

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



## SHOUT OUTS AND IN THE NEWS

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## DIVERSITY, EQUITY & INCLUSION

Learn about what the DOPsych has been doing to improve our culture of inclusivity.

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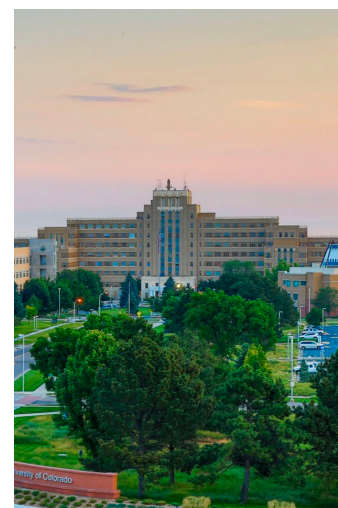
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## SEE YA IN SEPTEMBER!

The Good News Team is taking a break for the month of August but we're excited to come back in September with lots of great content and initiatives! In the meantime, please inform us anytime you engage in scholarly or media activities by responding to the survey linked in this box.

Until then, we thank you for continuing to support our Good News! Members of the Good News Team include Claudia Iannelli (chair), Kristen Raymond (editor), Shannon McWilliams (Good News author), Aileen Norton (editor), Veronica Henderson-Davis (member), Kimberly Slavsky (member), Shaleeta Pearson (member) and Melissa Sinclair (member).

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



**SUPPORTING SUCCESS** for us, for life.

# Diversity, Equity and Inclusion in the Department of Psychiatry

Recent events in our nation have brought the topic of racism and inequality to the forefront. Several leaders in the CU community have sent emails, written articles or published videos expressing their thoughts and concerns regarding the current need for attention to diversity, equality and inclusion. The president of the University of Colorado, Mark Kennedy, recently sent an email to employees saying, “It is indeed difficult to find the right words when confronted with racism, be it violent and overt or quiet and insidious. As allies to communities of color, we have a responsibility to speak out against and confront racism.” Mr. Kennedy shares that he is engaged in conversations in improving actions that the university can take and encourages us all to participate in conversations and take action as well. President Kennedy’s full statement can be viewed [here](#).

In addition to CU President Kennedy, Chancellor Elliman also posted his commitment to action in response to recent racial events, and brought up health disparity in people of color: “On top of racially motivated violence, the COVID pandemic with increased mortality rates for people of color has shone a very harsh light on what we’ve long known about health inequalities for minority populations.” [Click here](#) for further details about Chancellor Elliman’s commitment.

Theodosia Cook recently wrote an article entitled “Reflections on Race and the Times” sharing her experience as she joins the CU family as the Chief Diversity Officer for the CU system. Ms. Cook challenges us to work towards learning more about the experiences of people of color and work on educating ourselves regarding “the historical and systematic nature of racism.” If you missed this article and want to read it in full, it can be accessed [here](#).

Within the DOPsych, Dr. Epperson shared her

thoughts on these recent events and how “we must identify individual and institutional sources of racism and create pathways for healing and recovery for our patients, ourselves and our society.” It is particularly disheartening to learn about overt acts of racism currently impacting individuals within our own department. Dr. Epperson shared that she will “do whatever it takes to determine institutional barriers to greater inclusivity and enact best practices to create a more diverse department that celebrates differences in all forms.” One step in making a change and improving our department is establishing a Vice Chair of Diversity, Equity and Inclusion for the Department of Psychiatry.

On June 5th, Dr. Epperson announced Dr. Robert Davies as the Interim Vice Chair for Diversity, Equity and Inclusion for the Department of Psychiatry. Dr. Davies will lead our department in improving equity for all faculty and staff within the DOPsych. We have the opportunity now to make changes in our work environment so that all employees feel included and know they are valued members of our department. Dr. Davies stated how grateful he is to Dr. Epperson to have the conviction to create the role of Vice Chair for Diversity, Equity and Inclusion and he is happy to fulfill this role until a permanent selection is made.

As mentioned in Dr. Epperson’s announcement, Dr. Davies will also lead the Diversity, Equity and Inclusion (DEI) Committee of faculty, staff, and trainees who are committed to creating a diverse department that celebrates differences in all forms. This group currently includes individuals of various race/ethnicities and sexual orientation at all levels, including senior faculty, staff, administration, PRAs, and trainees. The DEI group meets weekly and there will be several sub-committees to ensure the group accomplishes the numerous planned goals. All members of the department are welcome to join this group! If you are interested in learning more about the group or joining please contact Dr. Bob Davies.



