

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



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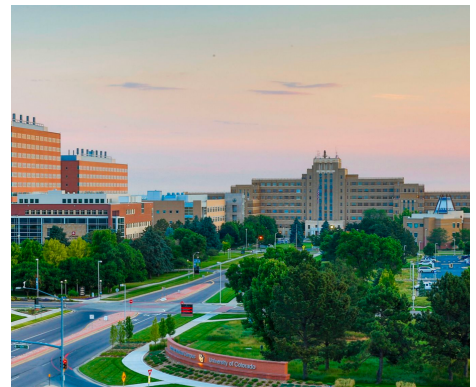
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WE HAVE A NEW SUBMISSION LINK!

Please note that moving forward, we have an updated submission portal for all outreach activity, publications, news features and Good Newsletter feature requests. In an effort to streamline the archiving process, we are consolidating various data collection systems into one platform. Please inform us anytime you engage in any of the activities outlined below by responding to the survey linked in this page!

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



SUPPORTING SUCCESS for us, for life.

the Good News

When Governor Polis executed a stay-at-home order in March, members across the DOPsych jumped into action, supporting our front-line workers, patients, University community and beyond. Below are just a few examples. We are thankful for everyone's efforts!



Under the leadership of Jay Shore, Director of Telemedicine Programming, procedures were quickly put in place to enable services via a telehealth platform so providers could continue both individual and group psychiatric services. Many individuals in our department, including Chris Hodges in the Child and Adolescent Division, Joel Green and Tamara Saunders in the Adult Clinic, and others helped to get telehealth up and going.

The **Well-Being Support Line** was one of the first outreach activities initiated in the department to support the CU Anschutz campus and our community. Beginning on March 23, over 180 faculty, staff, clinicians and students have offered to volunteer their time to answer calls on the support line. In addition, over 200 clinicians have offered to see new patients virtually, either pro bono or on a sliding scale, to meet the needs of those calling for support. If you or someone you know is needing services, please contact **720-724-2500** between 8am-8pm for support.

The department also established a new COVID-19 link on the website to deliver resources for students, faculty and staff, patients, parents and other providers. Since launching, this site has seen over 22,000 visitors.

[CLICK HERE TO VISIT THE WEBSITE](#)



Dr. Helen Coons and her colleagues offer Zoom-based team support sessions to clinical groups for all specialties and

disciplines at University Hospital, UCHealth and CU Medicine. Sessions are scheduled with units and teams on an “as needed” basis, on a regular schedule or following a critical event. These hour-long, interactive support sessions are also available throughout the week to accommodate different shifts. To date, 400+ participants have participated in over 70 sessions with Dr. Coons and her team.

[CLICK HERE FOR THE SESSION REQUEST FORM](#)



Dr. Epperson and the DOPsych have partnered with the CU-Anschutz Office of Communications to develop a blog and podcast series entitled “Mind the Brain: Mental Health in the Time of COVID-19.” Each blog post is written by a faculty member and includes a short interview with Dr. Epperson and the contributing authors. New posts and podcasts are updated weekly.

[CLICK HERE TO VISIT THE MIND THE BRAIN WEBSITE](#)



Thank you to everyone who has donated items and/or money to support organizations affiliated with our department in response to COVID-19. Many individuals donated diapers, wipes and formula to ARTS, and numerous masks have also been donated. CU Medicine was also a resource in helping us find much needed PPE. A special thanks to everyone who pitched in during this difficult time!



Congratulations, Residents & Fellows!

Congratulations to all of the DOPsych graduating residents and fellows! We know you all will do great things in your careers!



