

PSYCHIATRY CONNECTION

Addiction Psychiatrist Expanding Treatment For Opioid Use



The University of Mississippi Medical Center's first-ever addiction program has a new resource that gives patients what's considered the national gold standard of care in treating opioid use disorders. Dr. Saurabh Bhardwaj, an addiction psychiatrist hired in August, is seeing patients on Wednesday and Thursday afternoons in the Behavioral Health Specialty Clinic at the Jackson Medical Mall. An assistant professor in the Department of Psychiatry and Human Behavior, he is the Medical Center's first provider to offer medication-assisted treatment, or MAT, for opioid use disorder.

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Chairman's Corner

A Word From Our Chair, Dr. Scott Rodgers



As 2019 rapidly approaches, we can look back on 2018 as another year of significant achievement for the Department of Psychiatry and Human Behavior. We have continued our march towards modernization through the establishment of new clinical, educational, and research programs, a sampling of which is listed below:

Mentioned Contributors

Addictions Program:

Jefferson Parker, Ph.D.

Professor and Vice Chair of Clinical Affairs

James Rowlett, Ph.D.

Professor and Vice Chair of Research

Psychotherapy Program (PIP):

Julie Schumacher, Ph.D.,

Professor and Vice Chair of Education

Mayo Clinic Alliance:

Mark Ladner, MD,

Professor and Director of Adult Psychiatry

Eric Vallender, Ph.D.,

Associate Professor

Diversity and Inclusion Council:

Sarah Cunningham, Ph.D.

Assistant Professor

Tamara Glenn, MD,

Psychiatry- House Officer

Jefferson Parker, Ph.D.

Professor and Vice Chair of Clinical Affairs

1 The addictions program, with leadership from Drs. Parker and Rowlett, represents a first of its kind in UMMC history. Using evidence-based approaches, the addictions program now offers treatment for alcohol and opiate use disorders, both locally and remotely.

2 Our newly established Program in Psychotherapy (PIP), with leadership from Dr. Julie Schumacher, was designed to elevate training in psychotherapy for our psychology interns and psychiatry residents, while also providing a balance in our department between pharmacologic and non-pharmacologic approaches to treatment of illness.

3 In an alliance with the Mayo Clinic, two of our faculty members, Drs. Ladner and Vallender, have led an effort to create a bipolar biobank so that we can study the genetics of the disorder and begin to address and eventually eliminate health disparities affecting the African-American population in our state.

4 The Center for LGBTQ Health continues to gain momentum, especially in the wake of a \$40,000 grant from the Women's Foundation of Mississippi to assist us as we build clinical, educational, and research programs to advance a caring and compassionate approach for the LGBTQ population in Mississippi.

5 Our Diversity and Inclusion Council, with leadership from Drs. Cunningham, Glenn, and Parker, was established to emphasize and incorporate diversity and inclusion initiatives throughout every mission of our department.

And there is much more to come, so please stay tuned. I hope that each of you has a joyous and wonderful holiday season, and I will see you in 2019 with much more good news to share!

The Division of Adult Psychiatry

**Highlighting Stacey Kitchens, NP and Dr. Jeff Ali,
Methodist Rehab Clinic**

The Division of Adult Psychiatry would like to highlight Stacey Kitchens and Dr. Jeff Ali, who were generous enough to agree to do consults at Methodist Rehab (MRC). We had been asked by MRC staff to provide psychiatric consultation for some time. I approached Stacey who graciously agreed to get MRC privileges and carve out part of her schedule to do MRC consults. Also she needed physician collaboration so Dr. Jeff Ali agreed to provide nurse practitioner collaboration for this MRC consultation service. Stacey reports that many of the patients she sees have preexisting mental health issues as well as newly diagnosed mental health issues. The fact that we have been able to provide this consultation service benefits MRC patients and staff as well as our relationships within the medical center. This consultation service has been well received by MRC physicians and staff.



▲ **Mark E. Ladner, M.D.**

Professor & Director,
Division of Adult Psychiatry
mladner3@umc.edu

Adult Inpatient Psychiatry Services

Highlighting Susan Moore, Social Worker II, Inpatient Psychiatry

Social work is an essential component of mental health care. The 7 East and 7 West adult inpatient units are fortunate to have an outstanding team member in Susan Kittrell Moore, LMSW.

