

‘EMORY DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES KUDOS
NOVEMBER 2020

REMEMBER

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

SAVE THE DATES

FACULTY DEVELOPMENT SEMINARS

Below is the information on the first faculty development seminar for 2021. We will send out the rest of the information as soon as possible so that people can clear their schedules. All seminars are from 9:00-10:30am and will be virtual this year.

- January 6, 2021 – How to Get Promoted: Service Portfolio – Nadine Kaslow, Andrew Furman, Marianne Celano, Julie Kable - <https://zoom.us/j/98771903965>

WRITING GROUPS: UPCOMING

The Writing Group is the 1st Wednesday of every month from 8:00-9:00am. The next meeting is Wednesday December 2, 2020 and will be on Zoom -

<https://zoom.us/j/6213030759?pwd=T0hpY056a0N1RFdvWjFIQ3d4UU1vZz09>

CE WORKSHOP SCHEDULE

The next Emory@Grady Psychology Division continuing education workshop will be Friday December 11, 2020 from 9:00am-12:00pm. Meghan Patel will present on Cognitive Processing Therapy. Contact Rachel Ammirati, rammira@emory.edu, to register.

SPOTLIGHTS

FACULTY SPOTLIGHT: Lauren Schmidt, MD

Lauren Schmidt is an assistant professor in the Department of Psychiatry and Behavioral Sciences. She also serves as a General Adult Outpatient Psychiatrist at Emory Executive Park 12, Psychiatrist for Emory’s Women’s Mental Health Program, Medication Consultant for Emory’s OCD Intensive Outpatient Program, Emory Clinical Site Director for Residents and Emory OPTP Supervisor.

What do you most enjoy about your work and why? What Lauren most enjoys about her work is hearing people’s stories. To her, people’s stories should be heard. She is fortunate to hear and listen to some of those stories. Sometimes she can make a difference with medications. But many times, it is the validation of these stories, the witnessing of grief and the vulnerability of emotions that is most needed. She is fortunate that actively listening is essential to her work. Like many, she has experienced symptoms of burnout (emotional exhaustion, depersonalization, decreased sense of accomplishment) over this past year during COVID. However, she is often reminded of joy from her patients--giving birth, starting new careers and taking time to be still. She

loves being able to work with people that truly make a difference every day, thank you Jill Mast APRN and Del Hanson.

A key highlight of Lauren's career trajectory was receiving the Emory Medical Student Teaching Award

Looking towards the future, Lauren has a dream of being able to work in an integrative clinic focused on developmental trauma and complex PTSD. There is so much she would like to learn from healers both within and outside of the mental health field. The power of touch, combined with listening, can hopefully unlock the trauma stored in the physical body.

Lauren's interests and involvements outside of the workplace include catering to her seven-year-old dog (rescue mix), being outside in nature (especially by the beach), cooking delicious vegan food, supporting the Trevor Project and making an everyday commitment to fight climate change

ADJUNCT FACULTY SPOTLIGHT: Sanjay Shad, JD, PhD

Sanjay Shah, JD, PhD, is an Adjunct Assistant Professor with the Department of Psychiatry and Behavioral Sciences. After completing his postdoctoral fellowship with the Psychiatry and Law Service, Sanjay went on to work on a forensic unit at Georgia Regional Hospital. He then established his private practice, Atlas Psychological Services, in 2015. His forensic work mainly focuses on evaluating individuals in criminal law and employment law settings. Clinically, Sanjay specializes in cognitive behavioral therapy with adults and most frequently offers psychotherapy for anxiety, depression, and stress.

Upon joining as an adjunct faculty member, Sanjay provided supervision to forensic psychiatry fellows who rotated through Georgia Regional Hospital. He has also served as a member of the Diversity and Inclusion Subcommittee since its inception in 2016 and later became a member of the Adjunct Faculty Workgroup. He is routinely on the Complex Ethical Dilemmas Panel, which offers trainees the opportunity to present complex ethical issues and receive feedback from a diverse group of panelists.

Sanjay has enjoyed several aspects of being an adjunct. The most rewarding experiences have been seeing the professional growth of trainees and remaining connected with the Department. In addition, he appreciates the presentation and writing opportunities that being an adjunct has provided. Sanjay has also enjoyed maintaining his relationship with previous supervisors and mentors including Dr. Egan, Dr. Ash and Dr. Kaslow.

