I am delighted that I have this opportunity to “welcome” everyone to the “Fall” edition of our Departmental newsletter! Our Department will be making a difficult and sad adjustment to the retirement of Dr. Paul Sayegh, who served in the capacities of Vice-Chair and Director of our residency training program. Dr. Sayegh exemplified the qualities of the clinician-teacher; he more than simply “taught”, he advocated, guided and counseled many classes of residents. His retirement party was especially notable for the large number of graduates of our residency that attended. Fortunately, our adjustment to his loss will be made a little easier for two reasons: Dr. Shriti Patel, a graduate of our medical school and psychiatry residency has agreed to assume the responsibilities of residency training director for which we are most grateful, and Dr. Sayegh will come back on a very limited part-time basis to facilitate Dr. Patel’s transition into her new role! I am also thrilled that Dr. Elizabeth Collumb will join our Department. Dr. Collumb is a very experienced psychiatrist, who trained at the University of San Diego and worked in many diverse areas of Psychiatry, including forensic psychiatry. In addition to her scholarly achievements and experience as a teacher and clinician, Dr. Collumb is from New York City; we now have at least three “true” New Yorkers and several other “New Yorkophiles” on faculty! Their presence will do much to contribute to the excitement and fast-pace of our Department; moreover, they will help us grieve the fact the Yankees did not quite make it into the World Series, although they kept us on the edge of our seats taking the AL playoffs to an unexpected game 7! We continue to excel in our tripartite mission of caring, teaching, and discovering, which is very consoling and more than amply takes our minds off of the Yankees painful absence in the final post season MLB event!

Enjoy the Fall!

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

- **Barbara Cubic, PhD** has been elected as the Treasurer for the Society of Health Psychology (Division 38) of the American Psychological Association.

- The newly established Distinguished Service Award for the Virginia Academy of Sleep Medicine was named in honor of **Catesby Ware, PhD** and was given to Dr. Ware at their November meeting. **Skye Ochsner Margolies, PhD** presented “Psychological management of insomnia in the context of chronic pain: CBT-I and beyond” at this meeting.

- **Barbara Cubic, PhD** was awarded the 2017 Faculty Award for Excellence by EVMS and was presented the award at the EVMS Service & Recognition Awards Ceremony in October. (See photo on page 6).

- **Karen Simmons, BA, CSP** has been asked to join the Board of Directors for the Board of Certified Psychometrists and is serving on the Marketing, Study Guide, and Test Development committees.

- **Serina Neumann, PhD** was nominated by EVMS President Dr. Homan and Dr. Elza Mylona to serve as EVMS’ senior faculty representative on the AAMC’s Council of Faculty Academic Societies (FACS).

- **Shriti Patel, MD** took over the role of Psychiatry Residency Program Training Director in November, following Dr. Paul Sayegh’s retirement.

- **Jessica Burket, MS** (EVMS PhD candidate) was one of only 16 individuals chosen worldwide to attend the NASA Space Radiation Summer School at the Brookhaven National Laboratory in New York. More information may be obtained from: http://www.evms.edu/pulse/archive/studentscientiststudiesradiationatnasasummercamp.php

- **Nicole Kreiser, PhD** and **Skye Ochsner Margolies, PhD** were awarded two of the eleven competitive Professional Enrichment and Growth (PEG) grants for the 2017-2018 academic year for their activities in “Parent Child Interaction Therapy Training Course” and “Acceptance and Commitment Therapy Retreat and ACBS World Conference”, respectively.

- **Karen Simmons, BA, CSP** recently passed the exam by the National Association of Psychometrists and is now a Certified Specialist in Psychometry.

- **Jerome Blackman, MD** was an invited speaker for the Toronto International Psychology Center and was invited to give the Akhtar-Brenner Lectureship at Jefferson Medical College in Philadelphia. Dr. Blackman was also an invited speaker at Mt. Sinai Medical School in New York City, lecturing on “Masochnism and Self-Destructive Behavior”.

- **Barbara Cubic, PhD** was an invitee to the Beck Excellence Summit held in Philadelphia in October.

- **Serina Neumann, PhD** was featured in an article in the Virginian-Pilot regarding teen suicide and the Netflix show titled “13 Reasons Why”. The article can be viewed at: https://pilotonline.com/news/local/health/could-netflix-s-reasons-why-cause-viewers-to-turn-to/article_1a04a237-a774-5d37-92f7-9701a44004f3.html. We would like to congratulate **Shriti Patel, MD** and her husband on the birth of their baby boy, Leo, on July 29! We would also like to congratulate **Jennifer Flaherty, PhD** and her husband on the birth of their baby boy, Brendan Patrick, on November 10! We wish both families much happiness.
**RECENT RECOGNITION AND AWARDS (continued)**

- **Lisa Fore-Arcand, EdD** was featured in an article “Educators address gap in addiction, pain training” in *Psychiatric News* by Mark Moran regarding the EVMS addiction curriculum.

