

University of Colorado - Anschutz Medical Campus
Department of Psychiatry Monthly Newsletter



DEPARTMENT HAPPENINGS

Read about
our exciting
events and
accomplishments.

Page 3

THE GOOD NEWS!

Page 2

TEAM SPOTLIGHT

Page 3

THE GOOD NEWS INITIATIVE

Check out all the fun
information we have to
share with the
department!

Page 6

SHOUT OUTS & IN THE NEWS

Learn about all of the successes
of your colleagues.

Page 4-5

Click here for Hospital Happenings



A NOTE FROM THE GOOD NEWS TEAM

We are very excited to present the members of The Good News Team: Claudia Iannelli (co-chair), Cecilia Aguirre Villagomez (co-chair), Shannon McWilliams (good news author), Kristen Raymond (copy editor/staff spotlight), Aileen Norton (copy editor), Shaleeta Pearson (member), Kimberly Slavsky (member) and Melissa Sinclair (member). Please visit our submission page where you can share questions, comments, shout outs or ideas for a future article. You can also indicate if you wish to join

The Good News Team and specify how you want to help!

Click on this box to be directed to our submission page!



SUPPORTING SUCCESS for us, for life.

the Good News

TELEMEDICINE POISED TO IMPROVE CLINICAL CARE, RESEARCH AND ADMINISTRATION

As the department continues to further its mission, “Brain health for all, for life,” Telemedicine Programming is gearing up for major advancements in the near future. Over the past 20 years, Dr. Jay Shore has focused on the use of technology in his practice in psychiatry and mental health. As the Director of DOPsych Telemedicine Programming, Dr. Shore has plans to create a world-class service, improving access to high quality psychiatric and psychological care for patients and communities. When asked why “telemedicine” instead of telepsychiatry, he explained that this technology will promote collaboration across medical specialties and will encompass much more than traditional psychiatric care. Furthermore, he foresees Telemedicine Programming impacting all aspects of departmental services, including research and administration—not just clinical care.

As technology expands, the necessity to utilize technology in medicine rises. As our world continues to become increasingly digital, we are likely to have what Dr. Shore called “hybrid relationships” – relationships maintained over multiple platforms. In other words, we now easily communicate with those around us in various ways. On any given day, we may communicate with one person via telephone, email, text, apps and video calls in addition to in-person interactions.

Dr. Shore expects telemedicine to improve the experience of clinical patients and research participants in terms of convenience, privacy/confidentiality, and access. Telemedicine can be more convenient for patients and study participants because it can lower the time burden required for consistent care, decrease travel time and allow visits to proceed even if travel to the office is not possible. Due to the stigma which unfortunately can still surround mental healthcare, some people do not feel comfortable sitting in a waiting room at a clinic.

Telemedicine may be a viable option for these patients, increasing the instances of seeking and maintaining treatment. It also serves a clinical function because providers can observe people in their home environment, lending to more robust treatment methods. Finally, communities with traditionally poor access will now have increased options for care, including integrated care services. For example, DOPsych will grow its partnership with the Department of Family Medicine and the Helen and Arthur E. Johnson Depression Center through the Telemedicine Program, to introduce psychiatric care in the primary care setting. While currently serving one location, the intention is to make care accessible to all 50,000 patients served at all seven Family Medicine outpatient clinics.

With regard to the plan for more general roll-out of telemedicine services for the department at large, Dr. Shore explains several steps are required first. Plans include hiring a program manager as well as creating policies and training for implementation of the technology. Taking the time up front to bring more uniform protocols and standards for things like scheduling, billing and tech requirements will allow for a smooth roll-out. Dr. Shore believes it will also be imperative for trainees and new staff to work with the technology hands on, as opposed to just hearing about it in lectures. Therefore, it will also be important to build use of the new services into our training programs. Of course, not every patient will benefit, but Dr. Shore believes telemedicine is a tool all our providers should have at their disposal and it should always be an option for the plan of care, based on patient decision and provider discretion. The DOPsych is excited to be on the forefront of mental healthcare advancement!



RESEARCH FROM A TEAM LED BY CAMILLE HOFFMAN, MD, SHARON HUNTER PHD, AND ROBERT FREEDMAN MD, WAS RANKED ONE OF THE TOP 10 BREAKTHROUGHS FOR 2019 BY THE BRAIN & BEHAVIOR RESEARCH FOUNDATION!

