



# Psych News

Department of Psychiatry

Volume 2, Issue 3, August 2017

## Chairman's Corner



Ole Thienhaus, MD

There is never a dull moment in this business. As we have watched attempts to repeal the Affordable Care Act unfold and, for now, fail, in Washington, we are trying to stay as much as we can ahead of the curve right here at home in

Tucson. The new academic year started with an addition to the

leadership of the Banner University Group as Dr. Scott Goodwin joins as the new CEO. Our own Kathleen Dostalick, JD, MBA, assumes responsibilities as the new Director of the emerging integrated service line "Behavioral Health" that will eventually be doing business as our long-awaited Center for Emotional Health. New faculty are joining us, including Drs. Brian Smith and Brittany Pace, Dr. Michael Colon from Boston University, Dr. Eric Hansen, Dr. Saira Kalia and Dr. Gustavo Perez. Welcome to all! We are on the cusp of moving our adult outpatient operations onto the third floor of the Banner - UMC South Campus, and the Child and Adolescent Psychiatry Clinic into the first floor. New space is planned at the 535 North Wilmot Road location to accommodate an expanding EPICenter. When the new North Campus Multispecialty Clinic on the Campus Center Campus opens in 2018, we will have office space there as well, reflecting the

growing emphasis on integrated care delivery. New specialty clinics are thriving, such as the Behavioral Sleep Medicine Clinic, or about to launch, such as the Women's Mental Health Service, the neurotherapeutics clinic, and a clinic specializing in psychosomatic conditions of the digestive tract. Our residency training program went through a smooth switch in leadership, thanks to Dr. Jason Curry's calm and competent guidance, and, welcome back, Saira! Dr. Saira Kalia will assume the duties of Associate Program Director. Stay tuned for more news. There is the opening of our Forensic Psychiatry Fellowship Training Program with Dr. Melissa Spanggaard at the helm, and the forthcoming National Conference on the Neuroscience of Change: Applications to Psychotherapy, co-sponsored by our department and the Department of Psychology. The conference is organized by our own, amazing Richard Lane with Lynn Nadel from the Department of Psychology. And wait for news from Dr. Karen Weihs' new research project, funded by intramural support from the Cancer Center, that came on line this month. All I can say is that I am time and again amazed by the creativity, spiritedness and sheer energy of the people who make up our Department of Psychiatry! I am humbled and honored to lead this group.

## 2017-2018 Psychiatry Grand Rounds Lecture Series

Currently, the Psychiatry Grand Rounds Planning Committee members are assiduously preparing the Grand Rounds schedule for the 2017-2018 cycle. The activity director submitted the CME application, and the UA CME Office will review the application within the next couple of weeks. The Planning Committee anticipates approvals in late August. The 2017-2018 Psychiatry Grand Rounds Lecture Series will commence on September 6, 2017, so mark your calendars! If you have any questions, comments, or concerns, please do not hesitate in contacting Manuel “Manny” Acuna via email at [macuna@psychiatry.arizona.edu](mailto:macuna@psychiatry.arizona.edu) or via phone at 520-626-3626.



## Child and Adolescent Psychiatry



The Child and Adolescent Psychiatry Fellowship would like to welcome their new first-year fellows, Kingwai Lui, DO and Justyna Wadolowski, DO. Dr. Lui comes to us from the general psychiatry residency program at Kaweah Delta Health Care District in California. Dr. Wadolowski comes to us from the general psychiatry residency program at the University of Texas Health Science Center at San Antonio. We have also begun recruitment for the 2018-2020 CAP fellowship class and have already begun to schedule interviews.