David Brown, DO
Student Mental
Health/Depression Center,
CU SOM



Tyler Hudish, MD
Outpatient Services, VAMC
Colorado Springs, CO



Chris James, MD
Forensic Psychiatry
Fellowship, CU SOM



Heather Murray, MD
Consult Liaison
Fellowship, CU SOM



Alyssa Tran, DO
Forensic Psychiatry
Fellowship, CU SOM



Aaron Montano, MD
Outpatient Psychiatry,
Axis Psychiatry,
Cortez, Colorado



Jana Bhuiyan, MD
Outpatient Services,
Aurora Mental Health,
Aurora, Colorado



Jesse Hinckley, MD, PhD
Synergy/ED/Research,
CU SOM



Allison Hoff, MD
NSC Inpatient Unit,
CHCO



Suzanne Huberty, MD
Child/Adolescent Psychiatry
Ascension Borgess Hospital,
Michigan



Anastasia Klott, MD
Inpatient Unit, CHCO



Daniel Defrancisco, MD
Outpatient Psychiatry,
RMVAC,
Aurora, Colorado



Mark Elliott, MD
Undecided



John Knox, DO
VA in Colorado Springs,
Colorado



Kelly Stinson, MD
Undecided



Helena Winston, MD
Consult Liaison Services,
Denver Health Medical
Center



Ahmad Adi, MBBS
Emergency and Outpatient
Psychiatry, CU SOM



Michelle Willis, MD
Forensic Psychiatry,
Georgia Regional Hospital



In the Spotlight!



Psyched to Climb

SUPPORT THE VIRTUAL 2020 COURAGE CLASSIC: PSYCHED TO CLIMB BICYCLE TEAM!

Consider donating to Psyched to Climb - Pediatric Mental Health Institute's team! Taking place in July, the Courage Classic Bicycle Tour is the single largest gathering of people coming together to raise money for Children's Hospital Colorado. The Psyched to Climb team will be riding to raise awareness and money for all Colorado children with mental health challenges. Contact Doug Novins with questions or to join the team.

CLICK HERE TO DONATE!

Thank You, Residents!



A huge thank you to all our residents who have stepped up and, without exception, met the challenge of change and uncertainty with dedication and professionalism. That is awe inspiring!

John "JD" Dillon, Jake Gadbaw, Carrie Keffler, Mario Perez, Sirish Veligati, and Brandon Sklar are the interns who have been on the "front lines" doing medicine during the peak of the pandemic.

Suzanne Monsivais, Alyssa Tran, Heather Murray, and Neza Bharucha all volunteered to cover the CDU2 during the pandemic.

Alyssa Tran and David Brown were instrumental in the (nearly seamless!) conversion of UCH Outpatient Clinic to telehealth services

Heather Murray was a significant contributor in getting the VA Outpatient Clinic running via telehealth.



TEAM SPOTLIGHT BRIANNE SUTTON

Brianne's nominators said, "Brianne is so warm and kind. No matter what's going on, she's always calm and greets challenges with a smile. We're so lucky to have her as a member of our DOPsych family!"

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

Since 2017, I've been a Research Associate in Jason Tregellas' and Kristina Legget's lab, where I focus on neuroimaging and data analysis. I also help new imagers learn and troubleshoot the techniques, analysis, and statistical considerations.

? **What is your professional area of interest?** Computational neuroscience/psychiatry. (If I were to explore on my own, I would apply the ideas to investigate developmental cognitive disorders and their interaction with learning challenges.)

? **Of what accomplishment are you most proud?** I was pretty glad to survive the PhD process.

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

Jason and Kristina are awesome. They have allowed me to focus on the technical side of neuroscience, continue learning, and indulge my curiosity.

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

Youth mentor - maybe I'll have some of the physicians check on me, but I love listening to middle and high schoolers process life and offering invited wisdom. The dodgeball tournaments are awesome, too...

? **What was your very first job?**

Rock chucker for the Boulder County Youth Corps. If you've hiked or biked Heil Valley Ranch, I helped build that!

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

Blessed Child by Bill Bright and Ted Dekker. The story reminds me of powerful realities that I often forget are there.



**NEED HELP FINDING GRANT OPPORTUNITIES TO SUPPORT YOUR RESEARCH?
THE PRI IS HERE TO HELP! CLICK HERE TO TAKE THE SURVEY AND GET
NOTIFICATIONS ABOUT GRANT OPPORTUNITIES IN YOUR AREA OF INTEREST!**



Shout Outs & In the News

CONGRATS DR. JESSE HINCKLEY!