Researchers have obtained further evidence that during pregnancy, the presence of adequate levels of choline - an essential nutrient in the mother's system - has a protective role in the development of the fetal brain and on behavior in children following birth. The new evidence bolsters the case for choline supplementation during pregnancy, a measure now advised by the American Medical Association but which is not yet common practice in this country or worldwide. Noting that their study supported the case for prenatal maternal choline supplementation, the team highlighted that prenatal vitamins currently contain as little as 10mg. This is a small fraction of the 900mg their research recommends in addition to the dietary intake of 550mg. Infections during pregnancy, including the flu and respiratory illness, can happen to any woman, and these infections predispose the offspring to future mental illness. Choline supplementation offers a way for mothers to protect their unborn children from this unforeseeable and often unpreventable risk.

[CLICK HERE TO READ MORE](#)



Department Happenings



TEAM SPOTLIGHT GARRETT LATIMER

Garrett's nominators said, "Garrett is such an important member of the DOPsych family who impacts such a wide variety of faculty and staff across the department. We appreciate that he is always smiling and positive, even though technology issues can be stressful. We also appreciate all of the help he has given us in getting new PRAs up and running and upgrading to Windows 10 before the deadline."

Please enjoy his Q&A below!

? **When did you start working for the DOPsych at Anschutz?**

✓ I started working at CU Anschutz for the Department of Psychiatry in June 2018.

? **What accomplishment are you most proud of to date?**

✓ Not work related, but in 2017 I completed the Great Divide Mountain Bike Route which is 2,800 miles from Canada to Mexico. I would like to do another similar trip sometime soon.

? **What is your professional area of interest?**

✓ I have a degree in IT, I have been an IT Tech for a while now, and I would like to stay in IT. At this point I am just focused on gaining as much knowledge as I can and working my way up the ranks in the IT world.

? **What's your biggest professional goal?**

✓ Work hard and retire early!

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

✓ I was a stock boy at a local grocery store in my hometown.

? **What is your favorite Colorado activity?**

✓ Sitting in hours of I-70 traffic every weekend in order to enjoy our amazing Rocky Mountains.

? **What is your favorite season of the year and why?**

✓ Winter, I love snow.

? **What's your dream vacation spot or trip?**

✓ Everywhere, I love to travel and would like to see as many different places as I can.

Is there something you *love* about working in the DOPsych? Click here to share your answer and see it featured in the February issue of The Good Newsletter!



988 NATIONAL SUICIDE

PREVENTION HOTLINE ONE STEP CLOSER TO REALITY!

Michael Allen, MD, has been working on the idea with stakeholders nationwide for years.

"Part of the desire is not just to create a simpler number but to develop a better system," Allen told FOX31.

[Click here to read the article.](#)

APPLICATIONS FOR THE 2020 PSYCHIATRY UNDERGRADUATE RESEARCH PROGRAM AND LEARNING EXPERIENCE (PURPLE) ARE NOW OPEN!

Applications are due no later than March 16th at 12:00 a.m. MST

[CLICK HERE FOR MORE INFORMATION.](#)

CONGRATULATIONS TO ALL OF OUR TRAINEES WHO PASSED THEIR INITIAL AMERICAN BOARD OF PSYCHIATRY AND NEUROLOGY CERTIFICATION IN PSYCHIATRY!

Ahmad Adi, MBBS - Forensic

Jana Bhuiyan, MD - Child

Dan Defrancisco, MD - Forensic

Jesse Hinckley, MD, PhD - Child

Allison Hoff, MD - Child

Suzanne Huberty, MD - Child

Anastasia Klott, MD - Child

John Knox, DO - Forensic

Helena Winston, MD - Consult Liaison

Congratulations



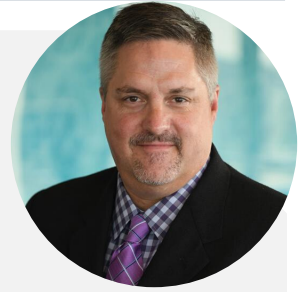
Shout Outs and In the News!



*Congratulations
Dr. Heru!*

Alison Heru, MD received the Pioneer Award at the 2020 University of Colorado Hospital Medical Staff Annual Awards!

**JASON WILLIAMS, PSYD
WAS INTERVIEWED
BY THE DENVER POST**



In 2018, Children's Hospital of Colorado saw the most psychiatric emergency visits — about 4,100 — in a 10-year period. The number has decreased slightly, with the facility estimating it will have 3,700 visits this year, said Jason Williams.

