

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



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A NOTE FROM THE GOOD NEWS TEAM

We are very excited to present the members of The Good News Team: Claudia Iannelli (chair), Shannon McWilliams (Good News author), Kristen Raymond (copy editor/staff spotlight), Aileen Norton (copy editor), Shaleeta Pearson (member), Kimberly Slavsky (lab of the month), Melissa Sinclair (member) and Veronica Henderson-Davis (member). Please visit our submission page where you can share questions, comments, shout outs or ideas for a future article.

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



SUPPORTING SUCCESS for us, for life.

the Good News - The PRI is Open!

Psychiatry Research Innovations (PRI), which is an initiative set up in the DOPsych to advance academic success of faculty members, is now open for business! The PRI aims to provide research-related administrative, operational, and educational support to our faculty. The precursor of the PRI was the Innovations Center (IC). The IC operated in the Division of Child and Adolescent Mental Health and was funded by its Chair, Douglas Novins, MD. The IC began in 2015 as a centralized research support system for faculty in the Division, with Merlin Ariefdjohan, PhD, MPH serving as the Director and Emmaly Perks, MA, CCRP as the Education and Training Manager. IC operations successfully resulted in the initiation of numerous regulatory approved research studies, databases, grants, presentations at professional conferences, and manuscripts. As a team, Emmaly and Merlin, along with Dr. Novins and Melissa Sinclair, CPC, MA were awarded the 2019 CU Innovations and Efficiency Award by the Office of the Controller. These successes led Dr. Epperson to invest in expanding these services to support all faculty with at least a 50% primary appointment in the Department.

The PRI is directed by Merlin and consists of four cores and an administrative service. In her role, Merlin manages and provides oversight to PRI operations, as well as vets requests and channels them to respective cores. Emmaly is the DOPsych Education Manager and leads the Research Education Core, focused on advancing proficiency in research through education and training. She develops curriculum and training programs, serves as a supervisor to staff in various training programs in the DOPsych, onboards, trains, and recruits research personnel, and directs staff professional development. She also directs the Psychiatry Undergraduate Research Program and Learning Experience (PURPLE). Claudia Iannelli, MS is the Director of the Research Operations Core and is assisted by PRA Veronica Henderson-Davis, BA. They provide direct research assistance ranging from regulatory submission, project management, working with study participants, as well as communications-related tasks such as branding, brochures, and flyer creation. Susan Mikulich, PhD is a biostatistician directing the Biostatistics Core with the assistance of Sr PRA Crystal Natvig, MPH. They perform statistical consultation covering power analyses, study design, and data analyses. Christine Garver-Apgar, PhD leads the Clinical Research Support Core, which assists clinical researchers in developing their study aims, defining outcomes and measures, and reviewing research proposals in response to RFAs and for COMIRB submissions. She also oversees the PRI Grant Program. Finally, as the Grants and Contract Specialist in the



Pictured left to right: Claudia Iannelli, Chelsea Hansen, Susan Mikulich, Merlin Ariefdjohan, Emmaly Perks, Christine Garver-Apgar (not pictured: Veronica Henderson-Davis and Crystal Natvig)

Sponsored Program Management service, Chelsea Hansen, MFA serves as a liaison between faculty and the Office of Grants and Contracts (OGC). In her role, Chelsea also assists with pre- and post-award activities, and locating funding opportunities.

The PRI's services are not intended to replace research staff in the Department, but rather, they supplement the work of others. The PRI is specifically designed to support early career researchers without a research/administrative support team as they strive for funding that would subsequently allow them to be independent. At the same time, PRI can also be mobilized to decrease the burden of existing research teams whenever situations arise. As Claudia Iannelli stated, "This model allows for short-term utilization of needed services, or you can write in the PRI in upcoming grant budgets for longer-term research and administrative support in the form of position percent effort time buyout. Regardless, the Department now has access to our team of experts, each with many years of service in their respective areas of expertise."

PRI QUICK FACTS

- ✓ **WHO do we serve?** Faculty with at least a 50% primary appointment in the DOPsych
- ✓ **WHAT is our Mission?** To advance academic success of faculty members in the DOPsych by providing research-related administrative, operational, and educational support
- ✓ **HOW can you contact us?** Please [visit our website](#) and contact Merlin at merlin.ariefdjohan@cuanschutz.edu or 303-724-4064
- ✓ **WHERE can we meet?** PRI members do consultations via Zoom, by phone, or in-person (when applicable) at your convenience



In the Spotlight!



TEAM SPOTLIGHT

VERONICA HENDERSON-DAVIS

Veronica's nominator said, "We were so excited to bring Veronica on board from the minute we read her application. Her positivity and excitement shown through and we knew she was the perfect final addition to our team!"

