

2016 **PEDIATRIC MENTAL
HEALTH INSTITUTE**
YEAR IN REVIEW



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 **63**
FACULTY

 **315**
CHILDREN'S COLORADO STAFF

 **46**
TRAINEES

MESSAGE FROM THE Chair

The need for outstanding and vibrant academic child and adolescent mental health programs has never been greater. In any given year, one in five children and adolescents will experience mental illness; one in ten an illness that severely interferes with their ability to function. Sadly, access to our best interventions is limited because of a longstanding shortage of pediatric mental health providers. And even our best interventions are not as effective as we need them to be, with too many children receiving minimal benefits from our state-of-the art care.

Through collaborative efforts, commitment to excellence in our clinical programs, and effective community work, we at the Pediatric Mental Health Institute are addressing these challenging issues every day. We are expanding our emergency, inpatient, partial hospitalization, and outpatient services. We are collaborating with our colleagues in pediatrics to expand our clinical and training programs in integrated care, and are supporting the expansion of behavioral health services in specialty pediatrics settings. As an important complement to our nationally-recognized training programs in child and adolescent psychology and psychiatry, we are also developing a post-graduate “residency” program for psychiatric nurse practitioners to further expand our State’s pediatric mental health workforce. Additionally, we are expanding our program of research in basic, translational, clinical, and services research. An annual issue of the *Colorado Journal of Psychiatry and Psychology* is devoted specifically to pediatric mental health. In the community we advocate for better support for mental health services, build relationships with schools, and support community education and stigma reduction activities.

This Annual Report reflects the Pediatric Mental Health Institute’s commitment to making a difference in the lives of the children, families, and communities we serve. We hope that you will join us in our journey for healthy children, families, and communities.



Douglas K. Novins, MD



Douglas K. Novins, MD was recently selected to serve as the next Editor-In-Chief of the *Journal of the American Academy of Child and Adolescent Psychiatry*, the world’s leading scientific publication focused on pediatric mental health.

Ongoing Strategy: The Public Health Pyramid

We believe that the most effective way to improve pediatric mental health services in Colorado is by utilizing a public health approach. As illustrated in the Public Health Pyramid, services for children can range from advocacy and policymaking, prevention, mental health services in primary care settings, specialty mental health services, and tertiary services. Such an approach emphasizes that services lower down on the pyramid can have a greater impact on community members while utilizing fewer resources. For example, for the cost of one day of inpatient treatment for a child, we could serve the same child with home-based services for two weeks, in an outpatient mental health program for twelve weeks, or preventive services for an entire classroom for a year. Our Mental Health Strategy enhances our commitment to serving children with severe mental health issues and their families. We strive to develop programs and interventions to address conditions before they become critical and to effectively address crises when they emerge. This strategy is also guiding our work in training, education, mental health promotion and prevention, advocacy, and research.

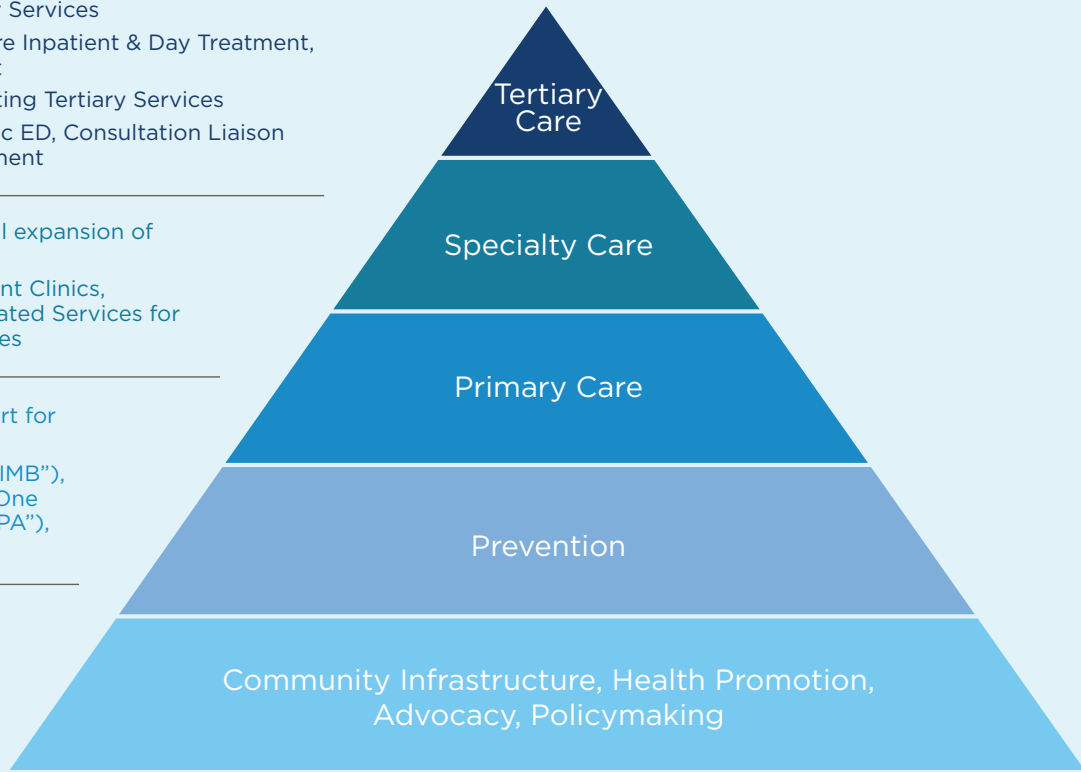
- Targeted expansion of Tertiary Services
 - Neuropsychiatric Special Care Inpatient & Day Treatment, Medical Psychiatric Inpatient
- Ongoing Improvement of existing Tertiary Services
 - Intensive Services, Psychiatric ED, Consultation Liaison Services, Medical Day Treatment

