

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. We have launched 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; Contributors: Shannon McWilliams, Kimberly Slavsky, Shaleeta Flagg, Melissa Sinclair, Brittany Pittman, Dora Irvine, Nellie Kassebaum and Merlin Ariefdjohan.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.

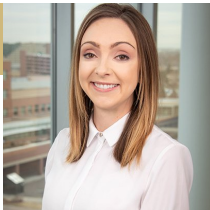
SHARED GOVERNANCE:

Content: Kimberly Slavsky | Design: Emily McIntyre

Staff Councils

The University of Colorado supports shared governance through several mechanisms. The staff, both exempt and classified, as well as PRAs, have two routes to access shared governance on their behalf. There are Staff Councils based at each campus (Denver and AMC share a council) as well as the University of Colorado Staff Council (UCSC). Each council dedicates their time and energy to support the needs of staff members, as well as advocating for the best interests of staff. Some examples of what our councils have accomplished working through shared governance are the improved parental leave policies and the revised tuition benefit for CU. Staff Council is also responsible for the Employee of the Month recognition, the Coats for Colorado clothing drive, professional development seminars, as well as burrito/ice cream/donut type of treats to help staff feel more appreciated. Campus Council terms are 3 years long and positions are voted on by all staff in elections. UCSC members are nominated through their campus councils. Terms are 3 years for regular representatives and 1 year for alternate representatives.

The Department of Psychiatry has several representatives on both the Denver/AMC Council and UCSC.

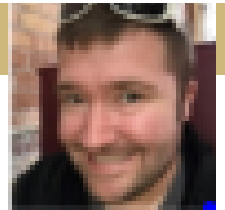


Hilary Bryant

Johnson Depression Center
Representative
Denver/AMC Council

Willis Crabbs

ARTS
Representative
Denver/AMC Council



Tiffany Hamilton

Medical Student Coordinator
Representative
Denver/AMC Council

Annie Melzer

Project Management Office
Representative
Denver/AMC Council, UCSC



Tim Oakberg

Assistant DFA, Parliamentarian
Denver/AMC Council

Kimberly Slavsky

Vice Chair, Denver/AMC Council
Communications Officer, UCSC



Please feel free to reach out to any of us if you have questions or issues you would like to have brought to the attention of any of our Councils!

SHARED GOVERNANCE:

Content: Merlin Ariefdjohan | Design: Emily McIntyre

Faculty Senate



The Faculty Senate (FS) is a form of shared governance within the School of Medicine (SOM). This governing structure provides a platform between faculty and the administration to collaborate in matters that affect major decisions related to the academic welfare of the university. Faculty can participate in this shared governance by getting elected by their peers as Senators representing their department (2-year term), or as Officers (i.e., as President, President-Elect, and Secretary; 1-year term). However, only full-time faculty (at least 50% FTE) in Assistant rank and above are eligible for these positions. Responsibilities of the Senators and Officers include attending the monthly meetings, bringing up pertinent issues for discussion, and relaying information back to their respective departments. Besides serving in the FS, Officers are also members of the CU Anschutz Executive Committee (EC; alongside the Chancellor, the Dean, chairpersons of all departments and other center and program directors appointed by the Dean, and Past President of the FS). Essentially within this set-up, Senators and Officers are the link between faculty in respective SOM departments to the executive leaders of CU Anschutz for issues pertaining to educational, clinical, scholarly, and research activities affiliated with the SOM.

A few examples of topics that were discussed in the recent academic year include the revision of medical education curriculum, new chair appointments for various departments, updates on UCHHealth policies and reimbursement rate, updates on COVID-19 guidelines pertaining to university and hospital operations, and the revision of faculty promotion metrics to place greater recognition towards service, leadership, and team science involvement. Specifically for our department, faculty members can voice their concerns and questions through DoPsych Senators (for academic year 2021-2022; pictured above from left): Kristina Legget PhD, Shaleah Dardar MD, Helen L. Coons PhD, Gautam Rajendran MD, and Thida Thant MD. We also have Merlin Ariefdjohan PhD, MPH serving as Faculty Officer (as President-Elect).

It is important to note that we have Dr. John Reilly's (Dean of CU Anschutz) attention during these meetings. Thus, the FS is a good platform to share opinions and concerns related to academic matters and have them considered as part of future CU Anschutz governance. Please connect with these DoPsych faculty to learn more about the FS and/or to bring up issues and recommendations for the SOM leadership to deliberate on!

Diversity. Equity. Inclusion.

HANUKKAH

November 28 - December 6

Hanukkah, a Jewish holiday that is celebrated around the world for eight days and nights. Hanukkah celebrates the victory of the Maccabees, or Israelites, over the Greek-Syrian ruler, Antiochus, approximately 2,200 years ago.



ST. LUCIA DAY

December 13

St. Lucia's Day, a religious festival of light in Scandinavia and Italy commemorating the martyrdom of St. Lucia, a young Christian girl who was killed for her faith in 304 C.E. She secretly brought food to persecuted Christians in Rome while wearing a wreath of candles on her head so both her hands would be free.