A native of Mississippi, Susan grew up in Vicksburg where she attended Warren Central High School. As an undergraduate at University of Southern Mississippi she studied psychology. She continued at USM for graduate school, earning a master's degree in social work in 2016. She chose social work because of the wide array of career options that the field has to offer.

During graduate school, Susan's internships included work with Catholic Charities, Solomon Counseling Center, and the VA Evidence-Based Psychotherapy Program. After graduation she worked at the Children's Advocacy Center. She has studied trauma-focused CBT for children and adolescents. She is also a certified forensic interviewer.

In July 2017 Susan brought her talents to UMMC's adult inpatient psychiatry service. Her many duties include: rounding with the inpatient teams; mediating family conferences; planning for discharge; securing placement; coordinating outpatient follow-up care; communicating with government agencies; and attending commitment hearings.

Susan's passion for her work is evident in all that she does. She works tirelessly to promote good outcomes. Social work is her calling.

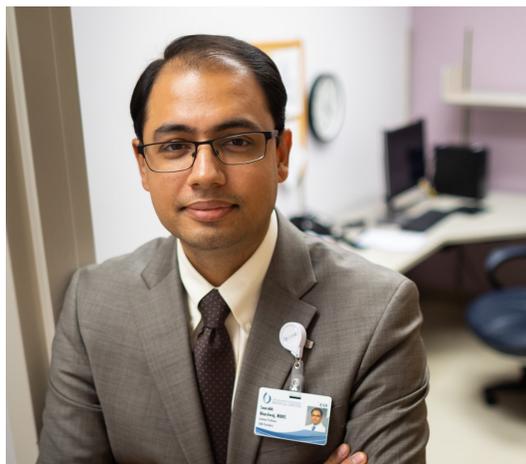


▲ **Sara Gleason, M.D., J.D.**

Associate Professor .
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Addiction Psychiatrist Expanding Treatment For Opioid Use

Published on Thursday, October 11, 2018 | Media Contact: Ruth Cummings



▲ Saurabh Bhardwaj, MD

Assistant Professor
Adult Psychiatry & Addictions
sbhardwaj@umc.edu

The University of Mississippi Medical Center's first-ever addiction program has a new resource that gives patients what's considered the national gold standard of care in treating opioid use disorders.

Dr. Saurabh Bhardwaj, an addiction psychiatrist hired in August, is seeing patients on Wednesday and Thursday afternoons in the [Behavioral Health Specialty Clinic](#) at the Jackson Medical Mall. An assistant professor in the Department of Psychiatry and Human Behavior, he is the Medical Center's first provider to offer medication-assisted treatment, or MAT, for opioid use disorder.

Those medications include drugs that reduce cravings for opioid drugs and prevent addicts from getting high if they relapse.

"We are the first to roll out a formal addiction program for UMMC, starting with our clinic for alcohol use disorders for mild to moderate cases that began in 2017," said Dr. Scott Rodgers, professor and chair of Psychiatry and Human Behavior.

The arrival of Bhardwaj, who trained in psychiatry at the University of Pittsburgh Medical Center and recently completed a fellowship in addiction psychiatry at the Northwestern University School of Medicine in Chicago, "is a milestone for our [addiction treatment](#)," said Dr. Jeff Parker, professor of psychiatry.

Parker and Dr. James Rowlett, a veteran researcher and professor of psychiatry, direct the addiction program. The team also includes additional psychiatrists, psychologists, nurse practitioners, social workers and other providers.

"He is the first and only faculty member in our department and the Medical Center with specialty training in the treatment of addictions, and whose primary responsibility is to provide clinical care," Parker said of Bhardwaj. "With him in place, we can provide pharmacotherapy for addictions that we weren't able to do before."

"With the opioid crisis all over, it's a terrible time," Bhardwaj said. "A lot of people are on opioids for chronic pain, and a lot of doctors have started to curb the overprescribing. People are going to family and friends, or even the streets, to get them. They don't know what dose they are taking, or what's mixed in it."

"A lot of them end up using heroin, and many are overdosing and dying."

Bhardwaj's patients are all adults, but they don't fit a stereotype. Some have a long history of opioid use and multiple relapses. Some live in neighborhoods that don't encourage sobriety. Some have a family history of addictive drug use.

"Anyone with an opioid disorder, no matter how they acquired it, could be a patient in this clinic," Parker said.

But they all need to understand that "they have a disease, and that they need to act on it," Bhardwaj said. "It's a disease that bypasses your critical thinking and decision making. You are not thinking. You initially use drugs impulsively, and when it's compulsive, that is when it becomes a huge problem."

