



SHOUT OUTS AND IN THE NEWS

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WORKPLACE WELLNESS

Read about different ways to help promote good health while working from anywhere!

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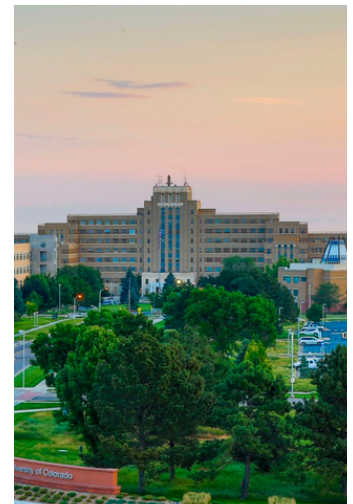
DIVERSITY, EQUITY & INCLUSION UPDATES

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A MESSAGE FROM THE GOOD NEWS TEAM

The Good News Team is back after our summer hiatus! We hope you're ready to read about all the great things our faculty and staff have accomplished over the last few months! Don't forget to inform us anytime you engage in scholarly or media activities by responding to the survey linked in this box. Members of the Good News Team include Claudia Iannelli (chair), Kristen Raymond (editor), Shannon McWilliams (Good News author), Aileen Norton (editor), Veronica Henderson-Davis (contributor), Kimberly Slavsky (contributor), Shaleeta Pearson (contributor), Melissa Sinclair (contributor) and Merlin Ariefdjohan (contributor).

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



Workplace Wellness

This year has been a difficult one and it is now more important than ever to take care of ourselves holistically whether you are working at home or back on campus.

HOW IS YOUR WORKSPACE IMPACTING YOUR HEALTH?

Read this article published in *Women's Running* for tips on making your desk a place that positively contributes to your health.

- Get aligned with a DIY ergo desk.
- Lose your chair for part of the day.
- Stash healthy snacks.

[Click here for the article](#)

DRINK MORE WATER!

Download the *Plant Nanny* app for a fun way to drink more water!



[Click here to get the app](#)

WANT TO FEEL BETTER? BE KIND.

Do Good - Feel Good

"Prosocial behavior — altruism, cooperation, trust and compassion — are all necessary ingredients of a harmonious and well-functioning society."

-Bryant P.H. Hui, featured in the [studyfinds.org](#) article (see links below)

- [Study Finds: Random Acts Article](#)
- [Random Acts of Kindness Ideas](#)
- [WSJ: Being Kinds Helps You, Too!](#)
- [Forbes: How Being Kind Makes You a Better Leader](#)



PROMOTING MENTAL HEALTH AND RESILIENCE THROUGH COVID-19

by Alex Yannacone, MA
Director of Education and Community Programs, Helen and Arthur E. Johnson Depression Center

How to Help Yourself:

- Limit exposure to information/media
- Breathing/grounding exercises
- Focus on what we CAN control
- Do things you are good at to support others > donate, cook, get creative

How to Help Others:

- Treat others with kindness and respect (we are in this together!)
- Recognize impact of isolation/loneliness
- Encourage online trainings/education opportunities

OFFICE EXERCISES

Exercises taken from "A Workout at Work?" published in the *Washington Post*.



| | NOT TOO | | VERY |
|---------------------|---------|---|------|
| Difficult? | 1 | 2 | 3 |
| Sweaty? | 1 | 2 | 3 |
| Humiliating? | 1 | 2 | 3 |

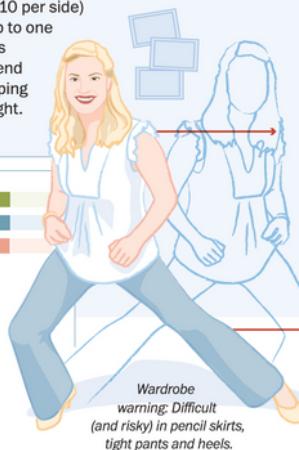
SIDE LUNGE (10 per side)

Take a big step to one side. Point toes forward and bend one knee, keeping other leg straight. Push back up.

| | |
|--|---|
| | 2 |
| | 2 |
| | 2 |

Pro: Doesn't attract much attention.

