EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS MAY 2020

REMEMBER

Please send me your accomplishments and personal updates for the June 2020 Kudos

SAVE THE DATES

LEADERSHIP CONSULTATIONS

The next leadership consultation will be held at a time TBD when the shelter-in-place recommendations are over. These peer consultations are valuable to any faculty member in a leadership role or aspiring to such roles.

FACULTY DEVELOPMENT SEMINARS

Below is the information on the faculty development seminars for 2020. We are sending all the information in advance in hopes that people can clear their schedules.

- June 10, 2020 Effective Strategies for Engaging Online Learners David Goldsmith, Martha Ward, David Schulman, Liesl Wuest
- July 22, 2020 Harmful Supervision Nadine Kaslow, Rachel Ammirati, Nori Lim, Andrea Crowell – ZOOM – Note rescheduled
- September 30, 2020 EP12 first floor training room Erotic Transference Stefanie Speanburg, Lauren Schmidt, Patrick Amar, Negar Fani
- December 9, 2020 EP12 first floor training room How to Get Promoted: Service Portfolio – Nadine Kaslow, Andrew Furman, Marianne Celano

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am at EP12 in Room 554 (unless noted otherwise). The next meeting is Wednesday June 3, 2020 and will be on Zoom.

CE WORKSHOP SCHEDULE

On hold

SUPPORTING OUR EMPLOYEES

Emory Together Hardship Fund

The <u>Emory Together Hardship Fund</u> for Staff and Faculty was created to assist university staff and faculty members who are experiencing a temporary financial hardship. The information below applies only to staff and faculty. If you are an Emory student looking for financial assistance, please apply on the Student <u>Emory Together Fund website</u>.

Employee Emergency Fund

Grady's created an Employee Emergency Fund to provide financial support when our employees face serious and unexpected challenges. As a result of COVID-19, we have temporarily updated the policy, including waiving the 90-day waiting period for new employee eligibility. Qualifying COVID-19 related hardships include childcare, caring for a sick family member, and paying for groceries or rent. View the temporary addendum to the policy here. All applications are confidential. PLEASE NOTE: applications may take up to one week to process. If you wish to contribute the employee emergency fund, please visit https://www.gradyhealthfoundation.org/employee.

Federal Employee Education and Assistance Fund

The Federal Employee Education and Assistance Fund (FEEA) is the only independent, nonprofit 501c3 organization devoted solely to providing emergency financial assistance and scholarships to our dedicated civilian federal and postal public servants and their families. FEEA also has a for-profit subsidiary, FEEA Childcare Services, which administers childcare subsidy programs on behalf of a number of federal agencies.

DIVERSITY AND INCLUSION SUBCOMMITTEE

See departmental communications from the Hate Crimes Subcommittee of the DISC on 5/11 about Mr. Arbery and on 5/31 about Mr. Floyd.

RACIAL ETHNIC AND CULTURAL MINORITY SUBCOMMITTEE

The department's Racial, Ethnic, and Cultural Minority Faculty Development Subcommittee has created a Twitter account: @EmoryRECM.

SPOTLIGHTS

FACULTY SPOTLIGHT: Laura Jane Miller, MD

Laura Jane Miller is a psychiatrist with the Child and Adolescent Mood Program, a Parent Child Interaction Therapist and consulting psychiatrist for the Emory Neurodevelopmental Exposures Clinic. She is also the director of the brand new infant mental health clinic Supporting Parent Relationships with their Infants Through Early Childhood (SPRITE). Laura Jane supervises adult residents in a child psychopharmacology clinic one morning a week. The clinic hopes to add fellows to the SPRITE clinic this coming academic year. She has been creating an infant mental health curriculum for the child fellows as well as updating development lectures for the medical students, psychiatry residents and child fellows.

The most important activity outside of Emory is Laura Jane's advocacy work with the Georgia Early Education Alliance for Ready Students, which in the last year or so, has begun to focus on infant mental health. She finished a fellowship in Infant Parent Mental Health at UMass Boston in November of 2019. This multidisciplinary fellowship has helped foster professional relationships with occupational therapists, nurses, pediatricians, psychologists, lawyers and other child psychiatrists from around the world. She is now learning how to do dyadic therapy with infants and parents from one of the faculty.