Sanjay has come full circle as he attended Emory as an undergraduate. After graduating, he spent a year doing research and neuropsychological testing at Wesley Woods. He then went to Philadelphia to complete his law/psychology training before coming back to Emory.

STAFF SPOTLIGHT: Vanessa Askot

Vanessa Askot is the administrator for the four departments of Brain Health at Grady: Behavioral Health, Neurosurgery, Neurology and Rehab. This means she wears many hats, but mostly focused on maintaining and nurturing the relationship between Emory and Grady, hiring and retaining faculty and staff, setting and watching the budget, managing a small staff and occasionally moving furniture.

Vanessa works with four distinct departments, so on any given day, she can learn about suicide prevention, stroke rehabilitation, thrombectomy scheduling and COVID protocols in the neuro ICU. The diversity is exciting! She supports and mentors a small staff, who work hard to support the faculty, and enjoys helping them reach their professional goals too.

Vanessa started her career at Northwestern in Chicago as a Practice Supervisor in a busy clinic. She moved into a finance role and then department administration. At Emory, Vanessa landed initially in Neurosurgery and then jumped at the chance to move full-time to Grady. Working at Grady has been the highlight of her career because she enjoys working closely with a group of people who are passionately mission-driven to provide world class care to anyone who walks through the door.

Normally, Vanessa would say her current or recent roles and responsibilities outside of Emory are her interests in welcoming immigrant families, National Public Radio and vegetable gardening, but these days, she is just trying to keep my family COVID-free and in school, while continuing to stay focused on work. Someday, she will have room for other interests – perhaps read a book, instead of just drinking from the news cycle fire hose.

Vanessa's plans for the future include drinking less coffee, reading more books, keep working hard so she can someday be a leader in healthcare with a platform big enough to advocate loudly for vulnerable groups and thoughtfully funnel resources to them.

Outside of work, Vanessa has two daughters, two and six years old, who are objectively delightful. But they don't go to sleep until 9:30pm each night, so her interests are mostly constrained to getting them to bed earlier. Even before quarantine, she enjoyed cooking and baking and would churn out multi-layer cakes, French macarons, fresh pasta and other carbohydrates regularly.

TRAINEE SPOTLIGHT: Brooke McKenna

Brooke McKenna is a graduate researcher with Patty Brennan's Biological Underpinnings In Learning and Development (BUILD) Lab. Her research focuses on how the interplay between environmental and biological factors contribute to the intergenerational transmission of psychopathology, specifically, how maternal experiences during, and even prior to, pregnancy can influence the development of psychopathology in her offspring. Her work focuses on black/African American women and children, given their historic underrepresentation in research studies despite their disproportionate exposure to environmental stress/adversity. Brooke is also a clinical intern at the Child and Adolescent Mood Program (CAMP), working with youth, young

adults, and families struggling with anxiety, depression, OCD, and other emotional/behavioral health concerns. She continues to collaborate with the Grady Trauma Project (GTP), where she has co-lead a Mindfulness-Based Cognitive Therapy group for Black/African American individuals with PTSD and depression, as part of Abigail Powers-Lott's ongoing study. She conducts research with mentorship from Yara Mekawi, examining how race-related stress can contribute to premature biological aging, as a step towards understanding the mechanisms that contribute to racial health disparities.

For Brooke's first two years of graduate school, she served as a graduate mentor for the Emory Pipeline Collaborative, which provides resources, support and mentorship to students from under-resourced Atlanta high schools interested in pursuing STEM careers. Initiatives like this are important for closing the education gap and interrupting the cycle of disadvantage that has been created by historical and systemic racism

Brooke has contributed to the formation and implementation of Caring Communities, particularly on providing a supportive, rejuvenating space for healthcare workers by co-leading weekly virtual breaks, where providers and frontline staff engage in exercises of mindfulness, self-compassion, yoga and more. She has taken a leading role with creating anti-racism action guides so members of the Emory and Grady communities can engage with the movement to reduce racism within their institutions.

What Brooke most loves about her work is it is truly the epitome of a "clinical science" model – she participates in research that will inform future prevention and intervention efforts and, simultaneously engages in clinical work that will inform the most helpful ways to approach research. She appreciates and enjoys collaborating with and learn from such a diverse group of people – researchers and clinicians across psychology, psychiatry, public health, nursing, social work and more.

