

# PSYCHIATRY CONNECTION

## The Department of Psychiatry Welcomes a New DBA



The Department of Psychiatry and Human Behavior would like to extend a warm welcome to our new Department Business Administrator, Barbara Jones. Barbara is no stranger to the department, as her previous work as Administrator at the Center for Telehealth, assisted the department in numerous ways. Barbara’s transition into this new role comes with several years of experience.

**Welcome Barbara Jones to the Department of Psychiatry and Human Behavior!**

▲ Barbara Jones, our new Department Business Administrator, joined the Department of Psychiatry and Human Behavior in early December.

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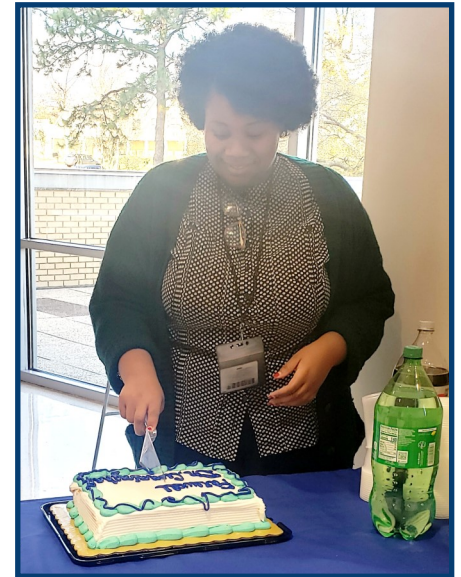


▲ **Daniel Williams, PhD**  
Division Director, Psychology

## The Division of Psychology

### Farewell to Dr. Sarah Cunningham

The Division of Psychology would like to recognize Sarah Cunningham, PhD. Dr. Cunningham has accepted a position at the VA Medical Center in Washington, DC. We appreciate her contributions and wish her well in her new endeavor.



## The Division of Adult Psychiatry

### Updates from our Division Director

Since our last newsletter, we were sad to see Jessica Collins Fairchilds leave the Department. She moved to be with her husband who had transferred to Kansas. We thank her for a job well done. We are actively interviewing to find a replacement for her position. In the meantime, we want to thank Katherine Raines who took over the bulk of Jessica's outpatient schedule. Additionally, we continue to move towards our start date at Riverchase which is currently set for January 20, 2020. Our patients should start receiving notices soon about this move and they will continue to receive information through text and calls as we approach that date. I want to thank the whole division for a great 2019 and look forward to 2020 with great excitement.



▲ **Mark Ladner, MD**  
Division Director, Adult Psychiatry

# The Division of Child Psychology

## Welcoming New Endeavors

We are sad to report that Dr. Dirk Dhossche, our treasured colleague within the Division of Child and Adolescent Psychiatry, has decided to resign from UMMC, effective mid-February 2020, and move to Spokane, Washington so that he can be closer to his family. Dr. Dhossche has been at UMMC for 18 years, and he has had a highly distinguished career, with excellence in every mission area (clinical care, education, and research). Many of you know that he is an internationally respected scholar on the topic of catatonia, with many publications and presentations to his credit. Dr. Dhossche also happens to be an extraordinarily collegial, hardworking, and kind member of the faculty. He gets along well with everyone he meets and has provided outstanding care to the children and adolescents of Mississippi. We are grateful to him for his many contributions and for his graciousness in letting us know that he feels he is leaving us at a time when our department is in excellent shape, with a strong group of faculty, residents, and staff. Because the world of child and adolescent psychiatry is smaller than many imagine, we fully expect to continue seeing and hearing from Dr. Dhossche for many years to come.