Laura Jane recently described to a close friend the pleasures of her work as a musical tuning process. The system the child is embedded within is like a symphony with so many different, dynamic, moving parts. You listen carefully for the dissonance and make small adjustments across the orchestra at very precise points in time and this allows the symphony to come closer to synchrony and harmony, sometimes even creating beautiful masterpieces with one another. In child psychiatry, especially with the very young, we get to do this playfully. When we can find the dissonance, address it, help it be seen and felt, it resolves and families can go on finding the notes that are astray themselves. We have the deeply rewarding experience of creating a self-correcting system. These moments are the greatest highlight of her working days.

As an early career psychiatrist, Laura Jane is learning the skills of navigating the work place and how to advocate for herself and her patients. Finishing additional training in infant mental health has really broadened how I understand the formation of the psyche even though it was truly a very disorganizing experience. As she weaves together the pieces of knowledge gathered, I'm very excited to be poised to help launch an actual infant mental health system in Georgia, something that has been a very long time coming. As faculty at a university, she is able to have a hand in advocacy, teaching and clinical work to bring to families in Georgia what she learned at UMass and in fellowship at Emory while influencing residents and politicians to provide life changing interventions that aim to reduce the incidence of mental illness and increase resilience.

Laura's future goals include wanted to see an Infant Mental Health system launch in this state to set Georgia's children and families off on the right path from the very beginning. Launching this system, or officially, being endorsed by the Infant Mental Health Alliance, would enable greater access to funds so Emory could expand our clinic services. She hopes to bring other evidence-based treatments to Emory such as Circle of Security groups, Child Parent Psychotherapy and to have more therapists trained in infant work to create a multidisciplinary team.

Laura Jane is a mother to two boys, so they are her greatest devotion, especially during these uncertain times. When she is not at work, they are often in the garden growing flowers, vegetables, herbs and fruits. She is also a classically trained pianist and vocalist and so when things are all settled, she might play her piano. Before quarantine she was still singing with a pathologist/researcher/friend she met in medical school at Emory who was her accompanist.

STAFF SPOTLIGHT: Mubarak Pasha

Mubarak Pasha is the IT Manager for the Brain Health Center. His responsibilities span across both University and Healthcare. His responsibilities include: managing desktop support services team, project managing the technology aspects of construction and large-scale initiatives such as telehealth, finding technical solutions to help improves processes while efficiency and flexibility, representing IT on various technical and non-technical committees within and outside of the BHC, serving as a liaison to the SOM and LITS, vendor management for 3rd party technical solutions, provide mentorship and

find ways to put our team in the best position to succeed while meeting the interests of the business.

In relation to his work, what Mubarak finds most rewarding is playing a role in providing patient care. Using the famous JFK story when he asked a NASA janitor what did, the janitor's response was, "I'm helping put a man on the moon!" Similarly, the advancement in technology and finding solutions to improve how we do things ultimately help provide better patient care. The recent launch of telehealth and its success is a perfect example of how technology has allowed the BHC to reach those in need during a time when physically distancing is necessary. In addition to serving as a platform of providing care during this pandemic, telehealth is also helping those who may have found it challenging to come onsite for visits.

Mubarak has also taken a strong interest in the "Lean journey" the BHC has embarked upon. From a shared services perspective and more particularly IT, he believes this can be revolutionary in changing the way we work while making us more effective and efficient. What make it successful is having that mechanism to a clear path to escalation, transparency and accountability. It empowers the front line to ensure they have the tools to succeed by taking more of a bottom-up approach. The BHC IT team has the opportunity to create a framework that could then be used by other shared services teams and IT teams across both Emory University and Healthcare. This, to him, is very exciting!

Key highlights of Mubarak's career trajectory so far include: the Brain Health Center being one of the only areas to blur the line between University and Healthcare support and him being fortunate to have played an intricate role in establishing this model to better serve our faculty and staff; expanding coverage from two to five departments in the past six years to include psychiatry, neurology, rehab medicine, neurosurgery and sleep; expanding conference room spaces and the support provided. IT originally had a handful of conference space and limited resources to manage them. Today, they support over 35 conference room spaces that can accommodate anywhere from 15 to 150 occupants. They provide a production like experience for both Psychiatry and Neurology Grand Rounds and have a dedicated person to help with managing events; having been part of seven major new construction or renovation projects that allowed the Brain Health Center to expand its scope and resources; implementing Lean practices within the BHC IT Team; helping introduce telehealth to the BHC and creating a platform and workflow to successfully provide care; introducing a solution to help better manage dicom images of patients while providing ease of access and use for Providers; helping introduce digital signage in the environment and the benefits it provides with exposure; and having seen most of my employees leave our team to assume better roles as part of their career growth. He's a firm believer that a Manager's responsibility is to always be preparing their employees for their next opportunity and to see what they do as a career and not just a job.