**Kathy W. Smith, MD** The Child and Adolescent Outpatient Psychiatry Clinic, aka the Whole Child Clinic, is also expanding services to include the following: Anxiety Clinic and Psychological Testing (Dr. Joanna Katsanis), Functional Behavioral Analysis (Dr. Andrew Gardner, who is also working on a Function of Behavior Medical Screening Tool to pilot in our clinic), Preschool Clinic (Dr. Gary Hellmann), and Integrative Psychiatry Clinic (Dr. Noshene Ranjbar). Our webpage link is: <http://psychiatry.arizona.edu/patient-care/child-adolescent-psychiatry-clinic>

## Psychiatry Residency Program

*Goldfish Telegram.* Our former Program Director, Julie Demetree, MD, left. Best to her. We are lucky to have new Associate Director, Saira Kalia. Welcome! Twelve new interns joined in July. Great. Now 45 residents. Application review season will begin soon. Likely to see candidates starting in October. Days for interviews may change; stay tuned. New supervision model in outpatient clinic; process continues to evolve; main aims patient outcomes & experience and elevating trainees. Please be aware: PRITE exam October 4.

Thank you!  
Adult Psychiatry Residency

## Medical Student Education



Barry Morenz, MD

Our first clerkship of the 2017-2018 year ended on Friday, August 11, 2017. Dr. Brittany Pace and Dr. Brian Smith have joined our faculty and we are pleased they are eager to teach medical students. Dr. Beth Bernstein is organizing a 4<sup>th</sup> year Outpatient Psychiatry elective that is very popular with our senior students. Lastly, Drs. Kathy Smith and Barry Morenz are arranging a Faculty Retreat about teaching medical students that will be held on October 6, from 12-5pm in Rm 3117 of the College of Medicine. More information regarding the Retreat will follow soon.

## Forensic Psychiatry Fellowship



Melissa Spanggaard, DO

Currently, the Forensic Psychiatry Fellowship Program is continuing to finalize the program content for the start of the fellowship, and currently interviewing for the 2018 class.

## Doctoral Clinical Psychology Internship Program



**Marisa Menchola, PhD** She is currently on our Serious Mental Illness track.

*Sydney Iverson, MS*, is a clinical psychology doctoral student who comes to us from Washington State University. She is currently on our Child track.

The University of Arizona Doctoral Psychology Internship Program is happy to announce our four new interns for the 2017-2018 year!

*Brynna Farbod, MA*, is a clinical psychology doctoral student who comes to us from Midwestern University in Glendale Arizona.

*Ezra Smith, MA*, is a clinical psychology doctoral student who comes to us from the University of Arizona. He is currently on our Serious Mental Illness track.

And finally, *Tamara Welikson, MA*, is a clinical psychology doctoral student who comes to us from Alliant International University in California. She is also currently on our Serious Mental Illness track.

We are very excited to have all four of these new interns on board and are looking forward to a great year!

## Research



Scott Killgore, PhD

The SCAN Lab has had a busy summer. This past quarter, we have continued to run 4 active DoD funded studies, including a project aimed at correlating structural axonal changes due to mild traumatic brain injury (mTBI) with neuropsychological outcomes, another study examining the effects of daily light therapy on recovery from mTBI, another study to develop an online training program for enhancing Emotional Intelligence capacities, and a fourth study examining the effects of daily light therapy on recovery from post-traumatic stress disorder (PTSD).

The SCAN Lab has published 11 articles in peer-reviewed journals and published 34 conference abstracts, and submitted 13 additional abstracts in August for an upcoming conference. In addition, we have received word of another grant award for \$1.2 Million from DoD to develop a statistical model to predict stress responses in combat medics from personality and emotional state variables. This project is expected to start within the next month.

Our team has also continued to grow, with the addition of two new postdoctoral fellows, including Adam Raikes, PhD, a specialist in sports psychology and physical training and Briemann Satterfield, PhD, a specialist in sleep research and genetics. Dr. Raikes joins us from Utah State University and is working primarily on the traumatic brain injury projects and coordinating with the UA Athletics Department for potential collaborative work to improve performance and recovery of student athletes. Dr. Satterfield joins us from Washington State University and is leading the combat medic stress grant that was just awarded and contributes to ensuring high quality data collection for the sleep aspects of all of our studies. These fellows join our larger team of postdoctoral researchers, including Anna Alkozei, PhD, Ryan Smith, PhD, Sahil Bajaj, PhD, and Natalie Dailey, PhD, CCC-SLP, bringing our total staff of postdoctoral research associates to six PhD-level researchers. Additionally, we have had three new research technicians join the team this quarter, including Meltem Ozcan, Michael Lazar, and Jeff Skalamera. They join the other 15 established research technicians in the lab. Over this past summer, we also had four volunteers through the NIH Student Research Program, including two high school student volunteers, Veronica McCormick and Kyra Washington-Bates, and two undergraduate volunteers, Caroline Leidy and Paola Rocha.

