



## February Mental Health Observances

Teen Dating Violence Awareness and Prevention Month (TDVAM)

National Eating Disorders Awareness Week

Random Acts of Kindness Day 3/17



**Dr. Debbie DiazGranados**, Director of Evaluation and Team Science at VCU's Wright Center published a new article tackling the puzzle of evaluating teams, whose work depends on "soft" competencies, such as communication, leadership, and collaborative problem-solving, and which are notoriously difficult to measure. Her article, co-authored with colleagues at two other institutions, appeared in the *American Journal of Evaluation* (December 2025). [Read more here](#)



**Dr. Parna Prajapati** has assumed the role of Outpatient Medical Director of the Child Psychiatry Clinic at the Virginia Treatment Center for Children. Dr. Prajapati is a highly respected clinician whose leadership and clinical expertise make this appointment both well deserved and exciting for our program. He brings extensive experience in the treatment of children and adolescents with autism spectrum disorder, PANDAS, and mood disorders. In his new role, Dr. Prajapati will help guide clinical excellence and program development across outpatient child psychiatry services.

***"We are thrilled to welcome him into this leadership position and look forward to the impact he will have on patients, families, and staff."***

***-Dr. Stepanova***



[Dr. Allison Williams explains NICU psychology and how it helps families adjust to life with a “ new little one | Children's Hospital of Richmond at VCU](#)

*I hope to help parents recognize that their mental health matters, and that caring for themselves—especially when navigating perinatal mood concerns—is an essential part of caring for their baby. I also want them to feel confident in understanding their baby’s cues and to see their baby as a baby, not a patient. Supporting that early connection and helping them feel grounded in their role as parents is at the heart of what I hope they take away.”*

*-Dr. Allison Williams, PhD LCP*



**Addiction specialist Jasmin Vassileva earns a Fulbright – and a return home!**



**Read full article here:**

[Addiction specialist Jasmin Vassileva earns a Fulbright – and a return home - VCU News - Virginia Commonwealth University](#)



Wright Regional Center for Clinical and Translational Science has awarded funding for **Dr. James Bjork’s** research project titled **Open-label Feasibility Trial of Stim-TST for Cocaine Use Disorder Recovery.**

*“There is no FDA-approved pharmacotherapy for cocaine use disorder (CocUD), and most adults with CocUD have not been eligible to receive study medications due to medical vulnerabilities or severe psychiatric comorbidities. Better non-pharmacological CocUD treatments are urgently needed. Inspired by findings that transcranial direct current stimulation (tDCS) of the frontal cortex can improve memory retention and has reduced drug craving, this feasibility study will determine whether adults with CocUD can tolerate tDCS applied during individual cognitive behavioral therapy (CBT) telehealth sessions, and whether open-label application of 8 sessions of tDCS+CBT over 4 weeks results in improved substance abstinence and quality of life.”*

**– James Bjork, PhD**





## Q&A with Dr. James Levenson, M.D.

**Q:** A patient objected to a note I wrote and demands that it be removed from the chart. What should I do?

**A:** Patients have a right to see their medical record, but not to control the content. The patient should be told that once a note is in a chart, legally it cannot be removed. If you had made a simple factual error, that can be corrected by adding the note. If the patient is objecting to content in your note that you consider valid, tell the patient they are welcome to submit a note documenting their objections, which will be placed in the chart. If the patient remains dissatisfied, refer them to Patient Relations.

## MEET OUR 2026 NEW FELLOWS

### 1<sup>ST</sup> YEAR CHILD PSYCH FELLOWS



Jawaid Ali, DO  
(he/him/his)  
PGY-4  
Inspira Health Network-NJ



Brooke Graffin, MD  
(she/her/hers)  
PGY-4  
St. Luke's University  
Health Network-Anderson



Rachel Kéry, MD, PhD  
(she/her/hers)  
PGY-5  
Brigham and Women's Hospital



Amina Mahmood, MBBCh  
(she/her/hers)  
PGY-4  
Valley Health System