

THE GOOD NEWSLETTER

January | February 2021 Volume 3 | Issue 1

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.

The Good News

We are always looking for new ideas for information to house on the intranet. If you have ideas, please email Kimberly Slavsky (Kimberly.Slavsky@CUAnschutz.edu).

the DOPsych Intranet

Content: Shannon McWilliams | Design: Aki Suzuki

We are happy to announce that the Department of Psychiatry's intranet is up and running.

What is the intranet? Just as the Department's internet site houses information primarily for our external customers (patients, prospective students, colleagues, etc.), the intranet houses information for our internal customers—you!

To access the intranet, visit this link:
https://olucdenver.sharepoint.com/sites/Psychiatry.

The intranet uses the University's single sign on page and your usual University username and password. If you can't access the intranet, you may be logged in with another organization's credentials (e.g., Children's). Log out and log back in. If you are using your University credentials and still can't access the site, you will see an option to request access. Somebody on the intranet team will review and approve your request shortly.

WHAT CAN YOU FIND ON THE INTRANET?

- Departmental Professional Development Funds and how to use them
- CDU-2 and how to get started working there
- Job description templates
- Human Resources documents
- Zoom backgrounds
- How to request operations support (e.g., get help building a Smartsheet and more)

PROS OF MAKING THE INTRANET YOUR BEST FRIEND

- Easy and efficient collaboration via a centralized location for employees to access design templates and other communication team services
- Secure knowledge management for company documents, that are always up-to-date and can be accessed by all members of the department
- Strong company culture on a platform where the department can interact, share announcements and news, etc.

It's obvious something this exciting needs a better name than "the intranet"... so help us pick one! No rules. No guidelines. Just get creative!

Click Here to Submit a Naming Idea!

Diversity. Equity. Inclusion.

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

HAPPY BLACK HISTORY MONTH!

Black History Month is an annual observance originating from **Carter G. Woodson**, the "father of black history", when he launched the celebration of "Negro History Week" in 1926. February marks a time dedicated to remembering African American's pivotal roles in history. It is 28 days (or 29 if a leap year) of reflecting on the triumphs and achievements of Black people. The holiday has received recognition from every U.S. president since 1976. The Netherlands, Canada, and the United Kingdom also devote a month to celebrating Black history.

Click here to check out Black American medical pioneers.

Website Upgrade

The Website Subcommittee has been working hard to make our DEI webpage cleaner, more functional, and more robust with resources!

Update Highlights:

Report an Incident of bias:
Quick link on the sidebar where you can report an incident of bias to the department.

Committee & Subcommittees page:
View member lists of the DEI committee and subcommittees, and find meeting times!

Resources Page:
A freshly organized and frequently updated list of DEI resources



CHECK OUT THE SITE!

PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE



Content & Design: Claudia Iannelli

Cheers to our first year!

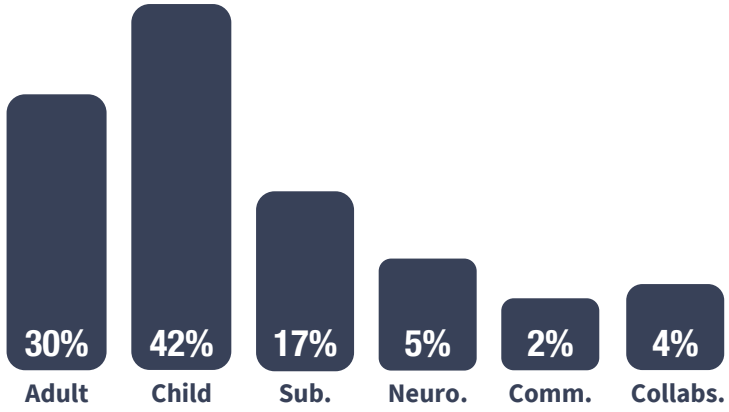
The close of 2020 also means the celebration of Psychiatry Research Innovations' first birthday! Despite the challenges faced due to COVID-19, the PRI still flourished and made meaningful impacts throughout the Department.

