

THE GOOD NEWSLETTER

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

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A Message from the Good News team

Please remember to inform us anytime you engage in scholarly or media activities by responding to the survey link below. In March we are launching social media channels and would love to feature your work!

[Click on this link to be directed to our submission page!](#)

Members of the Good News Team include Chair: Claudia Iannelli; Designers: Aki Suzuki and Emily McIntyre; Editors: Kristen Raymond and Aileen Norton; Good News Content Writer: Shannon McWilliams; Contributors: Kimberly Slavsky, Shaleeta Flagg, Melissa Sinclair, Veronica Henderson-Davis, Brittany Pittman and Merlin Ariefdjohan.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.

The Good News

Content: Shannon McWilliams | Design: Aki Suzuki



The Health Effects of Cannabis Across the Lifespan: A Research Study Led by Kent Hutchison

Kent Hutchison, PhD, joined the DOPsych in December 2020 from University of Colorado at Boulder where he was a professor of psychology and neuroscience. Dr. Hutchison and his team are now members of the Division of Addiction Science, Prevention and Treatment where he is collaborating with the division investigators on multiple endeavors. His interests include combining neuroimaging, epigenetics, and pharmacological and clinical perspectives to develop more effective intervention and prevention strategies in alcohol and substance use disorders.

Dr. Hutchison has been an NIH-funded scientist for the past 20 years and has published numerous papers in the area of substance use. He has impressively authored or coauthored over 180 publications related to his interest in alcohol and substance use. He is currently the principal investigator on three NIH-funded studies, "Marijuana Harm Reduction: Innovative Strategies for Developing New Knowledge," "Mindfulness Based Relapse Prevention," and "Novel Approaches to Opiate Use Reduction." Furthermore, he was most recently awarded a contract from NIAAA to be an alcohol medication treatment site.

Currently Dr. Hutchison is collaborating with members of the Division of Addiction Science, Prevention and Treatment to submit a project acting as the director of a P50 Center of Excellence grant from NIDA with submission later in 2021. This P50 will focus on the health effects of cannabis across the lifespan from pregnancy, to early child development, adolescent and middle adulthood, to older aging geriatric adults. For example, determining whether cannabis can impact the trajectory of Alzheimer's disease and why people in this age group use cannabis, and what are the effects are on the brain, and how does marijuana impact sleep?

Dr. Hutchison's team will soon have two traveling vans (known as the CannaVans) where his team will have the ability to conduct cannabis studies immediately after a participant uses cannabis in their home. The participant will then go out to the van to participate in the research studies. Additionally, he recently had an FDA IND approved to do work with hemp-derived CBD. He believes that multiple investigators on the Anschutz Campus will be able to benefit from the IND to complete other areas of cannabis studies in the future. He is also working with the regulatory office to try to set up a partnership with hemp providers and promote open access of use of these products to others to investigate the impact of cannabis in mental health.

Dr. Hutchison's research team is led by Jamie Cavanaugh, a Senior PRA who has vast experience working with his lab. She also has prior work experience at National Jewish, CU Denver, and CU Boulder. His team is actively interviewing for new research assistants. His team also comprises of a collaboration of trainees and junior faculty, with 10 team members overall.

In his spare time Dr. Hutchison likes to grow vegetables and fruit, makes wine, and bakes his own bread from wheat that he grinds himself.

Diversity. Equity. Inclusion.

Content: Shaleeta Flagg & Emily McIntyre | Design: Emily McIntyre

DID YOU KNOW?

Cinco de Mayo is not Mexican Independence Day, it actually commemorates the Battle of Puebla.

In 1862, during the Franco-Mexican War, Emperor Napoleon III led the French Army towards Mexico City with the intention to establish a second Mexican empire for the French. Napoleon sent a fleet to storm Veracruz, landing a large force of troops and driving the Mexican government into retreat.

Under unlikely circumstances, outnumbered and poorly supplied Mexican troops turned the tide when they met the French troops at the city of Puebla. On the 5th of May, led by a young Mexican general named Ignacio Zaragoza, the Mexicans beat back the French troops in a confrontation - and won.

Happy CINCO DE MAYO!



GO THE EXTRA MILE

Take this Cinco de Mayo as an opportunity to learn more about authentic Mexican culture, its vibrant celebrations and traditions, and its fascinating history.