# Diversity. Equity. Inclusion.

One of Dr. Davies first tasks will be to revise the department's mission statement to make clear statements about our commitment to diversity, health equity and inclusion both for employees of the department as well as for our patients, spanning across research, education, clinical and community outreach work. Dr. Davies will ask members of the DEI group to assist with revising the mission statement, and then will present it to Dr. Epperson and the Executive Committee for approval. Other goals of the DEI Committee include establishing best practices for both recruitment and retention of diverse employees across all levels of the entire department, including trainees, faculty and staff. Dr. Davies states, "We need to ensure a thriving, diverse, enriching community at all levels."

When asked what diversity means to him, Dr. Davies responded that diversity means that "everyone is encouraged and welcome to express what is unique about them without concern of how it will be received and not fear backlash, that everyone will have the same opportunities and can be elevated in their job and position because of who they are - not in spite of who they are." He believes diversity and inclusion is of paramount importance in everything we do as a society, as it enriches our education, improves our clinical skills and is necessary in training and research.

Prior to COVID-19, members of our department were working towards establishing a diversity committee and creating opportunities to share our diversity within the department. Shaleeta Pearson and others were instrumental in organizing the diversity potluck where members of our department each

brought in foods from their culture to share with others. Dr. Davies foresees similar opportunities in the future as well as educational and community outreach initiatives. Moving forward, departmental cultural diversity education will be included at events such as Grand Rounds, and robust education within the training programs will be developed. Dr. Berkowitz has suggested Grand Rounds during the month of November 2020 can be dedicated to topics on diversity, inclusion and equity.

Dr. Davies sees a need for our department to create a department wide climate survey, including all affiliate institutions at all levels, to understand who we are and determine what the current climate and culture is at this time. This will allow us to take a direct and honest look at what is happening, understand how members of our department feel and assess where the needs are so that we can intervene on an ongoing basis.

Finally, we as a department have a commitment to our community beyond just the University of Colorado and we need to work towards outreach efforts in our larger state-wide community. Dr. Davies shares, "We need to start focusing on clear, strong, consistent, and lasting community outreach and advocacy programs that including health equity for the community." Dr. Davies believes that we should be leaders in community outreach in advocacy for others around the AMC campus. As a nation and as a department we have a lot of work to do in improving racial tensions and enhancing diversity, equity and inclusion efforts. We are grateful to Dr. Davies for agreeing to take on this important role.



# Diversity, Equity & Inclusion Resources

## STEPS IN ACTION

The following are steps towards change and improvement in Diversity, Equity and Inclusion that have already or will take place in the coming months.

- Members of our department participated in the “Kneel for Justice” event on June 5th.
- The Interim Vice Chancellor for Diversity and Inclusion Nelia Viveiros and the Office of Diversity and Inclusion are holding a monthly Social Justice Teach-In during the next year, where every member of the CU community is challenged to engage in discussion and debate on the issue of social justice. The first gathering was June 12th.
- On June 19th, CU held the “Combined Intercampus-Community Virtual Juneteenth Celebration”.
- For the 5th consecutive year, CU participated in Denver’s PrideFest on June 20-21 in celebration of Colorado’s LGBTQ+ community.
- The COLTT conference is scheduled August 5-6 and will highlight social justice within the context of teaching and learning with technology.



Dr. Jenna Glover was featured in a Fox News article titled "Starting the conversation: How to talk to your kids about racism and protests" and offers tips on getting kids through tough times.

**CLICK HERE TO READ THE ARTICLE!**



## HELPFUL ARTICLE LINKS

- [Anti-Racism Resources](#)
- [How to be an Ally to the Black Community and Communities of Color](#)
- [Your Black Colleagues May Look Like They're Okay — Chances Are They're Not](#)
- [Colorado Higher Education Equality Toolkit](#)

## GENERAL RESOURCE LINKS

- [Black Lives Matter](#)
- [Innocence Project](#)
- [Asian Americans Advancing Justice](#)
- [Resources for Immigrants During the Coronavirus Pandemic](#)
- [Campaign Zero](#)
- [Denver Black Owned Businesses](#)

## CU SYSTEM RESOURCE LINKS

- [Don't Ignore it - Report an Incident](#)
- [Anti-Asian Racism and COVID-19](#)
- [DACA Resources](#)
- [CU Pride](#)
- [DOPsych COVID Support](#)

Need additional mental health support? Reach out to the Faculty and Staff Mental Health Clinic. Click this box to visit their website for more information.



