Welcoming New Faculty and Trainees

The Department of Psychiatry and Human Behavior is excited to welcome several new faculty hires this summer:

Dr. Alexandria Delozier
Research Director and Associate Medical Director, TEAM Clinic
Instructor, Division of Psychology

Dr. Jahanzeb Khan
Assistant Professor, Division of Child Psychiatry

Dr. Matthew Morris
Associate Professor, Division of Psychology

Dr. Tanja Seifen
Instructor, Division of Psychology

More information on pages 4 and 5

The Child Division welcomed one of our new faculty hires, Dr. Jahanzeb Khan, who joined the department in July. Dr. Khan’s hire is historic, since the department has never before had five child psychiatrists on the faculty.
It's actually very hard to know where to begin my comments for this edition of “Chairman’s Corner,” and that is because our department is in the midst of a breakout moment. With four new faculty to be featured in this newsletter edition, in addition to the recent opening or planned opening of multiple new clinics (adult psychiatry, child psychiatry, LGBTQ Health, Integrative Health, and Addictions), one can quickly see that we have plenty of material to choose from. But I will focus my comments today on education, a topic that has generated significant attention and interest over the past year.

Our department has a long history of excellence in education across multiple training groups, including adult psychiatry, child/adolescent psychiatry, psychology, a graduate program in neuroscience, and medical student education. Compared to most departments, the diversity and breadth of our training programs are perhaps without equal. We have a responsibility to educate trainees at multiple levels and across many different areas, and how we approach this task will set the stage for the next generation of care providers and scholars - not something to be taken lightly! With this in mind, we formed a work group comprised of faculty, staff, and trainees over six months ago to examine our curriculum, identify its strengths and weaknesses, propose improvements and solutions to some existing problems, and advance the idea of a new and better approach. Guiding this discussion throughout were these core principles:

1. High quality teaching and learning are cornerstones of great training programs
2. Teaching must be distributed across all faculty and not concentrated in a few
3. Trainees must have protected time for learning, free from clinical and other duties
4. Interprofessional learning should complement program-specific learning
5. Scholarly and Quality Improvement Projects should be core components
6. UMMC should always strive to have the best curriculum and training programs in the United States

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Thanks to the efforts of Dr. Julie Schumacher (vice chair for education), Katherine Raines, NP, who led the resident work group, and Drs. Beverly Bryant, Joy Houston, Crystal Lim, Ian Paul, and Donna Platt (program directors in our department), as well as key contributions from our resident trainees who joined our work group and met with me personally to review their concerns and ideas, we finally developed the new plan which we have named, “Curriculum 2020 – Pathways in Mental Health Education.” This name emphasizes the fact that our UMMC curriculum is modern & forward-thinking (2020), as well as integrated and varied (pathways). UMMC’s Chief Marketing Office, Rondah Marks, created our new curriculum logo, featured here:

Though we are in the early stages of the launch, I have heard only positive reviews of the curriculum thus far. Change is often very hard for organizations to endure, and almost twenty years of work in academic medical centers have made me realize that people tend to prefer keeping things the same. But it’s so important, I think, for us to keep moving ourselves forward and never settle for “good enough.” Mississippi deserves excellence, and we must commit ourselves to delivering it. I hope that each of you will embrace our new curriculum and help us make it strong. There will undoubtedly be room for continual improvement, but we are certainly on a path now toward a brighter future. Our department’s excellence in education will have a direct effect on the health and well-being of the patients we serve, and this way of thinking is core to our mission.

I’m hoping everyone has had a joyous, productive, and fun summer season, and I’m delighted that each of you has chosen to be at UMMC within the Department of Psychiatry and Human Behavior.
Spotlight on New Faculty Hires

The Division of Psychology welcomes three new faculty members starting July 1, 2019:

Dr. Matthew Morris completed his PhD in clinical psychology at Vanderbilt University and a post-doctoral fellowship at Meharry Medical College in Nashville, TN, where he joined their faculty in 2013. His line of research examines the psychosocial and neuroendocrine risk factors for trauma-related mental health and physical health conditions.