- ? **When did you start working for the DOPsych at Anschutz?**
✓ I started March 16th, the first day of remote working!
✓ I work in Psychiatry Research Innovations as a PRA.
- ? **Of what accomplishment are you most proud?**
The past 5 months have been one collective accomplishment for me honestly. I finally graduated with my bachelors (after five and a half years at two different schools), went on an amazing trip to Thailand, moved to Denver, and got this job. I truly have been very fortunate.
- ? **What has been your favorite part about working here?**
✓ Everyone I've met so far has been incredibly kind and welcoming. I also love how everyone has been able to stay so positive in these trying times.
- ? **If you could have an alternate job (something totally different), what would it be?**
✓ Any job that would pay me a lot of money to travel the world and stay in nice hotels, sit on nice beaches and eat good food all the time. Pretty much just be on vacation all the time. I don't think that job exists though. I'd really just like to be Samantha Brown from *Great Hotels* in the early 2000's Travel Channel!
- ? **What was your very first job?**
✓ I worked at Walgreens for a few years in high school. I was in the film development area in one of the last stores that actually developed film.
- ? **What is your favorite book or movie?**
✓ *Amelie* is my favorite movie because I find the French and the music really relaxing and the story line is really sweet and simple so it's one that I re-watch and it's pretty rare for me to re-watch movies. I'd rather watch something I haven't seen before.
- ? **What is your favorite Colorado activity?**
✓ I'm going to say my favorite is going to the Colorado Shakespeare festival in Boulder every summer.

COMIRB #19-2872
PI: Dr. Andrew M. Novick
Version 1.1
12/26/2019

FAIR STUDY SEEKING PARTICIPANTS

Dr. Andrew M Novick and his team are conducting a study on women's perceptions of visual stimuli

FAIR
study
FEMALES' AFFECTIVE IMAGE RATINGS STUDY

You may qualify for the study if:

- you are a woman
- you are between the ages of 18 to 35
- you are *not* taking hormonal birth control
- you have regular periods

The study involves:

- surveys and questionnaires
- rating of images

Compensation will be provided

*Want to learn more about the study?
Want to fill out the eligibility survey?*

Click Here!



Ahmad Adi (left), Forensic Fellow for 2020/2021 and Chris James, PGY-4 in the General Residency Program received a very competitive scholarship to attend the Medical Review Auschwitz Program 2020. Congratulations, Chris and Ahmad!

PET-OWNER MATCHING GAME ANSWER KEY

Play The Game on Page 6!

- 1.Emily Hemendinger/Harrison Ford 2.Neill Epperson/Beau 3.Stacey L'Hommedieu/Sunny and Norman 4.Rachel Hoffman/Nina 5.Helen Coons/Chloe 6.Merlin Ariefdjohan/Mori 7.Emmaly Perks/Lilah 8.Tim Oakberg/Ocho 9.Danielle Sukenik/GellyBall



Shout Outs



MINDFUL MONDAYS WITH DR. LIZ

Don't miss Mindful Mondays with Dr. Liz Chamberlain and the CU Anschutz Health and Wellness Center. You will find weekly short videos providing mindfulness exercises to support difficult feelings during our uncertain times. The playlist can be found on the Center's YouTube channel as well as social media platforms.

[CLICK HERE FOR THE PLAYLIST](#)



ECHO Colorado offers two new programs aimed at improving healthcare for transgender patients

[CLICK HERE FOR MORE](#)

The UpToDate App resource is now available through Strauss Health Sciences Library website.

[CLICK HERE FOR INSTRUCTIONS](#)

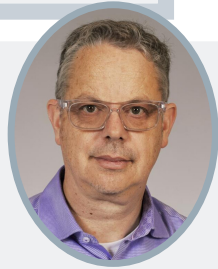
Detox and inpatient programs reopen for new CeDAR patients to provide treatment for alcohol and drug use during COVID-19 pandemic

[CLICK TO READ MORE](#)

REMEMBER

The Department of Psychiatry has chosen **DOPsych** as the universal shorthand to represent our official title. To avoid confusion with other departments with "P" names (like Pediatrics), please remember to use this shorthand if choosing not to write out our entire title!

IMPACT OF ALCOHOL CONSUMPTION FOR WOMEN



Christian Hopfer, MD, Medical Director of the Center for Dependency Addiction and Rehabilitation (CeDAR) was featured in a *Newsy* article about women and alcohol.

[CLICK HERE TO READ MORE](#)

PUBLISHED!

Reaven, J., Reyes, N., Pickard, K., Tanda, T., & Morris, M. (2019). Addressing the needs of diverse youth with ASD and anxiety in public schools: Stakeholder input on adaptations of clinic-based facing your fears. *School Mental Health*.

