



PSYCHIATRY CONNECTION



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CHAIRMAN'S CORNER

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Summer is upon us, and that always involves a great deal of change within an academic environment like ours. We have a stellar group of graduates who will be moving on, either to continue their training in psychiatric fellowship programs or postdoctoral research programs, or take their first jobs as psychiatrists and/or psychologists. It has been a great honor for all of us to have had these wonderful trainees as a part of our program, helping us improve the lives of Mississippians through their outstanding work in the department. We will miss them, and we wish them all the best.

But we balance these departures with the arrival of yet another highly talented entering class for both psychiatry and psychology. In psychiatry, for example, we successfully matched six recent medical school graduates chosen from almost 1200 applicants to our program. Our psychiatric faculty and resident group is quite excited about this new class, and we look forward to the energy and enthusiasm that they will bring to their training in Jackson. Many of you have heard the news by now, but for those of you who may still be unaware, psychiatry is experiencing a surge of interest among students nationwide, and it is quickly becoming one of the more competitive specialties within medicine and surgery. We have certainly seen rising interest among our own medical students at UMMC, having had two straight years of ten-plus applications from internal UMMC graduates to our program, in addition to the scores of other applicants from programs all over the country. While wishing to remain somewhat cautious in my enthusiasm, I have a feeling that psychiatry may be entering a renaissance period of sorts, as students become increasingly interested in the neurosciences and the many advances that our field is making in the treatment of mental illness. With the advent of psychiatric pharmacogenomics and individualized treatment approaches, as well as the burgeoning interest in areas like addictions, it is little wonder that people have begun showing an interest in the work that we do. I'm just surprised it did not happen sooner! In our psychology program, I am told by Dr. Crystal Lim that we remain as competitive as ever, and she and her team seem to be firing on all cylinders in the wake of their highly successful accreditation site visit this year. With so many talented trainees among us, I've challenged our teachers in psychiatry and psychology to consider ways of bringing these learners together for joint learning experiences, and they are working hard on it now, hoping to break down the former silos that kept these learners apart.

Having training programs in our department involves great responsibility. The medical students and residents rely on all of us to serve as role models to them as they progress through their training, and they also need us to teach and train them in ways that are modern, evidenced-based, and cutting-edge. From our pedagogical techniques in the classroom to our bedside manner with patients, the trainees are paying attention and they are learning from us each and every day. I want constantly to keep everyone's attention highly focused on the crucial role we play in developing the knowledge base, professionalism, and work ethic of those who trust us with their education. In all things we do, let's be sure that we are creating future graduates who will make us proud and advance the quality of care we provide to those with mental illness. This is the way I think, and I hope it is the way you think as well.

Be well and please stay in touch!

Scott Rodgers



ADULT DIVISION

Mark E. Ladner, M. D.

Professor and Director

Division of Adult Psychiatry and Outpatient Psychiatry

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Dr. Saurabh Bhardwaj will be joining our faculty in August. He will primarily focus on the growth and development of our addiction clinic. He will provide residents with new training in the prescribing of treatments like suboxone for opioid dependence. He will also be working as an attending at the BHSC resident clinic and providing faculty clinic coverage. Kim Rooks, LCSW joined our staff in March 2018 part-time at the BHSC providing social work services and individual therapy. She has been well-received and she loves working here. We have also interviewed a psychiatrist for a faculty position. We have a positive feeling the candidate will join us and we are hoping to hear that decision in the next month.

We also have had collaborative discussions with our nurse practitioners that led to evening call coverage by UMMC psychiatric nurse practitioners in our PES. This started recently with our nurse practitioners alternating shifts on Friday and Monday evenings. This has been well-received by all and provides relief to our hard working residents. We thank our nurse practitioners for their hard work and significant contribution to the Department of Psychiatry.



CHILD DIVISION

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The members of the Child Division continue to be active in clinical and educational work. Dr. Bev Bryant is working on a task force with the Mississippi Supreme Court to address the needs of traumatized youth. Along with psychiatry resident Afifa Adiba, Dr. Bryant will present a workshop on child trauma in October at the annual meeting of the American Academy of Child and Adolescent Psychiatry in Seattle. This workshop was one of only fifteen selected from over 400 applications, so this is quite an accomplishment.