- **Drs. Lisa Fore-Arcand, Skye Ochsner Margolies, Stephanie Peglow, and David Spiegel** were featured in an EVMS Magazine article regarding opioid addiction. The article can be viewed at: [http://www.evms.edu/about_evms/administrative_offices/marketing_communications/publications/issue_9_5/the-painful-truth-about-opioids.php](http://www.evms.edu/about_evms/administrative_offices/marketing_communications/publications/issue_9_5/the-painful-truth-about-opioids.php).

- **Eric Friedman, MD** and **Brian Bui, MD** (Psychiatry Residency Program) presented a poster presentation at the meeting of the Aerospace Medical Association (AsMA) in May that was judged to be in the top 5 percent of all presentations.

- EVMS Psychiatry hosted the Virginia Society of Addiction Medicine (VASAM) 2017 annual meeting with presentations by both **Stephanie Peglow, DO, MPH** and **Lisa Fore-Arcand, EdD**. (See photo on page 10).

- **Stephanie Peglow, DO, MPH** and two trainees were awarded two of the three poster presentation awards at the 2017 Fall meeting of the Psychiatric Society of Virginia (PSV). First place went to Rida Malick (EVMS medical student and Dr. Peglow for “*Will this drug make me fat? A review of treatment for antipsychotic induced weight gain*” and second place went to Martekuor Dodoo (EVMS medical student) and Dr. Peglow for “*A return for TCA poisoning: Reviewing TCA overdose in the opioid crisis*”. (See photos on page 11).

- The EVMS Department of Psychiatry & Behavioral Sciences hosted a Virginia Department of Health Addiction training entitled “Integrating addiction medicine disease management into your clinical practice”. This full day training was in conjunction with the Virginia Department of Health, the Virginia Department of Behavioral Health & Developmental Services, the Virginia Department of Health Professions, and the Virginia Department of Medical Assistance and was approved by the American Academy of Addiction Psychiatry (AAAP).

- **Justin Smith, MD** and **Stefan Mianowski, MD** were selected as Chief Resident and Assistant Chief Resident for 2017-2018, respectively.

- We would like to congratulate **Shriti Patel, MD** and her husband on the birth of their baby boy, Leo, on July 29! We would also like to congratulate **Jennifer Flaherty, PhD** and her husband on the birth of their baby boy, Brendan Patrick, on November 10! We wish both families much happiness.
UPCOMING EVENTS

Wednesday, January 10, 2018
Psychiatry Grand Rounds
LECTURE: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Brick Johnstone, MD
Neuropsychology of Transcendence

Wednesday, February 14, 2018
Psychiatry Grand Rounds
LECTURE: 12:00 PM Hofheimer Hall Auditorium
Nithya Cherukuru (EVMS Psychiatry Resident, Molly Kennedy (EVMS Psychology Intern),
and Krishine Rosenthal (EVMS Psychology Intern)
Child Psychology/Psychiatry Case Presentation

Wednesday, March 14, 2018
Psychiatry Grand Rounds
LECTURE: 12:00 PM Hofheimer Hall Auditorium
Michael Bolten (EVMS Psychiatry Resident) and Jacob Phillips (EVMS Psychology Intern)
Case Presentation

Wednesday, April 11, 2018
Psychiatry Grand Rounds and ASD Series
LECTURE: 12:00 PM Hofheimer Hall Auditorium
Mical Raz, MD, PhD, MsC (Advanced Fellow, Corporal Michael Crescenz VA Medical Center)
History of Child Abuse Policy

April 2018 (Date to be determined)
Psychiatry Grand Rounds
LECTURE: 12:00 PM Hofheimer Hall Auditorium
JoAnn Dahl, PhD
ACT for Chronic Pain

Wednesday, May 9, 2018
Psychiatry Grand Rounds
LECTURE: 12:00 PM Hofheimer Hall Auditorium
Alynda Randolph (EVMS Psychology Intern), Laura Grossi (EVMS Psychology Intern),
and EVMS Psychiatry Resident
Forensic/Serious Mental Illness Case Presentation

Wednesday, June 13, 2018
Psychiatry Grand Rounds
LECTURE: 12:00 PM Hofheimer Hall Auditorium
Autism Spectrum Disorder Series