Dr. Jahan Khan will become the Medical Director of 3-Circle following Dr. Dhossche's departure in 2020. As many of you know, Dr. Khan came to UMMC several months ago and joined the Division of Child and Adolescent Psychiatry. Having completed his fellowship training at Case Western Reserve School of Medicine, he was well prepared to assume leadership of the Pediatric Consultation-Liaison Service and to begin building an outpatient practice at the Center for the Advancement of Youth. Early reviews of Dr. Khan from our medical students and residents have been superb, and many have noted his excitement, enthusiasm, and excellent teaching ability. Further, he is outstanding in his clinical work with patients, and he has already begun establishing positive working relationships with providers throughout the state. Based on this high level of early success, we feel that Dr. Khan is the perfect choice to become Medical Director of 3-Circle at this time. He will pair this work with his current leadership of our Pediatric C-L service, and he will continue to supervise our resident and medical student trainees at CAY.

***Thank you to both Dr. Dhossche and Dr. Khan  
for your leadership and service!***



▲ **Beverly Bryant, MD**  
Division Director, Child Psychiatry



▲ **Dirk Dhossche, MD**  
Medical Director



▲ **Jahazen Khan, MD**  
Assistant Professor



# The Division of Neurobiology and Behavior Research

At the recent faculty retreat, divisions were tasked with identifying (at least) three goals that they will pursue in the upcoming year. One of the goals of the Division of Neurobiology & Behavior Research is to raise the profile of DNBR, the Department and UMMC both locally and nationally (heck, why not internationally, too?) We want people to know about the exciting research and clinical activities/opportunities that we have going on here at UMMC! Looking back over the last third of 2019, it is clear to see that DNBR faculty are well on the way to achieving this goal. Several of our faculty have given invited presentations both “in-house” and at institutions across the country. Dr. Kevin Freeman gave a seminar entitled “Kappa opioid agonists as deterrents for prescription opioid abuse: Preclinical findings” at Johns Hopkins University and to UMMC’s Department of Cell and Molecular Biology. Dr. Sally Huskinson presented her research regarding “Unpredictability as a factor contributing to drug taking behavior” at the University of Memphis in November. Finally, Dr. Eric Vallender recently gave a seminar entitled “Nonhuman primates in the post-genomic era” at the Tulane National Primate Research Center. Other faculty have been selected to prominent committees of national/international professional societies, including Dr. Jim Shaffery who was chosen to serve on the Sleep Research Society’s Nominating Committee. Also from the retreat, it was recognized that community outreach is an important aspect of what we can do to educate/inform sectors of the community about the work of the department. DNBR has been active on this front as well. In August, Drs. Sally Huskinson and James Rowlett gave invited presentations at the Mississippi Association of Drug Court Professionals. Sally spoke about “Contingency management interventions for substance-use disorder”, while James spoke about entitled “Medication-assisted treatment (MAT) for opioid use disorder: Past, present & future”. By all accounts, both presentations were well received! Finally, congratulations are in order for Dr. Javier Miguel-Hidalgo...he received notice that his promotion to Professor has been approved!



▲ **Donna Platt, Ph.D.**  
Professor and Director of Neurobiology and Behavior Research

**DNBR would like to wish all of you a very happy holiday season!  
Please enjoy these pictures from the TRC Holiday party!**



# The Division of Neurobiology and Behavior Research

## DNBR publications since July 2019:

Akinhanmi M, El-Amin S, Balls-Berry JE, **Vallender EJ**, Ladner M, Geske J, Coombes B, Biernacka J, Kelsoe J; Bipolar Genome Study (BiGS), Frye MA (2020) Decreased core symptoms of mania and utilization of lithium/mood stabilizing anticonvulsants in U.S. bipolar I patients of African vs European ancestry. *J Affect Disord* 260: 361-365

Brown CJ, Mtui D, Oswald BP, Van Leuven JT, **Vallender EJ**, Schultz-Darken N, Ross CN, Tardif SD, Austad SN, Forney LJ (2019) Comparative genomics of *Bifidobacterium* species isolated from marmosets and humans. *Am J Primatol* 81:e983