Over the past quarter, the SCAN Lab has submitted 12 grant applications. Dr. Alkozei and Dr. Bajaj each submitted grant applications for NARSAD Young Investigator Awards. Additionally, Dr. Alkozei, Dr. Bajaj, and Dr. Killgore each submitted full grant proposals for Discovery Awards through the DoD. Dr. Killgore also submitted 3 pre-applications for DoD Clinical Trial Awards, and is a Co-PI on two pre-applications for Investigator Initiated DoD Awards with Dr. Grandner and Dr. Parthasarathy. Also, Dr. Killgore submitted a grant proposal to the CDMRP Precision Medicine program and a pre-proposal to the Military Operational Medicine Research Program Broad Agency Announcement. Over the past three months, our team has also attended a number of scientific conferences and training events. Dr. Bajaj attended a week-long workshop on Diffusion Weighted Imaging techniques and presented several research posters at the OHBM conference in Vancouver, CA, in May, while Dr. Smith similarly presented research at the Society of Biological Psychiatry meeting in San Diego, CA in May. Dr. Killgore and John Vanuk, a graduate student in the SCAN Lab, presented numerous research papers and abstracts at the SLEEP conference in Boston, MA, in June. Dr. Killgore gave three oral platform presentations at the conference. Dr. Dailey attended a week-long workshop on functional MRI in Philadelphia, PA.

## Congratulations to Dr. Noshene Ranjbar

Please congratulate Dr. Noshene Ranjbar on recently being board certified in Integrative Medicine!



## July's "Top Doctors" Issue of *Tucson Lifestyle Magazine*



Beth Bernstein, MD

Dr. Beth Bernstein was profiled in July's "Top Doctors" issue of *Tucson Lifestyle* magazine.

Congratulations!

Check out other "Top Doctors" at:

<http://www.bluetoad.com/publication/?i=417628&ver=html5&p=52>

## Kathleen Dostalick, JD, MBA Promoted to Behavioral Health Administrator



Kathleen Dostalick, JD, MBA

In late July 2017, an email on behalf of the Sarah Frost, Chief Operating Officer, BUMCTS and Scott Hofferber, Chief Operating Officer, BUMG, announced the promotion of Kathleen Dostalick, JD, MBA to Behavioral Health Administrator for the Academic Division.

*Congratulations, Kathleen!*



## Clinic's Corner

### *The Whole Health Clinic – By Lori Pierson, MC, NCC*



Lori Pierson MC, NCC

The Whole Health Clinic continues to grow not only in membership, but also in staffing and program development. We now have over 450 members enrolled in services at the clinic. We completed 53 new member intakes in the month of June alone! We are so excited with the groups that several new staff members have brought to the clinic including an interactive journaling group, a grief and loss group as well as a mediation group being run by one of our independently licensed therapist. Two new hires filled the new Urgent Enrollment Specialist positions this past month. Both staff members will be co-located at the Crisis Response Center and will be conducting intakes with members not currently enrolled in the community for ongoing outpatient services which will fill a gap previously identified in the system. These members will be wrapped around and integrated into the Whole Health Clinic before even discharging the facility.

The Whole Health Clinic is now receiving ACO measure data back from Banner and we are doing great! Our primary care doctors and nursing staff engage our members in prevention discussions on topics such as pneumococcal vaccination, chronic conditions such as hypertension and conducting tobacco assessments and cessation conversations. We are also receiving data from Cenpatico regarding HEDIS measures and we are pleased with these results - 100% of our members have access to preventative care! Our satisfaction survey results from this past quarter were also exceptional! We received the highest scores in response to the statements “agency is safe, clean, comfortable, and inviting” and “I was treated in a friendly and welcoming manner.” Our scores represent the high quality services provided at the clinic and are a direct reflection of the hard work and dedication committed by every single staff person working at the Whole Health Clinic.