Con: Can be hard on knees.



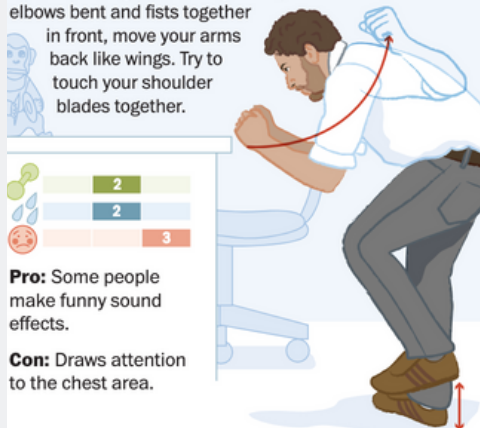
THE HULK (20 reps)

Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.

| | |
|--|---|
| | 2 |
| | 2 |
| | 3 |

Pro: Some people make funny sound effects.

Con: Draws attention to the chest area.

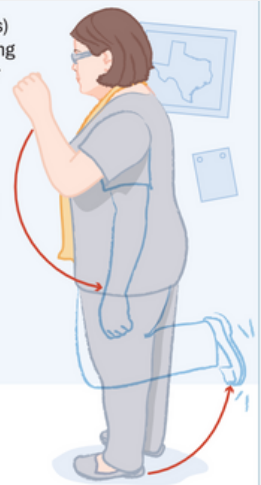


HAMSTRING CURL (20 reps)
Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.

| | |
|--|---|
| | 1 |
| | 1 |
| | 2 |

Pro: Not terribly noticeable.

Con: Requires caution to avoid kicking things behind you.



[CLICK HERE TO READ THE FULL ARTICLE!](#)



If you find that you are in need of immediate help, please do not hesitate to call.

800-273-TALK (8255)



Diversity. Equity. Inclusion.



The DEI Committee has been diligently working to update our departmental core value mission and vision statements as well as to create a website with information and educational materials. Below are excerpts of these updated documents, but we encourage you to visit the [DEI website](#) to read them in their entirety. You will continue to see regular updates from the DEI committee in the Good Newsletter!

UPDATED MISSION

"The CU Department of Psychiatry sets the standard for Education and Training of leaders in psychiatry and mental health care, conducts ground-breaking Research that aims to eradicate suffering due to psychiatric and substance use disorders, provides ready access to state-of-the-art mental health preventions and interventions across the continuum of care, and collaborates with the community and other key stakeholders to promote well-being among all Coloradans.

We accomplish this vision in a manner that respects, values and advocates for the dignity and worth of each individual and family."

[CLICK HERE TO READ THE FULL MISSION STATEMENT](#)

"WHAT PRONOUNS DO YOU USE?"

Most people don't even think about the pronouns by which they want to be referred – and certainly almost automatically assign pronouns to others based on that individual's outward appearance or assumption of their gender. For the vast majority of people, pronouns just don't seem that important. For transgender and gender diverse individuals, however, pronouns are vitally important in affirming their own gender identity. You may have noticed that many people within the department (and the University) list their pronouns in their e-mail signature or have buttons on their lanyards stating the pronouns they use. These simple acts speak volumes to our transgender and gender diverse colleagues and patients, demonstrating inclusion and acceptance. Consider adding your pronouns to your e-mail signature to show your commitment to inclusion. Also, when meeting someone for the first time, don't assume which pronouns they use (or that they know which pronouns you use). Introduce yourself with your name and then simply state, "I use she/her/hers (or he/him/his, they/them/theirs, etc.)", which pronouns do you use?" You'll show that you care and respect that individual's identity and sense of self.