Mubarak truly enjoys what he does at this time. However, he also knows there is always room for growth. His hope is to take this wealth of knowledge, that he has been able to

gain working at the BHC, and apply it on a larger scale across every section of an organization. He truly believes what we are achieving and how we're achieving it sets us apart from everyone else. The way IT is handled at the BHC is very different and has been very successful compared to anyone else at Emory. This view is always confirmed when former faculty and staff reach out from other departments within Emory and sometimes from different institutions all together! It hasn't been the easiest path but we have always seen fruits of their labor. He always shares with his team that, "If it were easy, then everyone would have done it." Mubarak always looks to find opportunities that challenge him and serve to be more rewarding than the experiences he has had at the BHC. The opportunity he has to gain exposure to technology and be innovative is second to none for him. Until then, he hopes to continue finding ways to put our faculty and staff in the best position to succeed via technology.

Outside of Emory, Mubarak's current role is a father of two. He believes there is no job that is more taxing than this. Thanks to COVID, he has also become somewhat of a handyman and landscaper. Other interests include being an avid, yet heart broken, Atlanta sports fan, having an interest for cars and appreciate what goes into them, being known as somewhat of a chef and loving to cook things from scratch (he considers himself a grill master) and enjoying photography and always trying to capture the perfect shot.

TRAINEE SPOTLIGHT: Elsa Friis, PhD

Elsa Friis is a general track psychology intern in the Department of Psychiatry and Behavioral Sciences. She has had the wonderful opportunity to rotate through multiple clinics including the Grady Infectious Disease Program and 10 Park Place and is currently working with the Nia Project. The Covid-19 pandemic has dramatically changed her day-to-day life as she is currently working from home, however it has also led to an opportunity to very quickly learn new skills around teletherapy and be able help support front-line workers and the broader community through the Caring Communities initiative. This has been particularly meaningful to her as her husband is a critical care physician actively caring for COVID patients in North Carolina. It has been a surprising and invaluable part of my training experience to be able to participate in the Caring Communities response on multiple levels through directly providing support to frontline workers, collaborating on tip sheets, engaging in COVID-related advocacy and additionally have the privilege to work on academic papers related to this response. Outside of Emory, Elsa is an active member of the Atlanta Behavioral Health Advocates (ABHA) and helps organize and run the ABHA blog on Psychology Today.

One of the highlights of Elsa's year has been working with and supervising practicum students. She really enjoys teaching and is so inspired by the creativity, ingenuity and compassion of the students she has been able to work with. Elsa has also felt an incredible sense of partnership with her fellow interns and supervisors around a shared commitment to engaging in social justice advocacy that has been incredibly motivating during a year which has had a multitude of challenges.

One of the things Elsa is most proud of is her work in Kenya. For the past six years, she has instituted and supported a church leader provided family therapy program to combat child maltreatment and domestic violence and promote child mental health. As part of this work, Elsa developed an app to support the remote supervision of lay-counselors, as challenges in the ability to remotely train and supervise new clinicians is a key barrier in the ability to more widely disseminate behavioral health interventions in areas that do not have access to mental health care globally. Anecdotally, one of the highlights of her career was having the opportunity to share the work in Kenya with the Duke Chancellor of Medicine during one of his global site visits. His visit turned a little bit more exciting after an unexpected downpour led to being stuck in the mud in a slum outside of Eldoret Kenya for about five hours, which led to us spending the afternoon drinking chai with some of the counselors in one of their homes.

Elsa will be completing a two-year mixed clinical and research postdoctoral fellowship at Duke University as the Multi-health Systems/Conners Fellow in Digital Health. During this time, she will be working on projects related to developing digital interventions for ADHD and neurodevelopmental disorders. She is looking to build a career that centers around the utilization of technology to increase access to mental healthcare globally.

