WE HAVE A NEW SUBMISSION LINK!

Please note that moving forward, we have an updated submission portal for all outreach activity, publications, news features and Good Newsletter feature requests. In an effort to streamline the archiving process, we are consolidating various data collection systems into one platform. Please inform us anytime you engage in any of the activities outlined below by responding to the survey linked in this page!

Click on this box to be directed to our NEW submission page!
When Governor Polis executed a stay-at-home order in March, members across the DOPsyche jumped into action, supporting our front-line workers, patients, University community and beyond. Below are just a few examples. We are thankful for everyone’s efforts!

Under the leadership of Jay Shore, Director of Telemedicine Programming, procedures were quickly put in place to enable services via a telehealth platform so providers could continue both individual and group psychiatric services. Many individuals in our department, including Chris Hodges in the Child and Adolescent Division, Joel Green and Tamara Saunders in the Adult Clinic, and others helped to get telehealth up and going.

The **Well-Being Support Line** was one of the first outreach activities initiated in the department to support the CU Anschutz campus and our community. Beginning on March 23, over 180 faculty, staff, clinicians and students have offered to volunteer their time to answer calls on the support line. In addition, over 200 clinicians have offered to see new patients virtually, either pro bono or on a sliding scale, to meet the needs of those calling for support. If you or someone you know is needing services, please contact **720-724-2500** between 8am-8pm for support.

The department also established a new COVID-19 link on the website to deliver resources for students, faculty and staff, patients, parents and other providers. Since launching, this site has seen over 22,000 visitors.

Dr. Helen Coons and her colleagues offer Zoom-based team support sessions to clinical groups for all specialties and disciplines at University Hospital, UCHealth and CU Medicine. Sessions are scheduled with units and teams on an “as needed” basis, on a regular schedule or following a critical event. These hour-long, interactive support sessions are also available throughout the week to accommodate different shifts. To date, 400+ participants have participated in over 70 sessions with Dr. Coons and her team.

Dr. Epperson and the DOPsyche have partnered with the CU-Anschutz Office of Communications to develop a blog and podcast series entitled “Mind the Brain: Mental Health in the Time of COVID-19.” Each blog post is written by a faculty member and includes a short interview with Dr. Epperson and the contributing authors. New posts and podcasts are updated weekly.

Thank you to everyone who has donated items and/or money to support organizations affiliated with our department in response to COVID-19. Many individuals donated diapers, wipes and formula to ARTS, and numerous masks have also been donated. CU Medicine was also a resource in helping us find much needed PPE. A special thanks to everyone who pitched in during this difficult time!
Congratulations to all of the DOPsych graduating residents and fellows! We know you all will do great things in your careers!
team spotlight

John “JD” Dillon, Jake Gadbaw, Carrie Keffler, Mario Perez, Sirish Veligati, and Brandon Sklar are the interns who have been on the “front lines” doing medicine during the peak of the pandemic.

Suzanne Monsivais, Alyssa Tran, Heather Murray, and Neza Bharucha all volunteered to cover the CDU2 during the pandemic.

Alyssa Tran and David Brown were instrumental in the (nearly seamless!) conversion of UCH Outpatient Clinic to telehealth services.

Heather Murray was a significant contributor in getting the VA Outpatient Clinic running via telehealth.

thank You, Residents!

A huge thank you to all our residents who have stepped up and, without exception, met the challenge of change and uncertainty with dedication and professionalism. That is awe inspiring!

John “JD” Dillon, Jake Gadbaw, Carrie Keffler, Mario Perez, Sirish Veligati, and Brandon Sklar are the interns who have been on the “front lines” doing medicine during the peak of the pandemic.

Suzanne Monsivais, Alyssa Tran, Heather Murray, and Neza Bharucha all volunteered to cover the CDU2 during the pandemic.

Alyssa Tran and David Brown were instrumental in the (nearly seamless!) conversion of UCH Outpatient Clinic to telehealth services.

Heather Murray was a significant contributor in getting the VA Outpatient Clinic running via telehealth.

What is your role and when did you start working for the DOPsyD at CU Anschutz?
Since 2017, I’ve been a Research Associate in Jason Tregellas’ and Kristina Legget’s lab, where I focus on neuroimaging and data analysis. I also help new imagers learn and troubleshoot the techniques, analysis, and statistical considerations.

Of what accomplishment are you most proud?
I was pretty glad to survive the PhD process.

What has been your favorite part about working here?
Jason and Kristina are awesome. They have allowed me to focus on the technical side of neuroscience, continue learning, and indulge my curiosity.

What is your professional area of interest?
Computational neuroscience/psychiatry. (If I were to explore on my own, I would apply the ideas to investigate developmental cognitive disorders and their interaction with learning challenges.)

If you could have an alternate job (something totally different), what would it be?
Youth mentor – maybe I’ll have some of the physicians check on me, but I love listening to middle and high schoolers process life and offering invited wisdom. The dodgeball tournaments are awesome, too...

What was your very first job?
Rock chucker for the Boulder County Youth Corps. If you’ve hiked or biked Heil Valley Ranch, I helped build that!

What is your favorite book or movie?
Blessed Child by Bill Bright and Ted Dekker. The story reminds me of powerful realities that I often forget are there.

TEAM SPOTLIGHT

BRIANNE SUTTON

Brianne’s nominators said, “Brianne is so warm and kind. No matter what’s going on, she’s always calm and greets challenges with a smile. We’re so lucky to have her as a member of our DOPsyD family!”

Need help finding grant opportunities to support your research?
The PRI is here to help! Click here to take the survey and get notifications about grant opportunities in your area of interest!
**Shout Outs & In the News**

**Congrats Dr. Jesse Hinckley!**
The Colorado Clinical and Translational Sciences Institute (CCTSI) is pleased to announce the CCTSI Pilot Grant Awardee for the 2020 Colorado Pilot (CO-Pilot) program: Jesse Hinckley, MD, PhD, for his proposal titled "Characterization of endocannabinoid and endogenous opioid levels in adolescents with cannabis use disorder." Congrats, Jesse!

**Click here to read the article**

**Our Chair, Dr. Neill Epperson, talked with Les Shapiro and Vic Lombardi on the sports podcast We Are Unstoppable about the stigma around mental health and possible impacts on mental health due to COVID-19.**

**Click here to listen**

**Drs. Bruno and Laura Anthony were interviewed by Front Porch Newspaper**
Bruno Anthony, PhD and Laura Anthony, PhD were recently interviewed for an article in Stapleton’s Front Porch Newspaper, sharing the importance of having open conversations about mental health with children.

**Click here to read the article**

---

**Publications**


---

**Click on the citation to view the article!**
Ahimsa is the Sanskrit word for non-violence. The obvious initial interpretation would be non-violence towards others, but ahimsa is also a practice of non-violence towards self. How do you talk to yourself on a daily basis? Do you give yourself as much grace and compassion as you would give your friends and family? Draw attention to your internal dialog and invite a practice of ahimsa towards yourself. Give yourself permission to be where you are without judgement or negative talk. I am reminded of a quote by Jon Kabat Zinn, "As long as you are breathing, there is more right with you than wrong. No matter what is wrong."
~Namaste