Dr. Dirk Dhossche continues with his inpatient work with residents, fellows, and medical students on 3 Circle. He will travel to Prague later this month to conduct a workshop on pediatric catatonia and to chair a symposium on new findings in catatonia in children and adolescents at the bi-annual meeting of the International Association for Child and Adolescent Psychiatry and Allied Professions.

The Child Division's nurse practitioners, Rosanna Lea and Hart Wylie, have been busy with outpatient work in the Clinical Sciences Building and have been working with others to improve the efficiency of the clinic's operations. Dr. Faiza Qureshi announced her departure from UMMC in May, effective June 30.

Many members of the Child Division have recently been involved with recruitment efforts for faculty and staff positions, so stay tuned for further developments!



ADULT PSYCHIATRY RESIDENCY

Lillian Houston, M.D.

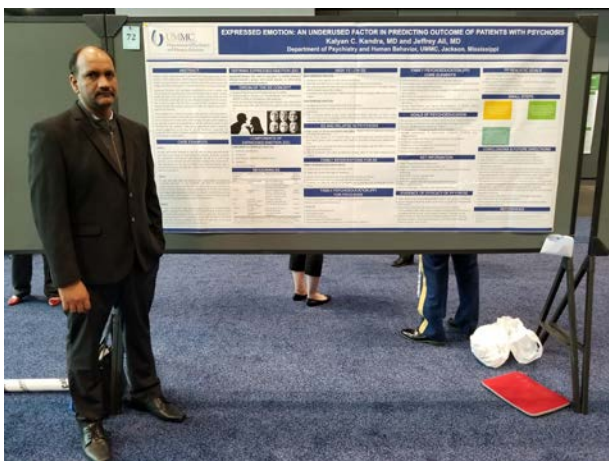
Associate Professor

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It's a time for endings and beginnings in the adult psychiatry residency. As announced in the last newsletter, our new first-year residents will be starting their training careers on 7/1/18, although they have already started their UMMC orientation for their upcoming job duties. We've also celebrated 2 farewells: one for our third-year residents as they depart from the outpatient setting and the graduation for our departing fourth-year residents.

For our third-year residents, the transition to their fourth and final year is significant. They transition from spending a year in outpatient work full-time back to monthly rotations, most of them in inpatient settings. Some transition out of the residency to begin a fellowship in child and adolescent psychiatry. After working closely with this group of residents for a year, the outpatient staff and faculty hold a farewell gathering. At this gathering, each resident is given an animal that is meant to represent some aspect of their personality and journey over the course of their outpatient year. Below is a picture of this year's third-year residents along with their animal gifts:



Dr. Kalyan Kandra, PGY 3 resident in the Dept. of Psychiatry and Human behavior presented a poster on the "Concept of Expressed Emotion" at the APA Annual meeting 2018 held in New York, NY.

Adult Psychiatry Residency continued on next two pages...

The combined graduation for Psychology and Psychiatry occurred at Table 100 on 6/22/18. It was a wonderful showing to honor our graduates, pictured below:



Graduation is also when the Resident and Faculty Awards for the year are bestowed. Below is a list of this year's award recipients:

Didactic Teacher of the Year – Dr. Jeffrey Ali

Clinical Teacher of the Year – Dr. Sara Gleason

Resident Ambassador Service Awards –

- Matthew Walker, M.D.
- Brian Bui, D.O.
- Geetika Gupta, M.B.B.S.
- Kalyan Kandra, M.B.B.S.
- Afifa Adiba, M.B.B.S.
- Nida Khawaja, M.D.
- Finn Perkins, M.D.
- Dustyn Baker, M.D.
- Jennie Katherine Ellis, M.D.
- Mason Jahnke, M.D.
- Mary Claire Meeks, M.D.

The Garland “Bo” Holloman Service Award – Mason Jahnke, M.D.

