Our Department of Psychiatry and Behavioral Sciences remains a remarkably wonderful platform and vehicle for accomplishing the school’s tripartite mission of teaching, caring and discovering; our faculty and trainees do all of the above! The challenge is to accomplish all three of these core goals efficiently and within the 60 plus hour work week. Throughout the country, academic Departments of Psychiatry are struggling with the realities of antiquated fee for service models of reimbursement that cannot float or support their ambitious academic agendas. Our advantage in facing these real and daunting challenges is the comradery and considerateness that we show to each other. In our Department, the education and clinical supervision of our trainees remain our raison d’etre. Trainees are not viewed as service extenders or service providers; moreover, they understand that the faculty “work” for them! Our clinical practice activity reflects impressive expertise in the broadest range of advanced diagnostic and therapeutic modalities. Finally, our faculty continue to ask and answer incisive questions, which is reflected in objective measures of scholarly productivity, such as publications and presentations at leading scientific and professional meetings. Importantly, our faculty has distinguished itself by its high level of intra-departmental collaboration on scholarly projects; the synergy that results from this collaboration is remarkable. On any given day, colleagues can be seen planning projects, discussing data, and writing papers together! EVMS is a very nice place to learn, evaluate and treat patients, and conduct research; ultimately, what has made and continues to make EVMS such a nice place in which to accomplish all of the above is its outstanding and dedicated faculty and enthusiastic trainees. I want to thank David Elkins for his role as the associate editor of our Departmental Newsletter; David has done a marvelous job of informing the public of the good work that we do. I also wish to thank my colleagues for making my job as Chairman pleasant and fulfilling.

Sincerely,
Stephen I. Deutsch, M.D., Ph.D.
Anne Armistead Robinson Endowed Chair in Psychiatry
Professor and Chairman, Psychiatry and Behavioral Sciences
RECENT RECOGNITION AND AWARDS

- **Stephen Deutsch, MD, PhD** was elected Medical Director of EVMS Medical Group, which is tasked with helping to advance the group’s mission and to confront emerging challenges in health care.

- **David Spiegel, MD** and **Shriti Patel, MD** were both chosen as Top Docs for 2014 by CoastalVirginiaMag.com

- The VCPCP (Virginia Consortium Program in Clinical Psychology) PhD program received accreditation from the American Psychological Association for the full seven years, the maximum attainable. VCPCP is jointly sponsored by EVMS, Old Dominion University, and Norfolk State University and is directed by **Michael Stutts, PhD**.

- The Clinical Psychology Internship Program was awarded a HRSA grant that has now funded three additional psychology internship lines. (See more detailed information on pages 4-5).

- **Sarah Deaver, PhD, ATR-BC** was honored with the Distinguished Educator Award from the American Art Therapy Association for outstanding contributions to education professionals in the field of art therapy.

- **Greg Briscoe, MD** was awarded a nomination for the Distinguished Fellow for APA for 2014.

- **David Spiegel, MD** was elected President of the Tidewater Academy of Psychiatry.

- **Greg Briscoe, MD** was selected as an AAMC Medical Education Reviewer for the 2014 AAMC National meeting.

- **Greg Briscoe, MD** was also selected for the APA Ad Hoc Word Group on Education and Training for 2014.

- **Paul Sayegh, MD** was appointed to the Psychiatric Society of Virginia - PSV Foundation Board.

- Michael Wenzinger was awarded the departmental “Excellence in Psychiatry” award as the outstanding fourth-year medical student demonstrating exemplary performance in the study of psychiatry.

- Neil Zaki was awarded the departmental “Excellence in Addiction Medicine” award as the outstanding fourth-year medical student demonstrating outstanding achievement and interest in the field of Addiction Medicine.

- We would like to congratulate **Shriti Patel, MD** and **Andrew Benson** on their respective marriages. We wish both couples a lifetime of happiness.

- We would also like to congratulate **Sharmini Santher, MD** and her husband, Brian Watson, on the arrival of their baby girl Ariana Santher Watson who was born on August 14 and weighed 8 pounds, 10 ounces.
UPCOMING EVENTS

Wednesday, October 29, 2014
LECTURE: 11:00 AM - 2:00 PM  Hofheimer Hall Auditorium
Mary Witwer, LCSW (Emergency Services Manager Crisis Intervention Team, Virginia Beach Department of Human Services)
CIT principles and training can be integrated into the medical curriculum

Sunday, November 9, 2014
SCAVENGER HUNT benefiting Families of Autistic Children of Tidewater, Virginia Beach
For additional information, see www.camp4autism.org