Cook JE, Chandler CM, **Rüedi-Bettschen D**, Taylor I, Patterson SC, **Platt DM** (2019) Changes in the elimination and resurgence of alcohol-maintained behavior in rats and the effects of naltrexone. *Psychol Addict Behav* in press

Ho AM, Winham SJ, Armasu SM, Blacker CJ, Millischer V, Lavebratt C, Overholser JC, Jurjus GJ, Dieter L, Mahajan G, **Rajkowska G**, **Vallender EJ**, **Stockmeier CA**, Robertson KD, Frye MA, Choi DS, Veldic M (2019) Genome-wide DNA methylomic differences between dorsolateral prefrontal and temporal pole cortices of bipolar disorder. *J Psychiatr Res* 117: 45-54

**Huskinson SL**, **Freeman KB**, **Rowlett JK** (2019) Self-administration of benzodiazepine and cocaine combinations by male and female rhesus monkeys in a choice procedure: Role of  $\alpha 1$  subunit-containing GABA<sub>A</sub> receptors. *Psychopharmacology* 236: 3271-3279

Meng Z, Berro LF, Sawyer EK, **Rüedi-Bettschen D**, Cook JE, Li G, **Platt DM**, Cook JM, **Rowlett JK** (2019) Evaluation of the anxiolytic-like, reinforcing and sedative effects of YT-III-31, a ligand functionally selective for  $\alpha 3$  subunit-containing GABA<sub>A</sub> receptors. *J Psychopharmacology* in press

**Vallender EJ** (2019) Genetics of human brain evolution. *Prog Brain Res* 250:3-39

## Additional Recognition:

Dr. James Shaffrey's proposal to the UMMC Intramural Research Support Program – Basic Science Cycle I 2019, "Assessing GABAA subunit modulation of Sleep with Benzodiazepine-type compounds" was recommended for funding.

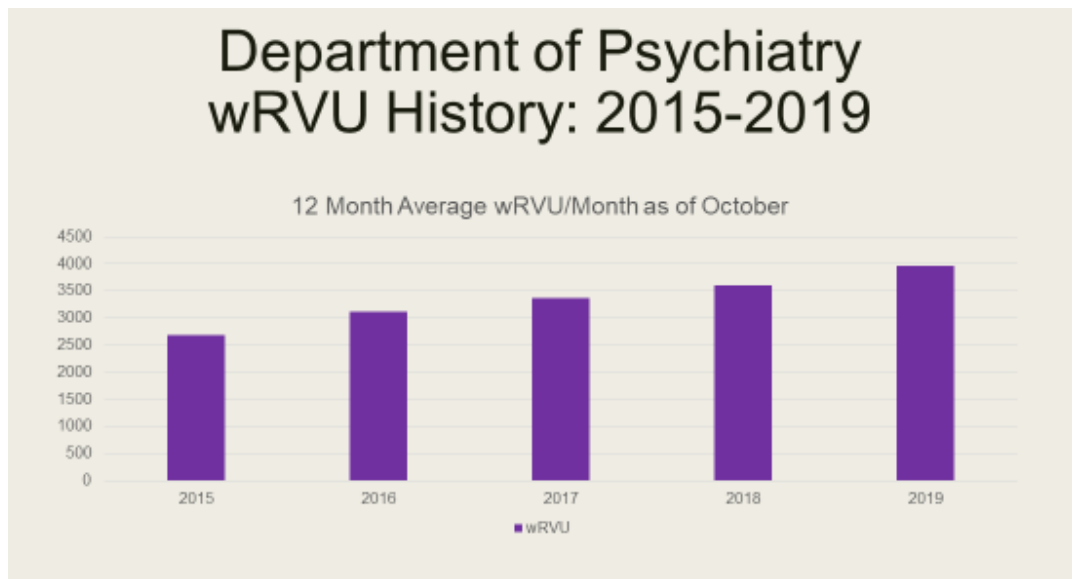
Dr. Shaffrey was recently appointed to the Sleep Research Society Nominating Committee. The SRS is the major national and international scientific society for sleep researchers.