Outside of work, Elsa is a competitive horseback rider (dressage) and has found an amazing horse community north of Atlanta. While quarantining in her home, she has enjoyed going on walks with the dog and fishing on the small lake they live next to. Elsa and her husband also enjoy brewing beer, entering chili cook-offs and participating in an axe throwing league.

FACULY COMINGS AND GOINGS

WELCOME NEW FACULTY

None reported

THANK YOU TO FACULTY WHO ARE LEAVING

None reported

FACULTY DEVELOPMENT COMMITTEE UPDATES

None reported

DIVERSITY CORNER

None reported

WELLNESS CORNER

Wellness during the COVID-19 Pandemic:

None reported

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

Andrea Crowell joined the Residency Education Team as Associate Program Director and Educational Director of the Outpatient Psychotherapy Training Program.

Boadie Dunlop has been promoted to the rank of Professor effective September 1, 2020.

Aliza Wingo, MD, MSc has been promoted to the rank of Associate Professor effective September 1, 2020.

Education

Raymond Young participated in a webinar for the Academy of Consultation Liaison Psychiatry for the Fellowship Director's Special Interest Group. He was one of the panelist and gave a brief presentation on "Methods of Communicating and Evaluating Patients with COVID-19."

Research

Andari E, Nishitani S, Kaundinya G, Caceres CA, Morrier MJ, Ousley O, Smith AK, Cubells JF & Young LJ. (2020). Epigenetic modification of the oxytocin receptor gene: Implications for autism symptom severity and brain functional connectivity. *Neuropsychopharmacology*, *45*(7), 1150–1158. https://doi.org/10.1038/s41386-020-0610-6

Bernhardt JB, Lam GYH, Thomas T, Cubells JF, Bohlke K, Reid M, Rice CE. Meaning in Measurement: Evaluating Young Autistic Adults' Active Engagement and Expressed Interest in Quality-of-Life Goals. Autism in Adulthod. 2020 May 4. DOI: https://doi.org/10.1089/aut.2019.0081.

Boness CL, Hershenberg R, Kaye J, Mackintosh M, Grasso DJ, Noser A, & Raffa SD. (in press). An evaluation of Cognitive Behavioral Therapy for Insomnia: A systematic review and application of Tolin's Criteria for empirically supported treatments. *Clinical Psychology: Science and Practice*. https://doi.org/10.31234/osf.io/kd8ut

Dhingra A, Janjua AU, Hack L, Waserstein G, Palanci J, Hermida AP. Exploring Nonmotor Neuropsychiatric Manifestations of Parkinson Disease in a Comprehensive Care Setting [published online ahead of print, 2020 Apr 3]. *J Geriatric Psychiatry Neurol*. 2020;891988720915525.

Glass OM, Hermida AP, Hershenberg R, Schwartz AC. "Considerations and current trends in the management of the geriatric patient on a consultation-liaison service. Curr Psychiatry Rep 2020 Apr 13; 22(5):21.

Janjua AU, Dhingra AL, Greenberg R, McDonald WM. The Efficacy and Safety of Concomitant Psychotropic Medication and Electroconvulsive Therapy (ECT) [published online ahead of print, 2020 Apr 27]. *CNS Drugs*. 2020;10.1007/s40263-020-00729-1. doi:10.1007/s40263-020-00729-1

Katrinli S, Stevens J, Wani AH, Lori A, Kilaru V, van Rooij SJH, Hinrichs R, Powers A, Gillespie CF, Michopoulos V, Gautam A, Jett M, Hammamieh R, Yang R, Wildman D, Qu A, Koenen K, Aiello AE, Jovanovic T, Uddin M, Ressler KJ, Smith AK. Evaluating the impact of trauma and PTSD on epigenetic prediction of lifespan and neural integrity. 2020. Neuropsychopharmacology. DOI: https://doi.org/10.1038/s41386-020-0700-5

Maples-Keller JL, Post LM, Price M, Goodnight JM, Burton MS, Yasinski CW, Michopoulos V, Hudak L, Houry D, Jovanovic T, Ressler K, Rothbaum BO. Investigation of optimal dose of early intervention to prevent posttraumatic stress disorder: A multiarm randomized trial of ne and three sessions of modified prolonged exposure. Anxiety and Depression Association of America. 2020. DOI: 10.1002/da.23015