Nina Moffitt Award – Tamara Glenn, M.D.

PRITE Award – Ali Sibley, M.D.

Junior Resident Award – Cesar Cardenas, Jr., M.D.

The Ed Draper Award – Matthew Walker, M.D.

Heartbeat Award (awarded by the department of Emergency Medicine) – Sal Dakhlalla, M.D.

Chief Resident Award – Matthew Walker, M.D.

Chief Resident Award – Brian Bui, D.O.

MORE GRADUATION PICTURES



Our award winning residents



Dr. Premkumar and Dr. Bryant



Dr. Cesar Cardenas (incoming UMMC child fellow 2018-2019), Drs. Afifa Adiba, Prathyusha Vangala, and Bryan Gaddy (current child psychiatry recruits) and Dr. Dustyn Baker (hopeful future child psychiatry recruit)



Dr. Olaoluwa Olaigbe and her daughter



Faculty members congratulate the graduates



PSYCHOLOGY RESIDENCY

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The Psychology Residency Program has had a productive year in both clinical and research areas. Over the course of the training year our psychology residents have provided over 3,000 hours of clinical service to hundreds of Mississippians. In addition, faculty in our program have provided over 1,000 hours of supervision to psychology residents throughout the training year. In terms of research, our psychology residents have worked on over 20 research manuscripts with program faculty members during the year, 13 of which the psychology resident is serving as the first-author. Thank you to all of our program faculty for their tireless efforts providing clinical and research mentoring to our trainees.

Congratulations to Dr. Cynthia Karlson for winning the program's Faculty Research Mentor Award and to Dr. Dan Williams for being selected by the psychology residents for the Faculty Clinical Mentor Award.

Faculty and staff in the program would like to congratulate our graduating psychology residents. We wish them the best of luck in their post-doctoral fellowship positions and in their future careers and welcome them with open arms into our illustrious group of program alumni (AKA the Mississippi Mafia).

Graduating Class of Psychology Residents (2017-2018)

Adult Track

Ashley B. Cole, Ph.D. – Diversity Postdoctoral Fellow, Department of Psychology, College of Arts and Sciences at Oklahoma State University

Jeffrey M. Girard, Ph.D. – Postdoctoral Scholar, Language Technology Institute, Department of Computer Science, Carnegie Mellon University

Joel G. Sprunger, Ph.D. – Postdoctoral Fellow, Department of Psychiatry and Behavioral Neuroscience, University of Cincinnati College of Medicine

Child Track

Sunghye Jen Cho, Ph.D. – Postdoctoral Fellow, Graduate School of Applied and Professional Psychology, Rutgers, The State University of New Jersey

Whitney D. Fosco, Ph.D. – Postdoctoral Fellow, Department of Psychology and Center for Children and Families, Florida International University

Kaitlin A. Oswald, Ph.D. – Postdoctoral Fellow, Pediatric Neuropsychology, Department of Psychiatry, University of Michigan

Thank you to Whitney Fosco for serving as the Chief Resident during the past training year, as well as for her valuable service and contribution to the training program. Congratulations to Ashley Cole for winning the program's Excellence in Research Award and Joel Sprunger for receiving the program's Excellence in Clinical Award. Kaitlin Oswald was selected by program faculty and residents to receive the Resident Outstanding Contribution to the Training Program Award. Also thank you to Kristy Herbison, program administrator, for all of her support and assistance throughout the training year.

[Psychology Residency continued on next page...](#)

PSYCHOLOGY RESIDENCY

Welcome to our New Psychology Residents

Faculty and staff in the program are excited to welcome our new class of Psychology Residents joining UMMC on July 1st. We look forward to a wonderful year of training ahead.

Incoming Class of Psychology Residents (2018-2019)

Adult Track

Nicholas McAfee – University of Missouri - Columbia

Katherine McCurry – Virginia Tech

Takakuni Suzuki – Purdue University – W. Lafayette

Child Track

Maegan Calvert – University of Arkansas - Fayetteville

Alexandria Delozier – Oklahoma State University

Anne Morrow – Florida International University

The program will be providing CE credits for our Research Rounds, Evidence Based Psychotherapy Institute, and Case Conference series. More details will be announced in the next few weeks regarding when these events will be scheduled.