# Movers and Shakers

## NEW APPOINTMENTS



**Christian Hopfer, MD**  
Medical Director for the Center for  
Dependency, Addiction, and  
Rehabilitation (CeDAR)



**Rachel Davis, MD**  
Interim Vice Chair,  
Clinical Affairs



**Robert Davies, MD**  
Interim Vice Chair of Diversity,  
Equity and Inclusion



**Thida Thant, MD**  
Director, Psychiatry Consultation  
Liaison Service, Department of  
Psychiatry at UCH

## PROMOTIONS!

### Professor



**Karen Frankel, PhD**  
Harris Program



**Robert Davies, MD**  
Education

### Associate Professor



**Melissa Buchholz,**  
PsyD - Harris Program



**Sarra Nazem,**  
PhD - VAMC



**Jennifer Lindwall, PhD**  
Child and Adolescent



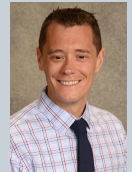
**Lindsey Monteith,**  
PhD - VAMC



**Rachel Davis, MD**  
Student/Resident  
Mental Health



**Helen Coons,**  
PhD - Women's  
Behavioral Health



**Patrick Romani, PhD**  
Child and Adolescent

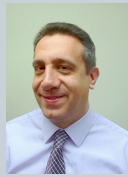
### Associate Professor Of Clinical Practice



**Russell Marx, MD**  
DHHA



**Alyssa Oland, PhD**  
NJHealth



**Edward MacPhee,**  
MD - VAMC

## NEW POSITIONS!

**Tiffany Hamilton**  
Medical Student

**Kimberly Slavsky, MS**  
Operations Professional in  
Department Administration

**Emmaly Perks, MA, CCRP**  
Coordinator at DOPsych  
Residency

**Emmaly Perks, MA, CCRP**  
Education Manager in  
Department Administration

**Tim Oakberg, PhD**  
Assistant Director of Finance  
and Administration

**Tamara Saunders, MBA**  
Adult Division Program Director

**Stacey L'Hommedieu**  
DOPsych Human Resources  
Manager

**Sara Dillard, BA**  
Program Manager in  
General Medical  
Education (GME)

**Jennifer Villalobos, MS**  
Neuroscience/Developmental  
Research, Professional  
Research Assistant

**Rachel Anderson, LCSW, MSW**  
Public/Community Psychiatry  
Manager at Public/Community  
Psychiatry Division

## HAPPY RETIREMENT!



**Marianne  
Wamboldt**



**Alison  
Heru**

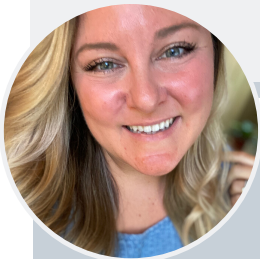


**Nancy  
Plummer**



# In the Spotlight!

## JULY SPOTLIGHT CLAUDIA IANNELLI



Claudia's nominator said, "Claudia has totally changed the communications strategy of the department. Not only has she been the driving force behind *The Good Newsletter*, she has also created marketing materials, identifiable department 'brands', and helped to create the feeling of being part of a community."

### ? What is your role in the department and when did you start working for the DOPsych at CU Anschutz?

I joined the DOPsych in June of 2019 (just had my first anniversary!) and I am really a jack of all trades, which I love! I am the Director of the Research Operations Core on the Research Innovations Team but I also coordinate most of the departmental communication efforts.

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

I enjoy creative problem solving/optimization in research (figuring out ways to work smarter) as well as design and making important information look appealing ;)

### ? What has been your favorite part about working here?

The people! I absolutely love who I work with - it's easy to want to do your best work when you feel valued and appreciated.

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

I would love to go back to Italy and spend a significant amount of time exploring the entire country (and most importantly, learning to cook all of the food!).

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

It would be great to be independently wealthy and use my fortune to run an organization which sponsors performing arts programs in high schools that don't have enough funding for the arts.

### ? What was your very first job?

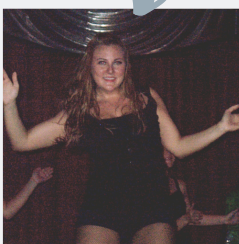
From 16-23 years old I was a professional musical theater performer, traveling with the Broadway Rhythms Dance Company. I danced upwards of 50 hours per week (in addition to attending normal high school/college) and put on musical revue performances all over the East Coast with a cast of about 10-12 other dancers and singers.

### ? What is your favorite book or movie?

The movie *Bridesmaids* is def a favorite, I think it's so funny and I have just about every line memorized! *Harry Potter* is my favorite book series.

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

Right now it's to get trained to lead the Crucial Conversations course!