Wednesday, July 11, 2018
Psychiatry Grand Rounds
LECTURE: 12:00 PM Hofheimer Hall Auditorium
Venkatesh Ganapathy, MD
Use of Transcranial Magnetic Stimulation (TMS) in Addiction

For additional information regarding Grand Rounds, please contact Karen Scott at (757) 446-5884 or ScottKF@evms.edu
For additional information regarding ASD Program events, please contact Teal Kozikowski (757) 446-5176 or KozikoT@evms.edu
**RECENT EVENTS**

- **May 9** - 3rd Annual EVMS Mental Health Summit focusing on the opioid crisis in Hampton Roads. The summit was held in conjunction with the Department of Psychiatry & Behavioral Sciences and the M. Foscue Brock Institute for Community & Global Health.
- **May 17** - Psychiatry Grand Rounds with Joseph Rhinewine, PhD (Portland Mindfulness Therapy) entitled “ACT Workshop: Acceptance and Commitment Therapy II”
- **June 14** - Psychiatry Grand Rounds and ASD Quarterly Presentation with Liane Holliday-Willey entitled “Challenges as we age/from aging as a female on the spectrum and employment challenges and challenges in general”
- **July 12** - Psychiatry Grand Rounds with Barbara Cubic, PhD (EVMS Psychiatry Professor) entitled “Integrated Primary Care: The Role of the Behavioral Provider”
- **August 9** - Psychiatry Grand Rounds with Andrea Long, MA, EdM, LPC (The UP Center) entitled “Trauma Informed Care”
- **September 13** - Autism Spectrum Disorder Series with Dr. Joshua Burk and Dr. Cheryl Dickter (College of William & Mary) entitled “Executive Functioning and ASD”
- **October 7** - Virginia Society of Addiction Medicine 2017 annual meeting hosted and planned by EVMS’ Lisa Fore-Arcand, EdD and Stephanie Peglow, DO, MPH
- **October 10** - Family & Community Medicine Grand Rounds with Michael Stutts, PhD (EVMS Psychiatry Professor) and Hamid Okhravi, MD (EVMS Geriatrics) entitled “Mild cognitive impairment (MCI): Definitions, subtypes, and assessment”
- **October 11** - Psychiatry Grand Rounds with Stephanie Peglow, DO, MPH (EVMS Psychiatry Assistant Professor) entitled “Addiction Medicine”
- **November 8** - Internal Medicine Grand Rounds with Shriti Patel, MD (EVMS Psychiatry Assistant Professor) entitled “Clinical pearls: Board-style cases in geriatric psychiatry”
- **November 8** - Psychiatry Grand Rounds with Kassimier Thompson, MD (EVMS PGY-2 Psychiatry Resident) and Mariam Ter-Petrosyan, MA (EVMS Psychology Intern) entitled “Anxiety - To think or not to think: The effect of mindfulness on anxiety disorders”
- **November 29** - 2nd annual Holiday Dinner & Community Service Gathering for discharged patients from the SNGH inpatient psychiatry unit
- **November 30** - Biomedical Sciences Graduate Program Invited Speakers Series with Bruce Kinon, MD (US Therapeutic Area Head) entitled “Challenges and opportunities in CNS drug development”
- **December 13** - Psychiatry Grand Rounds with Jessica Burket, MS entitled “Sugarcoated perineuronal nets regulate GABAergic transmission: Bittersweet hypothesis in autism spectrum disorders”

**RECENT UPDATES**

Please note that the contact phone number for EVMS Sleep Medicine (Dr. Catesby Ware) has been changed to 757-446-5908.
EVMS Service & Recognition Awards:

2017 Faculty Award for Excellence
Richard Homan, MD and Barbara Cubic, PhD

EVMS 30 Year Service Awards:
Left to right: (Richard Homan, Alice Werner, Beverly Owens, Jocelyne Chapin, Herbert Bevin, Maria Urbano, and Valynda Powell)
EVMS 25 Year Service Awards:
Left to right: (Dr. Richard Homan, Julie Kerry, Helen Heselius, David Elkins, Clinton Crews, Barbara Cubic, and Audra Mitchell)

2017 EVMS Mental Health Summit
EVMS Psychiatry Residency Alumni (left to right): Steve Cunningham 2010, Charmaine Silva 2015, Nena Laguerta 2007, and Armin Ansari 1997
**VIRGINIA CONSORTIUM PROGRAM IN CLINICAL PSYCHOLOGY**