"It's tricky," he said. "For a long time, there's been an emphasis of addiction being a disease of willpower, and that some

Continued: Addiction Psychiatrist Expanding Treatment For Opioid Use

people don't have the willpower to overcome it. However, we forget that addiction is a disease like any other chronic disease. If someone has diabetes and isn't taking their medication, you don't throw them out of your clinic because they didn't take their insulin correctly."

The core of the Medical Center's addiction psychiatry services, Parker and Bhardwaj say, is evidence-based, individually tailored treatment for each patient.

"A lot of the studies show that if you give medications for opioid use disorder, the success rates are good. There's no reason not to do it," Bhardwaj said. "Some people say that if you use the MAT model, you're replacing one addiction with another. That's not true. We're trying to change minds and show people that this works."

Two of the medications Bhardwaj prescribes are naltrexone and buprenorphine/naloxone. Naltrexone works in the brain to prevent feelings of well-being, or a high, for opioid users, and it decreases the desire to take opiates. Buprenorphine, packaged with or without combination with naloxone, works to prevent cravings and withdrawal symptoms in someone who stops taking opioid drugs.

Addiction psychiatrists not only must possess a special license and waiver to prescribe the medications, but they also must have specific training. "Addiction psychiatry is such a big field now," Bhardwaj said. "If I feel a patient needs a medication, I am providing that treatment in concert with other treatments that are personalized. It's not cookie cutter."

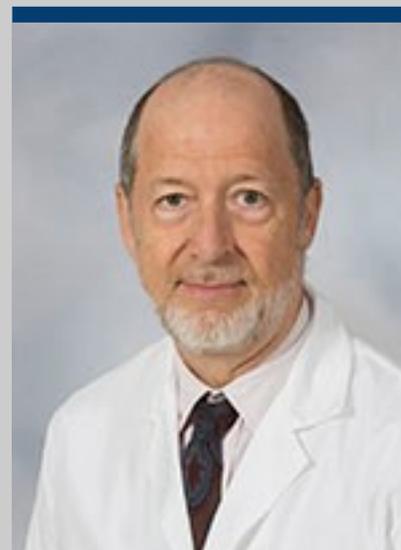
The program aims to give more access to care, including telepsychiatry for patients in the state's rural corners who have had an initial visit at the addiction clinic. Already, the clinic is getting lots of referrals from other providers, although one isn't required.

"It's a very exciting time. I'm glad to be here to help fill the gaps," Bhardwaj said. "If you're getting comprehensive addiction treatment, there's a much better chance that you won't use addictive drugs and have the repercussions."



▲ Scott Rodgers, MD
Professor and Chair

"He is the first and only faculty member in our department and the Medical Center with specialty training in the treatment of addictions, and whose primary responsibility is to provide clinical care," Parker said of Bhardwaj.



▲ Jeff Parker, Ph.D.
Professor and Vice Chair of
Clinical Affairs

Adult Psychiatry Residency: The First Biannual Job Fair for Psychiatry Residents

Joy Houston, M.D., Associate Professor & Program Director for Adult Psychiatry Residency



The adult residency is proud to announce that the ACGME has approved a permanent complement increase of 3 additional spots, which will be added 1 per year for the next 3 years until we achieve a total of 28 residents in the program. This will allow the program to take advantage of an increasing interest from medical students in psychiatry as a specialty and also help us as a department to fulfill UMMC's mission of increasing practicing physicians in Mississippi.

As far as filling those positions, interview season is well underway for the adult residency. We just completed our third interview day of a planned 8 and will be interviewing 72 applicants for an unprecedented 10 resident positions. By the time the next newsletter is released, programs and students will have all submitted their rank order lists, and we will be eagerly awaiting the results of the Match algorithm.

The residency also recently sponsored its first biannual Job Fair for the residents on November 30th, 2018. This event will be held twice a year to allow our residents increased access to potential employers. The first fair was a big success, with employers from all over the state represented, as well as some national recruitment agencies. It is hoped that this event will continue to grow over time to give our residents the best access possible to employment opportunities. Pictures from the Job Fair on the right, include pictures of several winners of the door prizes sponsored by some of our guests.