Diversity. Equity. Inclusion.

Content: Shaleeta Flagg & Emily McIntyre | Design: Emily McIntyre

A Closer Look at the DEI Committee & its Subcommittees

The purpose of the Diversity, Equity and Inclusion (DEI) Committee is to support the Department of Psychiatry's faculty, staff, and trainees in promoting a culture of excellence, inclusivity and mutual respect. We are committed to continuous education, sustaining cultural humility, and effective action related to issues of diversity, equity and inclusion in all facets and all levels of the Department of Psychiatry.

The committee is comprised of 5 subcommittees, each led by a chair or co-chairs, and have engaged in the following tasks relevant to its respective charge:

THE EDUCATION SUBCOMMITTEE

Co-chaired by Emmaly Perks and Hannah Scarborough, the Education Subcommittee is committed to building committee members own foundation of knowledge through events, book/film club and training offerings.

THE ART SUBCOMMITTEE

Chaired by Tamara Saunders, the Art Subcommittee is committed to efforts regarding diverse art (murals, structures, etc.) for our working spaces.

THE RECRUITMENT SUBCOMMITTEE

Chaired by Stacey L'Hommedieu, the Recruitment Subcommittee is committed to efforts involving diversifying hiring processes. The goal is to obtain the best candidates from a wide range of cultures, backgrounds and perspectives. We understand that a diversified employee population is the only way to achieve our departmental mission and vision now and in the future. We are committed to seeking out opportunities to ensure we attract a diverse candidate pool and want to ensure the candidate experience is both welcoming and fully inclusive. We understand implicit bias is a factor we need to mitigate through education and training. Our hope is to create a great first impression for both candidates and employees.

THE RETENTION SUBCOMMITTEE

Chaired by Rachael Anderson, the Retention Subcommittee is committed to ensuring an inclusive environment within the department of psychiatry and affiliates. We believe an inclusive, welcoming, and diverse culture will help people from all backgrounds and identities feel comfortable at the University. We know that there are inequities within our system that affect how people present, feel at work, and thrive. We celebrate the differences within our department and want everyone to feel like their most genuine self can shine through in their work. Currently we are working towards a buddy system to help with the onboarding process, and make sure everyone has someone they can connect with. We are also working to build a repository of events on campus and within our community to highlight the diversity of Aurora, Denver, and the surrounding areas. We work with other subcommittees to weave in DEI work throughout the department. We also work to enhance the mentorship and promotion of our colleagues.

THE WEBSITE SUBCOMMITTEE

Co-chaired by Emily McIntyre and Dr. Debbie Carter, the Website Subcommittee is committed to managing content on the DEI website regarding DEI events, updates, and resources.

Interested in learning more or joining us in our DEI work?

[Visit our website!](#)

PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE

Content & Design: Claudia Iannelli



We're here to help!

Don't forget the PRI is here to support all of your research needs! From helping you find grants, to completing work requests, answering questions to providing educational offerings - we want to help you advance in research excellence! Check out our upcoming educational events below!

Office Hours

Ever have a question about research but you aren't sure how to write it in an email and you just wish you could STOP BY SOMEONE'S OFFICE TO ASK?! But alas...we're still working remotely...That's why we offer standing office hours! You are free to join anytime and chat with our experts about many highly-requested topics! All sessions are held at Noon on Tuesdays and Thursdays!

Branding and Canva Access Training: 1st Monday

- May 3
- June 7

Regulatory: 1st & 3rd Thursday

- May 6 & May 20
- June 3 & June 17

Research Administration: 2nd Monday

- May 10
- June 14

Grants & Contracts: 2nd Thursday & 4th Monday

- May 13 & May 24
- June 10 & June 28

REDCap: 3rd Monday & 4th Thursday

- May 17 & May 27
- June 21 & June 24

Research Readiness Offerings

Our research readiness courses are designed to do just what the name says: help you get ready to run your research! All DOPsych faculty, staff students and trainees are welcome to join for these educational sessions!