Former Psychology Residents Joel Sprunger, Kaitlin Oswald, Whitney Fosco, and Ashley Cole celebrating at the Department of Psychiatry and Human Behavior graduation.



CHILD FELLOWSHIP

Beverly Bryant, M.D.

Associate Professor

Program Director for Child Psychiatry Fellowship

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We are proud to welcome Dr. Cesar Cardenas, who has accepted a fellowship position for 2019-2021. We have had to bid farewell to child fellow Dr. Beena Premkumar who graduated in June, and to Dr. Nisha Withane, who moved to Connecticut to finish her fellowship training at the Institute of Living. However, there are a number of residents who have opted to seek a child psychiatry fellowship, including Dr. Prathyusha Vangala, Dr. Bryan Gaddy, Dr. Afifa Adiba, and Dr. Nida Khawaja. Dr. Adiba will also be presenting at a Clinical Case Conference chaired by Dr. Bryant at the American Academy of Child and Adolescent Psychiatry annual meeting in Seattle in October. Dr. Scott Benton and Mississippi Supreme Court Justice Dawn Beam will be joining in the presentation to discuss child abuse and neglect. Justice Beam is also involved with the Mississippi Youth Justice Commission and has asked Dr. Bryant to participate in a subcommittee to focus on improvement of communications between medical professionals and the courts in issues of child abuse and neglect. It has been an exciting time in child psychiatry!



Left to right: Dr. Beena Premkumar (child fellowship graduate), Donna Guy (Program Coordinator), Dr. Beverly Bryant (Program Director), and Dr. Nisha Withane (PGY-5 child fellow).



Dr. Cesar Cardenas (PGY 3), pictured with his family, accepted an offer to start his child psychiatry fellowship in 2019.

NURSE PRACTITIONER UPDATES



I always knew mental health was a passion of mine, but recently my patients with Intellectual Disabilities have become an overwhelming highlight to my day. I am a mother of an Autistic son and have faced many challenges as a mother trying to provide opportunities that will highlight his wonderful qualities. I have not only embraced this population, but often seek out those in need at special needs organizational groups and events. I feel that our profession is crucial not only for medication management and establishing collaborative relationships, but being a kind, professional in a sea of professionals that do not have time to listen to a family's daily struggles. This population reminds me why I choose this profession and proud to call myself a PMHNP.

Caring for those who cannot always care for themselves to improve their quality of life. Pretty awesome job!

Stacey Kitchens, PMHNP

3 CIRCLE



3 Circle Celebrates a new BSN RN. Sarah Barker has worked hard on her professional journey and we want to acknowledge her hard work and dedication to Nursing!



Each "Healer's Touch" statue is hand carved in Zimbabwe and is presented to every DAISY Award winner.

This month UMMC had the pleasure of presenting the DAISY Award for Extraordinary Nurses to Cynthia Rene Brandon-Jones. Cynthia is the RN-Educator on 3 Circle and she embodies the spirit of excellence as well as compassion for others every single day. The children admitted to the Inpatient Child Behavioral Health unit of Children's Hospital are very fortunate to be in the care of staff educated and coached by Cynthia on 3 Circle. The award was presented after a nomination was submitted by someone who observed Cynthia comforting a grieving parent who had just lost an infant child. It was a very emotional moment for her and the rest of us as we shared the story to her peers. The community of Jackson and Children's Hospital are blessed by her and we thank Cynthia for her love and dedication to Nursing.



Cynthia Rene Brandon-Jones accepts the DAISY Award for her excellent work on 3 Circle.

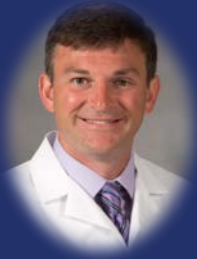
3 Circle continued on next page...