In addition, Dr. Shaffrey was also appointed to a session proposal reviewer for sessions submitted under the "Basic and Translational Sleep and Circadian Science" track for SLEEP 2020, which is the annual SRS meeting to be held in Philadelphia, PA in June 2020

# Clinical Productivity

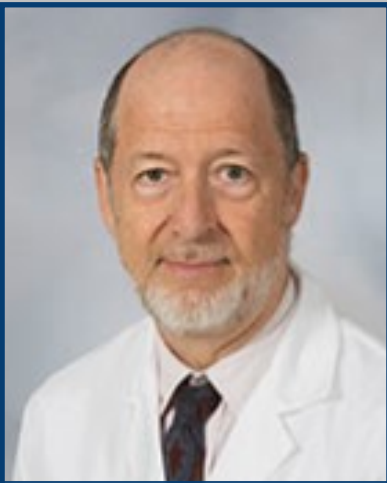
There are many ways to measure a clinician's productivity, some more valuable than others and some easier to measure than others. After all, questions about productivity can only be answered after knowing their purpose. For example, if the purpose is to assess quality, then what we really need to measure is patient outcome. Do our patients get better? On the other hand, if the purpose is to assess revenue in comparison to expenses, then a measure such as collections makes sense. Work Relative Value Units (wRVU) are designed to answer certain questions that overlap the domains of revenue and effort. Because they are recorded as part of routine practice, are standardized across disciplines, and vulnerable to math, wRVU's have become one of the most widely used measures of our clinical productivity.

Our Department is provided a monthly report showing the cumulative wRVU's generated by our clinical work. This chart shows a marked increase (148%) in our average monthly Departmental wRVU's as measured over a 12-month period through October of each year since 2015:



We can look at this from another angle: individual clinician 12-month wRVU averages compared to their respective targets. In the 12 months through October, 2019, fully 60% of our clinicians exceeded 100% of their targets and another 30% were between 90% and 99% of their targets.

The bottom line is that there has been a successful and sustained Department-wide effort to see more patients and to increase the efficiency of our work. Gratifyingly, this effort has become part of routine daily practice. Thanks to each of you for your clinical contributions and congratulations for this measure of success!



**Jeff Parker, Ph.D.**

Professor and Vice Chair for  
Clinical Affairs



▲ **Sara Gleason, MD**

Vice Chair of Faculty Development

## Adult Inpatient Psychiatry Services

### Highlighting Gail Bullock, RN— Case Manager

Utilization management is an essential business activity in health care. UMMC inpatient psychiatry has an outstanding team member in Gail Bullock, RN. As an RN-Case Manager, Gail has responsibilities all over the hospital, but her current home base is 7 West. Among other things, Gail performs Interqual reviews to assess medical necessity for inpatient stays, and she coordinates care with Medicare, Medicaid, and other insurers. Without the work of Gail and her colleagues in the Coordinated Care department, we wouldn't be able to collect payment for the services provided on our inpatient units.

Gail grew up in Jackson. She attended Central Hinds Academy and later earned her bachelors of science in nursing (BSN) from Mississippi College in 1996. Her first nursing job was at Mississippi State Hospital at Whitfield where she worked as a child and adolescent RN on the Oak Circle Center unit. She decided to come to UMMC in 2005 when a case management position became available on 7 East. She was drawn to the idea of applying her clinical skills to discharge planning and administrative aspects of care. Over the past 15 years her duties have shifted from a case management to a utilization management role, in keeping with the needs of the institution.

Gail lives with her husband and daughter in Brandon. The family enjoys the company of their Sphinx cat named Doby.



# Psychology Residency Program Update

Crystal Lim, PhD, Training Director

## ***Current Psychology Residents:***

The 2019-2020 UMMC Psychology Residents began their training at UMMC on July 1<sup>st</sup>.