## Published

Wieckowski AT, Luallin S, Pan Z, Righi G, Gabriels RL, Mazefsky C. (2020). Gender Differences in Emotion Dysregulation in an Autism Inpatient Psychiatric Sample. *Autism Research*. DOI: 10.1002/aur.2295

Gabriels, R. and Barnes, J. (2020). A Model for Addressing Crisis Behavior in Youth with ASD within a Functional and Contextual Framework. In S. W. White, B. B. Maddox, & C. A. Mazefsky (Eds.), *The Oxford Handbook of Autism and Co-Occurring Psychiatric Conditions*. New York, NY: Oxford University Press. DOI: 10.1093/oxfordhb/9780190910761.001.0001

Dempsey, A. G., Chavis, L., Willis, T., Zuk, J., & Cole, J. C. (2020). Addressing Perinatal Mental Health Risk within a Fetal Care Center. *Journal of Clinical Psychology in Medical Settings*. <https://doi.org/10.1007/s10880-020-09728-2>

## QUIET CORNER

WITH STACEY L'HOMMEDIU

### Quiet Down



Quieting down can be a big ask in today's world. With work schedules, family demands, and any attention to health/wellness, there seems to be little time to do anything but go, go, go. We often seek peace and inspiration externally to balance the chaos of our lives. Rumi once said, "The inspiration you seek is already within you. Be silent and listen." What if everything we seek including peace, inspiration, love and connection were available all the time inside of ourselves? Give yourself permission to take a moment, quiet down, and release distraction. Sit in a comfortable seat and close your eyes. Focus on your breath. Lengthen both the inhales and the exhales to a count of 5 for 20 rounds of breath. As thoughts come into your mind, acknowledge them without judgement and let them go. Be silent and listen. Namaste.



# Shout Outs & In the News



Congratulations to Dr. Melissa Buchholz on her graduation from the Zero To Three Leaders for the 21st Century Fellowship!

[CLICK HERE TO READ MORE](#)



Dr. Marilyn Coors led the Ethics Grand Rounds on May 14th titled "Ethical Issues in COVID Research: During the Pandemic and After"



Dr. Robin Gabriels was featured in a Reuters article discussing research on the therapeutic effects of horseback riding. Dr. Gabriels and the Hearts & Horses Therapeutic Riding Center are working together to help to tell us why therapeutic horseback riding (THR) can be helpful for children and teens with autism. We are looking for children with ASD who also have a psychiatric diagnosis like ADHD, anxiety, or depression, ages 6-16 years old, who might be interested in participating in our study.

[CLICK HERE TO LEARN MORE ABOUT PARTICIPATING IN THE STUDY!](#)

Dr. Gabriels was also interviewed by Deb Melani for the Anschutz 360 Podcast, for an interview titled "Pandemic Packs Double Punch For Children With Autism Spectrum Disorder." [Click here to listen.](#)

Dr. Alexandra Chadderdon and Dr. Thida Thant talked with *UHealth News* about their post-COVID ICU project they are working on in collaboration with the new UCH post-ICU survivorship clinic.

[CLICK HERE TO READ THE ARTICLE](#)



Dr. Thida Thant held Grand Rounds for the Division of Internal Medicine on May 12th. Her presentation was entitled "The COVID-19 Pandemic: Psychological Challenges in Patient Care" focused on interventions for pandemic related anxiety and resources available for patients and providers.

Dr. Jay Shore wrote two articles published by *JAMA Psychiatry*. Dr. Shore talks in depth about the use of telehealth in Psychiatry and how the pandemic has sent telehealth to the forefront of psychiatric care. The articles were written two months apart and show the progress being made in using telehealth for psychiatric care.



Click the icons below to read the articles.



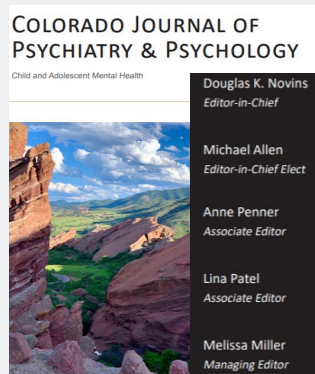
**"Managing Virtual Hybrid Psychiatrist-Patient Relationships in a Digital World"**



**"Telepsychiatry and the Coronavirus Disease 2019 Pandemic—Current and Future Outcomes of the Rapid Virtualization of Psychiatric Care"**

Check out the latest issue of the *Colorado Journal of Psychiatry and Psychology*! This issue was edited by Doug Novins, Michael Allen, Anne Penner, Lina Patel and Melissa Miller with contributions from over 35 of our team members.

[CLICK HERE TO DOWNLOAD A COPY!](#)



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