



From the Chairman

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Chair Letter online
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Our Vision: *To Conquer Mental Illness.*

Our Mission: *To improve the mental health of our citizens through education, research, advocacy and innovative clinical care.*



Dear Colleagues and Friends:

After almost 35 years of serving as Chair of the VCU School of Medicine Department of Psychiatry, I have decided to pass the baton. A Search Committee, co-chaired by Drs. Gerry Moeller (of our department) and Alex Valadka (Chair of Neurosurgery) has been appointed by Dr. Buckley. He has engaged external consultants to review the Department as well as an excellent Search Firm. I will continue as Chair until the new leader is in place.

Working together, we have accomplished a lot. I know that with the recruitment of a new Chair and with the help and vigorous support of Dean Buckley and other senior leadership, our Department will continue to grow and prosper. We are also blessed with outstanding community support which has and will continue to be an important ingredient in our success.

Personally, I will continue as faculty to support the new Chair and will continue with teaching, clinical care responsibilities and development.

I am so grateful to everyone who has participated in and supported our quest. Special thanks to Dr. Peter Buckley, Deborah Davis and to Vice Chairs, Drs. Jim Levenson, Anand Pandurangi and former Vice Chair Dr. Robert Cohen. Lisa Wead, Elizabeth Cunningham, Tammy Beltz, Greg King and Dr. Sandy Lewis have been sustaining.

I am especially proud of our research and researchers. We have gone from being unranked to being in the top 35 nationally for NIH funding with even higher rankings for NIDA and NIAAA. Much more important than rankings and funding are the many important scientific contributions which have and are continuing to expand our understanding of healthy human behavior and of psychopathology. This research will lead to better diagnosis and treatment.

While growing research, we have fostered outstanding education for residents, medical students and others. We have maintained educational excellence in evidenced-based psychotherapies.

Thanks to Phyllis and to sons, Josh, Michael, Jonathan and their families for keeping me focused on the really important, sustaining stuff.

There is no health without mental health. We are the future of healthcare. We must be bold in advocacy, competent in evidenced-based patient and family centered clinical care and laser-focused on research to discover the psychopathology of mental illness.

Mini-University on Mental Health Preps Lawmakers

By: Mark Moran, *American Psychiatric News* (used with permission)

Joel Silverman, M.D., sees evidence that the tide is turning against stigma in the Commonwealth of Virginia. Certainly, if the event leads to better educated lawmakers, we will have been successful. Mental health advocates typically go to legislators when they want to solve a problem or lobby for funding for services. Psychiatrist Joel Silverman, M.D. had a different idea: dialogue with lawmakers up-front about the issues that matter to mental health professionals and their patients before the crisis happens.

That's the idea behind "Mental Health Mini-University," a half-day event held at the Virginia State Capitol Building in which leading psychiatrists from the Virginia Commonwealth University School of Medicine discussed two crucial issues—the mental health workforce and health effects of alcohol, marijuana and opioids—before a panel of 11 Virginia General Assembly members and members of a state mental health advisory commission.

"Instead of going to the legislature with specific proposals to fund, I thought we needed a different kind of model where we—the department of psychiatry at VCU—would come up with some educational objectives and invite legislators to come and learn and discuss issues that really impact the public and their constituents," Silverman told *Psychiatric News*. "I received a lot of support from the University to pursue this because the legislature has a very large role in funding training in psychiatry."

Psychiatrist Peter Buckley, M.D., Dean of the VCU School of Medicine, discussed mental health workforce development, and Mishka Terplan, M.D., M.P.H., Professor of OB/Gyn and Psychiatry, and Associate Director of Addiction Medicine at VCU, discussed substance use disorders and the opioid epidemic. Also speaking was Hughes Melton, M.D., Commissioner of the Virginia Department of Behavioral Health and Developmental Services.

The Mini-University was sponsored by the VCU Department of Psychiatry and the L. Douglas Wilder School of Government and Public Affairs in conjunction with the Deeds Commission. The latter is an advisory commission formed by Virginia Senator Creigh Deeds in 2013 after his son assaulted him and later committed suicide. Deeds had been unable to secure his son a bed in a psychiatric hospital. "Senator Deeds has become highly focused and a tireless supporter for improvements to the mental health care system in Virginia," Silverman said. Silverman said he hopes to make the Mini-University an annual event. "Certainly, if the event leads to better collaboration with lawmakers, we will have been successful."

"For years psychiatry has struggled with stigma and the sense that our patients have been misunderstood," Silverman said. "This information suggests that there is a real shift and the public is starting to understand and appreciate the importance of mental health for our families, children and communities. This feels like a sea change."