Wednesday, November 12, 2014
LECTURE: 12:00 - 1:00 PM  Hofheimer Hall Auditorium
Anita Kablinger, MD (Professor, Virginia Tech Carilion School of Medicine and Research Institute)
Interventions for cocaine cravings

Tuesday, November 25, 2014
LECTURE: 8:00 - 9:00 AM  Hofheimer Hall Room 753
Kristen Nelson, MD (PGY-II) and Heather Ambroson, MS (EVMS Psychology Intern)
A Delusional Reality: The Sudden Psychotic Episode from Psychiatry Consult Liaison Perspective

Wednesday, December 3, 2014
LECTURE: 12:00 - 1:00 PM  Hofheimer Hall Auditorium
Autism Spectrum Disorders (ASD) Quarterly Series
Lee Wachtel, MD (Medical Director, Neurobehavioral Unit, Kennedy Krieger Institute)
ECT and Severe Self-Injury Behavior in Patients with ASD

Wednesday, January 14, 2015
LECTURE: 12:00 - 1:00 PM  Hofheimer Hall Auditorium
Jessica Mees-Campbell, MD (EVMS Psychiatry)
How opioids interact with testosterone levels that can mimic anxiety and depression symptoms

Wednesday, March 11, 2015
LECTURE: 8:00 - 9:00 AM  Hofheimer Hall Auditorium
Robert Ursano, MD (Chair of Psychiatry, Uniformed Services University of the Health Sciences)
Topic: PTSD

Tuesday, March 24, 2015
LECTURE: 8:00 - 9:00 AM  Hofheimer Hall Auditorium
EVMS Psychiatry Resident Series
Presenter and Topic to be determined

Wednesday, April 8, 2015
LECTURE: 11:00 AM - 2:00 PM  Hofheimer Hall Auditorium
Autism Spectrum Disorders (ASD) Quarterly Series
Janice Zeman, PhD and Joshua Burk, PhD (College of William and Mary)
Enhancing Selective Attention in Young Adults on the Autism Spectrum: Development of an Online Intervention

Wednesday, June 10, 2015
Autism Spectrum Disorders (ASD) Quarterly Series
Cassandra Newsom, PsyD (Vanderbilt Kennedy Center) - topic to be determined

For additional information regarding Ground Rounds, please contact Julie Irving at (757) 446-7189 or IrvingJM@evms.edu
It is commonly known that health care settings, most notably primary care, are where most individuals seek and receive treatment for mental health, substance abuse and health behavior concerns. And, empirical evidence continues to mount that integrated primary care (i.e. care that addresses the biopsychosocial needs of a patient within their Patient Centered Medical Home) and integrated specialty care (i.e. care that includes behavioral, social and medical components to address a specific health care challenge, e.g. heart disease approached from a team based model) is associated with improved outcomes for both health and mental health problems. However, although areas such as primary care psychology have received growing attention over recent years, a recent report by the American Psychological Association (APA) Primary Care Training Task Force (2011) revealed that there remain limited training opportunities for psychology interns to learn the competencies psychologists need to work effectively in primary care medical settings. Additionally, psychology trainees working with specific health care conditions (e.g. head injury) often don’t have the advantage of working within the context of a fully integrated health care team. Those sites that do provide training for psychologists in primary or specialty care also generally focus primarily on clinical skill development often not affording the psychology intern opportunities to be fully equipped with the myriad of competencies needed to function as a fully participating team member in interprofessional healthcare environments (APA Interorganizational Work Group on the Primary Care Competencies, 2013). Skills often not addressed, but crucial for the healthcare professional of the future, are preventive services, program development, community outreach, interprofessional training with medical providers, advocacy, supervision of psychology trainees and participation in team building activities (Nash, Khatri, Cubic & Baird, 2013). Without these latter skills the psychology trainee is not able to successfully transition to the health care workforce, especially in rural areas and Federally Qualified Health Centers, where the newly trained psychologist may have few more experienced psychologists to work with to acquire these skills later in their professional development.

In June of 2014 the Department of Psychiatry and Behavioral Sciences at Eastern Virginia Medical School (Principal Investigator: Barbara Cubic, PhD.) was awarded its fourth grant from the Graduate Psychology Education program from the Health Resources and Services Administration to provide training in integrated care. Funding allows three additional psychology interns (see Page 8 for the individuals who matched to these lines) to join the internship and provide integrated mental health services in a number of primary care settings. Prior to this grant the EVMS Clinical Psychology Internship Program had 5 clinical psychology internship Full Time Equivalent (FTE) training lines (e.g. one line in Pediatric Behavioral Medicine (funded by the Children’s Hospital of the King’s Daughters [CHKD]); two lines in Adult Inpatient Medical (funded by Sentara Norfolk General Hospital [SNGH]); two lines in Adult Inpatient Psychiatric (funded by Eastern State Hospital).