Dr. Alexandria Delozier completed her PhD at Oklahoma State University and her pre-doctoral psychology residency at UMMC. Her research program examines factors impacting psychological and physical health disparities in gender and sex diverse youth and their families. She serves as the Research Director and Associate Medical Director for the Center for LGBTQ Health at UMMC.

Dr. Tanja Seifen completed her PhD in clinical psychology at the University of Mississippi and her residency at the University of Alabama at Birmingham in 2019. She is a child and adolescent psychologist who will provide inpatient psychological services on 3 Circle as well as outpatient treatment and evaluations at Highland Bluff.

Updates from our Division Director

Since our last newsletter, Dr. Scott Rodgers has developed an innovative and new approach to our resident didactic program which is now occurring on Friday afternoons. Our attendings and nurse practitioners worked together to develop a strategy to provide coverage on Friday afternoons so our residents can have protected didactic learning time. It appears that the system is working so far and I want to thank everyone for their efforts.

On the adult outpatient front, we are moving ahead to our consolidated move to Riverchase. My understanding is we will be ready to move in December 2019 or January 2020. Christy Wilson and Leslie Hobbs have led the way in the development of this project and I want to thank them for all their effort and planning. It is a first class facility and I know all our Division members will be proud to work in that environment. I also want to thank our Chair, Dr. Rodgers who remained firm in our quest for a new outpatient space. Dr. Rodgers has indicated it is the great work of our Division that helped get us the support and approval of the UMMC administration.
The Division of Child Psychiatry

Welcoming New Faculty and Fellows

For the first time ever, the Child Division now has five child psychiatrists with the addition of Dr. Jahan Khan as an Assistant Professor.

Dr. Khan will focus his efforts on leading the child psychiatry consult service and developing an outpatient practice. The Child Division as of July is co-located with the Center for the Advancement of Youth in new office space at Highland Bluff. With this transition, there has been enough interest among the residents to add another afternoon each week for a teaching clinic devoted to child psychiatry, staffed by Dr. Bryant and Dr. Khan on Tuesdays and Dr. Bryant and Dr. Rodgers on Thursdays. The Child Division is also pleased to welcome two new child psychiatry fellows, Dr. Cesar Cardenas, Jr. (as a PGY 4) and Dr. Sara Porter (as a PGY 2 on the new integrated track). Dr. Cardenas and Dr. Porter join our second year child psychiatry fellow, Dr. Shana Mangum Holloman, who will finish her fellowship in October to start a new position in North Carolina.

Child Access to Mental Health and Psychiatry

CHAMP’s First Year

The CHAMP team is nearing the end of its first year of operation under a federal grant to provide free telephone consultations to pediatric primary care providers in 24 counties in the Delta and Jackson metro areas. These consultations are offered with an educational focus and are performed by child psychiatrists and child psychologists in our department. In the first year of the grant, CHAMP has begun enrolling primary care providers as participants, opened the phone consultation line, formed an advisory committee, performed preliminary data management, and filled the positions of Program Director (Savanna Norfleet) and Resource Coordinator (Carson Allen). The CHAMP team plans to expand its services to other areas of the state and to make the program sustainable after the grant expires in September 2023.
The Division of Neurobiology and Behavior Research

Highlighting Achievements

The Division of Neurobiology & Behavior Research has finally completed their move over to the Translational Research Center (TRC)... and we invite everyone to come over and see our new “digs”! Our faculty and students occupy office and state-of-the-art lab space on both the third and fourth floors. I really want to highlight the outstanding efforts of Doris Whittington throughout the entire move process... without her “riding herd” on all of us, we’d probably still be packing in Guyton! Her assistance with all aspects of the move was indispensable! Finally, I’d just like to highlight some “hot off the press” funding news: Jim Shaffery has been awarded an intramural seed grant to initiate EEG studies in rodents, and Daniela Rüedi-Bettschen has received another year of funding on her COBRE pilot project awarded through the Center of Excellence in Perinatal Research. Congratulations to them both!