UPDATED VISION

"We provide a safe, equitable and inclusive environment for trainees, faculty, staff, and patients. We bridge the gaps of race, ethnicity, sexual orientation, age, gender, gender identity, ability status, religion, political beliefs, socioeconomic status and any other factors related to systemic oppression by trusting and honoring each other and our differences. Our Department promotes unbiased recruitment of qualified individuals from diverse backgrounds in all mission areas. We focus on retention, career advancement and promotion through empowering individuals and creating an environment that facilitates continuous growth and success."

[CLICK HERE TO READ THE FULL VISION STATEMENT](#)

CU ON THE AIR PODCAST

CU on the Air talks to CU President Mark Kennedy and CU Chief Diversity Officer Theodosia Cook about what is in the works, what is being planned and what still needs to be undertaken to end racism and to further diversity, equity and inclusion on CU's four campuses and in the larger community.

[CLICK HERE TO LISTEN](#)



Shout Outs & News



THE WELLBEING SUPPORT LINE NEEDS HELP!



The Department of Psychiatry is in need of volunteers to staff the Well Being Support Line. As the pandemic progresses, we continue our work to serve the people that are affected by the COVID-19 pandemic. This support line can be accessed by health care providers or workers throughout Colorado. The goal is to provide a supportive listener, tips for well-being, and directions to specific types of helpful resources.

If you would like to volunteer, please respond using the link attached to this box. We appreciate your consideration and look forward to the Department of Psychiatry continuing to improve the health and well-being of our campus and state!

CLICK HERE TO ACCESS THE VOLUNTEER LINK

Congratulations, Dr. Ellingson!

Dr. Jarrod Ellingson and colleagues recently published an article in the journal *Addiction* showing that moderate cannabis use has adverse effects on cognitive functioning. “More work needs to be done to determine how cannabis use is related to cognitive functioning and we hope that our study can help inform future study designs,” Dr. Ellingson said. The study sample consisted of 1,192 adolescents and 596 families. Dr. Ellingson compared siblings in these families to ascertain that differential levels of cannabis use were related to poorer cognitive functioning, especially verbal memory. The sibling comparison study design was important because it helped to account for other important risk factors like socioeconomic status, peer group and parental influence. According to Dr. Ellingson, “Due to changes in the legality of recreational and medical cannabis and widespread access in many states, valid empirical data must be available to inform policy and public health decisions, including how cannabis use may affect the developing brain.”

CLICK HERE TO READ THE ARTICLE

LOOKING FOR THE DOPSYCH'S RECENT PUBLICATIONS? CHECK THE LAST PAGE OF THE GOOD NEWSLETTER!



TEAM SPOTLIGHT: TIM OAKBERG

Tim's nominator said:

Tim is actively involved in the Staff Council, doing work to benefit so many others not in the department as well.

When did you start working for the DOPsych at CU and what is your role in the department?

March of 2019. I'm the Assistant Director of Finance and Administration.

What do you like best about working here?

I love that I'm helping in some small way to promote mental health.

What is your professional area of interest?

Financial planning and analysis.

If you could have a conversation (and a cocktail or two) with anyone either deceased or living who would it be and why?

Aristotle. He lectured on pretty much everything ... I think his mind would be blown by how the world has turned out (so far).

What's your favorite book or movie and why?
Norman Maclean's *Young Men and Fire*. It's a masterpiece of non-fiction storytelling.

Who would play you in a movie made about your life?
Paul Giamatti.

What was your very first job?

I was a security guard at the Museum of the Rockies in Bozeman, MT.

Favorite quote?

“Probability is the very guide of life.” -Bishop Butler



Shout Outs & News



Jessica Hawks was featured in a report broadcasted on southern Colorado's *Channel 13 News*.

CLICK HERE TO WATCH THE REPORT

With the direction of Arletta Swain-Cockrell, Children's Hospital of Colorado has expanded their hair care options to include Cantu products in order to better serve patients with textured hair.



