following faculty were honored for the School of Medicine's [2022 Educator Appreciation Day](#) and nominated by peers and colleagues for their passion and skills to educate, encourage and support scholars and learners:

- Sarah Dunn
- Toby Goldsmith
- Adriana Hermida
- Nadine Kaslow
- Brandon Kitay
- Michael Morrier
- Yilang Tang

Rebecca Schneider received the Behavioral Therapy Training Institute Diversity Scholarship from the International OCD Foundation for her commitment to increasing access to evidence-based OCD treatment in underserved populations. She was also selected as an award recipient for the Association for Contextual Behavioral Science Early Career Mentorship Program

Presentations

Michelle Casimir, current President Elect of the Georgia Psychological Association beginning July 2022, delivered her President platform address at the GPA Annual Meeting.

Glenn Egan, Katherine Fox, and Laura Ellison presented their workshop: Ethical Implications of Landmark Court Decisions on Non-Criminal Mental Health Issues, at the Georgia Psychological Association's Annual Meeting.

Nadine Kaslow presented her workshop: The Role of Psychologists in Bolstering Resilience During the Pandemic, at the Georgia Psychological Association's Annual Meeting.

Sheila Rauch is presenting an APA webinar on “Retraining the Brain: Applied Neuroscience in Exposure Therapy for PTSD.”

Scot Seitz, Erica Marshall-Lee and Millicent Phinizy presented their workshop: Promoting Social Justice Advocacy in Clinical Work and Community Settings, at the Georgia Psychological Association's Annual Meeting.

Media

Toby Goldsmith & Peace for Moms (1) Your Fantastic Mind – [Maternal Mortality](#).

Erica Lee and Christina Clarke (1) WRFG On Your Mind – **Microaggressions and Microinterventions**.

Barbara Rothbaum (1) Smithsonian Magazine – [Inside the Effort to Expand Virtual Reality Treatments for Mental Health](#).

Liza Zwiebach (1) Atlanta Journal Constitution – [Stress, Pandemic Could Spur Road Rage Increase, Researchers Say](#).

ADJUNCT KUDOS

Mark Ackerman presented on what recovery looks like and how your loved one makes lifestyle changes to advance their recovery at the Caron Atlanta Parent and Family Support Group Meeting

Allison Hill, Becky Beaton-York, Regina Koepp, Amy Todey, Tomina Schwenke, Amy Gambow and Diana Gordick presented their workshop: “It’s Getting Hot In Here.” How to stay ethical (and sane!) in today’s changing climates, at the Georgia Psychological Association's Annual Meeting.

Stella Nelms and Jennifer Steiner presented their workshop: Fundamentals of Health Psychology, at the Georgia Psychological Association's Annual Meeting.

Natalie Watson-Singleton was promoted to the rank of associate professor with tenure at Spelman College.

TRAINEE KUDOS

John Deppe was accepted into the Global Health Residency Scholars Program.

Benson Ku was invited to give an oral presentation at the American Psychiatric Association, How Federal Legislation Can Improve Mental Health in America: Major Acts With Impacts on the Social Determinants of Mental Health and selected to participate in the APA Research Colloquium for Junior Investigators.

Katerina Saker’s poster presentation, “Gendered Language in Narrative Comments of Learners: Natural Language Processing and Gender Bias” received honorable mention at Resident Research Day.

Margaret To's poster presentation "Examining associations of childhood maltreatment on adult psychopathology in a cohort of trauma exposed women living with HIV" received honorable mention at Resident Research Day.

STAFF KUDOS

Congratulations to all of the staff, nurses, social workers, faculty and clinicians for the outstanding work done every day. Their hard work was recognized at a recent Emory Healthcare awards ceremony summarizing the results from the Press Ganey surveys. Here are the winners:

- The Patient's Choice Award – LTR: Psychiatry
- My Provider Choice Award – LTR-CP: Psychiatry
- The Lending Ear Award: Psychiatry
- Highest Teamwork Award – Psychiatry
- Domain Domination – Overall
 - Psychiatry – Access (scheduling, ease of contacting)
 - Psychiatry – Moving Through Visit (informed of delays, wait times)
 - Psychiatry – Nurse/Assistant (concern, listening, instructions)
 - Psychiatry – Personal Issues (concern for protection, privacy and safety)