

*our final edition*

# THE GOOD NEWSLETTER

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University of Colorado - Anschutz Medical Campus  
Department of Psychiatry Newsletter



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## *A fond farewell from the Good News team*

It is with a heavy heart that we report this will be the final edition of the Department of Psychiatry's Good Newsletter in this current format. We hope you enjoyed reading this publication as much as we enjoyed collaborating on its creation. Be on the lookout for future communications on what's next for us!

**We encourage you to continue adding your Good News to our submission page so it can be featured in email shout-outs and social media!**

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Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



**BRAIN HEALTH** for all, for life.

# Office of Innovation

Department of Psychiatry

Content: Jay Shore & Claudia Iannelli | Design: Claudia Iannelli

## INNOVATING BEHAVIORAL HEALTHCARE

As the Department of Psychiatry continues to progress and excel in research innovation, we are happy to announce the formation of the Office of Innovation, a vision of Department Chair, Dr. C. Neill Epperson and executed by Vice Chair for Innovation, Dr. Jay Shore. This new departmental hub of [CU Innovation](#) furthers the mission to bring together industry partners, entrepreneurs, and investors to help CU researchers create biomedical technology that improves the quality of life for our patients and communities. Currently, the DOPsych has over 20 innovation projects including multiple technology projects, deep brain stimulation, and a developing portfolio of psilocybin drug research. With a growing list of projects and trials, it became necessary to add more infrastructure to continue our growth with cross-campus and industry sponsors.

**"We are not 'innovating for the sake of innovation.' The ultimate goal of our work is translating findings into useful and functional improvements to behavioral healthcare."**

*Dr. Jay Shore*

The Office of Innovation is built on 3 pillars:

- 1. Technology/Informatics:** This pillar, led by Allison Dempsey, PhD, focuses on telehealth, informatics, AI and app-based care. Among the projects in this pillar is HealthRhythms, which uses passive sensing from smart phones via an app to translate daily activities into timely, individualized insights into patient status. This technology provides a continuous, objective picture of individuals' behavioral health in their everyday environment, along with clinically actionable insights about those behaviors.
- 2. Therapeutics:** This pillar, led by recent faculty recruit, Dr. Scott Thompson, develops and studies novel therapeutics including drug development and psilocybin research.
- 3. Care Redesign:** This pillar is dedicated to innovating approaches to integrating systems of care across platforms. Upper Payment Limit (UPL) grants further this work and create opportunities for collaboration with other departments, such as Family Medicine. The team is actively working to recruit a leader for this pillar.

No other academic department in the country currently has an innovation program that seeks to integrate these three foundational pillars.

# Office of Innovation

Department of Psychiatry

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The Office of Innovation in the Department of Psychiatry will strive to connect our researchers and clinicians with other departments, hospital partners, CU campuses, industry sponsors and federal funding opportunities. While the “triple helix” – partnerships between academic centers, industry sponsors and federal funding dollars – is widely talked about, the team is also dedicated to bringing outcomes to the community, who will benefit directly from necessary improvements to healthcare.

When asked about the intended impact of this new office, Dr. Shore shared hopes for the future on both a large and small scale. He said, “Departmentally, we hope to break down silos and open possibilities for our researchers and clinicians. On campus, we want our department to continue to grow in its leadership role in behavioral health innovation. In the state of Colorado, we want to impact the lives of our patients, their families, and communities. Nationally, we want to be recognized as a leader in this field. We are not ‘innovating for the sake of innovation.’ The ultimate goal of our work is translating findings into useful and functional improvements to behavioral healthcare.”

With big goals on the horizon, this first year will be dedicated to creating structure and foundation for this first-of-its-kind office within our department. Office leadership will be meeting with stakeholders both within and outside of our department to learn about gaps and how this team can best serve observed needs. Drs. Shore, Dempsey and Thompson recently welcomed program manager Tereza Guedez, and have begun seeking a leader for the Care Redesign program pillar. We look forward to seeing all that is to come from this exciting new endeavor!



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# Team

## Spotlight:



*Hisham Nsier*

Research and Program Coordinator

### **When did you start working for the DOPsych?**

I began working for the DoPsych in the Summer of 2019 as an undergraduate in the PURPLE program. I am now a research and program coordinator for various labs in the Women's Behavioral Health and Wellness service.

### **If you could have an alternate job (something totally different from what you do now), what would it be?**

A professional oboe player in a philharmonic orchestra.

### **What do you like best about working here?**

The variety of tasks and problems I get to help solve. It's never a dull day!

### **What was your very first job?**

My first job was as a cashier at Chick-fil-A. And yes, the first thing they tell you during training is you must always reply with "My pleasure"!

### **What's your favorite book or movie and why?**

*Brave New World* by Aldous Huxley. Only a handful of authors can truly capture the essence of the human experience through metaphor, and Aldous Huxley is one of them. His writing is still relevant to this day.

### **What is your favorite smell or sound and why?**

My favorite sound is the collective cheer at a music show. Music has a special way of unifying people. Singing, dancing, and cheering together reminds me that we all have more in common than we often realize!

### **Tell us about your favorite vacation spot?**

My all-time favorite vacation spot is the Red Sea. Nowhere else will you find such pleasant waters and rich aquatic life in the same place.

### **Tell us about your favorite local restaurant.**

Fish 'n Beer in Downtown Denver. Fried fish + fresh oysters + a good IPA beer = a happy stomach!

### **Favorite childhood snack?**

A cream cheese and jelly sandwich.

### **What is your superpower?**

My intuition.

### **Favorite quote?**

"The mystery of life is not a problem to be solved, but a reality to be experienced." – Soren Kierkegaard

**FUN ASK**

## **HOW HAVE YOU RESET FOR THE NEW YEAR?**

The new year is a great time to reset our expectations, goals and plans for the coming 12 months. Reflecting on the past and planning for the future can be a helpful way to set the tone for our lives and moods.

**Let us know what steps you took to reset this new year by filling out our REDCap survey link here!**

\*Remember to select "The Good News Initiative" as the activity\*

**2023**