WINTER SOLSTICE

December 21

Yule Winter Solstice, celebrated by Pagans and Wiccans. The shortest day of the year represents a celebration focusing on rebirth, renewal and new beginnings as the sun makes its way back to the Earth. A solstice is an astronomical event that happens twice each year when the sun reaches its highest position in the sky.

FESTIVUS (FOR THE REST OF US!)

December 23

Festivus is a secular holiday celebrated on December 23 as an alternative to the pressures and commercialism of the Christmas season.

CHRISTMAS

December 25

This Christian holiday celebrating the birth of Jesus begins 4 weeks before Christmas day with Advent and runs through January 5th.

KWANZAA

December 26 - January 1

Kwanzaa is an African-American holiday started by Maulana Karenga in 1966 to celebrate universal African-American heritage.



PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE

Content: Merlin Ariefdjohan | Design: Claudia Iannelli

Cheers to two years!

2021 marked the second year of operation for the PRI. It was indeed a busy but also a productive year for all of us!

We said farewell to one of our research assistants (Ava Anjom, BS) who left to pursue a graduate program in Clinical Psychology, and welcomed two new members. Perla Rodriguez, BA, BS joined us in Research Operations Core, and Zachary Giano, PhD in the Biostatistics Core. With 14-members strong, the PRI completed approximately 476 tickets submitted by 80 faculty, 15 staff, and 7 trainees across all DOPsych divisions.

Our sponsored program management core was the busiest, taking approximately 55% of the PRI ticket volume and assisted in routing approximately \$28M worth of grants, resulting in \$3.3M in awards (while others are being reviewed; federal fiscal year basis). Additionally, the team submitted 7 manuscripts and assisted in getting 5 newly initiated projects in obtaining regulatory approval. Project consultations with our team also resulted in fruitful grant applications for several research and clinical projects. Research assistants in the Research Operations Core are continuously busy assisting these funded researchers in collecting data for their manuscripts and upcoming grant proposals.

The PRI Education Core successfully steered the 2021 cohort of undergraduates participating in the Psychiatry Undergraduate Research Program and Learning Experience (PURPLE). We had the largest cohort with 9 students who completed the internship via a virtual platform. Other education programming such as PRI Scholars and Research Readiness were also well attended and garnered positive feedback. Please look out for our call for mentors for PURPLE 2022, invitation to join Spring 2022 PRI Scholars, and a new lunch and learn event to be launched soon.

As we strive to fulfill our vision in advancing the research excellence of DoPsych, we thank you for your support throughout 2021! We look forward to assisting you further in 2022. Please reach out to Merlin.Ariefdjohan@cuanschutz.edu if you have any feedback, comments, or suggestions for the PRI in the new year.



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

Team Spotlight:

Cindy Morris

Content: Cindy Morris via Kristen Raymond | Design: Claudia Iannelli



When did you start working for the DOPsych?

I'm the Clinical Director of the Behavioral Health & Wellness Program in the Division of Community, Population, and Public Mental Health. I began my position in February 2010.

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

I'd be an interior designer. The spaces we inhabit have such a great effect on the way we feel, think, and behave. I'm passionate about creating beautiful, soothing spaces that support well-being.

What's your favorite movie and why?

The Matrix—The decision point that Neo faces—to choose the red (to leave the Matrix) or blue pill (to stay in the Matrix) mirrors the choice we have in our lives. We are more powerful than we know. To live our best life, like Neo, we need to make a choice to live our lives fully awake.

What's your favorite book and why?

I have two - *The Alchemist* by Paulo Coelho and *The Little Prince* by Antoine de Saint-Exupéry. I love these two books for the same reason. Woven into these deceptively simple stories, we learn an essential life skill—how to listen to our hearts and follow our internal guidance. We also learn that the journey is worth it, regardless of the destination. When we find the courage to follow our hearts, we allow ourselves to be transformed in unexpected ways.

Morning bird or night owl?

I'm a lark, for sure! Even as a young girl, I would wait (albeit impatiently) for the time when I could wake my sisters. To me, there is something magical in the early morning time. It holds so much potential that has yet to be realized.

Favorite quote?

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."
--Antoine de Saint-Exupéry

Shout Outs & News!

Design: Aki Suzuki



Dr. Ron-Li Liaw was selected as a 2021 Aspen Institute Ascend Fellow.

[CLICK HERE TO LEARN MORE](#)

Dr. Riggs chaired a symposium at the 68th Annual American Academy of Child Adolescent Psychiatry Meeting "After Screening, Brief Intervention and Referral to Treatment (SBIRT): So You've Screened, Now What?"



Dr. Jessalyn Kelleher was awarded the Little Giraffe Foundation small grant to purchase polaroid cameras for the UCH NICU so families can photograph their babies.

Dr. Danielle Cooke was awarded a Western Society for Pediatric Research (WSPR) Abbot Nutrition Specialty Award for her abstract, "Perinatal Distress Associated with Neonatal Conditions: Anxiety and Depression."



