



# BALLYHOO

*Behavioral Health  
Family Medicine Newsletter*

*January 2019 Issue*

Meet the Psychiatry  
Residents

Westminster  
Metabolic Clinic

Employee Spotlight

## Meet the Psychiatry Residents

Psychiatry residents are involved in telepsychiatry across the department of family medicine. Alongside their attending psychiatrists, the residents provide quality psychiatric services via secured video chat to assess and clarify psychiatric conditions and provide appropriate recommendations. This allows family medicine patients to receive psychiatric services without the long wait that often comes with a psychiatry referral. Telepsychiatry is a valuable aspect of integrated family medicine and behavioral health services.



**Jack Gende, DO**

Dr. Gende is the chief resident at the Denver VA in addition to serving UCH patients. He plans to return to his hometown in Chicago to work at the VA after his graduation.



**Chris James, MD**

Dr. James is primarily interested in severe, psychotic, and chronic mental illnesses. He hopes to be involved in inpatient and forensic psychiatry during his career.

## Westminster Metabolic Clinic

- The Westminster Family Medicine clinic is developing a multidisciplinary metabolic clinic, **UHealth PATHWEIGH**, designed for patients with obesity and related issues. The integrated treatment team includes: primary care provider, Erik Seth Kramer, DO, MPH, endocrinologist, Leigh Perreault, MD, and the behavioral health team, Lauren Tolle, PhD and Noy Phimphasone-Brady, PhD.
- Patients who would benefit from weight loss treatment are referred and the initial visit will assess history of weight gain and attempts to lose, nutrition, activity, goals for weight loss, and related psychosocial concerns. With their treatment team, patients develop an individualized treatment plan aligned with their weight loss goals and values. We plan to gather data on both patients' success in a number of physical health and psychosocial outcomes, and cost-effectiveness outcomes.
- After developing, expanding, and evaluating this initiative at Westminster Family Medicine, we propose long-term plans to build an optional EPIC disease management workflow and optimization platform. This could allow the clinic to ultimately be scaled up to the UHealth system and hopefully beyond. Please contact any member of the treatment team for more information or any questions on UHealth PATHWEIGH!

## Employee Spotlight



### Lauren Tolle, PhD

#### Assistant Professor and Psychologist

Dr. Tolle has worked as a behavioral health provider at the Westminster Family Medicine Clinic since August 2017. She feels fortunate to work there because of the fantastic group of dedicated health professionals who work as a team to meet patient needs.

Dr. Tolle played division 1 tennis, which she thought would be her life until she found health psychology. She hopes to play tennis more often once her kids are older.

She has a wonderful old orange tabby kitty named Cheddar who acts more like a dog.

**Thank you, Dr. Tolle for providing patients with behavioral health services and integrating family medicine!**