- Transformation and substantial expansion of Specialty Services
 - Anschutz and NOC Outpatient Clinics, Urgent Care Services, Integrated Services for Autism/Intellectual Disabilities

- Enhanced Services and Support for Primary Care
 - Integrated Care Models ("CLIMB"), Consultative Care Models ("One Call"), Blended Models ("CAPA"), Professional Education

- Selected Expansion of Prevention/Community Education Programs
 - School-Based Prevention, Community Education

- Assertive Program of Advocacy & Alliance Building
 - Governmental, Allied Service Organizations, Families and Youth



Our Unique Structure

The Pediatric Mental Health Institute is a joint effort of Children's Hospital Colorado and the Division of Child and Adolescent Psychiatry (Department of Psychiatry) at the University of Colorado School of Medicine. Together, these renowned institutions provide exceptional clinical services, train the next generation of psychiatrists, psychologists, nurse practitioners, and behavioral health clinicians, conduct innovative research, and help shape mental health services in Colorado.

We believe that teamwork is critical to our success. This is reflected in our collaborative approach to training, research, and advocacy. Our Service Line Executive Committee, charged with strategic oversight of the Pediatric Mental Health Institute, includes members with expertise in academic medicine, clinical service delivery, business administration, teaching, and research. Our Operational Management Group, which coordinates operations across our individual clinical programs, further reflects our commitment to teamwork by utilizing a shared governance model to achieve strategic, operational, and administrative goals. Within each of our clinical programs, we continue to create key partnerships promoting shared initiatives and to nurture interdisciplinary work.



THE OPERATIONAL MANAGEMENT GROUP

L-R Bottom: Kimberly Rumley, Katherine Reed, Marlena Romero, Robin Gabriels, Carol Beresford, Giuseppa King

L-R Top: Jessica Malmberg, Sarah Vigil, Denise Chacon, Kay Troxell, Jennifer Hagman, Dru Hunter

Not pictured: Beau Carubia, Austin Butterfield, Lyndsay Gaffey, Jenny Lindwall, Marissa Schiel, Mindy Solomon

THE SERVICE LINE EXECUTIVE COMMITTEE



Douglas Novins, MD
PMHI Chair



Wendy Berry, MS, RN, CPNP
Patient Care Services Director



Sandra Fritsch, MD, MEd, FAACAP
Medical Director



Melissa Sinclair, MA, CPC
Child and Adolescent Psychiatry Program Director



Shannon Van Deman, MBA
PMHI Service Line Administrator



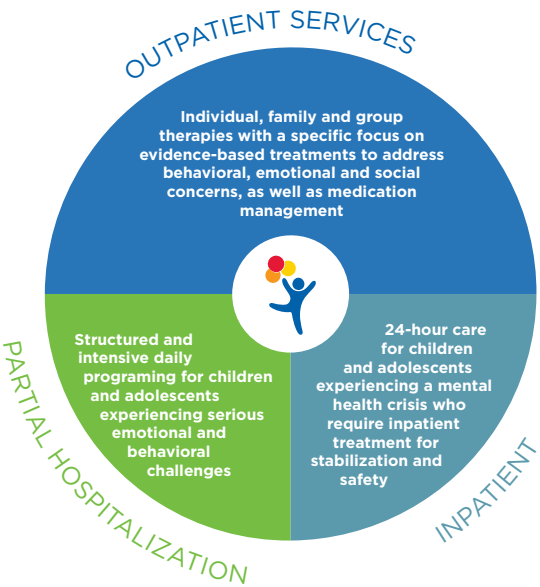
Jason Williams, PsyD, MEd
Clinical Director & Director of Quality and Safety




Providing Care

The Pediatric Mental Health Institute at Children’s Hospital Colorado provides a full continuum of psychiatric services, including outpatient, partial hospitalization, inpatient and emergency services. Evidence based and family-centered care is provided by our diverse staff, which include child and adolescent psychiatrists, psychologists, behavioral health clinicians, creative arts therapists, nurses, and skilled trainees. The Institute also promotes the integration of high-quality mental health with the medical and surgical services provided by Children’s Hospital Colorado.

As the largest provider of children’s health services in Colorado, we are committed to collaboratively address gaps in mental health services in our State.