Funding:

Jim Shaffery (PI): Basic Science IRSP: “Assessing GABA-A subunit modulation of sleep with benzodiazepine-type compounds”

Daniela Rüedi-Bettschen (PI): CEPR COBRE pilot project: “Consequences of methamphetamine use during pregnancy”

Austin Zamarripa (PI; graduate student with Kevin freeman)/Kevin Freeman (Sponsor): NIH/NIDA F31: “Therapeutic selectivity of biased mu opioid agonists”

Publications since March 2019:


Continued: The Division of Neurobiology and Behavior Research

DNBR Publications Since March 2019 (continued):

Genome-wide DNA methylomic differences between dorsolateral prefrontal and temporal pole cortices of bipolar disorder. J Psychiatr Res 117:41-47


Accomplishments since March 2019:

Roya Moulana: Under her leadership as GWIMS president, the UMMC chapter was awarded the 2019 Group on Women in Medicine and Science (GWIMS) Leadership Award for an Organization (Emerging Leader).

Eric Vallender: Has taken on the role of Associate Director of the Graduate Program in Neuroscience.
Clinical Developments

Growth of the Addiction Program

While there are many exciting areas of clinical growth in our Department, I’d like to focus at this time on our Addiction Program. Our clinical presence and range of services have increased significantly over the last two quarters. Specifically:

- In January we started a weekly Addictions Group on Thursday afternoons. This group offers a rotating series of relapse prevention and coping skills topics and is usually attended by 4-8 individuals.
- Dr. Bhardwaj has added a Tuesday morning Addictions Clinic to the existing Wednesday morning, Wednesday afternoon, and Thursday afternoon clinics.
- We have steadily strengthened our ties to Born Free, a residential treatment center for pregnant women and new mothers. Dr. Bhardwaj and Jessica Collins, PMNHP, deserve enormous credit for their responsiveness, flexibility, and outstanding customer service. As a result our clinic has become their treatment provider of choice. It is not uncommon to have one or two babies in our Addictions Group.
- The State Opioid Response TeleMAT grant made its first two hires in the last quarter:
  - Ashley Parker, FNP (no relation to anyone else in our Department), will be providing Medication Assisted Treatment in person and via telehealth. Ashley worked for many years providing detoxification services at COPAC.
  - Jemma Cook, Ph.D. has diversified her Postdoctoral Fellowship by accepting the role of Data Analyst for the grant. She will be responsible for collecting, recording, and reporting a wide variety of clinical and service delivery data.
- Our Health Resources and Services Administration (HRSA) grant through the Center for Telehealth has made notable progress:
  - Dan Williams, Ph.D., has provided SBIRT training via telehealth to staff at the Federally Qualified Health Center (FQHC) in Mantachie, MS and is in the process of scheduling additional trainings to FQHC’s in the Delta and on the Coast.
  - We hired Benetra Mangum Johnson, LCSW, and both she and Katherine Raines, PMHNP, have been seeing patents for substance use conditions via telehealth.

There is no more crucial time for our Department and UMMC as an institution to be showing leadership in the delivery of individualized, compassionate, evidence-based treatment for substance use disorders. Our Addiction Team values the strong support Dr. Rodgers has shown as our program has grown and developed.
Congratulations to all the award winners from the 2018-2019 year!

**Resident Ambassador Service Awards**
Afifa Adiba, M.B.B.S.
Kalyan Kandra, M.B.B.S.
Mike Anderson, M.D.
Cesar Cardenas, M.D.
Bryan Gaddy, M.D.
Nida Khawaja, M.D.
Prathyusha Vangala, M.B.B.S.
Dustyn Baker, M.D.
Jennie Katherine Ellis, M.D.
Seth Kalin, M.D.
Veronica Pritchard, D.O.