<https://doi.org/10.1007/s12310-019-09351-z>

Pickard, K., Blakeley-Smith, A., Boles, R., Duncan, A., Keefer, A., O'Kelley, S., & Reaven, J. (2020). Examining the sustained use of a cognitive behavioral therapy program for youth with autism spectrum disorder and co-occurring anxiety. *Research in Autism Spectrum Disorders*, 73.

<https://doi.org/10.1016/j.rasd.2020.101532>

Hood V.L., Paterson C. & Law A.J. (2020). PI3Kinase-p110 δ Overexpression Impairs Dendritic Morphogenesis and Increases Dendritic Spine Density. *Frontiers in Molecular Neuroscience*, 13:29.

<https://doi.org/10.3389/fnmol.2020.00029>

Carrico J.A., Mahoney K., Raymond K.M., McWilliams S.K., Mayes L.M., Mikulich-Gilbertson S.K., Bartels K. (2020). Predicting opioid use following discharge after cesarean delivery. *Annals of Family Medicine*, 18(2):118-126. <https://doi.org/10.1370/afm.2493>

[CLICK THE ARTICLE REFERENCES TO READ MORE!](#)

FETAL DIAGNOSIS STRESS AND HEART RATE VARIABILITY TRAINING



A fetal diagnosis can disrupt a family — and that disruption can have real downstream consequences. Psychologist Allison Dempsey, PhD, is trying to improve outcomes for babies by teaching their mothers how to breathe.

[CLICK HERE TO READ THE ARTICLE](#)

Join the dance party!

While we're all still at home due to social distancing, the Get PSYCHED Team will be asking our faculty and staff to submit videos of themselves and families/pets dancing to be compiled into a DOPsych Dance Party Video! Please [submit your 30-60 second video here](#) by Friday, May 22nd to have your clip included in the video. We'll be using the parody song [Stayin Inside](#) by Brent McCollough.



In the News



DR. JOEL STODDARD WAS INTERVIEWED BY CPR NEWS

Dr. Joel Stoddard was interviewed for an article called, "Lungs, Heart, Brain: The Health Risks Of Vaping That Doctors Know — And The Ones They Don't"

[CLICK HERE TO READ THE ARTICLE](#)

DR. RANDI LIBBON WAS INTERVIEWED BY EMERGENCY MEDICINE MINUTE

Dr. Libbon (psychiatry) did a podcast that is now available with Emergency Medical Minute about best practices for care of patients with non-epileptic seizures (NES) in the Emergency setting.

[CLICK HERE TO LISTEN](#)

DR. JAY SHORE DISCUSSED THE RESULTS OF A NEW STUDY WITH HEALIO PSYCHIATRY



Dr. Shore discussed the results of the study, published in Psychiatric Services, highlighting the efficacy of telepsychiatry-enabled perinatal integrated care for treating depression during and after pregnancy.

[CLICK HERE TO READ MORE](#)

DR. LAURA ANTHONY RECEIVED PCORI FUNDING!

The Patient-Centered Outcomes Research Institute (PCORI) awarded Dr. Anthony an implementation project, which will create and evaluate an online training for school staff to implement Unstuck and On Target, an executive function intervention, for elementary aged students with Autism Spectrum Disorder or Attention Deficit Hyperactivity Disorder.

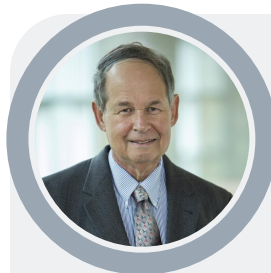
[CLICK HERE TO READ MORE ABOUT THE PROJECT](#)



OPIOID USE AFTER CESAREAN DELIVERY

The study was conducted by Dr. Karsten Bartels and colleagues in the Departments of Anesthesiology, Psychiatry, and Biostatistics & Informatics. In 203 cesarean delivery patients, the researchers found a significant association between opioid use in the 24 hours before discharge and reported opioid use in the 4 weeks after discharge. Patients who took fewer opioids prior to discharge also reported less opioid intake after discharge. However, most patients received similar, non-individualized prescriptions.

[CLICK HERE TO READ THE PRESS RELEASE](#)



CHOLINE RESEARCH CARRIED OUT BY DR. ROBERT FREEDMAN FEATURED IN RECENTLY PUBLISHED BOOK BY ROBERT KOLKER

The book follows the Galvin family of Colorado Springs, Colorado with six of 10 brothers, born between 1945 and 1960, all developing schizophrenia. The book gives voice to the stigma the family endured and how difficult the condition has been to diagnose and treat. Yet it ends in 2017, as a story of hope. Kate, one of the Galvin grandchildren, who is interested in neuroscience and schizophrenia, takes a much-coveted undergraduate internship in the University of Colorado laboratory of Robert Freedman. On her first day in the lab, Kolker notes, "she stood near where the data from choline trials on little children were studied for signs of schizophrenia — tests that could change everything for a future generation, thanks to six of her uncles."