Sarah Barker and Connie Champion volunteered to represent 3 Circle during the Mental Health Awareness event at the Fondren After 5 gathering in May.



Dr. Dustin Sarver (center) dropped by with his two canine companions.



STUDENT COUNSELING AND WELLNESS CENTER

Danny Burgess, Ph.D.
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In its first year of operation (August 2016 through July 2017), the Student Counseling and Wellness Center saw a total of 107 new patients and completed an additional 386 follow up visits. In the past 11 months, the Center has seen a steady demand for services, with evaluations conducted on 101 new patients and the completion of 522 additional follow up visits.



DIVERSITY AND INCLUSION COMMITTEE

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The Diversity and Inclusion Committee is our department's newest committee. Supported by the Office of UMMC's Chief Diversity and Inclusion Officer and the Chair of the Department of Psychiatry and Human Behavior, the UMMC Diversity and Inclusion Committee is comprised of faculty, trainees, and staff with a zeal for promoting equity in all aspects of administration, clinical care, education, and research. We are particularly interested in developing strategies to recruit and retain underrepresented trainees, staff, and faculty. We are proud to say that we are the first committee of its kind at UMMC to take on the task of developing educational opportunities that will promote equity as well as encourage diversity into each UMMC mission area. We have been developing our committee over the past few months and look forward to finalizing its structure in the near future. We plan to be a visible entity in the department and hope to receive your feedback regarding projects/endeavors we can engage in during this training year. Please contact Drs. Sarah Cunningham or Jefferson Parker if you would like to contribute suggestions.



VICE CHAIR NOTES

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Vice Chair of Faculty Development
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In March 2018 Dr. Emily White Flores began her clinical duties on the Medical-Psychiatry Unit. She rounds in the mornings with the Med-Psych team and also serves as pharmacist for the 7 West Psychiatry Unit. She is a resource for the outpatient psychiatry clinics as well. She is a vital contributor to patient care and to the education of staff and trainees.

Emily is from West Monroe, Louisiana. Her interest in pharmacy goes back to career day in middle school when she spent time shadowing her friend's mom who was a pharmacist.

Later, Emily attended the University of Louisiana at Monroe (ULM) where she earned her PharmD in 2012. Interest in hospital-based pharmacy work was inspired by her own mom, a nurse, who encouraged her to pursue a pharmacy practice residency. Emily came to UMMC in 2012 as a pharmacy resident. After completing her residency she worked at St. Dominic's before returning to a position at UMMC's central pharmacy in 2014. She is Clinical Assistant Professor of Pharmacy Practice in the School of Pharmacy.

Emily's many duties include order verification, clinical consults, clinical teaching, classroom instruction, and mentorship. The psychiatry service relies on her expertise in choosing the proper pharmacological treatments for our patients. Emily's participation in care enhances safety. She is fulfilling her goal of having an impact on people's lives. We are grateful to have her on our team and welcome her to the department.



VICE CHAIR NOTES

Julie Schumacher, Ph.D.
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As our department chair, Dr. Rodgers is always very intentional about shining the light on the accomplishments of all of us, so I don't want to miss this opportunity to shine the light on him. Please join me in congratulating him for being honored with a 2018 Leonard Tow Humanism in Medicine Award!

The Leonard Tow Humanism in Medicine Award recognizes graduating students and faculty members who demonstrate both clinical excellence and outstanding compassion in the delivery of care and who show respect for patients, their families, and healthcare colleagues. Since 1991, the Arnold P. Gold Foundation has been recognizing Leonard Tow recipients throughout the nation. The 2018 Mississippi recipients, including Dr. Rodgers, were nominated and voted for by the Class of 2018 Gold Humanism Honor Society.

Congratulations, Dr. Rodgers!

RESIDENT RETREAT

Thanks to faculty member Susan Anand for again hosting the Psychiatry Resident Retreat in her home. It was an afternoon full of learning and collegial fellowship.



UMMC GRADUATION



Numerous faculty members attended the UMMC commencement ceremony in May.