The PRI team, now 13 members strong, completed 535 tickets in 2020, serving faculty, staff and trainees across all divisions. The team was written in as personnel on 20 grant submissions, and assisted the Department in routing $50M worth of grants (which resulted in just shy of $3M in awards while others are still being reviewed). The team was also involved in submitting 10 manuscripts to peer-reviewed journals and aided 11 new projects in obtaining regulatory approval through COMIRB.

The PRI also extended its educational and service reach via enhanced and expanded programming. The Psychiatry Undergraduate Research Program and Learning Experience (PURPLE) moved to informal, virtual mentorship for eight students. The PSYCHED to Work collaboration with Metro State University also moved to an electronic platform and hosted 11 students.

PRI Scholars peer-writing group had four faculty join the cohort. The Research Readiness Lunch & Learn Series also moved to Zoom, offering six sessions throughout 2020 covering a range of research topics. PRI Office Hours were initiated with eight offerings per month across five commonly-requested topics.

Ticket Submission Statistics By Division



Upcoming Research Readiness Calendar

- **March 24, 2021** - **1pm**:
  Chelsea Hansen MFA, Grants 101: Demystifying Grants, OGC, and the Routing Process.
- **April 7, 2021 - 2pm:**
  Claudia Iannelli, MS, REDCap 101: Learn the basics of this data collection and housing tool.
- **May 5, 2021 - 2pm:**
  Kaitlin Norris, MBA, Choices for Productivity
- **May 19, 2021 - 2pm:**
  Claudia Iannelli, MS, REDCap Advanced: Come to explore more nuanced capabilities for your research and administrative needs.

For support requests, please click here to contact Merlin Ariefdjohan

Team Spotlight:



Matt Mishkind

Content: Matt Mishkind | Design: Claudia Iannelli

When did you start working for the DoPsych and what is your role here?
I am the Deputy Director of the Johnson Depression Center and Director of Operations for the Steven A. Cohen Military Family Clinic at Anschutz. I have been in my roles since 2016. The Depression Center was an independent center until Jan 1, 2021 when we moved into DOPsych – so I just formally started working for DOPsych this year.

What do you like best about working here?
I really like working in a place where mission drives the work and working around others who push for the same mission. And I love being around bright, creative, and dedicated colleagues.

What is your professional area of interest?
I have a few areas of interest. My overall interest is expanding access to care especially for underserved populations. More specifically, my interests are in virtual health, military mental health care, community-based training and education, and program development.

What was your very first job?
My paper route sounds like a boring answer. So, I'll go with my time working at a racetrack/outdoor concert venue. I did a variety of things from parking to ushering to "security". I got in trouble once for not appropriately keeping a group out of backstage. I did get to see Skid Row open for Guns N' Roses though.

What's your favorite book or movie and why?
Fiction is *The Magus*. It took me a little time to get into it. But once I did, I was swept away in the psychology and visuals of the story. Non-fiction is *The Outpost*. I have some colleagues and friends who were in the book and it reminds me to remember that everyone has a backstory and so many seemingly "regular" people have done amazing things.

Matt's nominator said: "I nominated Matt because he is a big advocate for our community programs and has worked hard to spread the word out about our services. He's also our resident jokester, known to start meetings with dad jokes that he tests out on his three kids. He is also a big hockey fan and was able to coordinate a mental health night with the Colorado Avalanche. I hope others will enjoy learning more about Matt!"

Continued on next page

Team Spotlight: *Matt Mishkind*

Continued

If you could have an alternate job (something totally different from what you do now), what would it be?
I think it would be amazing to be an astronaut, or maybe a famous drummer.

If you could have a conversation (and a cocktail or two) with anyone either deceased or living who would it be and why?
I tried to think about someone famous and came back to my grandpa. I wish I had spent more time talking to him when I was younger to hear his story and find out more about my history.