Photos from 2018's first biannual Job Fair ►

2018 AACAP: Educational Outreach Program for General Psychiatry Residents

Dr. Afifa Adiba, MD, House Officer

The annual meeting of the American Academy of Child and Adolescent Psychiatry was held in Seattle in October 2018. Every year AACAP sponsors a few awards for psychiatry residents and child psychiatry fellows. This year the AACAP Executive Committee Members sponsored the Educational Outreach Program for General Residents. This award provides funds for the winners to attend the AACAP annual meeting. This is a brilliant way to introduce the general residents to the child psychiatry world.

I am a third year resident in UMMC's General Psychiatry Program. I feel honored and fortunate to be selected for the award and was able to attend the annual meeting in Seattle. As I am applying for child and adolescent psychiatry fellowships, it was a great opportunity for me to learn about the profession and association. This meeting provides an incredible platform for networking. As part of the award, I was required to attend a few events chosen by the committee members which made the event more meaningful. I got to attend the mentorship program and meet some of the giants of child psychiatry. All award winners get to meet the life members of AACAP who are the leaders of child psychiatry. I was fortunate to sit with Dr. John Schowlater, Dr. Cynthia Pfeffer and Dr. Paramjit Joshi, who were the ex-presidents and pioneers of AACAP. It was wonderful to meet them in person and share their experiences.

I also had the opportunity to attend lectures given by the experts and learn more about the enthralling new and ongoing research in the field of child psychiatry. Furthermore, the activities suggested as part of the award such as Mentorship Program, Medical Student and Resident Breakfast, the Career Development Forum, and Meeting the Life Members broadened my perspective of the various possibilities available within the field of child and adolescent psychiatry.

This story does not come to an end without telling my experience of the last day of the meeting. In the morning, all the award winners had a breakfast with the life members and committee chairs. I was privileged to sit next to the President of AACAP, Dr. Karen Wagner. Later that day, my team and I presented the Clinical Perspective "He fell off the monkey bars: The Role of Child and Adolescent Psychiatrists in the Treatment of Severely Traumatized Children." Our presentation was very successful and well accepted. Yet the best part was about to come – six of the thirty-four awardees were invited to the President's VIP Dinner Reception. I have no idea how I got selected for that. It was utterly delightful.

Finally, I want to say that throughout the conference, I felt very supported and inspired. The mentorship I got from the AACAP annual meeting will enhance my abilities and encourage me to follow my passion and be more focused on my work to make contributions to the field of child psychiatry.



Pictured: Dr. Adiba with Dr. Wagner, AACAP President



A Year in Review: Psychology Residency 2018-2019

Crystal Lim, Ph.D., Assistant Professor & Training Director of Psychology Residency Program



Adult Track:

Nicholas McAfee (Chief Resident),
The University of Missouri-Columbia

Katherine McCurry,
Virginia Tech

Takakuni Suzuki,
Purdue University—W. Lafayette

Child Track:

Maegan Calvert,
The University of Arkansas—Fayetteville

Alexandria DeLozier,
Oklahoma State University

Anne Morrow,
Florida International 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 7th 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 50 applicants from around the country for the psychology internship match for the 2019-2020 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.

Two of our current psychology residents presented research posters at the Association for Behavioral and Cognitive Therapies (ABCT) annual conference in Washington, D.C. in November 2018. Congratulations!

Takakuni Suzuki presented the poster entitled, "Improving Assessment of Reasons for Attempting Suicide: A Psychometric Evaluation of a Modified Suicide Attempt Self-Injury Interview."

Anne Morrow presented the poster entitled, "Factors Associated With Receiving Behavioral Treatment for Attention Deficit/Hyperactivity Disorder in a Nationally Representative Sample."

Accreditation Update

The UMMC Psychology Residency Program learned in August 2018 that we were granted full accreditation status by the Commission of Accreditation of the American Psychology Association (APA) as an independent psychology internship (residency) program. We were granted accreditation for 10 years, which is the longest period of time granted by APA before another accreditation review. Thank you to all departmental and division faculty and staff who participated in our program self-study and site visit. We look forward to the future of our program with outstanding trainees, excellent faculty, and other program developments.

The Division of Neurobiology and Behavior Research

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



It has been a busy several months for Division of Neurobiology & Behavior Research faculty and trainees! We'd especially like to congratulate Drs. Lais Berro, Daniela Rüedi-Bettschen and Junming Wang on their newly awarded projects funded by NIH and Alkermes, Inc. However, the big news for DNBR is our impending move to the 3rd/4th floors of the Translational Research Center. While there are several details still to be worked out, we expect to occupy this state-of-the-art research/office space in early 2019. Stay tuned as the move unfolds and more details are released (perhaps a lab-warming party will be in order!)