### Adult Track

Chris Kelly (Chief Resident) - Fordham University (Rosehill)

Edward Lannon – University of Tulsa

Rory Pfund – University of Memphis

### Child Track

Jesus “Jay” Barreto-Abrams - Gallaudet University

Brittany Merrill – Florida International University

Melanie Stearns – Mississippi State University

During their one year of training in our department psychology residents complete three 4-month clinical rotations, as well as provide services to patients in the department’s outpatient General Psychology Clinic, which is located on the 7<sup>th</sup> floor of the Clinical Sciences Building. The current class has completed their first rotation and recently started their second rotation. Thank you to division and departmental faculty for their involvement in training our current class of residents in clinical, research, and didactic settings.

In January, our program will be interviewing 49 applicants from around the country for the psychology internship match for the 2020-2021 training year. I would like to send a heartfelt thanks to our program administrator Kristy Herbison for all of her efforts coordinating our interview days, all of our program faculty who have volunteered to participate in interviewing applicants in individual and group formats, and to our current residents for welcoming and meeting with applicants in the coming weeks.

## ***Psychology Resident Research Accomplishments***

During their one year clinical psychology residency, our residents are active in both clinical and research endeavors. I would like to acknowledge some of their recent research accomplishments since the start of the training year.

**Rory Pfund** presented the poster entitled *Prevalence, structure, and timing of the careers in psychology course* at the annual conference of the American Psychological Association in Chicago, IL in August 2019.

Three of our current psychology residents presented research posters at the Association for Behavioral and Cognitive Therapies (ABCT) annual conference in Atlanta, GA in November 2019. Congratulations!

**Brittany Merrill** presented the poster *Comorbid ADHD and Obesity in the Rural South: Impact on Weight Status and Health Behaviors* as part of the ABCT ADHD SIG



# Psychology Residency Program Update

**Rory Pfund** presented the poster *Is there a dose-outcome relation in face-to-face psychological treatments for gambling disorder? A meta-analysis of randomized controlled trials* at ABCT

**Melanie Stearns** presented the poster entitled *The Moderating Effect of Child Sleep on Comorbid ADHD/ODD and Parent Stress* as part of the ABCT ADHD SIG

Some of our current residents have also been busy working on pilot grant applications. The following residents have submitted pilot grant applications during the training year:

**Jay Barreto-Abrams**

**Melanie Stearns**



Psychology faculty and current residents attended the Psychology Internship Meet and Greet during the annual Association for Behavioral and Cognitive Therapies Convention in Atlanta, GA. Pictured are Dr. Dan Williams, Dr. Crystal Lim, and Jay Barreto-Abrams talking with prospective program applicants.



Class of 2019-2020 Psychology Residents (from left to right) Rory Pfund, Chris Kelly, Jay Barreto-Abrams, and Edward Lannon participate in the UMMC Poverty Simulation as part of their program didactics. The Poverty Simulation was hosted by the UMMC Center for Bioethics and Medical Humanities and is designed to educate health care providers and others who participated about the realities of living with limited financial and health-related resources, as well as significant amounts of stress.

## Department Highlights



▲ Oath authors in the picture: Dr. Lakeshia Gibson, Dr. Yolonda Ross, Dr. Ali Sibley, Dr. Mary Claire Meeks; and not pictured, Dr. Justin Jones.

"A Psychiatrist's Oath" began as a wellness exercise during the Adult Psychiatry Residency spring retreat. While the original task was to create an oath specific to psychiatry modeled on the modern Hippocratic Oath, the writing process served as a time of introspection for the authors to explore what it means to be a psychiatrist today.