**Nina Moffitt Award** – Afifa Adiba, M.B.B.S.

**The Garland “Bo” Holloman Service Award** – Cesar Cardenas, Jr., M.D.

**PRITE Award** – Frank “Finn” Perkins, M.D.

**Junior Resident Award** – Jennie Katherine Ellis, M.D.

**The Ed Draper Award** – Kalyan Kandra, M.B.B.S.

**2019-2020 Co-Chief Residents** – Frank Perkins, M.D. and Muhaiminur Rahman, D.O.

**Chief Resident Award** – Kalyan Kandra, M.B.B.S.

**Chief Resident Award** – Afifa Adiba, M.B.B.S.
Continued: Psychiatry Residency Program Updates

Spring Awards Banquet (continued):
Psychology Residency Program Update

Starting a New Academic Year

The Psychology Residency Program has had another 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 Mississipians. 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 25 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. Courtney Bagge for winning the program’s Faculty Research Mentor Award and to Dr. Ed Manning 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 (2018-2019)

Adult Track
Nicholas McAfee, Ph.D. – Postdoctoral Fellow, Department of Psychiatry & Human Behavior, University of Mississippi Medical Center
Katherine McCurry, M.A. – Graduate Research Assistant, Fralin Biomedical Research Institute at Virginia Tech Carilion
Takakuni Suzuki, Ph.D. – NAMI Unger Research Fellow, Postdoc, University of Michigan-VA Ann Arbor Postdoctoral Consortium, Department of Psychiatry, University of Michigan

Child Track
Maegan Calvert, Ph.D. – Pediatric Psychology Postdoctoral Fellow, Rees-Jones Center for Foster Care Excellence, Department of Psychiatry and Psychology, Children’s Medical Center Dallas

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Continued: Psychology Program Update

Alexandria Delozier, Ph.D. – Faculty, Department of Psychiatry & Human Behavior, University of Mississippi Medical Center

Anne Morrow, Ph.D. – Postdoctoral Fellow, Department of Psychology, Nova Southeastern University

Thank you to Nick McAfee for serving as the Chief Resident during the past training year, as well as for his valuable service and contribution to the training program. We are excited to have him continue collaborating with the program as he transitions to his post-doctoral position in the department. Congratulations to Anne Morrow for winning the program’s Excellence in Research Award and Allie Delozier for receiving the program’s Excellence in Clinical Award. Taka Suzuki 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 wonderful support and assistance throughout the training year.

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.

Adult Track

Chris Kelly - 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

The program will be providing CE credits for our Research Rounds and Evidence Based Psychotherapy workshop series. This year’s Evidence Based Psychotherapy Workshop was on Friday July 26th from 9am-3pm. Dr. Cindy Karlson presented on Problem Solving Skills Training. More details will be announced in the next few weeks regarding Research Rounds. We are also excited to provide CE credits during the Psychiatry and Psychology Joint Case Conference series as part of the departments Curriculum 2020. The schedule for the case conference will also be distributed in the coming weeks.

Class of 2019-2020 Psychology Residents at the Mississippi Civil Rights Museum, left to right Chris Kelly, Edward Lannon, Melanie Stearns, Brittany Merrill, Rory Pfund, and Jay Barreto-Abrams. The museum tour was part of Curriculum 2020 and attended by Child Psychiatry Fellows and First Year Psychiatry Residents, as well as faculty from the various training programs.
SCWC Co-Director, Dr. Danny Burgess welcomes one of our new faculty members, Dr. Alli Delozier, who started providing psychological services to students in July.

The Student Counseling and Wellness Center began its fourth year of operation on August 15. Since 2016, the clinic has provided free mental health therapy, wellness counseling, and medication management to UMMC students in offices on the eighth floor of the hospital. The demand for SCWC services has steadily increased in the last three years, with over 461 student appointments in the past twelve months.

