

Department of Psychiatry

A message from our Chair:

Happy 2024 One and All. We achieved so much together in 2023 as a team. I can't wait to see what we can do together in 2024!



Happy New Year!

January is designated as **Mental Wellness Month** to recognize the importance of mental health and to promote ways to improve well-being.

Mental wellness involves having awareness of abilities, difficulties, opportunities, and having healthy relationships.



Upcoming Reminders

All Department Zoom Meeting Friday, January 19th, 2024 at 11:30am

DEI UPDATES

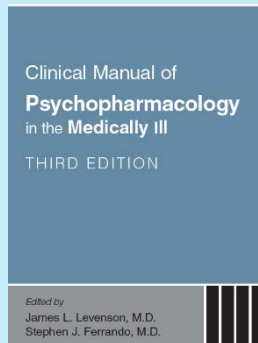
Stella Lopez



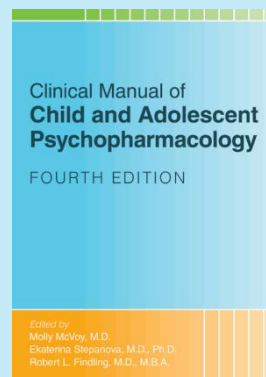
Please be on the lookout for these QR codes to be posted in non-patient facing spaces. Use the linked survey to share concerns and feedback around diversity, equity, and inclusion. This is a joint effort with several other SOM departments, only for DEI leadership to receive and create action items.

Recent Highlights!

American Psychiatric Association Publishing published the third edition of Dr. James Levenson's book, **Clinical Manual of Psychopharmacology in the Medically Ill**. Congratulations Dr. Levenson!



Great work Dr. Findling & Dr. Stepanova!



Warming our Hearts!

Katy Maher, PhD, wrote an Editorial about **"The Reflection on Coping During the COVID-19 Pandemic"**. In this, Katy states in one paragraph "I am grateful and proud of the things I learned, despite never wanting to. I learned how to take care of my own mental health. As health-care workers, the very best thing we can do for our patients is to take care of ourselves and speak up for what we need. I was lucky enough to have good support from my hospital and leadership during that time, but for those that felt too burned out or unsupported, I had many talks with colleagues about whether it was ok to step away and prioritize your mental health and family, or even set out on an entirely new path. I learned I was not alone. Talking to my peers and sharing my struggles helped me feel like I wasn't the only one. I learned I can do hard things, and sometimes there is beauty in them. Through some of the darkest times, I had some of my greatest clinical moments."

To read the full editorial, visit www.sciencedirect.com/journal/journal-of-radiology-nursing

Don't Forget!

Adult In Person DBT Group Coming Soon!
January 8th-March 25th

Contact Nicole Cook for more information.

Nicole.Cook@vcuhealth.org

VCU- PSYCHIATRIC DEPARTMENT PRESENTS



**DIALECTAL BEHAVIORAL THERAPY
SKILLS GROUP**
Walking the Middle Path

WHEN: 12 week closed group starting on January 8th - March 25th. Every Monday at 12:00 - 1:00 in person @ the Jackson Center. Adults ages 18+.

HOW: An initial interview is required before joining group. Please contact Alexis Jackson at alexis.jackson@vcuhealth.org - individual therapy must be concurrent.

WHAT: DBT Skills Group will cover mindfulness, distress tolerances skills, emotional regulation, and interpersonal skills.

WHO: Anyone seeking to manage emotional distress, relationship issues, impulsivity, coping, issues related to depression, anxiety, and borderline personality disorder would benefit from this group.

Congratulations!

Samantha Thomas, Assistant Clinical Manager of OP Adult/Peds, at our Motivate Clinic has just recently obtained her DNP from VCU School of Nursing! Way to go, Samantha!



Get the word out!

Check out our Department of Psychiatry Website & Facebook page for updates regarding new hires, accomplishments and so much more going on within our department!

<https://www.facebook.com/VCUPsychiatry>

[Department of Psychiatry - VCU School of Medicine](http://www.psych.vcu.edu)

psych.vcu.edu

Contact Scott Diegelmann for more information or if you have something you would like featured on our pages!

Scott.Diegelmann@vcuhealth.org



welcome
TO THE TEAM

New Team Members!

Meghan Edwards, NP, Child Psychiatry

Peyton Lassiter, BHC, Adult Psychiatry

Stacy-Ann Wayne, MD, Child Psychiatry

Geetha Manikkara, MD, Child Psychiatry



Send
me
content

If you have any information you would like featured in our Newsletters, please send all information to Brittany Silk at Brittany.Silk@vcuhealth.org by the last day of each month and we will add your topic to an upcoming Newsletter!