Welcome New Fellow

Dr. Krystal Trout is the new Clinical Health Psychology Postdoctoral Fellow for 2018-2019. She is thrilled to join the VCU Health System and to continue her training in health psychology across various settings here, including Transplant, Trauma and Burn, Bariatrics and Primary Care. Her graduate training began at Appalachian State University where she earned her Masters in Clinical Health Psychology and continued at East Carolina University where she earned her Ph.D. in Clinical Health Psychology. Krystal recently completed her clinical psychology internship at the University of Washington Medical Center in Seattle, WA, with focus on Behavioral Medicine, Neuropsychology and Rehabilitation Psychology. She has a research background in pediatric chronic illness and plans to maintain research ties closer to her behavioral medicine clinical interests while on postdoc here. Krystal is from Greensboro, N.C. She enjoys being at the lake and outdoors in general, spending quality time with others and exploring new places for good food and new experiences. Krystal is excited to get to know Richmond and all it has to offer. Please welcome her to VCU when you meet her!

North 3, North 4 and ECT

North 3, North 4 and ECT are in full renovation mode. How exciting to know that this time next year, we will have beautiful, new space for our patients, team members and guests. Our students will also have much better accommodations. Phase I is scheduled for completion the first week of December, 2018 with a new, state of the art ECT suite; TMS suite with 2nd chair for treatment, as well as some shared space on N3. N4 nursing station completion will be prior to December. More to come as we move forward with our renovations. Thanks to all for your patience during this time. Remember, we are a work in progress!

My professional and personal life have intertwined in ways I never could have imagined. Richmond was an unknown quantity to me when I interviewed for residency with then program director, Dr. John Urbach. During a presentation about the history of VCU and Richmond, I mentioned to Dr. Urbach that I loved history. He suggested that I should walk across the street after my interview and see the Capitol. I did and it was stunning. Around the same time, I had met my husband; a lifelong Chicagoan who believes that ketchup does not belong on a hot dog. I did not know whether he would love Richmond. But just like me, he fell in love with Richmond, too. I got married my intern year in 2011 and our lives flourished here.



I never would have imagined settling down in Richmond when I was growing up. I am from the Maritime Provinces of Canada. I graduated undergrad from Mount Allison University (the first university in the British Empire to give a bachelor's degree to women) with a Bachelor of Science with a focus in biology and physics. At Mount Allison, I broadened my horizons and discovered different areas of interest. I enjoyed my astronomy classes and to this day still stargaze and identify constellations. I discovered I was physically strong and won pushup competitions against a few unsuspecting individuals (specifically three finger pushups). But most importantly, I discovered my love for the human brain, mind and behavior when I was introduced to the fascinating world of psychology. I ended up taking so many psychology courses that I almost acquired a degree in it even though it was not needed for my major. By the end of my time at Mount Allison, I decided to pursue my interests in medical school; and following my medical school graduation from Ross University, this passion is what brought me to VCU.

I had an amazing experience during my residency and C-L fellowship due to my attendings' mentorship, staff's dedication and my colleagues' friendship. I am incredibly thankful for their contribution to my education. I loved my time at VCU so much that I decided to apply for a faculty position. Thirty eight weeks pregnant, I had an interview scheduled with Dr. Silverman in the fall of 2015. The night before my interview (and a few weeks ahead of my due date), I began to feel some of the symptoms of labor but I told myself that it was false alarm. I also kept telling myself that I will be fine for my interview the next day. My husband eventually convinced me to go to the hospital to just "check it out." I reluctantly went although I was concerned that I would be tired for my interview. When I got to the hospital, a security guard offered me a wheelchair but I told him that it was unnecessary even though my symptoms intensified. I tried to walk up the main stairs of the Gateway building but could not make it up the stairs. I barely made it to Main 6 (L & D) when I was told that I need to be in the labor room as soon as possible. I worked with Dr. Rigby, an OB attending in the perinatal psych clinic, and she happened to be on call that night. I told her that I would not be in clinic on Thursday. She laughed but was only focused on giving me the best care. My son was born here at VCU during the early hours of a beautiful fall morning. Soon thereafter, I asked for a phone to reschedule my interview with Dr. Silverman. He told me that I had a very good excuse.

This is the beginning of my third year as faculty at VCU. I get to see some of the most vulnerable patients at our community mental health center. I enjoy supervising our PGY4 residents on their community mental health rotation. I also work at the Jackson Center and continue to get referrals for medically complex patients on dialysis, patients on the transplant list, peripartum and post-partum patients and various other medical comorbidities. I have also been active in the community and served as the Richmond Psychiatric Society this past year. I am currently a board member of Psychiatric Society of Virginia. More than seven years ago I came to Richmond as an intern and now Richmond is home for my family. I love giving back to the community that has given me so much.