DNBR Funding:

Lais Berro (post-doc with Dr. James Rowlett):

Alkermes Pathways Research Award:
"Opioid and benzodiazepine co-abuse: Quantitative pharmacology and pharmacotherapeutics in non-human primates"

Daniela Rüedi-Bettschen (Instructor):

MS CEPR COBRE Pilot Project:
"Consequences of methamphetamine use during pregnancy"

Junming Wang (Associate Professor):

NIH/NIAAA R21AA025328: "Long non-coding RNAs in alcohol induced ApoE positive neural cell death"

DNBR Publications Since June 2018:

Athey A, Overholser J, Bagge C, Dieter L, Vallender E, Stockmeier CA (2018) Risk-taking behaviors and stressors differentially predict suicidal preparation, non-fatal suicide attempts, and suicide deaths. *Psychiatry Res* 270:160-167

Bazov I, Sarkisyan D, Kononenko O, Watanabe H, Taqi MM, Stålhandske L, Verbeek DS, Mulder J, Rajkowska G, Sheedy D, Kril J, Sun X, Syvänen AC, Yakovleva T, Bakalkin G (2018) Neuronal expression of opioid gene is controlled by dual epigenetic and transcriptional mechanism in human brain. *Cereb Cortex* 28:3129-3142

Bryois J, Garrett ME, Song L, Safi A, Giusti-Rodriguez P, Johnson GD, Shieh AW, Buil A, Fullard JF, Roussos P, Sklar P, Akbarian S, Haroutunian V, Stockmeier CA, Wray GA, White KP, Liu C, Reddy TE, Ashley-Koch A, Sullivan PF, Crawford GE (2018) Evaluation of chromatin accessibility in prefrontal cortex of individuals with schizophrenia. *Nat Commun* 9:3121

Duke AN, Meng Z, Platt DM, Attack JR, Dawson GR, Reynolds DS, Tiruveedhula VVNPB, Li G, Stephen MR, Sieghart W, Cook JM, Rowlett JK (2018) Evidence that sedative effects of benzodiazepines involve unexpected GABAA receptor subtypes: Quantitative observation studies in rhesus monkeys. *J Pharmacol Exp Ther* 366:145-157

Fan Y, Chen P, Raza MU, Szebani K, Ordway GA, Stockmeier CA, Zhu MY (2018) Altered expression of Phox2 transcription factors in the locus coeruleus in major depressive disorder mimicked by chronic stress and corticosterone treatment in vivo and in vitro. *Neuroscience in press*

Himel AR, Cabral SA, Shaffery JP, Grayson BE (2018) Anxiety behavior and hypothalamic-pituitary-adrenal axis altered in a female rat model of vertical sleeve gastrectomy. *PLoS One* 13:e0200026

Hou X, Adeosun S, Zhao X, Hill R, Zheng B, Reddy R, Su X, Meyer J, Mosley T, Wang JM (2018) ER β agonist alters RNA splicing factor expression, and has a longer window of antidepressant effectiveness than estradiol after long-term ovariectomy. *J Psychiatr Neurosci* 43:170199

Le François B, Zhang L, Mahajan GJ, Stockmeier CA, Friedman E, Albert PR (2018) A novel alternative splicing mechanism that enhances human 5-HT1A receptor RNA stability is altered in major depression. *J Neurosci* 38: 8200-8210

Continued: The Division of Neurobiology and Behavior Research

DNBR Publications Since June 2018 (continued):

Miguel-Hidalgo JJ, Moulana M, Deloach PH, Rajkowska G (2018) Chronic unpredictable stress reduces immunostaining for connexins 43 and 30 and myelin basic protein in the rats prelimbic and orbitofrontal cortices. *Chronic Stress* in press

Moulana M, Maranon RO (2018) Regulation of blood pressure is influenced by gender: A study in obese Zucker rats. *Life Sci* 209:236-241

Negus SS, Freeman KB (2018) Abuse potential of biased mu opioid receptor agonists. *Trends Pharmacol Sci* 39:916-919

Pang Y, Simpson K, Miguel-Hidalgo JJ, Savich R (2018) Neuron/Oligodendrocyte Myelination Co-culture. In: *Myelin: Methods in Molecular Biology*. Chapter 10. Vol. 1791. Ashwin Woodhoo, editor. Humana Press, New York, NY