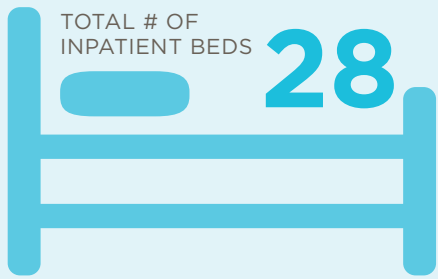


WHO WE SERVE

 **42,000+**
TOTAL PATIENT VISITS PER YEAR

MAIN DIAGNOSES

- 34%** Anxiety
- 25%** ADD/ADHD
- 17%** Depression
- 3%** Post Traumatic Stress Disorder
- 3%** Anorexia Nervosa/
Eating Disorder
- 2%** Autism



HIGHER LEVELS OF CARE AT THE PMHI

- INPATIENT**
General, Eating Disorders, Neuropsychiatric Special Care
- PARTIAL HOSPITALIZATION**
General, Eating Disorders, Neuropsychiatric Special Care, Medical Day Treatment
- INTENSIVE OUTPATIENT PROGRAM**
General, Eating Disorders

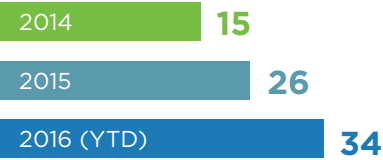
Outpatient Expansion WE DID IT!

Our Strategic Plan calls for proactively addressing mental health issues before they worsen and requiring inpatient care. Towards that end, we have tripled the size of our outpatient services, particularly focusing on increasing the accessibility of these services throughout the greater Denver metropolitan area.

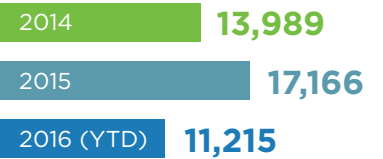
Our services include the following new innovative programs:

- o **Transdiagnostic care.** Dr. Jessica Malmberg leads the development of core treatment strategies and unified protocols of care to support the transdiagnostic clinical approach. This effort has been partly funded by the State.
- o **Services for children and adolescents with developmental disabilities.** Our Institute has recently supported several faculty and staff to become BCBA certified.
- o **Services for young children.** Several new faculty and staff with specific training to work with young children have been recruited into our Institute. Additionally, services for young children (ages 0-6) have been expanded. Notably, this expansion includes the Healthy Expectations Program, which is an endowed program supporting women struggling with mood and anxiety issues during pregnancy and after childbirth, and their families.
- o **Upcoming additions to our outpatient clinical programs.** We are in the process of adding substance abuse and urgent care services within our Institute.

INCREASE IN FACULTY POSITIONS



INCREASE IN OUTPATIENT VISITS



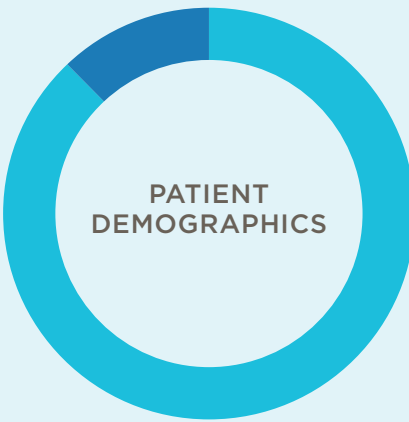
OUTPATIENT VISITS

- 1,334** in Broomfield
- 1,099** in Highlands Ranch
- 198** in Parker
- 12,841** in Aurora

HIGHER LEVELS OF CARE: MANAGING THE GROWING NEED

Meeting the needs of children and adolescents with acute and serious mental health problems is a major focus of the Pediatric Mental Health Institute. The past year saw an increase in admissions on each of our inpatient services and use of our Psychiatric Emergency Consultation/ Liaison services. The Institute’s inpatient and partial hospitalization services were successfully re-organized to maximize the efficiency of our clinical space and clinical teams. This endeavor allowed us to serve more children on our Intensive Psychiatric, Neuropsychiatric Special Care, and Eating Disorders services than ever before.

12% AGES 0-11
88% AGES 12-18



Multi-disciplinary Collaboration in Pediatric Primary and Specialty Care



PROJECT CLIMB

Since 2005, Project CLIMB (Consultation Liaison in Mental Health and Behavior) has provided integrated behavioral health services to children and families seen in the Child Health Clinic at Children’s Hospital Colorado and in Denver Metropolitan Area Pediatric practices. Another major focus of Project CLIMB is to provide robust training to medical and psychiatric residents, psychology trainees, and community members. Dr. Ayelet Talmi, who is the Director of Project CLIMB, received another multi-year grant for disseminating approaches to behavioral health screening and interventions for infants and toddlers as well as grant funding to further develop its work in home visitation, training, advocacy, and community education. In 2015 at least 3,000 patients received services provided by the team.



14+
PEDIATRIC
SUBSPECIALTY
CLINICS

16 PMHI
PROVIDERS IN PEDIATRIC
PRIMARY CARE AND
SUBSPECIALTY CLINICS

SIE CENTER FOR DOWN SYNDROME

The Sie Center for Down Syndrome is a groundbreaking clinic, utilizing a multi-disciplinary team approach to serve this special population of children and adolescents. This year, Dr. Lina Patel, Director of Psychology at the Sie Center, developed and implemented a grant-funded Adaptive Care Program. Utilizing our Hospital’s electronic health record, this tool aims to ease the anxiety and distress of developmentally disabled pediatric patients during their hospital visits. Staff are trained to recognize patient-specific stressors and potential reactions as well as methods for minimizing patient anxiety. This information was also shared with other pediatric providers within Children’s Hospital Colorado. The well-received program is entering its second year of funding.