The most unique aspect of the new lines of training are that they are intentionally structured to insure that interns are prepared to operate within Patient Centered Medical Homes and utilize interprofessional team based clinical care delivery as well as to contribute to interprofessional education. On the integrated primary care rotations primary care providers (i.e. nurses, physicians/residents; physician assistants; doctoral level social workers; pharmacists) and the psychology trainees provide a team based approach in inpatient and outpatient family medicine settings and receive supervision from primary care and psychology faculty. Exposure to a variety of supervisors insures that these grant funded psychology
trainees receive supervision from both psychologists (to meet accreditation guidelines) and attending physician and social work preceptors (to underscore the commitment to integrated care) so they can sharpen their psychological skills while also seeing the complexities of integrated care from the view of physicians and other health care providers. The psychology interns also participate in co-precepting offered to primary care residents and trainee-to-trainee consulting. The training model for these lines also allows for an increased focus on advocacy, program development, community outreach, bi-directional education, and supervision of medical students working with simulated patients.

Each of the grant funded trainees participate in 3 major rotations each lasting 4 months as described below

- Outpatient Integrated Primary Care
- Systems Based Integrated Primary Care
- Specialized Training in Team Based Care for Commonly Occurring Primary Care Patient Presentations
  - 1. Pain Management
  - 2. Obesity
  - 3. Sleep Disorders

The grant also allows the EVMS Clinical Psychology Internship Program to add didactics for all psychology trainees associated with the internship on skills needed to offer preventive services, program development, community outreach, advocacy, supervision of other trainees and team building. Additionally, annual workshops for EVMS faculty and faculty associated with the psychology graduate programs in the Tidewater Region will be offered on competency based education to insure that faculty are current regarding cutting edge expectations regarding training. Year 1 of these workshops will focus on the Interprofessional Educational Competencies (Interprofessional Education Collaborative, 2011); Year 2 focus will focus on the Health Services Provider Competencies (American Psychological Association, 2013); and Year 3 will focus on the Primary Care Competencies (American Psychological Association Interorganizational Work Group on Primary Care Competencies, 2013).

This project is funded by HRSA GPE Grant NO.:D40HP19635 (See references on page 11)
RECENT EVENTS

- April 30 - Psychiatry Grand Rounds with Cherie Marvel, PhD entitled “The Role of the Cerebellum in Cognition”
- May 14 - Psychiatry Grand Rounds with Brittany Bak, PsyM and Megan Schad, MA entitled “Implementing Trauma Informed Care in a State Psychiatric Hospital”
- June 11 - Psychiatry Grand Rounds with Paul Sayegh, MD entitled “From Competencies to Milestones: An Evolution in Resident Education”
- June 24 - Psychiatry Grand Rounds with Noah Matilsky, MD entitled “The Complexities of Conversion Disorder”
- July 23 - Psychiatry Grand Rounds with Robert Rosenheck, MD entitled “Measuring Mental Health Care Performance: Promises and Pitfalls”
- July 23 - Psychiatry Grand Rounds with Heyward Donigan entitled “The Future of Health Care: Without Mental Health There will be no Physical Wellbeing”
- July 30 - Psychiatry Grand Rounds with William J. Duane, PhD entitled “Assessing and Managing Suicidal Patients”
- September 10 - Psychiatry Grand Rounds and Autism Spectrum Disorders Quarterly Educational Series with Steven Morrison, PhD entitled “Balance and Gait Training to Reduce Fall Risk in Varied Patient Populations”
- September 23 - Psychiatry Grand Rounds with John M. Thurston, MD entitled “Psychosis in the Elderly: A Classic Case”

6th ANNUAL RESEARCH DAY

The following presenters and presentations occurred at the Psychiatry & Behavioral Sciences 6th Annual Research Day on May 7:

- Serina Neumann, PhD and Paul Sayegh, MD: Welcome and Overview
- Takeshia Williams: “Perceived stress versus physiological stress in caregivers of children with Autism Spectrum Disorders”
- Jacqueline E. Haywood: “Understanding the African American students’ reaction to the Zimmerman verdict”
- Shannon Cray: “Sleep disturbance, neurodevelopmental Diagnoses and Cognitive inefficiency: An explorative study of children referred for psychological/neuropsychological evaluations compared to the PIC-2 normative sample”
- Laurin B. Roberts: “The political and social philosophy of conservatism as a predictor of negative attitudes towards same-sex parenting”
- Hasan Memon: “Illness anxiety disorder and panic disorder managed using biofeedback”
- Sheila Gray: “The mediating effect of child self-regulation on paternal positive parenting and child BMI”
AUTISM SPECTRUM DISORDERS (ASD) PROGRAM NEWS

Current research studies:
The ASD Program is currently recruiting for their Galantamine study, a study trial aimed at addressing emotional, social, and behavioral problems in older adolescents and young adults with ASD; and their Dialectical Behavior Therapy study for young adults 18-30, which will involve group sessions for emotion regulation in Autism Spectrum Disorder.