Brooke's research is informed by her experiences as an early student researcher. As an undergraduate at UNC-Chapel Hill, she worked with Mitch Prinstein to study how environmental factors contribute to health-risk behaviors in adolescents. Then, as a postbac RA at the University of Iowa, she studied how genetic variation and prenatal exposures contribute to the etiology of neurodevelopmental disorders. By combining her experiences and interests in developmental psychopathology, environmental stress and biological mechanisms, she is able to take an interdisciplinary approach within her current area of research. While at Iowa, Brooke attended a talk by Alicia Smith with the GTP that opened her eyes to ways biological and psychological research could be merged with public health and social justice. So it's been such an honor to collaborate with Alicia and the GTP, given their role in shaping her interests for graduate school! In 2018, she was awarded the National Science Foundation Graduate Research Fellowship, which was a great honor and, to her, highlighted the growing recognition by funding institutions that including marginalized groups in research is of importance.

Brooke's goals and plans for the future start with most immediately, the big step of defending her dissertation. Then, a postdoctoral fellowship position that allows her to

continue working as a clinical scientist, accruing both research and clinical experience. She hopes to build a career merging research and clinical practice, whether within a psychology department or within an academic medical setting similar to the GTP. Regardless of where Brooke ends up, a top priority as she moves forward is to foster community partnerships and outreach efforts to continue making science accessible and helpful for all.

Outside of work, Brooke is a Support Group Facilitator at the Women's Resource Center to End Domestic Violence. She believes it is critical to be involved in community organizations that overlap with clinical and research initiatives in order to stay grounded and remind everyone of how we can best serve the community with our work. She also enjoys yoga, woodworking and just learning how to brew her own kombucha!

FACULY COMINGS AND GOINGS

WELCOME NEW FACULTY

None reported

THANK YOU TO FACULTY WHO ARE LEAVING

Mark Rapaport – Mark Rapaport has accepted a position as founding CEO of the Huntsman Mental Health Institute and Chair of the Department of Psychiatry at the University of Utah. The Huntsman family made a \$150 million initial gift to the Institute and is committed to raising an additional \$350 million. The vision is to create a transformative new model for psychiatry that will encompass the entire state of Utah as a translational living laboratory and tackle major psychiatric and behavioral science challenges in a comprehensive manner (basic science through public policy).

FACULTY DEVELOPMENT SUBCOMMITTEE UPDATES

RACIAL ETHNIC AND CULTURAL MINORITY SUBCOMMITTEE

Drs. Alainia Morgan-James and Maryam Hosseini presented as part of the Racial, Ethnic and Cultural Minority (RECM) Faculty Development Committee seminar "Addressing mental health disparities in racial and ethnic minority groups: Recommendations for diagnosis and intervention" on November 11, 2020.

DIVERSITY AND INCLUSION SUBCOMMITTEE

Diwal/Deepawali – (Sobha P. Fritz, Assistant Professor) – Diwali is celebrated by those of Hindu, Sikh, or Jain faith. It tends to be fall on the day of the new moon, which can occur in October or November. This year, Diwali fell on November 14. Diwali is often referred to as the festival of lights and signifies the triumph of good over evil and light over darkness. The day before Diwali, the house is cleaned and decorated with beautiful designs called Rangoli. During Diwali, prayers are offered to Goddess Lakshmi, the Goddess of Wealth, for good fortune. Diyas (clay lamps/candles) are lit to signify the lamps that lit the path for Rama, a reincarnation of the God Vishnu, to return home after being exiled; Rama slayed the demon King, Ravana, signifying the triumph of good over evil. New clothes are purchased, sweets and gifts are shared, and

fireworks are lit in celebration. Diwali is a special time for families to gather and celebrate. Personally, Diwali is a holiday that my family gets excited about each year. We decorate our driveway and walkway with Rangoli patterns and decorate the inside of our home with hand-painted diyas. We make the traditional Indian sweet, peda, and share it with friends and neighbors. Our family tradition is to watch the beautiful fireworks display at the BAPS temple in Lilburn. Please enjoy pictures I have shared of our family's traditions.