Perez J, Overholser J, Athey A, Ornan G, Stockmeier CA, Lehmann J, Dieter L (2018) A deadly combination: Depression and suicide in the presence of cancer. *J Psychol Dis* in press

Rajkowska G, Legutko B, Moulana M, Syed M, Romero DG, Stockmeier CA, Miguel-Hidalgo JJ. (2018) Astrocyte pathology in the ventral prefrontal white matter in depression. *J Psychiatr Res* 102: 150-158

Wallace K, Bean C, Bowles T, Spencer SK, Randle W, Kyle PB, Shaffery J (2018). Hypertension, anxiety, and blood-brain barrier permeability are increased in postpartum severe preeclampsia/hemolysis, elevated liver enzymes, and low platelet count syndrome rats. *Hypertension* 72:946-954

Wray NR, Ripke S, Mattheisen M, Trzaskowski M, Byrne EM, Abdellaoui A, Adams MJ, Agerbo E, ... Stockmeier CA ... Børglum AD, Sullivan PF; Major Depressive Disorder Working Group of the Psychiatric Genomics Consortium (2018) Genome-wide association analyses identify 44 risk variants and refine the genetic architecture of major depression. *Nat Genet* 50:668-681

Zamarripa CA, Edwards SR, Qureshi HN, Yi JN, Blough BE, Freeman KB (2018) The G-protein biased mu-opioid agonist, TRV130, produces reinforcing and antinociceptive effects that are comparable to oxycodone in rats. *Drug Alcohol Depend* 192:158-162

DNBR Accomplishments Since June 2018:

Grazyna Rajkowska: new Editorial Board member for *World Journal of Psychiatry*

James Rowlett: ad hoc study section member; ZAT1 SM (45); Early Phase Clinical Trials of Natural Products

Neuro Institute Updates

These are exciting times to be involved in addictions research, training, and clinical services at UMMC! Even though we are moving deliberately, there are new developments virtually daily. We enjoy exceptionally strong support as we move forward. We'd like to highlight a few recent developments:

Education – Under the leadership of Drs. Dan Williams, Sara Gleason, and Mark Ladner, the SAMHSA-funded SBIRT project seamlessly transitioned to a fully integrated component of medical student education and inpatient clinical care. SBIRT implementation is very important, as addiction is one of the few areas of medicine where we tend to avoid efforts at early detection.

In the spring, the Vice Chancellor chartered an Opioid Task Force, which recently submitted a menu of recommendations to the Vice Chancellor. Some recommendations are explicitly educational, for example educating providers about the new Board of Medical Licensure Opioid Prescribing Regulations. The focus of others is to educate about needed services and service delivery models, such as the need for an interdisciplinary approach to management of chronic pain. Dr. Rodgers, Dr. Ladner, Dr. Rowlett, and Dr. Jeff Parker are members of the Task Force and took active roles in developing the recommendations.

In October our Department had the opportunity to meet UMMC's Congressional Liaison, Kristy Simms, and aides from the Congressional offices of Senator Wicker and Representative Palazzo. The Aides listened intently and were thoroughly impressed by their tour of DNBR lab facilities dedicated to addiction-related research.

Finally, our Department has a new web page dedicated to [Addiction Psychiatry](#). In time this will be augmented by connected pages focused on our educational and research efforts in addictions.

Clinical Care – Our Department has increased availability of addiction assessment and treatment at the Behavioral Health Specialty Clinic by adding a clinic on Thursday afternoons. Our Department now has five clinicians with DATA 2000 waivers: Dr. Bhardwaj, Dr. Gleason, Dr. Ladner, Jessica Collins, and Katherine Raines.

We have obtained two clinically focused grants: one through the Center for Telehealth Center of Excellence and the other from the Mississippi DMH. The funds for the former originate HRSA. This project will provide SBIRT training, individual alcohol counseling, and Medication Assisted Treatment for Alcohol Use Disorders – all via telehealth. Target agencies will be the Federally Qualified Health Centers, which provide primary care through satellite centers around the state. The DMH project funds originate from the SAMHSA State Opioid Response grants that you may have heard about in the news. We will work with the Regional Mental Health Centers to identify candidates for Opioid MAT and will then initiate MAT in our BHSC. Ongoing MAT and psychosocial addictions treatment will be provided via telehealth.