Current collaborations:
The EVMS ASD Program and The College of William and Mary’s Department of Psychology were awarded a grant by The College of William and Mary and are currently engaged in joint research in a study aimed at enhancing visual selective attention in young adults with ASD utilizing a cognitive behavioral online intervention.

In addition, the ASD Program was awarded the EVMS-ODU College of Health Sciences Research Grant, along with Old Dominion University's School of Physical Therapy. This grant will fund a joint study investigating motor coordination in Autism Spectrum Disorder and Down syndrome and its correlation with cognitive and emotional function.

The ASD Program is also collaborating with Virginia Polytechnic Institute and State University via an online study that will explore emotion regulation and non-suicidal self injury in relation to characteristics of Autism Spectrum Disorder in adults diagnosed with ASD, compared to an analogue sample of university students.

Recent Events:
Dr. Urbano, Dr. Hartmann, Dr. Santher, and Clinical Psychology Doctoral Student Takeshi Williams presented at the Virginia Psychological Association Convention on April 25th and discussed family and caregiver experiences regarding the identification and treatment of Autism Spectrum Disorders. Much of the information was drawn from Ms. Williams’ study on Caregiver Stress (Perceived Stress Versus Physiological Stress Levels in Caregivers of Children with Autism Spectrum Disorder) as well as Dr. Hartmann’s study that was recently conducted in Chile, addressing the perceptions of caregivers of children with ASD in Latino families.

Dr. Urbano spoke to the Virginia Beach City Public School system’s nursing staff on April 30th to discuss the DSM-V changes to the ASD diagnosis, treatment, signs and symptoms, and resources.

The ASD Program formed an “ASD Program Advisory Committee,” made up of community representatives, local leaders, and parents in the autism community. The committee’s inaugural meeting was in July and the committee will meet on a quarterly basis to discuss the needs of the community. The purpose of the committee is to develop innovative ideas and advocate for services, programs and research that are needed locally in order to more effectively serve our patients and their families throughout the lifespan.

Upcoming Events:
The ASD Program has created three teams to raise funds for Families of Autistic Children of Tidewater’s annual Scavenger Hunt for Autism on Sunday, November 9th. We would love to have more teams to represent our department, so please consider joining us! The teams will be seeking support through donations, which benefit our department’s autism research and Camp Gonnawannagoagin. Register to join a team or make a donation at https://www.firstgiving.com/camp4autism/scavenger-hunt-for-autism-2014/teams.

The ASD program will be attending and providing resources at the 6th Annual Tidewater Autism Summit on November 22nd at the Quality Inn & Suites Festival Center at 705 Atlantic Avenue in Virginia Beach. This event is free and open to the public—we encourage you to invite your family and friends. Resources, service providers, de-stress rooms, petting zoo, bounce houses and more all in one location!

The ASD Program, along with CHKD, will present the 4th annual “Insights into Autism Conference” on February 6th in the Brickhouse Auditorium at Children’s Hospital of The King’s Daughters.
PRE-DOCTORAL CLINICAL PSYCHOLOGY INTERNS (2014-2015)

ADULT INPATIENT LINE – Psychiatric Hospital (Eastern State Hospital)
Andrew Osborn, M.A., M.Ed., Bowling Green State University
Krystal Studivant, Ed.M., James Madison University

ADULT INPATIENT LINE – Medical Hospital (Sentara Norfolk General Hospital)
Heather Ambroson, M.S., M.A., George Fox University
Courtney Prather, M.S., University of North Texas

CHILD/ADOLESCENT LINE (Children’s Hospital of the King’s Daughters)
Claire Stephenson, M.A., University of Denver

INTEGRATED PRIMARY CARE LINE (funded by HRSA)
Haley Kutner, M.A., Yeshiva University
Kristen Sanderson Springer, M.S., University of Florida
Victoria “Tori” Wright, M.A., La Salle University