Dutch-American Heritage Day (Sanne van Rooij, Assistant Professor). The Dutch-American Heritage Day celebrates the longstanding relationship between the Netherlands and the United States. On November 16, 1776, the Netherlands was the first country to recognize the United States of America. Famous Dutch-Americans include Martin van Buren, Theodore and Franklin Roosevelt, and the Vanderbilt family. Things that the Dutch introduced to America include bowling, ice skating, Santa Claus, coleslaw, cookies, waffles, pancakes, and donuts.

Transgender Awareness Week and Day of Remembrance (Ren Massey, Adjunct Assistant Professor). November 11-19, 2020 marked the annual week of events and activities for trans/gender diverse (t/gd) people and their allies to highlight the challenges and successes of t/gd individuals. The week culminates in the Transgender Day of Remembrance (TDOR) on Nov 20 to commemorate homicide victims of anti-transgender hate crimes. The first TDOR, Nov 20, 1999, was held in Allston, Massachusetts, USA, and was led by Gwendolyn Ann Smith, a transgender woman, to memorialize Rita Hester, another transgender woman killed in anti-transgender violence. Now, TDOR is observed in many countries and memorial services include reading of the names of trans/gender diverse people murdered in the prior year. Additionally, this year, the transgender community is remembering Jan Morris, who died on Nov 20, 2020, at age 94 in a hospital (cause of death not reported). She was an inspiring journalist, travel writer, and historian who shared her gender transition with the world in the 1970's. She was a prolific author, publishing over 40 books, and reported the first ascent of Mount Everest in 1953 and wrote a social history of the British empire.

National American Indian and Alaska Native Heritage Month (Anika Backster, Assistant Professor). Did you know 324 is the number of federally recognized American Indian reservations? 566 is the number of federally recognized Indian tribes. 1924 is the year Native Americans were recognized as citizens of the United States. 1990 was the year President George HW Bush approved a resolution designating November as National American Indian Heritage Month. 5.1 million is the nation's population of American Indians and Alaska Natives, or 1.6 percent of the total population, according to the 2011 American Community Survey.

We invite you to [read the story](#) of Dr. Frank Brown, associate professor in the department of Psychiatry and Behavioral Sciences, a proud member of the Cherokee Nation.

FACULTY KUDOS

Major Leadership Appointments, Activities and Achievements

None reported

Education

None reported

Research

Canetto SS, Antonelli, P, Ciccotti A, Dettore D, & Lamis DA. (2020). Suicide as normal: A script among lesbian, gay, and bisexual youth? *Crisis: The Journal of Crisis Intervention and Suicide Prevention*.doi: 10.1027/0227-5910/a000730

Cooke BK: Clinical implications of violence risk after civil commitment in Florida. *The Journal of the American Academy of Psychiatry and the Law*, Online Oct 2020, JAAPL.200085-20; DOI: 10.29158/JAAPL.200085-20.

Harnett, NG, Stevens JS, van Rooij SJH, Ely TD, Michopoulos V, Hudak L, Jovanovic T, Rothbaum BO, Ressler KJ, & Fani N. (In press, *Depression and Anxiety*). Multimodal structural neuroimaging markers of risk and recovery from post-trauma anhedonia: a prospective investigation.

Kaslow NJ, Friis-Healy EA, Cattie JE, Cook SC, Crowell AL, Cullum KA, del Rio C, Marshall-Lee ED, LoPilato AM, VanderBroek-Stice L, Ward MC, White DT, & Farber EW. (2020). Flattening the emotional distress curve: A behavioral health pandemic response strategy for COVID-19. *American Psychologist*, 75(5), 875-886. doi: [10.1037/amp0000694](https://doi.org/10.1037/amp0000694)

La Barrie D, Hardy RA, Clendinen C, Jain J, Bradley B, Teer AP, Jovanovic T, Michopoulos V, Vance LA, Hinrichs R, Fani N. (accepted, *Psychiatry Research*). Maternal influences on binge eating behaviors in children.