▲ **Jefferson Parker, Ph.D.**
Professor and Vice Chair of Clinical Affairs
jparker@umc.edu

Group Therapy for Adults

Dr. Julie Schumacher-Coffey will facilitate 2 groups over the course of the academic year. She will lead a CBT Group for Insomnia and CBT Group for Anxiety at the JMM, BHSC. A third group will be offered by Susan Anand who will facilitate Group Art Therapy at the BHSC beginning in January 2019. Please begin referring all appropriate patients.

Cognitive behavioral therapy is the most widely researched psychotherapy. It teaches people different ways of thinking, behaving, and reacting to a variety of situations. Cognitive behavioral therapy has been shown in research to help people with the following specific problems as well as many others: Insomnia, Panic Disorder, Major Depressive Disorder, Social Anxiety Disorder, Phobias, and Generalized Anxiety Disorder. Dr. Julie Schumacher and residents will be facilitating 4-session groups offering techniques to assist individuals in treating insomnia and anxiety disorders. Please be on the lookout for flyers outlining upcoming group cycles.

Information about the Art Therapy groups can be found below.



**GROUPS FACILITATED BY
SUSAN ANAND, MA, ATR-BC, LPAT, LMFT
LICENSED ART THERAPIST**

No prior experience in art is necessary to participate in these groups.

Art materials will be provided and all sessions are free of charge.

LOCATION
The Behavioral Health Specialty Clinic
Jackson Medical Mall

TIME
1:00-2:30 pm

DATES
Group 1: January 8, 15, 22, 29, February 5, 12
Group 2: March 5, 12, 19, 26, April 2, 9
Group 3: April 16, 23, 30, May 7, 14, 21

Providers can make referrals by calling
601-984-5836

How Art Therapy Works

Art therapy is an evidence-based therapy to manage stress that works through integrative methods and engages the mind, body, and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language. Visual and symbolic expression gives voice to experience and empowers individuals within the group setting.

Group art therapy:

- Supports personal and relational treatment goals
- Improves cognitive and sensorimotor functions
- Fosters self-esteem and self-awareness
- Cultivates emotional resilience
- Promotes insight
- Enhances social skills
- Reduces and resolves conflicts and distress

Participants will learn how to use various art media for self-expression and be encouraged to discuss resulting imagery and artwork within a small group setting.

The Division of Child Psychiatry

Mental Health Access Hotline gets \$2.3M HRSA grant

Published on Thursday, October 18, 2018 | Media Contact: Annie Oeth

A child visiting a physician in Mississippi could have behavioral health issues, but the nearest mental health professional might be hours away. Thanks to a new pilot project, the distance between a patient and a pediatric mental health professional will soon be shortened to a call and a few clicks.

The Mississippi Department of Mental Health and the University of Mississippi Medical Center are working to bring a regional telehealth consultation service for children in areas of the state that are medically underserved. The five-year, \$2.23 million project is funded by a federal cooperative agreement through the Health Resources and Services Administration.

“This will be a telehealth hotline for physicians,” said Dr. Dustin Sarver, assistant professor of pediatrics and a clinical child psychologist. “CHAMP (Child Access to Mental Health and Psychiatry) will enable primary care providers to have rapid access to specialists in psychiatry, which will help bridge key geographic and access barriers experienced by physicians and families in our state. Instead of waiting for an appointment with a mental health professional and then traveling what could be hours for some families in the state, a child’s primary care provider can call us. Within 30 minutes, a UMMC mental health professional will be available through telehealth to consult with their physician to help that child and family.”

CHAMP will establish a multidisciplinary UMMC team including child and adolescent psychiatrists and psychologists, nurse practitioners, a care coordinator and, through a partnership with Families as Allies, a family partner advocate. The team will provide those consultations for screening, medication management, diagnosis, treatment, care coordination and referral through UMMC’s Center for Telehealth.

The program, to be implemented through the UMMC Department of Psychiatry and Human Behavior, will focus on central Mississippi and the Mississippi Delta, covering 24 counties in the state.

Sarver and Dr. Philip Merideth, professor of psychiatry and director of the UMMC Division of Child Psychiatry, are co-principal investigators for CHAMP.

Through CHAMP, the team will be able to reach an estimated 250,000 children, by offering consultations to their primary care providers regarding issues such as ADHD, behavioral problems, mood disorders and other conditions.