RESEARCH AND COLLABORATION IN CYSTIC FIBROSIS

In partnership with the Cystic Fibrosis Center at Children’s Hospital Colorado, Drs. Emily Muther and Jennifer Lindwall have implemented two research projects to develop new approaches for improving adherence and quality of life for patients with cystic fibrosis and their families. Through their efforts, 79% of eligible patients served at the Cystic Fibrosis Center were screened for depression and anxiety, well exceeding the project’s goal of 50%. Drs. Muther and Lindwall recently collaborated with the Cystic Fibrosis Foundation Success with Therapies Research Consortium to further their efforts in this field.

Community Perspectives Informing Care

As part of the Pediatric Mental Health Institute’s commitment to engaging and serving the community as a whole, we founded our Mental Health Youth Action Board in 2013 as part of a three-pronged approach to engaging community members and key stakeholders in improving mental health services. Two staff from the Institute, a youth leadership expert and a music therapist, facilitate the Youth Action Board. Each year, the Board develops a project to educate the community about mental health. The 2015-2016 project involved Board participants to write 6-word poignant reflections about mental health after attending facilitated discussions on the subject. The project was promoted on social media, shared at the State Board of Education meeting, and exhibited at other events. The project has been extended to the public using the hashtag #MonuMENTALhealth.

“Every day now has definitely become a goal of mine to reduce the stigma any way that I can. . . I’ve also learned that I am a lot stronger than I thought” - Youth board member

Other Youth Action Board Projects can be found through the Children’s Hospital Colorado website and on Youtube (2014-2015 LISTEN Project).

THE NEXT BIG THING...

The Pediatric Mental Health Institute continues to develop telehealth and teletraining opportunities in an effort to meet community need across the entire state of Colorado. In 2015-2016, a rural pediatric practice in Durango, Colorado, received a two-year grant from a local foundation to provide enhanced care to their patients via telehealth. The pediatric practice in Durango and providers from Children’s Hospital Colorado (Dr. Kathryn Margolis, a pediatric psychologist and Dr. Kim Kelsay, a child psychiatrist) worked collaboratively to build an integrated telepsychiatry care model. This model will continue to develop in the next year of this grant.



Cultivating Minds: Training the Next Generation

PSYCHOLOGISTS FROM EXTERNSHIP TO POST-DOC

The psychology training programs (externships, doctoral internships, and post-doctoral fellowships) offer a wide variety of training experiences in both generalist and specialty settings in child clinical psychology and pediatric psychology. Our externship program is comprised of doctoral students from several universities and provides focused training in either our outpatient clinic in a pediatric specialty setting at Children’s Hospital Colorado. The internship program provides trainees with experience in both outpatient care that is combined with specialty training in Neuropsychology, Integrated Primary Care, Rehabilitation Psychology, Pediatric Health Subspecialties, Developmental Pediatrics, or Eating Disorders. The internship is supported by a training committee of over 30 faculty, with clinical and research expertise across a variety of clinical and pediatric areas. The quality of training is among the best in the nation with hundreds of applicants applying for the program each year. Finally, we offer an intensive post-doctoral training experience for clinical and research specialization for Autism Spectrum and Developmental Disabilities, Developmental Pediatrics, Eating Disorders, Outpatient, Pediatric Primary Care, Pediatric Solid Organ Transplant, and The Center for Cancer & Blood Disorders. Throughout their rotation, our postdocs are actively engaged in scholarship, including participating in Grand Rounds, presenting at conferences, and others.



Child Psychiatry Fellowship

THE WORD IS OUT!

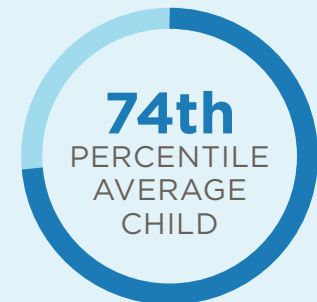
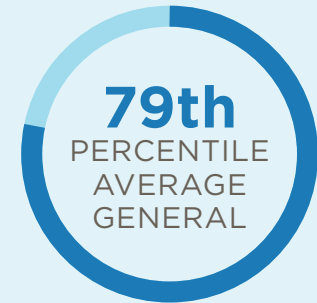
We provide our fellows with a wide array of clinical experiences. This includes first year rotations on various clinical units at the Pediatric Mental Health Institute such as the Child and Adolescent Inpatient and Partial Hospitalization programs, Consultation Liaison Services, Eating Disorder Unit, Neuropsychiatric Special Care Unit, and Psychiatric Emergency service. In the second year, training is focused in the outpatient settings. During this time, all fellows receive specialized training in infant mental health (0-5), refugee mental health, cognitive behavioral approaches as therapy for anxiety, and other group-based intervention for children with behavioral disorders. We also offer many diverse elective opportunities including integrated care, substance abuse treatment, perinatal mental health, research, and administration. In the past several years, we focused our efforts in preparing our graduates for careers in academic medicine, whereby fellows receive enhanced training in teaching/education and are required to complete a mentored scholarly project.

Our program attracts those interested in pursuing long-term careers in academic medicine, teaching, and research. Our fellows are among the most skilled in the Nation as reflected in their high scores on standardized examinations, including a 100% board pass rate compared to the national average of 85%. Our graduates love to share how their training experience at the Pediatric Mental Health Institute has prepared them regardless the career paths they elect. We are certainly proud to let the word out about this program!