### *Psychiatry Clinic BUMCT, BUMCS and Child and Adolescent Clinic – By Leslie Armenta*



Leslie Armenta

Construction on the 3<sup>rd</sup> floor of the BHP is moving along. The scheduled move date is October 16, 2017. Stay tuned for more information!

### *Banner – University Medicine Integrative Psychiatry Clinic*



Noshene Ranjbar, MD

The Banner-University Medical Center Integrative Psychiatry Clinic is open and accepting new patients! The clinic providers currently include five PGY-3 residents (Leslie Hernandez, Heidi Stapley, Rajan Grewal, Sadia Ghani, and Matt Erisman), one PGY-4 resident (Justin Otis), two child and adolescent psychiatry fellows (Julia Chung and Karnika Patel), all of whom are part of the new Integrative Psychiatry Track: <http://psychiatry.arizona.edu/academic-programs/ua-psychiatry-residency/training-opportunities%2520#PsychIntegr>  
Noshene Ranjbar, MD serves as supervising attending and clinic director. Patients can be referred for one-time consultation and/or ongoing care.

See link below for additional information: <http://psychiatry.arizona.edu/patient-care/banner-university-medicine-integrative-psychiatry-clinic>

#### RESEARCH RESOURCES:

Our Dropbox folder for Faculty-Resident Research Collaboration Resources contains a listing of faculty research interest areas as well as articles and resources for starting a new project, grant writing, writing papers. Faculty, please send us information about your area(s) of interest to add to the document if you are not already listed. All are welcome to contribute additional resource materials. Send your edits and additions to Noshene Ranjbar at [noshene@psychiatry.arizona.edu](mailto:noshene@psychiatry.arizona.edu) or Pam Mirsky at [pmirsky@psychiatry.arizona.edu](mailto:pmirsky@psychiatry.arizona.edu). The Dropbox link can be found at:

<https://www.dropbox.com/s/91c7g0927cld3ck/Faculty%20Research%20Interest%20List.docx?dl=0>

#### *New Banner Health Patient-Clinician Partnership Model*

As many of you may already know, Banner has implemented the Banner Health Patient-Clinical Partnership Model. If you have not had the opportunity to check out the video that illustrates the elements in action: Check it out here: <https://www.youtube.com/watch?v=TdqXxxO4-F8>

#### *Voice Survey and the Importance of Taking It*



Feedback goes into action plans toward improvements. Feedback from faculty is linked to department strategic planning.

Survey is August 17 through August 31, 2017

#### *Remember HIPAA*



Here is a quick go to for sending secure emails:

UA email – type **[secure]** in **subject** line

Banner email – type **\*encrypt\* in the body** of the message

If you would like a tip sheet, please contact your Department Administrator.

## Save the Date

#### *Voice Survey*

August 17 -31, 2017

#### *Psychiatry Grand Rounds*

September 6, 2017

*PRITE Exam*

October 4, 2017

*College of Medicine General Faculty Meeting*

November 8, 2017

*Meetings will continue to be held in Kiewit Auditorium in the AZ Cancer Center from 4:30-5:30 p.m. A reception following each meeting will be held in the lower lobby of the Cancer Center.*

*Neuroscience of Enduring Change: Applications to Psychotherapy Conference*

September 15-16, 2017

*Faculty Retreat*

October 6, 2017, from 12:00PM – 5:00PM, in room 3117 at the College of Medicine-Tucson.



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**DEPARTMENT OF PSYCHIATRY**

*University of Arizona College of Medicine - Tucson*

*1501 N. Campbell Ave.*

*Tucson, AZ 85724-5002*

Thank you Newsletter Contributors!

If you have any questions, comments, concern, and/or would like to submit content, please do not hesitate in contacting Manuel “Manny” Acuna via email at [macuna@psychiatry.arizona.edu](mailto:macuna@psychiatry.arizona.edu).

Don't forget to like us on Facebook!