Lapid MI, Seiner S, Heintz H, Hermida AP, Nykamp L, Sanghani SN, Mueller M, Petrides G, Forester BP. Electroconvulsive Therapy Practice Changes in Older Individuals Due to COVID-19: Expert Consensus Statement *Am J Geriatr Psychiatry* 2020 Aug 7;28(11):1133-1145. doi: 10.1016/j.jagp.2020.08.001

Maples-Keller JL, Hyatt CS, Sleep CE, Stevens JS, Fenlon EE, Jovanovic T, Rothbaum BO, Ressler KJ, Carter S, Bradley B, Fani N, Powers A, & Michopolous V. (In press). DSM-5 Alternative Model for Personality Disorders trait domains and PTSD symptoms in a sample of highly traumatized African American women and a prospective sample of trauma center patients. *Personality Disorders: Theory, Research, and Treatment*.

van Rooij SJH. Decreased Utilization of Environmental Information - A Key Deficit in Posttraumatic Stress Disorder? *Biological Psychiatry CNI*, 2020, 5(10), 939-941

Honors, Awards, Rankings

The Emory Healthcare Veterans Program is celebrating its five-year anniversary during Veterans Day and National Veterans & Military Families Month and is announcing the expansion of its virtual telemedicine services to include 13 states across the country. [Read more.](#)

Adriana Hermida was selected to join the Emory Professional Leadership Enrichment and Development Program (EM-ProLEAD) cohort of 2021.

Dorian Lamis was selected to join the Emory Professional Leadership Enrichment and Development Program (EM-ProLEAD) cohort of 2021.

Erica Marshall-Lee has been nominated to participate in the Faculty Success Program through the National Center for Faculty Development and Diversity during the Spring 2021 session.

Presentations

Fani N. The Neurobiology of Racial Discrimination and Racial Disparities in Health in Highly Trauma-exposed Populations. Symposium presented at the 2020 Annual Meeting of the International Society for Traumatic Stress Studies.

Fani N. The role of PTSD and depressive symptoms in changing patterns of substance use post-trauma. In S. McClean (Chair). Understanding Lifetime Trauma Profiles, Multidimensional Posttraumatic Sequelae, and Treatment Implications from Large Cohort US Emergency Department Samples. Oral presentation at the 2020 Annual Meeting of the International Society for Traumatic Stress Studies (virtual meeting).

Patton SC, Watkins LE, Rauch SAM, Rothbaum BO. (2020, November). Posttraumatic stress disorder, alcohol use and liver enzyme levels. 36th Annual Meeting of the International Society for Traumatic Stress Studies, Virtual meeting

Watkins LE, Benedicto R, & DiLillo D (2020, November). Does Cyber IPA Increase Risk for Mental Health Problems Beyond That Attributable to In-Person IPA? In R. Charak (Chair), Exploring Cyber IPV as a Potential Source of Trauma Exposure and Related Posttraumatic Reactions presented at the 36th Annual Meeting of the International Society for Traumatic Stress Studies, Virtual meeting.

Emory in the Media

Dorian Lamis (1) CBS46 – [Panicked Shoppers Clear Store Shelves Ahead of Election Outcome.](#) (2) CBS46 – [Protecting Your Child during the Pandemic may do More Harm Than Good.](#)

Nadine Kaslow (1) Psychology Today – [Flattening the Emotional Distress Curve of COVID-19.](#) (2) Fox 5 – [The Election has Left Friends and Family Divided. Here are Ways to Heal Broke Relationships.](#) (3) CBS Atlanta – [Unpredictable election outcome leads to overwhelming stress.](#) (4) CNBC – [Pandemic's impact on teen's mental health.](#)

(5) WABE – [How to cope during the holiday season in a pandemic](#). (6) Dance Teacher – You might be body shaming your students without realizing it.

TRAINEE KUDOS

Guelfo A, Karimzadeh L, Mekawi Y, Powers A, Fani N. Does the posttraumatic avoidance behavior questionnaire hold up in a sample of trauma-exposed Black women? A psychometric investigation. Poster presentation at the 2020 Annual Meeting of the International Society for Traumatic Stress Studies (virtual meeting).

Guelfo A, Mekawi Y, Teer AP, Powers A, Fani N. Emotional dysregulation and cognition in trauma-exposed women with and without complex PTSD. Oral presentation at the 2020 Annual Meeting of the International Society for Traumatic Stress Studies (virtual meeting).

Mekawi Y, Guelfo A, Karimzadeh L, Powers A, & Fani N. (In press). How Does the Posttraumatic Avoidance Behaviour Questionnaire Perform in a Sample of Trauma-Exposed Black Women?: A Validation Study. *Journal of Traumatic Stress*.