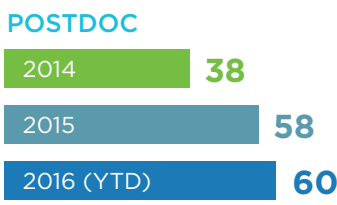
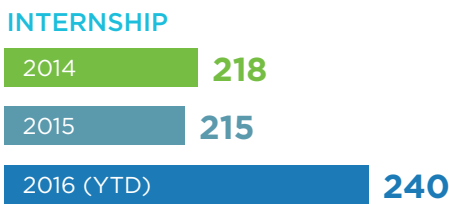
OF APPLICATIONS



PRITE SCORES



OF APPLICATIONS



POSTDOCTORAL FELLOWSHIP CLINICAL EXPERIENCES

- » Center for Cancer and Blood Disorders
- » Developmental Pediatrics
- » Eating Disorders
- » Medical Day Treatment
- » Neuropsychiatric Special Care
- » Outpatient
- » Primary Integrated Care
- » Solid Organ Transplant

OF PSYCHOLOGY TRAINEES





WE HAVE OUR OWN JOURNAL: The Colorado Journal of Psychiatry and Psychology has ARRIVED!!

The Division of Child Psychiatry began the publication of the peer reviewed Colorado Journal of Psychiatry and Psychology. The journal is available online and the second edition is currently being prepared for publication.

Please visit the journal at: medschool.ucdenver.edu/CJPP

A New Advanced Practice Nursing Fellowship Opportunity

FELLOWSHIP ROTATIONS

Our new Psychiatric Nurse Practitioner New Graduate Fellowship program gives new graduates an exciting opportunity to experience multiple levels of care prior to independent practice. This program offers continuing education and supervision, including participation in our outstanding child and adolescent psychiatry residency curriculum and Grand Rounds. As a collaborative program between the Pediatric Mental Health Institute and the University of Colorado’s College of Nursing, this program addresses the need for highly trained mental health providers in the community.

SITE MOVEMENT FOR NEW GRADUATES

3 MONTHS	2 MONTHS
Inpatient Partial Hospitalization	Elective/Specialty Focus
1 MONTH	ONGOING
Neuropsychiatric Special Care Eating Disorder Unit Psychiatry Emergency Service Consultation Liaison Service	Outpatient

Summer Research Program

FOR UNDERGRADUATES AT THE PEDIATRIC MENTAL HEALTH INSTITUTE

The Summer Research Program for Undergraduate Students at the Pediatric Mental Health Institute is designed to introduce young people to the field of pediatric mental health by encouraging participation in supervised research activities. Student interns for this 12-week program are selected on a competitive basis. During the program, each intern is paired with a faculty mentor to develop a research project, conduct clinical observations, and to discuss career options. Workshops on basic scientific research skills and professional development are also offered. Besides building a pipeline for future mental health professionals, the program also allows faculty mentors to further develop their mentoring skills and to provide an opportunity to share their expertise and knowledge.

This year’s cohorts completed projects in diverse topics such as exploring decision-making process in adolescent with anorexia nervosa, examining quality of care for patients with pregnancy-related depression, elucidating the relationships between worry and inhibitory deficits, and evaluating nonadherence to medication regimen among solid organ transplant recipients.



L-R: Merlin Ariefdjohan, PhD, MPH (Program Coordinator), Alexandra Malek, Kristina Samon, Shengh Xiong, Joseph Rosales III



WE HOST TRAINEES FROM EVERY DISCIPLINE!

The Ponzio Creative Arts Therapy Internship Program provides a unique training ground for interns completing their Masters program in Creative Arts Therapy degrees. These trainees participate in our interdisciplinary model and engage throughout our programs in integrative approaches to clinical care.

6
SUPPORT TRAINEES PER YEAR

3
CREATIVE ARTS THERAPIST INTERNS

Our SUPPORT Program provides additional training for our current staff members in evidence based models of care. Faculty and staff participate both as trainees and instructors.



FACULTY HIGHLIGHTS FOR 2016



Ben Mullin, PhD
Assistant Professor

In September of 2015, Dr. Mullin was awarded a 4-year

Career Development Award (K23) from the National Institute of Mental Health. Dr. Mullin is applying functional magnetic resonance imaging (fMRI) to identify the neural bases of uncontrollable worry. Dr. Mullin is also collecting sleep data among this sample, allowing him to examine relationships between insufficient sleep and patterns of brain activation that may contribute to chronic anxiety.

COLLABORATIONS

- » Sie Center for Down Syndrome
- » Department of Pediatrics
- » Cystic Fibrosis Clinic
- » Gastroenterology Clinic
- » Centers for American Indian and Alaska Native Health

Promoting a Culture of Research

ESTABLISHING AN INFRASTRUCTURE TO ADVANCE SCHOLARSHIP

Our faculty are actively involved in advancing the science and practice of pediatric mental health.