### *A Psychiatrist's Oath*

*I will hold dear the privilege of practicing psychiatry and remember my duty to my patients, their families, my community and the profession.*

*I will support my patients' autonomy and maintain professional boundaries, partnering with my patients in their treatment and always striving first to do no harm.*

*I pledge to be respectful to my patients at all times, realizing the impact of my words; I will act with empathy and honor our common humanity.*

*I will care for my patients with acceptance and without judgement, recognize the importance of confidentiality and hold in esteem the therapeutic alliance which we share.*

*Advocacy and justice for my patients and the field will guide my practice of psychiatry, and I vow to offer a voice to those without voices.*

*I commit to reduce stigmatization of psychiatric illness; I agree to raise awareness through leadership and education.*

*I will lead a life of continuous learning, promising to remain curious and engage in furthering the understanding of evidence-based practices.*

*I will acknowledge my mistakes with humility and honesty; and I will realize the limits of my own abilities and not be ashamed to ask for assistance from my peers and colleagues*

*I will not forget my own humanity and that in order to take care of others, I must not neglect the care of myself.*

*I will recall this oath throughout my career and not forsake these tenets. I will invariably acknowledge that patient care is the driving force for the ever-evolving art and science of psychiatry.*



## Department Highlights (continued)

Susan A. Anand, MA, ATR-BC, ATCS, LPAT, LMFT, an Instructor within the Behavioral Health Specialties Clinic, was recently installed as Director on the Board of the American Art Therapy Association at the AATA conference in Kansas City. ▶



***Susan A. Anand also included a publication from this year that involved several departmental contributors:***

Susan A. Anand, Lillian J. Houston, Lindsay C. Avent & Tamara Glenn (2019) Outpatient Group Art Therapy in a Psychiatry Residency Program, *Art Therapy*, 36:1, 514, DOI: [10.1080/07421656.2019.1565291](https://doi.org/10.1080/07421656.2019.1565291)



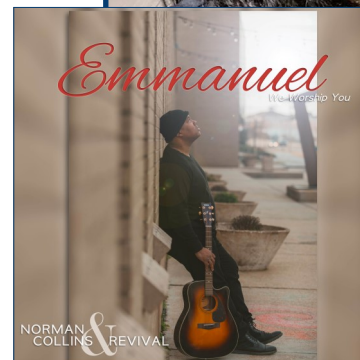
◀ Benetra Mangum-Johnson, PhD, LCSW, was recently recognized in the ECV, along with Dr. Jefferson Parker, for their work at UMMC's Adult Special Care Clinic. This article is titled, "Patients living with HIV receive, 'Helping HAND' to conquer addictions," was published on Monday, September 9th, 2019 and can be accessed through the link: [https://www.umm.edu/news/News\\_Articles/2019/09/Helping-HAND.html](https://www.umm.edu/news/News_Articles/2019/09/Helping-HAND.html).

Pictured: Dr. Johnson, a social worker at UMMC's Adult Special Care Clinic located at the Jackson Medical Mall.

▶ LaTiana Collins, an Administrative Assistant II, helped bring the "Miracle of Music" to Blair E. Batson Hospital for Children with the assistance of the singing group, Norman Collins & Revival. The debut performers are a group composed of family and friends.

Norman Collins & Revival released their debut single titled, "Emmanuel," which was written and produced by LaTiana. The single has been played across 5 radio stations—two of which are out of state; making LaTiana, and the members of Norman Collins & Revival, national recording artists! The group has recently been invited to participate in the Gospel Experience Showcase for the Stellar Awards Show in Las Vegas in March of 2020.