Riva-Posse P, Crowell AL, Wright K, Waters AC, Choi K, Garlow SJ, Holtzheimer PE, Gross RE, Mayberg H. Rapid Antidepressant Effects of Deep Brain Stimulation and Their Relation to Surgical Protocol. 2020 May 14. Biological Psychiatry. DOI: https://doi.org/10.1016/j.biopsych.2020.03.017

Watson-Singleton, N.N., Florez, I.A., Clunie, A.M., Silverman, A.L., Dunn, S.E., & Kaslow, N.J. (2020). Psychosocial mediators between intimate partner violence and alcohol abuse in low-income African American women. *Violence Against Women, 26,* 915-934. DOI: 10.1177/1077801219850331

Wingo AP, Fan W, Duong DM, Gerasimov ES, Dammer EB, Liu Y, Harerimana NV, White B, Thambisetty M, Troncoso JC, Kim N, Schneider JA, Hajjar IM, Lah JJ, Bennett DA, Seyfried NT, Levey AI, Wingo TS. Shared proteomic effects of cerebral atherosclerosis and Alzheimer's disease on the human brain. Nature Neuroscience. 2020 May 18. PMID: 32424284. DOI: 10.1038/s41593-020-0635-5

Zatloff, J.P., Gupton, O., & Ward, M.C. (2020). Reverse integration pilot in a public safety net hospital's outpatient behavioral health clinic. *Community Mental Health Journal*. DOI: 10.1007/s10597-020-00643-2

Zimbrean PC, Ernst CL, Forray A, Beach SR, Lavakumar M, Siegel AM, Soeprono T, Schwartz AC. "The educational value of outpatient CL rotations- a white paper from the ACLP residency education subcommittee." Psychosomatics, 19 May 2020. doi.org/10.1016/j.psym.2020.05.004

Honors, Awards, Rankings

Michelle Casimir was the GPA Annual Meeting Co-Chair and received the Outstanding Service Award.

Jocelyn Cox was honored for Emory's Educator's Appreciation Day.

Ed Craighead received the Presidential Citation from the Society of Clinical Psychology in recognition of his many decades of extraordinary leadership and service in clinical

psychology, his remarkable contributions informing the evidence-based treatment of depression and his unparalleled role in supporting and mentoring the next generation of clinical psychologists.

David Goldsmith was honored for Emory's Educator's Appreciation Day.

Dorian Lamis was honored for Emory's Educator's Appreciation Day.

Jessica Maples-Keller was awarded a grant titled "The Effects of Estradiol on Fear Extinction Recall and Treatment Response in Women with Posttraumatic Stress Disorder."

Meghna Patel was named a GPA Leadership Academy Graduate.

Jennifer Steiner was named a GPA Fellow and received the GPA Member Excellence Award.

Yilang Tang was honored for Emory's Educator's Appreciation Day.

Rachel Waford was nominated as a GPA Fellow.

Justine Welsh was named Atlanta Business Chronicle's Rising Health Care Star.

Keith Wood won the Georgia Psychological Foundation Berman-Gard Excellence in Service Award. The award is given to a psychologist who serves as a leader in their community including public service, volunteerism, board membership and other strategic roles often not directly associated with the day-to-day work of psychologists in their careers.

Presentations

Carissa Balderas and Sharon Shatil presented "Psychologists' Role in Assessing and Treating Sleep Disorders" at the annual GPA meeting.

Cattie, J. (May 2020). Uncertainty and anxiety. Presenter for the World Health Organization (WHO) Africa – Mental health and COVID19 in the Africa Context. COVID-19 Virtual Training Series.

Betsy Gard, Adaobi Ihendru and Alpa Amin presented "Immigrants, Asylum Seekers and Refugees: What Do We Know? What Can We Do?" at the annual GPA meeting.

Jessica Goodnight and Carly Yasinski presented Addressing Sexual Health in Sexual Trauma: Sex-Positive Cognitive Behavioral Intervention at the annual GPA meeting.

Kaslow, N.J. (May 2020). Navigating through grief during the COVID-19 pandemic. Presenter for the World Health Organization (WHO) Africa – Mental health and COVID-19 in the Africa Context. COVID-19 Virtual Training Series.