VIRGINIA CONSORTIUM PROGRAM IN CLINICAL PSYCHOLOGY

STUDENTS (VCPCP - CLASS OF 2019)
Dominique Blanchette, (graduate school) Chicago School of Professional Psychology
Sean Flannery, (graduate school) Boston University
Charles Freligh, (graduate school) New York University
Allison Robbins, (undergraduate school) UNC-Greensboro
Alexander Shappie, (undergraduate school) Case Western Reserve
Tiphanie Sutton, (graduate school) Loyola University - Maryland

PGY-I PSYCHIATRY RESIDENTS (CLASS OF 2016)
Brian Bui, MD - Eastern Virginia Medical School
Robert Busch, MD - Saint George’s University School of Medicine
Justin Smith, DO - Pacific Northwest University of Health Sciences College of Osteopathic Medicine
Sean Ziegler, MD - Michigan State University College of Human Medicine
GRADUATE ART THERAPY STUDENTS (CLASS OF 2016)

Tyler Dillingham, BFA - Savannah College of Art and Design
Elisabeth Drewry, BS - Old Dominion University
Vicky Greene, MS - Capella University
Alexis Harvey, BS - James Madison University
Emily Menke, BA - Virginia Wesleyan College
Vanessa Pierce, BA - Australian Catholic University
Christopher Porche, BA - North Carolina Central University
Ruth Rand, BS - Old Dominion University
Emily Reese, BS - James Madison University
Emma Reilly, BFA - Virginia Commonwealth University
Whitley Rogers, BA - Radford University
Chennell Stiles, BS - University of Phoenix
Ashley Sweigart, BS - College of William & Mary
Melissa Sykes, BS - Old Dominion University
Rachel Ward, BS - Christopher Newport University
Chelsea Wilkinson, BS - Virginia Commonwealth University
Shelby Wynn, BA - Longwood College

LONG-SERVING PERSONNEL

We would like to acknowledge those employees that have been employed by EVMS for at least five years, sorted by start date. Congratulations to all for your many years of continued service and support.

Jerry H. Morewitz, MD 34  Kathrin Hartmann, PhD 15
J. D. Ball, PhD, ABPP 33  Kiera Dorsey 15
Sarah Deaver, PhD, ATR-BC, LPC 33  Richard W. Handel, PhD 14
Robert P. Archer, PhD, ABPP 32  Karen Scott 13
Michael L. Stutts, PhD 29  David R. Spiegel, MD 13
J. Catesby Ware, PhD 29  Paul A. Sayegh, MD 9
Maria R. Urbano, MD 27  Serina Neumann, PhD 8
Matthew Bernier, MCAT, ATR-BC 24  Scheryl Chadwick 7
David E. Elkins, MS 22  Lakeisha Joyner 6
Barbara A. Cubic, PhD 22  Stephen Deutsch, MD, PhD 5
Lisa Fore Arcand, EdD 21  Jessica Burket, MS 5
NEW PERSONNEL

We would like to recognize the following new employee:

Jessica “Jess” Garrity (TMS Coordinator) joined our department in July 2014. Ms. Garrity received her MA degree in Women’s Studies from the University of Albany, SUNY.

PUBLICATIONS


**PRESENTATIONS**


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**REFERENCES FOR INTERNSHIP ARTICLE (PAGES 4-5)**


PSYCHIATRY RESIDENT WELCOME DINNER

(Omar’s Carriage House - June 27)

(Left to right): Robert Busch, MD (PGY-I), Sean Ziegler, MD (PGY-I), Paul Sayegh, MD (Residency Director), Brian Bui, MD (PGY-I), and Justin Smith, MD (PGY-I)

(Left to right): Niketa Desai (PGY-II), Susrutha Thanam (PGY-IV), Niketa Patel (PGY-IV) and her husband, Sukhdeep Rabi (PGY-III), and Justin Smith (PGY-I) and his wife
PSYCHOLOGY INTER WELCOME DINNER

(Dr. Cubic's Home - July 13)

(Left to right): Krystal Studivant, Heather Ambroson, Haley Kutner, Courtney Prather, Tori Wright, Kristen Springer, Claire Stephenson, and Andrew Osborn

(Front row; left to right): Dr. Robert Archer and Dr. Barbara Cubic
DEPARTMENTAL HALLOWEEN PUMPKIN DECORATING CONTEST

Faculty and staff were invited to join the 2nd Annual Halloween Pumpkin Decorating Contest. These pumpkins have allowed a great deal of interaction both between patients and our staff as well as between our younger patients and their parents. All patients are allowed and encouraged to vote on the pumpkin that they find their favorite. We hope that this is a great customer service initiative with derivative therapeutic benefits for our patients as well as being an enjoyable event for everyone involved.