The Colorado Clinical and Translational Sciences Institute (CCTSI) is pleased to announce the CCTSI Pilot Grant Awardee for the 2020 Colorado Pilot (CO-Pilot) program: Jesse Hinckley, MD, PhD, for his proposal titled "Characterization of endocannabinoid and endogenous opioid levels in adolescents with cannabis use disorder." Congrats, Jesse!



WE ARE UNSTOPPABLE

Our Chair, Dr. Neill Epperson, talked with Les Shapiro and Vic Lombardi on the sports podcast *We Are Unstoppable* about the stigma around mental health and possible impacts on mental health due to COVID-19.



[CLICK HERE TO LISTEN](#)

DRS. BRUNO AND LAURA ANTHONY WERE INTERVIEWED BY FRONT PORCH NEWSPAPER

Bruno Anthony, PhD and Laura Anthony, PhD were recently interviewed for an article in Stapleton's *Front Porch Newspaper*, sharing the importance of having open conversations about mental health with children.



[CLICK HERE TO READ THE ARTICLE](#)



Dr. Joel Stoddard's recently published paper was featured in a *PsyPost* article. It covers his research on the underlying neural mechanisms of anxiety and irritability in children.

[CLICK HERE TO READ THE ARTICLE](#)

PUBLICATIONS

Dickson, K. S., Aarons, G. A., Anthony, L. G., Kenworthy, L., Crandal, B. R., Williams, K., & Brookman-Frazee, L. (2020). Adaption and pilot implementation of an autism executive functioning intervention in children's mental health services: a mixed-methods study protocol. *Pilot and Feasibility Studies*, 6(1), 1-13. DOI: 10.1186/s40814-020-00593-2

Kenworthy, L., Freeman, A., Ratto, A., Dudley, K., Powell, K.K., Pugliese, C.E., Strang, J.F., Verbalis, A., Anthony, L.G. (2020). Preliminary Psychometrics for the Executive Function Challenge Task (EFCT): A Novel, "Hot" Flexibility and Planning Task for Youth. *Journal of the International Neuropsychological Society*. DOI:10.1017/S135561772000017X

Coyle D.T., Woodworth T., Moeny D., Staffa J., Meyer T., Woods C., Welch E., Haynes K., Toh S., Maro J. (2020). Concomitant Filled Prescriptions of Oxycodone or Oxycodone With CYP3A Inhibitors and Inducers. *Journal of Managed Care & Specialty Pharmacy*, 26(5):668-72. DOI: 10.18553/jmcp.2020.26.5.668

Gupta, R. & Ariefdjohan, M. (2020): Mental illness on Instagram: a mixed method study to characterize public content, sentiments, and trends of antidepressant use, *Journal of Mental Health*, DOI: 10.1080/09638237.2020.1755021

Strang, J.F., Knauss, M., van der Miesen, A.I.R., McGuire, J., Kenworthy, L., Caplan, R., Freeman, A.J., Sadikova, E., Zacks, Z., Pervez, N., Balleur, A., Rowlands, D.W., Sibarium, E., McCool, M.A., Ehrbar, R.D., Wyss, S.E., Wimms, H., Tobing, J., Thomas, J., Austen, J., Pine, E., Willing, L., Griffin, A.D., Janssen, A., Gomez-Lobo, A., Brandt, A., Morgan, C., Meagher, H., Gohari, D., Kirby, L., Russell, L., Powers, M., & Anthony, L.G. (In Press, 2020). A clinical program for transgender and gender-diverse autistic/neurodiverse adolescents developed through community-based participatory design. *Journal of Clinical Child and Adolescent Psychology*. DOI: 10.1080/15374416.2020.1731817