Mathew Mishkind was featured in an episode of Mile High Living on on *Denver's Channel 7 News*.



CLICK HERE TO WATCH THE EPISODE

Thida Thant was quoted in an article that was published in two local Colorado news sites. The article focused on COVID-19 & the opioid epidemic.

CLICK HERE TO READ THE ARTICLE

Paula Riggs was featured in an article in *Rivertowns: Enterprise* that focused on the funding she has received to advance disorder awareness.

CLICK HERE TO READ THE ARTICLE

Michelle Clementi was interviewed for an article in *Neurology Advisor* about pediatric migraines and sleep disorders.

CLICK HERE FOR THE ARTICLE



Jay Shore has been very busy this summer! Here's a list of what he's been up to.

CLICK THE ICON NEXT TO EACH TITLE TO READ THE FULL ARTICLE.



Behavioral Healthcare Now and Post COVID-19

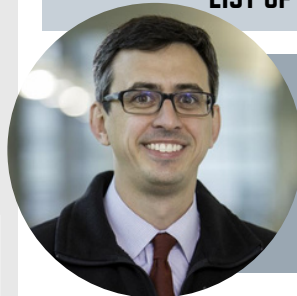
Online Therapy, Booming During the Coronavirus Pandemic, May Be Here to Stay



How to Find Affordable Mental Teletherapy Now Consumer Report article

Congratulations to all of our DOPsych faculty who made it on *5280 Magazine's* list of top docs for 2020!

CLICK THE LINK TO SEE THE FULL LIST OF AWARDEES!



Scott Simpson was featured in an article for the *Colorado Sun* about the opioid crisis.

CLICK HERE TO READ THE ARTICLE

Christian Hopfer was interviewed by *ABC-25* of Central Texas about addiction recovery.

CLICK HERE FOR THE ARTICLE

Bob Davies was asked to join a small group of community LGBTQ advocates to meet with Governor Polis for a listening session.

Helen L. Coons, Winnifred Hunter, Steven Berkowitz, Rachel Davis, Brian Rothberg & Neill Epperson have created a list of well-being resources to support health care workers during COVID-19 pandemic.

CLICK HERE TO ACCESS THE RESOURCE PAGE

Let's get PSYCHED, DOPsych Family! As you may have noticed, you have started to receive an email from the Get PSYCHED Committee every Tuesday morning including some fun challenges, games and inspiration.

These emails will have monthly themes and are intended to bring our department together while we're physically apart. Don't forget to check it out for ways to win prizes and learn fun facts about your colleagues!



PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE



PRI GRANT PROGRAM 2020/2021 AWARDEES SELECTED

The PRI received 22 applications from members of the Psychiatry Department, and we were inspired by the quality, breadth, and creativity of our faculty's clinical work and research efforts. Thank you to everyone who applied. In addition to funding two projects at the full amount of \$25,000 (one in each track), the PRI was able to partially fund two "runner up" projects with high merit due to a private donation made to the department to support research efforts. We are pleased to announce the following recipients of the 2020/2021 PRI Grant Program:

Research Track:

- Jason Tregellas (Co-PI), Sharon Hunter (Co-PI) and Kristina Legget (Co-I) \$25,000. Effects of maternal COVID-19 infection on offspring hippocampal activity
- Jesse Hinckley (PI) \$10,000. Longitudinal study of cannabis use and abstinence on circulating endocannabinoids in adolescents

Clinical Track:

- Allison Dempsey (PI) and Jack Dempsey (Co-I) \$25,000. Initial Validity and Feasibility of a Virtual Assessment Approach for Describing Neurodevelopmental Outcomes among Children Born with Medical Complications
- Jarrod Ellingson (Co-PI) and Alexis Ritvo (Co-PI) \$10,000. Establishing a Workflow to Support Collaborative Research in an Outpatient Psychiatry Clinic

Congratulations to the PRI Grant Program awardees!