34

GRANT SUBMISSIONS

2015

20

2016 (YTD)

14



22

ACTIVE PROTOCOLS

2015

12

2016

10 (YTD)



80

PUBLICATIONS IN PEER-REVIEWED JOURNALS

2015

38

2016 (YTD)

42



\$6,634,124

GRANT FUNDING TOTAL IN 2015 AND 2016

The Innovations Center

A NEW MODEL TO BOOST SCHOLARLY ACTIVITY

With a large faculty to support in a competitive funding environment, the Pediatric Mental Health Institute established the Innovations Center to focus resources to further our academic mission. The Innovations Center provides assistance to our faculty and staff in all aspects of research activities, including formulating ideas, designing suitable methodology, seeking approval from regulatory boards, maintaining databases, performing literature reviews and data analyses, as well as drafting manuscripts and posters. The Innovations Center also assists faculty and staff in locating and applying for funding to support innovation and research, reviews grant applications, as well as identifies relevant journals and conferences to disseminate findings. Additionally, the Center is involved in building a pipeline for future mental health professionals by organizing our Summer Research Program for Undergraduate Students and various practicum and capstone projects.



6

STUDENTS MENTORED



10

NEW PROJECTS INITIATED



44

FACULTY AND STAFF ASSISTED



1620

MANPOWER HOURS TOWARD ASSISTING FACULTY

FACULTY HIGHLIGHTS FOR 2016



Cindy Buchanan, PhD
Assistant Professor

Dr. Buchanan is investigating the effectiveness of

telehealth approaches for improving adherence to post-transplant medication regimen among pediatric solid organ transplant patients. With the assistance of the Innovations Center in 2015-2016 academic year, Dr. Buchanan has submitted 6 grant applications, presented numerous posters at regional and national conferences, initiated 3 new research projects, mentored 3 graduate students and post-doctoral fellow, and is in the process of preparing several manuscripts for peer-review; all the while providing quality clinical care.



Elise Sannar, MD
Assistant Professor

Dr. Sannar is a psychiatrist on the Neuropsychiatric

Special Care service who also has an interest in improving care for patients with Prader Willi syndrome. In addition to her clinical work, she also organizes Grand Rounds for the Pediatric Mental Health Institute. Dr. Sannar was asked to be one of the editors of the first edition of the Colorado Journal of Psychiatry and Psychology. When asked about her involvement, Dr. Sannar stated that "serving as one of the editors for the first edition of the Colorado Journal of Psychiatry and Psychology was a wonderful experience. It allowed me to read about the expertise of our faculty and helped me to better understand all of the pieces that go into creating a journal."



MAJOR DONORS

- Walton Family Foundation
- Irving Harris Foundation
- Rose Foundation
- Colorado Health Foundation
- Anschutz Family Foundation
- Temple Hoyne Buell Foundation
- Vollbracht Family Foundation
- Garrison Family
- The Piton Foundation
- Cy and Lyndia Harvey
- Bonfils-Stanton Foundation
- Helene and Marshall Abrahams Family

16 GARRISON FUNDED PROJECTS
= \$9,500

Supporting the Pediatric Mental Health Institute

The Pediatric Mental Health Institute works closely with the Children’s Hospital Colorado Foundation and the University of Colorado Foundation to develop new programs and support existing efforts through philanthropy and community engagement. The Pediatric Mental Health Institute is the grateful recipient of donations from multiple sources including from patient families and community members as well as from large philanthropic organizations.

RECENT PHILANTHROPIC SUPPORT

 **Over \$2,750,000**
IN ANNUAL PHILANTHROPIC COMMITMENTS



8 ENDOWMENTS
(\$16 MILLION)

SUPPORTED INITIATIVES

Expansion of clinical services, research support, equipment, staff support, physical expansion

THE ANSCHUTZ CHAIR FOR CLINICAL EXCELLENCE IN PEDIATRIC MENTAL HEALTH

Dr. Sandra Fritsch is the inaugural holder of this endowed chair, which is funded by a generous gift from the Anschutz Family Foundation. The Chair is focused on assuring the ongoing excellence of our clinical programs and towards developing the clinical leadership skills of our faculty.

HEALTHY EXPECTATIONS: EXPANDING CLINICAL CARE TO MOTHERS AND BABIES

Dr. Celeste St. John Larkin is the Healthy Expectations Program Chair, which was made possible by gifts from the Anschutz Family Foundation and the Walton Family Foundation. The program supports pregnant women and women struggling with mood and anxiety issues after birth and their families. Services include a free weekly mom-to-mom support group, individual counseling, couples counseling, group therapy, and mother-infant support groups. For pregnant mothers, a weekly topic-based support group is offered. Over the past year the program has expanded its “dad’s group” and has made efforts to expand training to providers in the community.

ENDOWED FUNDS

The Helene and Marshall Abrahams Family Endowed Fund provides support for faculty-led research on bipolar disorder and mood dysregulation in childhood and adolescents. The Garrison Family Endowed Fund has provided trainees and faculty the opportunity to attend conferences and engage in educational opportunities for which no other funding existed. The commitment to patient care through the training and development of faculty, staff, and trainees is critically important to our mission.

HARRIS FOUNDATION AND THE INFANT MENTAL HEALTH TRAINING MISSION

The Harris Program is dedicated to training postdoctoral psychology fellows and community professionals with advanced clinical skills in infancy and early childhood mental health and was founded in 1996 through the ongoing support of the Irving Harris Foundation. The program has trained more than 80 early childhood mental health postdoctoral & community fellows and over 100 child and adolescent psychiatrists. The Harris Program has also received funding from the Temple Hoyne Buell Foundation for its work with the local Women, infants, and Children programs at Denver Health Medical Center.