What is your superpower?
I can take 5-10 minute naps almost anywhere and wake up feeling great.

Who would star as you if a movie were made about your life?
Neil Patrick Harris. We are the same age and had the same hairstyle as kids.

What's your dream vacation spot or trip?
It changes. Right now, sitting on a beach in the South Pacific sounds amazing.

Fun Facts About Matt:

When he was 3, he got his picture taken on 329-pound pumpkin at the Circleville Pumpkin Competition. The picture was taken by an AP photographer and made its way into newspapers globally.

He had his first birthday in Thailand.

He still holds his middle school's record for the 100m dash!

He loves to sandboard!





Shout Outs & News!

Design: Aki Suzuki



Alex Yannacone was featured on *9News* talking about the unprecedented mental health crisis caused by COVID-19 and ways to seek help.

CLICK HERE TO WATCH THE VIDEO

Pediatrics chose an article by Devi Bhatia (with co-authors Joe Sakai and Susan Mikulich) as one of the best publications of 2020.



CLICK HERE TO READ THE ARTICLE



Steve Berkowitz was featured in an article for *CU Anschutz News* about the probable lasting impacts of the mental health crisis spawned by COVID-19.

CLICK HERE TO READ THE ARTICLE

Sharon Hunter, Amanda Law, and Camille Hoffman (pictured from top to bottom) were inspired by their research to create a new website for Black expectant mothers.



CLICK HERE TO SEE THE WEBSITE



Liz Harry was featured in a *Yahoo! Finance* article exploring her research findings on physician task load and the risk of burnout among US physicians.

CLICK HERE TO READ THE ARTICLE

Robin Gabriel's research on the benefits of horseback-riding for children with Autism was the #3 most read story of 2020 on *CU Anschutz Today*



CLICK HERE TO READ THE ARTICLE

Award Winner!



Dr. Ayelet Talmi shared the good news that the Vroom Child Health Clinic at CHOC won a *Graphic Design USA* Award!

Check out their full design here

A Round of Applause!

Posters by both **Jin Huang** and **Tara Trujillo** were winners in the 35th Annual Student Research Forum!

Jin Huang presented the poster titled, "**Stress Related Disorders in Family Members of COVID-19 Patients Admitted to the Intensive Care Unit** for the Department of Psychiatry."

Tara Trujillo presented the poster titled, "**Learning Types during Interpretation Bias Training to Treat Irritability.**"

Each received a monetary award! Way to go!

FUN & GAMES

Design: Aki Suzuki

Stacey's Quiet Corner

Content: Stacey L'Hommedieu

Contentment

In yoga philosophy, there are five niyamas or self-observances. The second niyama is santosha which is a Sanskrit word for contentment. Contentment can be tricky. Often in our lives, we find ourselves in a place of 'I will be happy when _____'. You can fill in the blank with an array of things!

I will be happy when I get more sleep. I will be happy when my project is over. I will be happy when I make more money. I will be happy when COVID is behind us! The problem with 'I will be happy when' is that there is always something else to fill in the blank. Santosha is a call to presence and to find peace and contentment with what is, rather than focusing on what 'could be'.

A great tool to bring us back to the present moment is breath awareness. Close your eyes and notice your breath moving in and out of the body. If you feel overly activated, focus your attention on breath entering and exiting through the left nostril. Deepen your breath to an inhale of 4,5 or 6 and exhale at the same pace. Try to sit for 15-20 cycles of breath.

Allow yourself to notice any shifts.

Namaste

Get Psyched Playlist

Throughout the month of February 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



Let's Play...Guess who!

Started from the top now we're here ... but the question is can you recognize us? Next month let's put on our detective hats and match baby pictures to the coworkers we know so well! Would you have guessed that was baby Brittany Pittman?!

Click here to submit your pictures!

FUN & GAMES

Design: Aki Suzuki

Support Small Biz!

Suggestions contributed by DOPsych faculty, staff and students!