NEED PARTICIPANTS FOR YOUR STUDY?

Looking for additional ways to reach potential participants for your studies? PRI has begun sharing research study advertisements to the entire department via email. If you would like to submit a research study advertisement to be distributed, please use the submission portal and select "Subject recruitment" on the main page.

You will be prompted to submit:

- COMIRB-approved ad
- Where interested participants can get additional information (either contact phone/email or website)
- If the study is targeting certain racial/ethnic groups or gender, it must include a disclaimer (include a brief explanation and give PI contact information in case people have questions or concerns)

CLICK HERE TO SUBMIT

PRI Office Hours!

HOSTED VIA ZOOM ON MONDAYS & THURSDAYS AT NOON!

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--------------------|---------|-----------|--------------------|--------|
| 1 | Branding | | | Regulatory | |
| 2 | Research Admin | | | Grants & Contracts | |
| 3 | REDCap | | | Regulatory | |
| 4 | Grants & Contracts | | | REDCap | |
| 5 | / | | | / | |

PRI is pleased to announce that we now offer monthly office hours on topics widely requested for consult. Please see the calendar for topics and schedule. Do not hesitate to reach out to PRI Director Merlin Ariefdjohan at merlin.ariefdjohan@cuanschutz.edu if you have questions or suggestions for additional office hour offerings.

CLICK HERE TO SAVE THE ZOOM LINK!



Fun & Games

SOCIAL WELL-BEING

Let's face it, it's hard to stay socially connected when we're still mostly apart. But that doesn't mean we can't schedule fun with those we love, even if we're remote! Here are some of our favorite sites to share love or have some fun, whether near or far! Click the links below to be taken to each site!

REMOTE
PICTIONARY

CARD
GAMES

WATCH
MOVIES
TOGETHER

FUNNY
GREETING
CARDS



QUIET CORNER

WITH STACEY L'HOMMEDIU



'Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom'.

- Viktor Frankl

These moments within the space Frankl talks about can feel instantaneous. As we are faced with a stimulus, often we let our immediate reactions take control. It starts with an understanding that we have a choice within the space of stimulus and response. Pausing with a few deep breaths before we respond can create the opportunity to make a decision instead of react. Do we choose peace, or do we choose chaos? The power of control over response can open up the door to our own freedom.

Breath Technique:

Close your eyes and sit tall in your seat with palms face down on your thighs. Notice the way your natural breath is moving in and out of the body. Now slow down the breath on a count of 4, 5 or 6 and allow the length of the inhale to match the length of the exhale. Sit with your focus solely on the breath for 10 cycles. Open your eyes and notice any shifts.



THANKFULNESS

Last year, the Good News team placed boxes around our CU campus and asked the DOPsych family to write notes about what they were thankful for. Although many of us remain remote, we still want to hear what you're thankful for! Please use the [Submission Link](#) to submit thoughts about what you're most thankful for this year.

CLICK HERE TO
ACCESS THE LINK



SUPPORTING SUCCESS for us, for life.

Appendix

DOPsych faculty have been busy this summer! Here is a list of publications that have been published. Click the citation to see the full article.

Batt, M. M., Duffy, K. A., Novick, A. M., Metcalf, C. A., & Epperson, C. N. (2020b). Is Postpartum Depression Different From Depression Occurring Outside of the Perinatal Period? A Review of the Evidence. *FOCUS*, 18(2), 106–119. <https://doi.org/10.1176/appi.focus.20190045>

Bidwell, L. C., Ellingson, J. M., Karoly, H. C., YorkWilliams, S. L., Hitchcock, L. N., Tracy, B. L., Klawitter, J., Sempio, C., Bryan, A. D., & Hutchison, K. E. (2020). Association of Naturalistic Administration of Cannabis Flower and Concentrates With Intoxication and Impairment. *JAMA Psychiatry*, 77(8), 787. <https://doi.org/10.1001/jamapsychiatry.2020.0927>