- **May 5, 2021 - 2pm:**
Kaitlin Norris, MBA, Choices for Productivity
- **May 19, 2021 - 2pm:**
Claudia Iannelli, MS, Advanced REDCap Skills
- **June 2, 2021 - xpm:**
Chelsea Hansen, MFA, Drafting Research Budgets
- **July 7, 2021 - xpm:**
Lily Luo, Electronic Resources for Research and Project Management
- **August 18, 2021 - xpm:**
Anna Belyavskaya, BS, Setting Up a Study Regulatory Binder

For support requests, please [click here to contact Merlin Ariefdjohn](#)

Team Spotlight:



Jamie Cavanaugh

Content: Jamie Cavanaugh | Design: Claudia Iannelli

When did you start working for the DoPsych and what is your role here?

I began working at CU Anschutz this past November, but I have been with the University of Colorado (Downtown and Boulder campuses) since 2011 (almost a decade!). I served as project manager on multiple NSF and NIH grants during that time, and am now working as the lab manager for Dr. Kent Hutchison's research lab in the Division of Addiction Science, Prevention, and Treatment.

Early Bird or Night Owl?

I'm a night owl by nature, but my 4- and 2-year-old boys ensure I'm awake by 7 every morning!

What is your professional area of interest?

My focus is on the application of neuropsychology and neuroscience in understanding how complementary and integrative treatment approaches affect health outcomes. Specifically, my interests involve evaluating the neural and physiological mechanisms behind behavior and cognitive change after the administration of herbal remedies and essential oils.

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

I've always wanted to be an interior designer. One of my hobbies is to take on DIY projects around the house, with the hopes of someday flipping investment properties as a side hustle.

What's your dream vacation spot or trip?

I love to travel and was bummed to cancel two international trips during the past year, and another to Hawaii. A dream vacation would be pretty much anywhere tropical or an extended train trip across Europe.

Jamie's nominator said, "It's great to welcome Jamie to the CU Anschutz Campus. Her work is highly regarded and we're lucky to have her as part of the DOPsych family!"

Shout Outs & News!

Design: Emily McIntyre



Aviva Olsavsky received the American Academy of Child and Adolescent Psychiatry/NIDA K-12 Career Development Award for her research titled: "Maternal Brain on Cannabis: Implications for Mother-Infant Relationships"



Paula Riggs and the Encompass program were featured in SAMHSA's new evidence-based resource guide to treatments for co-occurring psychiatric/substance use disorders.

CLICK HERE TO VIEW THE RESOURCE



Jesse Hinckley received the NIDA AACAP K12 Physician Scientist Program in Substance Use Grant for his research titled: "Characterization of Biomarkers of Regular Cannabis Use in Adolescents"



Laura McGladrey of the START Program was featured in a Denver Post article exploring the emotional stress experienced by search and rescue teams.

CLICK HERE TO READ THE ARTICLE



Sara Dillard won the 2021 CU SOM GME Outstanding Program Coordinator Award, and is the Program Coordinator Nominee for the National 2022 ACGME Program Coordinator Excellence Award.



Arletta Swain-Cockrell was featured by an artist in a CHCO art show as they continue to share artwork from Excellence in Motion: A Black Heritage Exhibition. All the artwork in this exhibition celebrates the unique contributions of Colorado's Black artists and helps visitors gain a deeper understanding of Black experiences and history in our community. The collection is on display at CHCO, and Arletta's piece is featured to the left.

FUN & GAMES

Design: Aki Suzuki

Get Psyched Playlist

Recently the Get PSYCHED Team asked for input on songs to create the ultimate DOPsych workout playlist. Below are some of our favorites! You can access the full playlist below.

Check out what inspires your colleagues and maybe find some new tunes for your workout playlist!

Fix You - Cold Play

Lose Yourself - Eminem

Sabotage - Beastie Boys

Sweet Child of Mine - Guns N' Roses

Thunderstruck - AC/DC

All the Lovers - Kylie Minogue

Sunshine - Matisyahu

Ends of the Earth - Lord Huron

Bang! - AJR

Dirt off Your Shoulder - Jay-Z

**FULL SPOTIFY
PLAYLIST**

Stacey's Quiet Corner

Content: Stacey L'Hommedieu

Be Exactly Where You Are

This time in spring always make me antsy. I love seeing the world around me come back to life after being dormant, but I find myself wanting to rush it. For the warmer weather to be here consistently and the early flowers to hurry up and unwrap from their buds. But then I remember, if everything were to jump ahead to full bloom, I would miss seeing the beauty of it all unraveling. Spring is an annual reminder for me to be where I am, because it is exactly where I am supposed to be. This concept relates to presence in each moment and the teacher in all things. Sometimes uncomfortable or hard situations (or people!) can be our most valuable teachers.

