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.

**Recent Highlights!**


**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](http://www.sciencedirect.com/journal/journal-of-radiology-nursing)

**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.
Don’t Forget!
Adult In Person DBT Group Coming Soon!
January 8th-March 25th
Contact Nicole Cook for more information.
Nicole.Cook@vcuhealth.org

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
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

New Team Members!
Meghan Edwards, NP, Child Psychiatry
Peyton Lassiter, BHC, Adult Psychiatry
Stacy-Ann Wayne, MD, Child Psychiatry
Geetha Manikkara, MD, Child Psychiatry

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!