Denver Metro Area

Scrumptious | Olde Town Arvada at 7523 Grandview Ave.
Homemade ice cream, unique bottled soda, and more candy choices than you can imagine, including nostalgic favorites you haven't seen since you were a kid.
http://scrumptiousco.com/

School House Kitchen & Libations | Olde Town Arvada at 5660 Olde Wadsworth Blvd. Arvada, CO 80002
Built inside of the original Arvada schoolhouse, which was constructed in 1882, School House offers over 1,800 different whiskeys, over 50 beers, and a sizable menu that is sure to please all. With the Library Bar, Home Room dining area, upstairs Teachers Lounge, and plenty of outdoor seating, including Arvada's first rooftop patio, School House is sure to be your favorite school memory.
http://schoolhousearvada.com/

Mango House | 10180 E Colfax Ave, Aurora CO 80010
Mango House is a refugee resource center with several non-profits operating inside, along with a food court with international offerings, including Burmese, Sudanese, Syrian and Somali cuisine.
http://voyagedenver.com/interview/meet-mango-house-east-colfax/

Jaya Grill | 1699 S Colorado Blvd Unit B Denver, CO 80222
At Jaya Asian Grill you will experience amazing South Asian cuisine. Entrees are prepared with high quality and fresh ingredients. A fusion menu of Singaporean, Malaysian, Thai, Chinese and Cantonese cuisines to offer you the best of South Asia. Vegetarian, meat, and healthy choices available!
http://www.jayagrill.com/

Lubos NY Pizza in Centennial | 15352 E. Ida Dr. Unit H Centennial, CO 80015
Stop by LuBo's NY Pizza and satisfy your pizza cravings for real NY pizza. A restaurant committed to quality translates into the highest standards for food, service, atmosphere, and value; we are the best above the rest.
http://www.lubosnypizza.com/

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FUN & GAMES

Design: Aki Suzuki

Support Small Biz!



Denver Metro Area

Jessie's Smoking NOLA | 7422 S. University Blvd. Centennial, Colorado 80122
Jessie's Smokin' NOLA is an authentic New Orleans cuisine Restaurant.
If you are looking for a taste of Bourbon Street right here on the Front Range,
Jessie's is sure to be your favorite spot.
https://www.smokinnola.com/

Miss Peabody's Southern Tea Cakes | Order online
Tea cakes are as old-fashioned as southern sweet tea. Although they look like cookies and are called cake, they aren't actually either of those in totality at all. Tea cakes are a combination of a cake, cookie, and biscuit all rolled into one. The result is a buttery, tender, chewy bite of deliciousness.

Traditionally made in a "butter cookie" like flavor, Miss Peabody's has added a bit of a twist to the recipe. Flavors include traditional, candied yam, lemon, hazelnut chocolate, and banana foster. Our products also include sweet potato, sweet potato pecan, and chess pie in mini and regular nine-inch sizes.
https://www.misspeabodys.com/

House of Js Coffee | 12650 W 64th Ave unit g, Arvada, CO 80004
A craftier coffee shop alternative for the Denver community. House of Js isn't about the quantity, but about the quality of their products. That's why they source teas, coffee beans, chai, pastries, and even dairy from local vendors here in Colorado. High-quality drinks in a cozy atmosphere are guaranteed. They want their customers to feel at home and like family.
https://www.houseofjs.coffee/

The Denver Box | Order online
The Denver Box is a curated food and drink kit for 4 people, from local independently owned restaurants for $100. 50% of the proceeds go to further the work of local Nonprofits Partners of The Lion Project. Each box will have a QR code linked to a video telling the story of the nonprofit that your Denver Box is supporting that month.
https://denverbox.org/

Online Businesses

Mischief Melted | Etsy
Harry Potter themed wax melts that are cruelty free/vegan friendly materials. They all have really fun names and scents!
https://www.etsy.com/shop/MischiefMelted?ref=shop_sugg.