“By getting the mental health care they need, these children will be able to live healthier lives and reach their full potential,” Merideth said. “Getting this care can change lives today and create a more positive future for the children of Mississippi and their families.”

Providing needed mental health care close to home can help more families get the consultations they need, Sarver said.

“We believe the project will ultimately improve the mental health and well-being of children and families,” he said, “...and we eventually hope to scale the program across the state.”



▲ Dr. Dustin Sarver (left) and Dr. Philip Merideth (right)

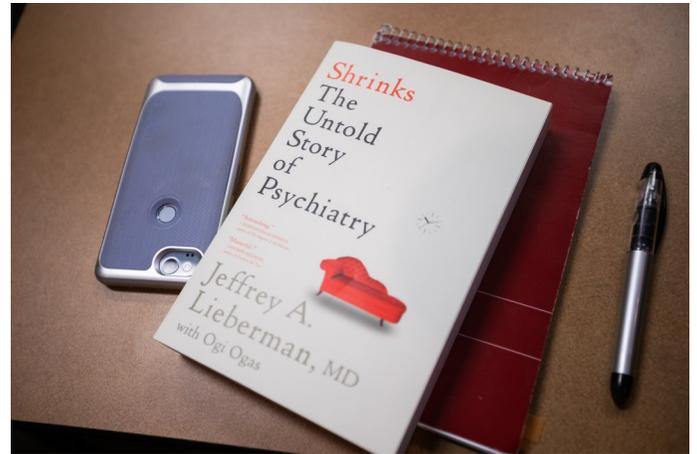
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Grand Rounds “Book Club” Discussion

Drs. Scott Rodgers and Julie Schumacher-Coffey co-presented, “A Discussion of ‘Shrinks: The Untold Story’ by Jeff Lieberman, MD” on Friday, December 7, 2018

The presentation by Dr. Scott Rodgers and Julie Schumacher-Coffey was a huge success. Faculty, staff, trainees and guests all joined in a healthy discussion of “Shrinks: The Untold Story” by Jeff Lieberman, MD. Concluding the presentation, Dr. Rodgers polled the room, and received a unanimous decision to host another discussion-style Grand Rounds in the coming year.



Continued: Grand Rounds "Book Club" Discussion

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2018 Events

2018 Pig Roast Hosted by Dr. Kevin Freeman



2018 Holiday Party Hosted by Dr. Scott Rodgers



Continued: 2018 Events



Our department got into the holiday spirit this year!



Announcements



Dr. Tamara Glenn, House Officer, was recently named “Doctor of Distinction” by the Mississippi State Medical Association. MSMA Doctors of Distinction are named after they complete the MSMA Physician Leadership Academy. Congratulations, Dr. Glenn!

Continued: Announcements

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Jackson Brock Varricchio
Born: Thursday, November 8th

Congratulations to Dr. Beena Premkumar on the birth of her first son! Dr. Premkumar also recently passed her boards in Child and Adolescent Psychiatry!



Lindsay Avent Instructor-Manager of the Behavioral Health Specialty Clinic, married John Maury Jay on September 1, 2018 at the First Baptist Church in Magnolia, MS!

From the Editors

Psychiatry Connection Volume I, Number III



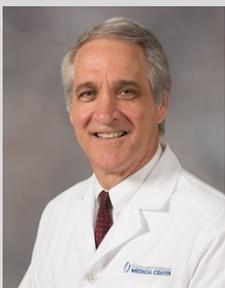
Season's Greetings

The editorial staff would like to thank everyone for their contributions to "Volume I, Number 3" of the Department of Psychiatry and Human Behavior newsletter. As we have mentioned before, our goal for this publication is to spotlight all aspects of the life and work of our department. We believe that each member of our department represents a different strength and unique aspect that makes up our department as a whole so we depend on your submissions for the newsletter. Submissions can be pictures, announcements, upcoming events, promotions, awards, personal updates, and anything else of general interest to the department.

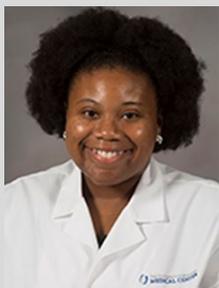
We hope you enjoyed this effort to bring all the members of the department in closer communication and that it brought you a little more cheer this holiday season!

Happy Holidays!

Philip, Sarah, Anaite, and Vandria



Dr. Philip Merideth



Dr. Sarah Cunningham



Anaite Groendyk



Vandria Gaskin

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