Dr. Liz Chamberlain and Dr. Neill Epperson were quoted in an article by FOX 31 - KDVR about the current increase in demand for mental health services and the need for more mental health providers to keep up with patient volume. Dr. Chamberlain says returning to "normal" life has put a strain on people, "We're adjusting again to being in school. We're adjusting to worrying about our health. There's a lot of health anxiety — a lot of worry about, am I still going to get COVID? Am I going to get something else?"

[CLICK HERE TO READ THE ARTICLE](#)

Dr. Spero Manson was quoted in an article published by U.S. News and World Report sharing his expertise on heart health among American Indian people and the disparities these communities face putting them at higher risk of developing chronic conditions.

[CLICK HERE TO READ THE ARTICLE](#)



Dr. Amy Franks (PGY-2 Resident) and Dr. Andrea Johnson (PGY-4 Child Fellow), were inducted into the Gold Humanism Honor Society CU Resident and Fellow Chapter for the class of 2021.

FUN & GAMES

Attitude of Gratitude



What brings joy, comfort, laughter, and reflection? It's different for everyone! Thank you to all who submitted thankfulness entries this year! We are thankful for each and every one of our CU Psychiatry family members!

I am thankful for the support of my friends and family throughout this semester. It seems like everybody is facing a challenge today, so the intentionality of people in my life reaching out means a lot to me!

- Nellie Kassebaum

I'm grateful for mountain time, dressing up, and group text chats with Danielle Sukenik and Mandy Doria. Not only are they beyond skilled clinicians, they are amazing and caring friends.

-Emily Hemendinger

I am thankful for all the wonderful co-workers I now have in the DOP. I feel honored to be here and I appreciate each and every one of you.

-Rae Ann Huffman

I'm so incredibly thankful for my colleagues and our departmental leadership! Melissa, Neill and the ELT do a wonderful job making us feel cared for and able to progress professionally!

-Claudia Iannelli

When I think about all of the amazing people who work in our department and who have put in so many long hours and devoted so much of themselves to patients, research participants, trainees, colleagues and community members, I can barely contain my pride and emotion. I absolutely cannot convey the depth of my thankfulness to be a part of this team.

- Melissa Sinclair

I am grateful for health and wellbeing. I am grateful for growth and evolution that dark times allowed for. I am grateful for love, kindness and uplifting energy. I am grateful for tenacity and resilience. I am grateful for lessons and humility. I am grateful for feeling safe in bringing my whole self to work.

- Iman Nouis

I'm so grateful for good health, kind friends, family, and a boss who is incredibly genuine and supportive @Claudia :)

- Aki Suzuki

FUN & GAMES

Attitude of Gratitude

I would like to thank Sheryl and Emmaly! This year has been filled with many ups and downs, and Sheryl has always been so sweet and caring. Emmaly has always been one of my most trusted mentors and supervisors. I appreciate her flexibility, trust, and the opportunity to help me grow. I really appreciate both Sheryl and Emmaly's kindness!

- Lily Luo

I'm grateful for Aki and all the work she does to promote wellness in our department. She is such a great person and I truly enjoy working with her!

- Emily Hemendiger

I'm thankful for my PRI Team Members (all 13 of you!) for showing up to every project with utmost professionalism, creativity, dedication, and passion for advancing our research mission throughout this exceptionally challenging year. THANK YOU!

- Merlin Ariefdjohan

Thankful for so much this year...but at the top of the list, I definitely have good health, a sassy and adorable two year old who now makes coherent arguments :D, a loving family and friends, great books, good coffee and wine and the best group of colleagues at the Cohen Clinic.

-Dora Irvine

I would like to thank my coworkers and colleagues for creating such a wonderful work environment. I love everyone's openness and caringness. I love how we look out for each other, and really think of each other when there are new opportunities on the horizon. I love it here! Thank you all for making this department what it is today!

- Lily Luo



FUN & GAMES

Attitude of Gratitude

I'm thankful for all the billing issues in the department that create my job. I can still wish them away, but their presence is my present.

I'm thankful for all the colleagues I've met this past year and have gotten to work with. I appreciate their unique role and the opportunity to be able to learn from them.

I'm thankful for my ability to analyze and interpret healthcare data in ways that are impactful to enhancing revenue cycles.

I'm thankful for my emotions because it puts me in motion. Especially in a year where we need to recognize and express our emotions more than ever to support our personal resilience.

I'm thankful for my family, their health, and constant support.

I'm thankful for my career competitors. They push me, challenge me, and scare me to try new things- things I would never dare doing otherwise! Plus they continue to create a new set of problems that reinforce the need for my job.

Ok being funny, but also agreeing that,

"Last, but not least, I wanna thank me.

I wanna thank me for believing in me.

I wanna thank me for doing all this hard work.

I wanna thank me for having no days off.

I wanna thank me for never quitting.

I wanna thank me for always being a giver and tryn to give more than I receive.

I wanna thank me for tryn do more right than wrong.

I wanna thank me for just being me at all times."-Snoop Dog ☺

-Gloria Valdez



We want to know what YOU are excited to innovate, create, solve and learn about when it comes to transforming lives through mental health services in 2022! Our department has done incredible things this year, let's keep the momentum going!

[CLICK HERE TO SUBMIT YOUR "2022 DOPSYCH BUCKET LIST."](#)