PONZIO CREATIVE ARTS THERAPY PROGRAM

Our Ponzio Creative Arts Therapy Program was the recipient of the Science, Medicine, and the Arts Award from the Bonfils-Stanton Foundation. For more information please visit the PBS produced video on YouTube (Bonfils-Stanton 2016 Honoree: Children’s Hospital Colorado).



Another Side...

LIFE AT THE PEDIATRIC MENTAL HEALTH INSTITUTE

Climbing Mountains Together!

Each year the Pediatric Mental Health Institute comes together to participate in Climbing for Kids, a major fundraiser for Children’s Hospital Colorado. This is the fourth year that we have climbed together to the top of Mt. Bierstadt, one of Colorado’s iconic “fourteeners”. As the top fundraising team within Children’s Hospital, the Institute raised \$94,000 in 2016. A portion of which is designated by the donors to recognize the hard work of our dedicated staff.

Our cycling team, the Ponzio Pedalers, “climbs” mountains on their bikes for the annual Courage Classic. This year marks the 10th Anniversary for our team who raised \$108,900! Each year this team sports an original patient-designed bike jersey, which are currently featured in our gallery as a reminder of a decade of commitment to children’s mental health.

We Are All Different and Loving It!

The Pediatric Mental Health Institute is dedicated to honoring the diversity of its faculty, staff, patients, and families. To that end, our Diversity Committee leads our efforts to dive deeper into topics which make us better as an Institute. Each month the Diversity Committee hosts a Diversity Dialogue covering topics such as cultural humility and understanding personal biases at work. The Dialogues are open to the entire Institute. Other recent activities have included a book club (we read *The Immortal Life of Henrietta Lacks*) and the installation of artwork from patients and community members, including our own Ira Fail.

Having fun is important at the Pediatric Mental Health Institute and Children’s Hospital Colorado and we look for opportunities to recognize our faculty and staff. The sillier the better! In this spirit, we recently implemented the Unicorn Recognition Program. Faculty and staff who have published articles, received grant funding, are invited to present, appear in the media, and just generally do amazing things may get a visit from the magical, traveling unicorn until it moves on to our next outstanding team member.

Appendix A: Publications

2015:

Becker, A., Peterson, J., & Sannar, E. M. (2015). Pediatric emergency behavioral health, suicidal behavior, and non-suicidal self-injury. *Colorado Journal of Psychiatry & Psychology*, 1(1), 84-89.

Buchanan, C. L., Lindwall, J., Edlynn, E., & Muther, E. (2015). Behavioral health and children with chronic medical conditions or physical illnesses. *Colorado Journal of Psychiatry & Psychology* 1(1), 99-105.

Caywood, K., Riggs, P., & Novins, D. (2015). Adolescent substance use disorder prevention and treatment. *Colorado Journal of Psychiatry & Psychology*, 1(1), 42-49.

Cook, M. N., Rajendran, G., & Williams, J. (2015). The evidence base for the assessment and treatment of attention-deficit/hyperactivity and oppositional defiant disorder. *Colorado Journal of Psychiatry & Psychology* 1(1), 13-22.

Cornier, M. A., Shott, M. E., Thomas, E. A., Bechtell, J. L., Bessesen, D. H., Tregellas, J. R., & Frank, G. K. (2015). The effects of energy balance, obesity-proneness and sex on the neuronal response to sweet taste. *Behav Brain Res*, 278, 446-452. doi:10.1016/j.bbr.2014.10.024

Drabick, D.A.G., Steinberg, E.A., & Hampton, A.S. (2015). Overview of DSM disruptive behavior disorders. In Beauchaine, T. P., & Hinshaw, S. P. (Eds.). *The Oxford handbook of externalizing spectrum disorders*, 3. New York, NY, United States: Oxford University Press

Findling, R. L., Landbloom, R. P., Mackle, M., Pallozzi, W., Braat, S., Hundt, C., . . . Mathews, M. (2015). Safety and efficacy from an 8 week double-blind trial and a 26 week open-label extension of asenapine in adolescents with schizophrenia. *J Child Adolesc Psychopharmacol*, 25(5), 384-396. doi:10.1089/cap.2015.0027