Clementi, M. A., & Alfano, C. A. (2020). An integrated sleep and anxiety intervention for anxious children: A pilot randomized controlled trial. *Clinical Child Psychology and Psychiatry*, 135910452093393. <https://doi.org/10.1177/1359104520933936>

Dempsey, A. G., & Saxton, S. N. (2020). Editorial: Mental Health in Pregnancy and Child Development: Implications for Mental Health Service Delivery. *Journal of the American Academy of Child & Adolescent Psychiatry*. <https://doi.org/10.1016/j.jaac.2020.07.002>

Fidler, D.J., Daunhauer, L., Will, E., Patel, L., & Schworer, E. (in press). Executive function in Down syndrome: Links to adaptation and treatment implications. In J. Burack & J. Edgin (Eds.), *The Oxford Handbook of Down Syndrome and Development*.

Hinckley, J. D., Saba, L., Raymond, K., Bartels, K., Klawitter, J., Christians, U., & Hopfer, C. (2020). An Approach to Biomarker Discovery of Cannabis Use Utilizing Proteomic, Metabolomic, and Lipidomic Analyses. *Cannabis and Cannabinoid Research*. <https://doi.org/10.1089/can.2020.0002>

Katz, T., & Patel, L. (2020). Potty Time for Kids with Down Syndrome: Lose the Diapers, Not Your Patience. *Woodbine House*. <https://www.woodbinehouse.com/product/potty-time-for-kids-with-down-syndrome-lose-the-diapers-not-your-mind/>

Mauvais-Jarvis, F., Bairey Merz, N., Barnes, P. J., Brinton, R. D., Carrero, J.-J., DeMeo, D. L., De Vries, G. J., Epperson, C. N., Govindan, R., Klein, S. L., Lonardo, A., Maki, P. M., McCullough, L. D., Regitz-Zagrosek, V., Regensteiner, J. G., Rubin, J. B., Sandberg, K., & Suzuki, A. (2020). Sex and gender: modifiers of health, disease, and medicine. *The Lancet*, 396(10250), 565–582. [https://doi.org/10.1016/s0140-6736\(20\)31561-0](https://doi.org/10.1016/s0140-6736(20)31561-0)

Morris, C. D., & Garver-Apgar, C. E. (2020). Nicotine and Opioids: a Call for Co-treatment as the Standard of Care. *The Journal of Behavioral Health Services & Research*. <https://doi.org/10.1007/s11414-020-09712-6>

Novins, D. K., Althoff, R. R., Billingsley, M. K., Cortese, S., Drury, S. S., Frazier, J. A., Henderson, S. W., McCauley, E., & White, T. J. H. (2020). JAACAP's Role in Advancing the Science of Pediatric Mental Health and Promoting the Care of Youth and Families During the COVID-19 Pandemic. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(6), 686–688. <https://doi.org/10.1016/j.jaac.2020.05.001>

Patel, L., Wolter-Warmerdam, K., & Hickey, F. (2020). Patterns of Behavior and Medical Comorbidities in Down syndrome. *Journal of Mental Health Research in Intellectual Disabilities*, 13(3), 267–280. <https://doi.org/10.1080/19315864.2020.1790064>

Pugliese, C.E, Wallace, G. L., Anthony, L.G., Kenworthy, L. (2020). Understanding Executive Function Challenges in Autism Spectrum Disorders. In S.W. White, B.B. Maddox, and C. A. Mazefsky (Eds). *The Oxford Handbook of Autism and Co-Occurring Psychiatric Conditions*. New York, NY: Oxford University Press. DOI: 10.1093/oxfordhb/9780190910761.013.16

Thant, T., & Nussbaum, A. (2020). What You Need to Know About Cannabis: An Evidence-Based Crash Course for Mental Health Trainees. *MedEdPORTAL*, 16(1). https://doi.org/10.15766/mep_2374-8265.10923