Arnold, C., Tyson, J.E., Pedroza, C., Carlo, W.A., Stevenson, D.K., Wong, R., Dempsey, A., Khan, A., Fonseca, R., Wyckoff, M., Moreira, A., Lasky, R. (2020). Cycled Phototherapy Dose-Finding Study for Extremely Low-Birth-Weight Infants: A Randomized Clinical Trial. *JAMA Pediatrics*. DOI: 10.1001/jamapediatrics.2020.1863

Lindgren, S., Wacker, D., Schieltz, K., Suess, A., Pelzel, K., Kopelman, T., Lee, J., Romani, P., O'Brien, M. (2020). A Randomized Controlled Trial of Functional Communication Training via Telehealth for Young Children with Autism Spectrum Disorder. *Journal of Autism and Developmental Disorders*. DOI: 10.1007/s10803-020-04451-1

[CLICK ON THE CITATION TO VIEW THE ARTICLE!](#)



the Good News Initiative

DOPsych Word Search

N Z M Q I B N N C S D K Q M A K N T I Y
 V K P I Q I F V B A P R C Q D Q O E E N
 F Y C S K Z X R J C S A R O M Z V O R U
 Y K V J Y U I O G B F S T E P T I O Y B
 D T B P U C L G R V J R E I S X N M M C
 T R R P C O H I U O I A Y S E E S J N T
 H I A R I N B I C Y G A N R S N A R I W
 U A I L N V T L A H G C M T W M T R I P
 R G N A P P O I N T M E N T H Y E X C V
 S E R W W E B K M N R G N F X O C N O H
 T P P E T L T V B A A Y S B A S N A T M
 O R W P U M R E P E C A D T E I P Y E Y
 N O I P J U J I V D H P E N L N P W V U
 E V H E Q T F Y G T A A H O L C Z K S Q
 Z I E R D I G L G G P V V E R L U F D A
 B D R S L O V L P N S R I I E A X Q O K
 G E U O J T R A I N I N G E O I Z I K T
 L R F N H Y X P V Z Q D I V S R A Y H J
 W F D A S R W Z N M V G V R I P A Y H E
 R K L T X J B L A I C L S V D O S L H Q

Appointment	Behavioral	Assessment	Thurstone
Psychiatry	Training	Sinclair	Provider
Research	Anthony	Macphee	Patient
Davies	Mikulich	Novins	Riggs
Epperson	Triage	Brain	Heru
Law			

QUIET CORNER WITH STACEY L'HOMMEDIEU



Extend Yourself With Kindness

Ahimsa is the Sanskrit word for non-violence. The obvious initial interpretation would be non-violence towards others, but ahimsa is also a practice of non-violence towards self. How do you talk to yourself on a daily basis? Do you give yourself as much grace and compassion as you would give your friends and family? Draw attention to your internal dialog and invite a practice of ahimsa towards yourself. Give yourself permission to be where you are without judgement or negative talk. I am reminded of a quote by Jon Kabat Zinn, "As long as you are breathing, there is more right with you than wrong. No matter what is wrong."

~Namaste

Recipe

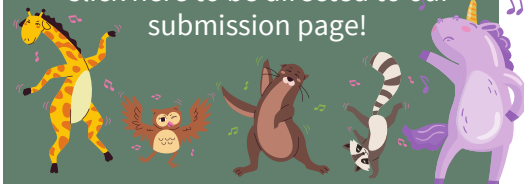
HAVE YOU BEEN PASSING THE TIME BY GARDENING DURING QUARANTINE? DO YOU HAVE A DELICIOUS SUMMER RECIPE THAT IS A HIT AT YOUR DINNER TABLE? SHARE WITH US AND BE FEATURED IN THE JUNE GOOD NEWSLETTER!!

SUBMIT A PICTURE OF YOUR GARDEN AND/OR SHARE YOUR FAVORITE SUMMER RECIPE HERE!!



Join the dance party!

Don't forget! There's still time to submit your best dance moves for Get PSYCHED Committee's music video! Need more details? Click here to be directed to our submission page!



SUPPORTING SUCCESS for us, for life.