IN THE NEWS



Dr. Courtney Bagge, associate professor, was recently featured in an article in UMMC news about suicide prevention. To access the full article, please click the link below.

https://www.umm.edu/news/News_Articles/2018/06/create-an-action-plan-for-de-escalating-thoughts-of-suicide.html

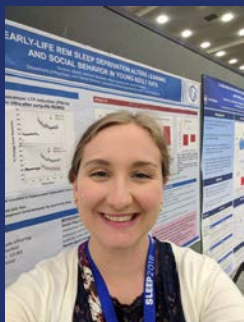


Dr. Scott Rodgers, right, spoke with WLBT's Maggie Wade about suicide prevention on Friday, June 8.

Congratulations!



Congratulations to Dr. Sara Gleason for her election this month to serve a two year term ending in 2020 as a Member At Large of UMMC's Medical Executive Committee. This is an important leadership position in the hospital administration, and one for which Dr. Gleason is uniquely qualified. Thanks to Dr. Mark Ladner for nominating Dr. Gleason to serve in this position.



Fourth year Medical Student, Sorsha Morris, recipient of a full four year award from the Psychiatry Department's Medical Student Research Program, presented her data at the annual Sleep Research Society meeting (SLEEP 2018) that was held in Baltimore, MD June 2 – 6. Ms. Morris collected the data during her first year research summer in Dr. Shaffery's basic sleep research laboratory, where she was studying the effects of early-life REM sleep deprivation on adolescent behavior in rats. Ms. Morris' poster was recognized by the meeting organizers who asked Sorsha to present her research as both a poster and a short oral, platform presentation.

ANNOUNCEMENTS/UPCOMING EVENTS

Dr. Mohadetheh Moulana, PhD, Assistant Professor and Director of Curriculum Development in Psychiatry and Human Behavior, was elected by the University of Mississippi Medical Center's Group on Women in Medicine and Science (UMMC-GWIMS) as its President starting July 1st 2018. The GWIMS is a group related to the Association of American Medical Colleges (AAMC) that advocates for gender equity, career advancement, successful participation, and inclusion of women within academic medicine. It promotes recruitment, retention, and recognition of women in medicine and science. Dr. Moulana has served as GWMIS President-elect from July 2017- June 2018 as well.



Methodist Rehabilitation Center (MRC)

Methodist Rehabilitation Center and the Department of Psychiatry are now working together to provide mental health guidance to those that are inpatient at MRC through a consult service. This relationship will be to provide services to MRC inpatients in need of non-acute psychiatric consultation. The team consists of Jeffrey Ali, MD, and Stacey Kitchens, PMHNP. We are looking forward to establishing a solid relationship with the MRC team to provide exceptional care to those in need of mental health treatment.

FACULTY MEETING:

Department of Psychiatry Faculty Meeting #4
August 17, 2018
11:00 a.m.
SOM Conference Room 323-02 & 323-03

FROM THE EDITORS

Your editorial staff is pleased to share with you "Volume I, Number 2" of this newsletter, our second effort at keeping you informed on "All the news that's fit to print" about the Department of Psychiatry. As we said in our first edition of the newsletter in March, our goal is for this publication to embrace all aspects of the life and work of the department. We will make a conscious effort not to bug you for submissions, but please know that we will continue to depend on your voluntary submission of information from all areas of the department, including pictures, announcements, upcoming events, promotions, awards, happy personal information, and anything else of general interest to the department.

On a sad note, we will miss the dedicated work of Staff Editor Bianca Levy, who has announced her plans to leave the department later this month. We will be searching for a new Staff Editor to take Bianca's place. Suffice it to say that the first two editions of this newsletter would not have been possible without her work to put it all together, on time and with a smile.

The next edition of the newsletter is planned for December, so please keep in mind items that you want to submit at that time.

Best wishes for a great summer and a happy 4th of July holiday,

Philip, Sarah, and Bianca



Philip Merideth, M.D., J.D.
Editor



Sarah Cunningham, Ph.D.
Associate Editor



Bianca Levy, AAll
Staff Editor