Welcome to New Interns, Fellows and Social Workers

We welcome new Interns this year: Laurel (Alex) Ambrose, D.O, Tiffanee Brown, M.D., Arthur (Art) Calloway, D.O., Kinsey Hall, M.D., Stuart Hedgpeth, M.D., Charles Kramer, M.D., Sean Mardis, D.O., Danny Shaban, D.O., Katherine Shalit, M.D., Megan Small, D.O. and Sher Tucker, D.O. We also welcome two new Practicum Students in the Division of Psychology: Blair Burnette, M.S. and Ashley Hill, M.S. There is a short article about Dr. Crystal Trout on Page 2 who is our new Postdoctoral Fellow. VTCC welcomes Dr. Pratik Jain, M.D. who is their Child Psychiatry Fellow this year and Interns: Erin Denio, M.A., Anh-Thuy Le, M.S., Kosha Shah, M.S. and Noelle Wolf, M.A. VTCC also has two Psychology Practicum Students, Ms. Renee Gallo and Ms. Jasmine Coleman. We also welcome Ms. Monika Szczołka and Ms. Kayla Gooden, Social Work Interns for Inpatient. Welcome All!!!

Congratulations

- To Dr. **Stephan Weinland** who has recently been appointed as Interim Chair of the Department's Division of Psychology. He has been a member of the department since 2013. He works closely with our Transplant Services. We are especially proud of his service to our country as a Behavioral Science Officer in the United States Army Medical Corps where he holds the rank of Captain. Congratulations also for his recent role addition, Training Director for the Psychology Post-Doctoral Program.
- We welcome our Outpatient Clinic has one new VCU 2nd year graduate Social Work Intern, **Kristen Smulovitz**, to assist with case management issues with our adult population and to offer some exposure with the development of her clinical skills as she readies for practice in the assessment, diagnosis/treatment of Emotional D/O's.
- We welcome Ms. **Nakeyia Williams** to Intake and Referral. Nakeyia most recently worked as a Mental Health Care Partner at VTCC.
- Congratulations to **Nathan Gillespie**, Ph.D., of VIPBG, who recently published a paper as the Senior Author in Nature Neuroscience. The study reported on a number of significant genes associated with cannabis use. The Study showed cannabis use does not cause Schizophrenia and was the world's largest study of cannabis use ever with 183,000 subjects from around the world.
- Congratulations to PGY-2 **Jonathan Anthony** and his wife, **Erin**, on the birth of a baby boy, **Crosby James Anthony**, 8 lbs. 1 oz., 20", on September 4, 2018.
- Congratulations to Program Director, **Mishka Terplan**, M.D., MPH, on the Initial Accreditation of the Addiction Medicine (Multidisciplinary) Programs Academic Year (2018-2019). We are among 14 newly accredited programs by ACGME.

Congratulations

- Congratulations to Dr. **Bela Sood** who recently was selected by the Virginia Chapter of the American Academy of Pediatrics as their Annual Child Advocacy Award Recipient. This award was initiated over 20 years ago and will be presented on Pediatric General Assembly Day, January 17, 2019.
- Congratulations also to **Dr. Sood** who was asked to serve on Governor Ralph Northam's Trauma Informed Care for Children's Work Group, created under Executive Order.
- Congratulations to Mrs. **Suzanne Williams**, Department Administrator, on her appointment to serve as a staff member of the MCV Physicians Finance Committee. The appointment will run from July 1, 2018 – June 30, 2020.
- Congratulations to **Dr. Gerry Moeller** and **Dr. Mishka Terplan** on the "initial accreditation" of the Addiction Medicine Fellowship.

Recent Student Psychiatry Society Meeting



Staff Focus on Casey Tomlinson



Casey was born in Central Illinois but grew up in York, PA (home of the Peppermint Patty). She moved to Richmond with her family in 2008 and doesn't plan to leave anytime soon. As a child, she wanted to be a zookeeper but as she grew older, the human services field "clicked" and she was drawn to it. She received an Associate Degree in Human Services; she received her Bachelor's in Social Work, and Master of Social Work Administration, Advanced Standing from VCU in 2016. One of her most memorable successes was when she received her Master's degree. "Like most high school graduates, I went directly on to college but due to my mental health issues, I did not do well and ended up dropping out. I never would have imagine ever returning to college, much less going on to receive a Master's. Walking across the stage was very emotional for me."

Casey has her own experience as well as family experience with mental health issues and has a desire to help other going through the same experiences which drew her to the social work and human service field.

She loves how VCU is such an integral part of the community.

Casey is the Administrative Assistant to the Medical Director of VTCC and one of her favorite aspects of her job is acting as the activity coordinator for the Schwartz Center Rounds. "It's a great forum for VCU and VCU Health faculty, staff and providers to come together and address compassion, fatigue and burnout by discussing difficult aspects of patient care and how working in a hospital environment has affected them."

Casey's professional passions are centered on children and mental health. She is a board member of Beacon Tree Foundation, a local nonprofit that provides education about treatment and financial resources to help children and teens struggling with mental health issues.

Casey lives happily with her boyfriend, his two teenage sons and her own two cats!