Take a moment to find a comfortable seat and close your eyes. Take some extended breaths in and out of your nose and notice how the breath calls you to presence. Now add a mantra. On the inhale think 'I am' and on the exhale think 'exactly where I need to be'. Continue with your breath and mantra for as long as is comfortable in your body. Once you feel complete, take a big inhale through your nose and a huge open mouth exhale to let it go.

Namaste

When I Grow Up



Batman, astronaut, actress, wizard...anything was fair game! While we can all agree that we are blessed to have ended up where we are today, we want to know what DOPsych faculty and staff once dreamed of becoming!

[CLICK HERE TO SUBMIT YOUR "WHEN I GROW UP" WISH](#)

FUN & GAMES



Guess who this cutie is!

We have some adorable co-workers! Guess who these blast from the past photos are and match them to their grown up selves! Find the answer key on the next page.

Littte Ones



All Grown!



FUN & GAMES



Guess who this cutie is!

You've put in the hard work of guessing, now lets see how many of your coworkers you've matched correctly:

1 = Mandy Doria
2 = Merlin Ariefdjohnan
3 = Andy Novick
4 = Shaleeta Flagg
5 = Claudia Ianelli
6 = Shannon McWilliams
7 = Emmaly Perks
8 = Lily Yunliang

9 = Aki Suzuki
10 = Aileen Norton
11 = Emily Hemendinger
12 = Chelsea Hanson
13 = Emily McIntyre
14 = Noy Phimphasone-Brady
15 = Veronica Henderson-Davis
16 = Rachel Davis

DOPsych is Now on Social Media!

WE CAN'T WAIT TO CONNECT WITH YOU!



@CU_Psychiatry

@CU_Psychiatry



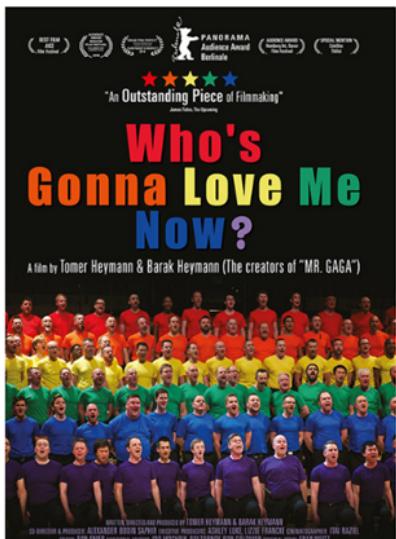
On Monday, 3/15/21 the Department of Psychiatry launched accounts on both Twitter and Instagram.

We will be sharing helpful and insightful facts about mental health, links to media and news articles featuring our faculty, and other important departmental information. You can follow, retweet, and engage with our content at cu_psychiatry on both platforms.



DEPARTMENT OF PSYCHIATRY
DIVERSITY, EQUITY & INCLUSION COMMITTEE

BOOK / FILM CLUB



WHO'S GONNA LOVE ME NOW?

DIRECTED BY TOMER & BARAK HEYMANN

Israeli filmmakers Tomer & Barak Heymann dig deep into the themes of manhood, religion, family and sex in this documentary about Saar Maoz, an HIV-positive gay man who is torn between his "out" life as a member of the London Gay Men's Chorus and his desire to reconnect with his Jewish Orthodox family in Israel. The film captures the journey of a man striving to maintain his true self as he navigates two very different worlds.

Saar Maoz (the subject of the film) will also be joining the film discussion!

Barak and Tomer Heymann are two brothers who have been directing and producing documentaries for TV and cinema for more than a decade. Their independent film company, Heymann Brothers Films, has produced over 20 documentaries, and some as international co-productions. Their films have premiered in numerous festivals worldwide, such as Berlinale, IDFA and Hotdocs, where they have won prestigious awards.



THURSDAY MAY 20TH | 12-1:30 PM

Click Flyer to Access Zoom Link | Zoom ID: **746 127 6199**

The film will be available to view for free 2 weeks prior to the discussion – a link will be sent on May 6th.

**If you would like to view earlier please purchase independently and support the Heymann brothers!