[Click here for the full article.](#)

AUDREY DUMAS, MD WAS INTERVIEWED BY 9NEWS!

Emergency doctors at Denver Health have noticed the age of their patients has been dropping over the last six months. DOPsych Assistant Professor Audrey Dumas, who works in the Psychiatric Emergency Department at Denver Health, said they're seeing young children come through the hospital emergency doors every day.

[Click here to read the full story.](#)



PUBLISHED!

The following list represents some of our faculty with recent publications!



Clare Paterson, Brooke Cumming, and Amanda Law



Devika Bhatia, Susan K. Mikulich-Gilbertson and Joseph T. Sakai

[Click the article graphics
to be redirected to the full-
text papers!](#)



**STEVE BERKOWITZ,
MD WAS FEATURED
BY USA TODAY!**

**USA
TODAY**

In an opinion column, Dr. Berkowitz said, "As these children and parents arrive at our doorstep seeking asylum, as is their legal right, it is wrong for this administration to knowingly place them in dangerous environments when safe alternatives exist and their presence in the United States has no negative impact on our society. It is our duty to protect them."

[Click here to read the column.](#)



DEVIKA BHATIA, MD IS DOING GOOD THINGS!

Devika Bhatia, MD was awarded the NIDA-AACAP Resident Training Award in Substance Use Disorders. This award enrolls her in a year long program with AACAP and provides her about \$10k in research related support. Devika is a first year child psychiatry fellow at Children's Hospital of Colorado and is interested in pursuing post-doctoral research training and then an academic career after completing clinical training.

She was also interviewed by *Doctor's Lounge* about how providers should recognize opioid use by teens can be a red flag for other dangers.

[Click here to read the article.](#)

Our new Children's Colorado Health Pavilion is open. Located in the heart of some of Aurora's oldest neighborhoods, it's home to a network of community health providers and partners ready to provide comprehensive care for kids!



CHRISTIAN HOPFER, MD WAS FEATURED IN 5280 MAGAZINE!

Dr. Hopfer, a substance abuse expert, says
“When people quit using [drugs or alcohol], they often find they have a lot of time on their hands. You have to fill it doing something else, and it has to be rewarding.”

[Click here to read more.](#)

GIVE IT UP FOR JIM PAVLIK!

Jim Pavlik, MA, CTTS, sought to answer the burning question on everyone's mind relative to nicotine addiction: can electronic nicotine delivery systems, called ENDS, really help people quit smoking? According to Pavlik, that's the wrong question. “It's more important as providers that we recognize that people ARE using them to quit or reduce smoking. We also know that some adults have been successful using ENDS this way. The question we need answered is, ‘what do we do now?’”

[Click here to read the full article.](#)



Congratulations to the following faculty who passed their American Board of Psychiatry and Neurology re-certification!



Neill Epperson, MD



Steve Berkowitz, MD



Kim Kelsay, MD



The Good News Initiative

2020
2020

MY "20 FOR 2020" LIST

Looking for a new, creative way to identify your aims for 2020? Try making a "20 for 2020" list! Print out this page and use it to list twenty things you'd like to do by 2021. These items can be easy or ambitious; one-time undertakings or habits that stretch for years; fun or...less fun. Keep your list where you'll see it every day to remind you of your goals! There's no one right way to make your list—just think about what you want the new year to hold. - www.gretchenrubin.com

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

NEW FROM THE GOOD NEWS TEAM!

Beginning in February, every month we will be featuring a lab or research program within the DOPsych! Featured labs will share their faculty and staff, research trials and areas of impact! Click [here](#) to be directed to our submission page to nominate a lab for next month!



This month, we celebrate the life of Martin Luther King Jr. and his fight for civil rights. Dr. King reminds us all to fight darkness with light; to fight hate with love. He believed that life's most persistent question is, "What are you doing for others?" We are uniquely poised in the DOPsych to be able to live in his spirit everyday in the way we treat our patients, our colleagues and our communities. May we all strive to follow his most important example.

Department Diversity Potluck

On January 24th, many members of the DOPsych family came together to share food from their heritage in a communal meal!



Faculty and staff enjoyed traditional dishes from many cultures including American South, Italian, Jewish, Indonesian, German, Palestinian and Korean!



SUPPORTING SUCCESS for us, for life.