*Cover art created by Vandria Gaskin, Executive Assistant, CCRI*





## Department Highlights (continued)



**Dr. Elkin, 20 years  
1999 — present**



**Dr. Houston, 15 years  
2004 — present**



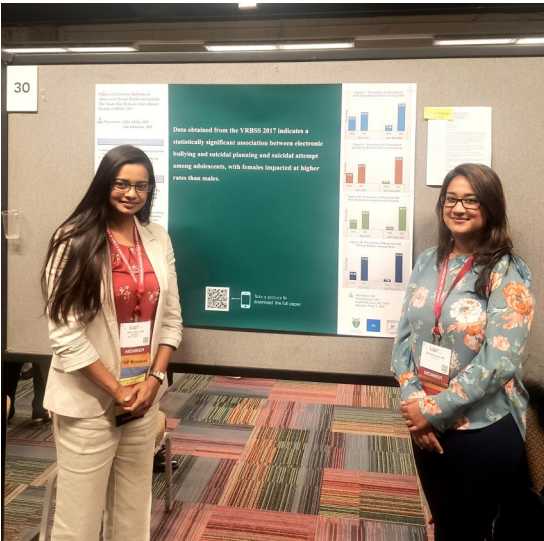
**Dr. Stockmeier, 20 years  
1999—present**



**Dr. Ali, 25 years  
1994 — present**

**At the faculty meeting in October, Dr. Rodgers presented service pins to congratulate these faculty members for their many years of service to UMMC!**

## Department Highlights (continued)



Former UMMC psychiatry residents (and current child fellows at Yale and Buffalo, respectively) Dr. Afifa Adiba and Dr. Nida Khawaja presented a poster at the AACAP meeting in Chicago in October.



Dr. Rodgers chaired a workshop on LGBTQ issues at the AACAP meeting in Chicago in October. Faculty members and residents gathered later that day to help Dr. Rodgers celebrate his birthday





## Department Highlights (continued)



David Elkin recently ran the 2019 Pinhoti 100 mile endurance run in Alabama. The race is a point-to-point run from Heflin, AL to Sylacauga, AL, through the Talladega National Forest. It started at 7:00 am Saturday, November 2<sup>nd</sup>, and ended Sunday November 3<sup>rd</sup>. It was almost all single track in the woods, and had many creek crossings. The weather was perfect, highs in the 50s, lows in the low 30s. There is a combined 14,000-17,000 feet of elevation gain, depending on which GPS you believe. David gives full credit to his crew: his wife, Allie, who ran with him from mile 55 to 74 (about 10 pm to 4 am); his nephew Alexander who ran from 74 to 85 miles ; and his brother-in-law Brad who ran from mile 85 to the finish.



▲ The staff at CAY had a “Tacky Sweater and Socks Day” to get everyone in the holiday spirit.



▲ Photos from the Annual Department Holiday Party hosted by Dr. Scott Rodgers and Jon Hubanks.



## Department Highlights (continued)

Photos from the Annual Department Holiday Party hosted by Dr. Scott Rodgers and Jon Hubanks. ▼



Happy  
HOLIDAYS.

# From the Editors

Psychiatry Connection Volume II, Number III

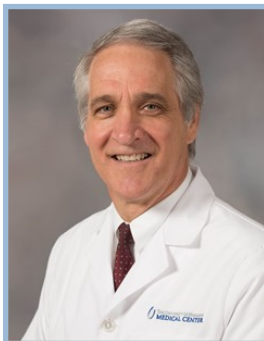
A sincere thank you to the entire Department of Psychiatry and Human Behavior! As I transition out of this department into a new role within UMMC, I am thankful for the connections and lessons learned during my time in Psychiatry. This past year, the department has grown tremendously, with amazing changes around every corner! I look forward to seeing all that is in store for the upcoming new year!

As a staff team, we also want to say thank you for all the contributions to our newsletter. We could not do it with you! As always, if you are interested in having a submission included in the next newsletter, please email us any pictures, announcements, upcoming events, promotions, awards, personal updates, and anything else of general interest to the department.

For the editorial staff,  
Vandria

P.S. Vandria helped launch the newsletter in 2018. Her talent, vision, and dedication to the task have been instrumental in the publication of the newsletter. We will miss you Vandria, and wish you the best!

Happy Holidays to all,  
Philip



Dr. Philip Merideth  
Editor



Vandria Gaskin  
Staff Editor

## Editorial Faculty & Staff

### Philip Merideth, MD

Editor

### Vandria Gaskin

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