[CLICK HERE TO READ A WRITE-UP IN THE WASHINGTON POST](#)

[CLICK HERE TO READ A WRITE-UP BY SLATE](#)



The Good News Initiative - Matching Game

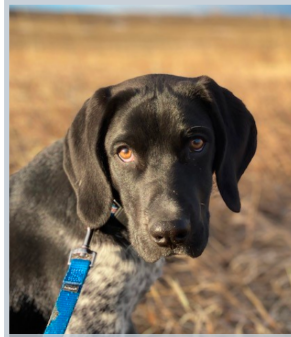
Use the photos below to match the pets with their owner. How many were you able to get right?



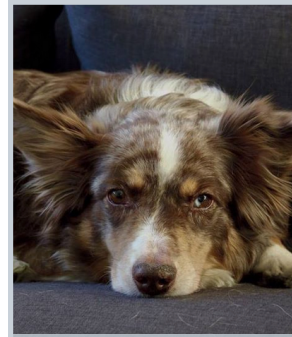
EMILY HEMENDINGER



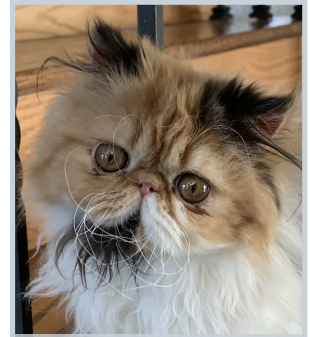
NEILL EPPERSON



OCHO



NINA



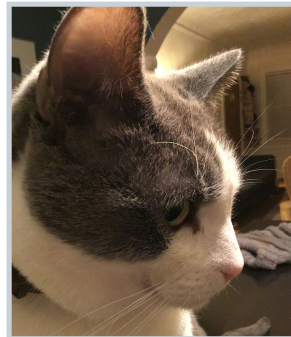
CHLOE



STACEY L'HOMMEDIU



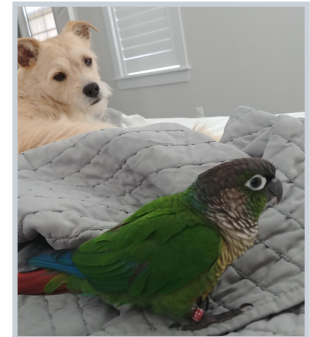
RACHEL HOFFMAN



MORI



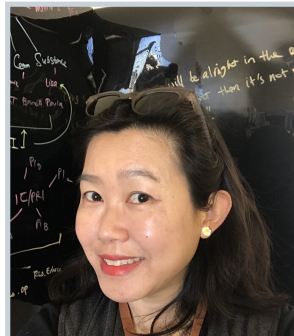
GELLYBALL



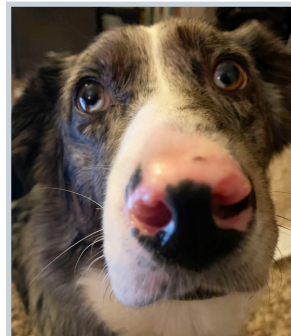
NORMAN AND SUNNY



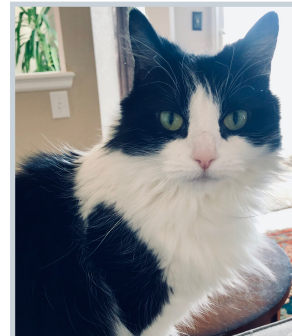
HELEN COONS



MERLIN ARIEFDJOAN



HARRISON FORD



LILAH



BEAU



EMMALY PERKS



TIM OAKBERG



DANIELLE SUKENIK

QUIET CORNER: LIGHT WITH STACEY L'HOMMEDIU



Namaste. The ancient Sanskrit word can be translated as 'the light in me sees and honors the light in you'. When we talk about 'light' in this context, it refers to the truest essence of yourself. Your light is not comprised of your title, role, or expectations. Your unique light is the purest most authentic You (with a capital Y!) which cannot be changed or altered and is perfect. It also represents our interconnectedness. Our authentic Self is never isolated but is in fact connected with everything around us. Close your eyes and sit tall in your seat with your feet flat on the floor. Take a deep breath in. Exhale through the mouth. Take 2-3 more cleansing breaths with exhales through the mouth. Transition into deep breaths in and out through the nose. Maybe visualize a bright white light filling your body in the inhale, and exiting the body on your exhale. Try to sit and focus on the breath for 10-12 rounds. Namaste.

*See answer key on page 3!



SUPPORTING SUCCESS for us, for life.