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Appendix B: Faculty

CHILD AND ADOLESCENT PSYCHOLOGY

Bethany Ashby, PsyD

Assistant Professor
CAMP/YMC; OB

Julia Barnes, PhD

Senior Instructor
NSC; Outpatient

Cindy Buchanan, PhD

Assistant Professor
Transplant; Urology

Melissa Buchholz, PhD

Assistant Professor
Harris Program; CLIMB

Bridget Burnett, PsyD

Senior Instructor
Director of CCHAP; CLIMB

Kelly Caywood, PhD

Clinical Assistant Professor
Outpatient

Lisa Costello, PhD

Clinical Assistant Professor
Outreach and Advocacy Coordinator

Karen Frankel, PhD

Associate Professor
Director of Harris Program

Robin Gabriels, PsyD

Associate Professor
Clinical Program Director of NSC

Monique Germone, PhD

Assistant Professor
Outpatient

Kelly Glaze, PsyD

Senior Instructor
Harris Program

Jenna Glover, PhD

Assistant Professor
Training Director

Laura Judd-Glossy, PhD

Assistant Professor
C/L

Emily Laux, PsyD

Senior Instructor
PHP; IOP

Jennifer Lindwall, PhD

Assistant Professor
Clinical Director of MDT

Jessica Malmberg, PhD

Assistant Professor
Clinical Director of Outpatient

Christine McDunn, PhD

Assistant Professor
Associate Director of Training
for Psychology

Jonathan Miller, PhD

Instructor Faculty Fellow
Research; PHP

Benjamin Mullin, PhD

Assistant Professor
Research; Outpatient

Emily Muther, PhD

Assistant Professor
CF Center

Lina, PsyD

Assistant Professor
Director of Psychology for Sie Center
for Down Syndrome

Jennifer Paul, PhD

Assistant Professor
Training Director of Harris Program

Patrick Romani, PhD

Assistant Professor
NSC

Alexandra Romero, PsyD

Senior Instructor
EDU

Kimberly Sheffield, PhD

Assistant Professor
Outpatient; NOC

Mindy Solomon, PhD

Associate Professor
Clinical Program Director of EDU

Elizabeth Steinberg, PhD

Assistant Professor
Transplant

Ayelet Talmi, PhD

Associate Professor
Director of Integrated Behavioral Health;
Program Director of CLIMB

Sally Tarbell, PhD

Associate Professor
Chief of Pediatric Psychology

John (Fred) Thomas, PhD

Assistant Professor
Director of Rural/Telehealth Program

Eileen Twohy, PhD

Assistant Professor
C/L; POC

Jason Williams, PsyD

Associate Professor
Clinical Director and PMHI Director of
Quality and Safety

CHILD AND ADOLESCENT PSYCHIATRY

Heather Adams, DO

Assistant Professor
IS; PHP

Amy Donahue, MD

Assistant Professor
Depression Center; Outpatient

Carol Beresford, MD

Associate Professor
NSC

Adam Burstein, DO

Senior Clinical Instructor
Broomfield NOC

Austin Butterfield, MD

Senior Instructor
Medical Director of ED; Medical Student

Debbie Carter, MD

Associate Professor
Outpatient; UCH

Beau Carubia, MD

Assistant Professor
Medical Director of C/L;
Associate Program Director of Child and
Adolescent Psychiatry Fellowship

Shaleah Dardar, MD

Assistant Professor
Outpatient, CLIMB, HE

Guido Frank, MD

Associate Professor
EDU; Outpatient; Research

Sandra Fritsch, MD

Associate Professor
PMHI Medical Director

Jennifer Hagman, MD

Associate Professor
Medical Director of EDU

Kimberly Kelsay, MD

Associate Professor
Training Director for CHiLD and Adolescent
Psychiatry; C/L

Walter Lee, MD

Senior Clinical Instructor
IS; PHP

Douglas Novins, MD

Professor
PMHI Chair

Anne Penner, MD

Assistant Professor
C/L; Outpatient

John Peterson, MD

Attending Psychiatrist
ED

Gautam Rajendran, MD

Assistant Professor
IS

Elise Sannar, MD

Assistant Professor
NSC

Marissa Schiel, MD

Assistant Professor
Medical Director of Outpatient; EDU; Research

Joel Stoddard, MD

Assistant Professor
Outpatient; Research

Celeste St. John-Larkin, MD

Assistant Professor
Medical Director for HE/PMHP; Outpatient

Marianne Wamboldt, MD

Professor
Depression Center; Research

ADVANCED PRACTICE NURSE

Cate Campisi, MSN, RN, PMHNP-BC

Director of Psychology (APN)
CON; Outpatient

Jordan Logan, PMHNP-BS

Instructor
Outpatient

Karina Marquetti-Cortes, PMHNP-BC

Instructor
PHP; Outpatient

MaryAnn Morrow, PMHNP-BC

Instructor
Outpatient

Arletta Swain-Cockrell, CPNP-PC

Senior Instructor
Medical APN for Psychology

Andrea White, FMHNP-BC

Instructor
PHP; Outpatient

Brittany Yates, MSN, APRN, FPMHNP-BC

Senior Instructor
CON; Outpatient

CLINICAL UNIT KEY

APN	Advanced Practice Nurse
CAMP/YMC	Colorado Adolescent Maternity Program and Young Mothers Clinic
CF	Cystic Fibrosis Clinic
CCHAP	Colorado Children’s Healthcare Access Program
C/L	Consult and Liaison
CLIMB	Consultation and Liaison in Mental Health and Behavior
CON	College of Nursing
DHMC	Denver Health Medical Center
ED	Emergency Department
EDU	Eating Disorder Unit
HE/PHMP	Healthy Expectations Perinatal Mental Health Program
IOP	Intensive Outpatient Program
IS	Intensive Services
MDT	Medical Day Treatment
NOC	Network of Care
NSC	Neuropsychiatric Special Care
OB	Obstetrics
PHP	Partial Hospitalization Program
PMHI	Pediatric Mental Health Institute
POC	Point of Care
UCH	University of Colorado Hospital



For additional questions or information, email us at PMHIfeedback@childrenscolorado.org



Children's Hospital Colorado



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