Raymond Kotwicki presented "Putting the Brain Back in the Body: A Call for Integrating Physical and Mental Health" at the annual GPA meeting.

Nadine Kaslow presented "Multicultural Supervision: Frameworks, Techniques and Challenges" at the annual GPA meeting.

Barbara Rothbaum was the keynote speaker at the annual GPA meeting with the presentation "Using Virtual Reality to Treat PTSD and Anxiety Disorders."

Yilang Tang, Natasha Whitfield, Justine Welsh and Pamela Eilender presented "Treatment of Opioid Use Disorder: What Psychologists Can Do" at the annual GPA meeting.

Raymond Young gave a presentation for EUH Spiritual Health on Clinicians Psychological Response to Patients with Depression and Suicide.

Quality and Safety Initiatives and Capital Campaign InitiativesNone reported

Community Benefit Programs and Activities

Dorian Lamis participated in the official virtual launch of the GA State Suicide Prevention Plan. As co-chair, Dorian provided an overview of the plan.

Facilities

None reported

Emory in the Media

Wendy Baer (1) Cancer Quest – <u>COVID-19 Information and Resources</u>.

Nadine Kaslow (1) Fox 5 – <u>Georgians Cope with 'New Normal' as Pandemic Restrictions Ease</u>.

Regina Koepp (1) Fatherly – <u>That COVID Feeling? It's Called Anticipatory Grief</u>. (2) Insider – What are the Stages of Grief? How to Process and Deal with Grief and Loss.

Erica Marshall-Lee (1) Psychology Today – Fragile? It's All a Matter of Perspective.

Sheila Rauch (1) Medscape – A Surge in PTSD may be the 'New Normal.'

Elsa Friis, Erica Marshall-Lee and Martha Ward (1) Psychology Today – What are We Really Fighting? COVID-19 Racism and Xenophobia.

Elsa Friis and Susi Hupp (1) Psychology Today - #MaskingForAFriend.

Other Accomplishments

The Early Emory Center for Child Development and Enrichment received Short Term Assistance Benefit for Licensed Entities (STABLE) funds from the Georgia Department of Early Care and Learning.

Regina Koepp launched the <u>"Psychology of Aging Podcast"</u> related to COVID-19 and has written five <u>blog articles</u> on older adults and COVID.

ADJUNCT FACULTY KUDOS

None reported

TRAINEE KUDOS

Bite-Sized teaching presentations:
Presenter #1: Karen Giles, MD

Title: Collateral Damage: COVID-19 and the CNS

Coach: Ann Schwartz, MD

Presenter #2: Aniket Malhotra, MBBS

Title: Delivery of Inpatient Psychiatric Care and Challenges During

COVID-19

Coach: Martha Ward, MD

Presenter #3: Joseph Vinson, MD

Title: "Are You There?": Understanding Therapeutic Alliance in

Virtual Encounters

Coach: Eugene Farber, PhD

Karyn Korsah was accepted into the second class for the Emory School of Medicine Health Equity, Advocacy, and Policy (HEAP) track.

Ku BS, Lally CA, Compton MT, Druss BG. Neighborhood Predictors of Outpatient Mental Health Visits Among Persons with Comorbid Medical and Serious Mental Illnesses. Psychiatry Services. 12 May 2020. DOI: https://doi.org/10.1176/appi.ps.201900363

Kate Measom was accepted into the second class for the Emory School of Medicine Health Equity, Advocacy, and Policy (HEAP) track.

STAFF KUDOS

After 12 years as Psychiatry Clerkship Coordinator, Carolyn Knight has retired. She has great appreciation for all the wonderful relationships that she has developed over the years and will miss everyone and the work, but she looks forward to this next phase of her life, which will include more tennis, more travel, more gardening and more time at their family lake house in North Carolina. She is still sewing cloth face masks, so if you've not gotten yours yet, please let her know! As we say farewell to Carolyn, we welcome Tamara Wright as the new Clerkship Coordinator. Tamara's background and positive attitude will continue the Clerkship work with the medical and PA

students. Tamara and Clerkship Director Jeff Rakofsky will continue to lead the best Clerkship at Emory!

PERSONAL UPDATES

None reported