To make an appointment or referral to the clinic, please call 601-815-1136.
Awards & Recognitions
Featuring the Achievements of Faculty, Staff, and Trainees

Drs. Adiba, Cardenas, and Khawaja—Recent graduates from the Psychiatry Residency program had their poster abstract titled “From Mississippi to Massachusetts - Ensuring Excellence in Care for Transgender Youth” accepted for the 2019 AACAP annual meeting. The poster is co-authored by Dr. Scott Rodgers (UMMC) and Dr. Jeremi Carswell (Harvard University).

Dr. Bryant—Presented in Osaka, Japan on her abstract co-authored with Dr. James Rowlett and Matthew Bear titled “DMDD Patients with and without a history of childhood abuse and/or neglect: comparison of hospital length of stay, use of antipsychotics, and restraints.” The abstract was published in JAACAP.

Dr. Burgess—Received the Faculty Healthcare Award in the inaugural 2018-2019 ASB Leadership awards in recognition of his work as the co-founder of the Student Counseling and Wellness Center and his service to UMMC students as the center’s co-director since 2016.

Dr. Cardenas—As part of his two year fellowship award from the American Psychiatric Association (APA), Dr. Cardenas has been appointed to serve as a member of the APA Council on Children, Adolescents, and Their Families.

Dr. Gibson—Her poster abstract titled “Case Report and Review: Cerebral Venous Thrombosis and Escitalopram” was accepted for a presentation at the American Neurological Association Conference in St. Louis, Missouri.

Dr. Gleason—Effective this August, Dr. Sara Gleason is a core faculty member in UMMC’s Center for Bioethics and Medical Humanities (CBMH). For the past two years Dr. Gleason has served as psychiatric consultant to the Asylum Hill Project, one of the signature projects of the CBMH. Learn more about the Center here: https://www.umc.edu/Research/Centers-and-Institutes/Centers/Center-for-Bioethics-and-Medical-Humanities/Center-for-Bioethics-and-Medical-Humanities.html
Community Outreach and Events

Center for the Advancement of Youth Grand Opening:

UMMC and community leaders gathered for a ribbon cutting ceremony on August 15th to celebrate the opening of the new space for the Center for the Advancement of Youth (CAY) and the Division of Child Psychiatry at the Highland Bluff building.
Continued: Community Outreach and Events

Dr. Dustin Sarver and Genevieve Garret (left picture) and Dr. Cesar Cardenas, Jr (right picture) provided volunteer mental health services at an event that was organized to support Hispanic children in the Canton area on August 11.

LaTiana Myles, administrative assistant, recruited family and friends to provide a sing-along event for patients at Batson Children’s Hospital on June 17th.
Several faculty members attended the UMMC Commencement Ceremony on May 24th.

The Psychology residents said farewell at the Resident Graduation Dinner to Dr. Courtney Bagge (Center) who left UMMC for a new position at the University of Michigan.
The Child Division hosted a “Launch Dinner” for the residents who are starting fellowships in Child Psychiatry.

The department gathered at a Farewell Come-and-Go to send off Anaite Groendyk, who has worked in the department as an Administrative Assistant for the last 3 years.
Department Highlights (continued)

Dr. Scott Rodgers hosted a Resident Welcome Party at his home on August 3rd to kick off the new academic year with the psychiatry and psychology residents and faculty.
I wanted to use this space to say goodbye and thank you to the whole Department of Psychiatry and Human Behavior, as I will be transitioning away from UMMC at the end of the month. This has been a big year for the department with several new hires, new clinics, and new spaces. I’m thankful to have been a part of this historic time and to have spent the last three years working with such a wonderful team.

As an editorial 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,

Anaite
August 29, 2019

P.S. From the other editors—Goodbye and thank you to Anaite. We could not have produced the first five editions of the newsletter without your energy and creativity. We will miss you and wish you the best!