**STUDENTS (VCPCP - CLASS OF 2022)**
- Rachel Amerson, MS - Stephen F. Austin State University
- Nathan Hager, BA - Wake Forest University
- James Macchia, BA - SUNY Binghamton
- Emily Putnam, BA - Appalachian State University
- Kelly Romano, MS - Florida State University
- Madison Smart-McCarthy, MA - Norfolk State University

**PSYCHIATRY RESIDENTS (CLASS OF 2021)**
- Rajdeep Gill, MD – Ross University
- Chantel Harsch, DO – Edward Via College of Osteopathic Medicine - Virginia Campus
- Kelsey Johnson, MD – Eastern Virginia Medical School
- Alexander Pattison, MD – Eastern Virginia Medical School

**PRE-DOCTORAL CLINICAL PSYCHOLOGY INTERNS (2015-2016)**

**Adult Medical Inpatient**
- Jacob Phillips – Regent University
- Mariam Ter-Petrosyan - University of La Verne

**Adult Psychiatric Inpatient**
- Laura Grossi – Fairleigh Dickinson University
- Alynda Randolph – Indiana University of Pennsylvania

**Pediatric Behavioral Medicine**
- Molly Kennedy – James Madison University

**Child Abuse Assessment and Treatment**
- Krishtine Rosenthal – University of Virginia
GRADUATE ART THERAPY STUDENTS (CLASS OF 2019)

Jacquelin Ballinger, BA - Christopher Newport University
Emma Blevins, BS - Old Dominion University
Kelsey Courage, BFA - Savannah College of Art & Design
Jaslynn Giles, BFA - Miami International University of Art & Design
Sherice Greene, BA - Virginia Wesleyan College
Olivia Heitz, BA - Luther College
Brooke Hennessy, BS - Western Michigan University
Caitlyn Hogge, BA - Virginia Wesleyan College
Sydney Horton, BA - Mary Baldwin University
Teresa Lausell, BA - Florida State University
Natalie Morison-Uzzle, BS - Longwood University
Rebecca Reiss, BA - Cazenovia College
Cori Riggott-Oleary, BFA - Longwood University
Zulay Romero, BS - Chowan University
Michaela Roskowiak, BA - College of St. Benedict
Chelsea Schor, BS - Indiana Wesleyan University
Jenna Story, BS - Radford University
Lisa Thomas, BS - University of California - San Diego
Holly Waide, BFA - Virginia Tech
Ellynne Woodson, BIS - University of Virginia

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.

Michael L. Stutts, PhD  32       David R. Spiegel, MD  16
J. Catesby Ware, PhD  32       Paul A. Sayegh, MD  12
Maria R. Urbano, MD  30       Serina Neumann, PhD  11
Matthew Bernier, MCAT, ATR-BC 27       Stephen Deutsch, MD, PhD  8
David E. Elkins, MS  25       Jessica Burket, MS  8
Barbara A. Cubic, PhD  25       Justin Petri, MD  7
Lisa Fore Arcand, EdD  24       Rita Riddle  7
Kathrin Hartmann, PhD  18       Shriti Patel, MD  6
Kiera Dorsey  18       Allison Smith  5
Richard W. Handel, PhD  17       Elaina Taylor  5
Karen Scott  17
2017 Annual meeting of the Virginia Society of Addiction Medicine
Conference organizers with poster award winner and her supervisor Dr. Peglow (Left to right): Debra O’Beirne, MD, Stephanie Peglow, DO, MPH, Rachael Seaman, M-3 medical student, Lisa Fore-Arcand, EdD, Alta DeRoo, MD, Jonathan Lee, MD, and John Colaluca, DO

88th Annual meeting of the Aerospace Medical Association
Eric Friedman, MD (see page 3)
Psychiatric Society of Virginia (PSV) Fall Meeting

First place best poster award

**Stephanie Peglow, DO, MPH, and Rida Malick, MD** (see page 3)

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Psychiatric Society of Virginia (PSV) Fall Meeting

Second place best poster award

**Stephanie Peglow, DO, MPH, and MartekuoDodoo, MD** (see page 3)
Psychiatric Society of Virginia (PSV) Fall Meeting

Front row left to right: Ubha Rayamajhi, Res ‘14, Huma Hyder, Res ‘05, Alison Stempel ’15, Res ‘19, Brian Wood, Res ’93, Eric Friedman, Res ’18, Rida Malick, Ann Lo, Rachel Seaman, Martekuor Dodoo, and Lisa Fore-Arcand, Faculty


Present but not in the photo: Ryan Wade, Res ’20, Christine Steinhagen, Res ’99, and Elizabeth Kamin, Res ’09

EVMS
Eastern Virginia Medical School
**NEW PERSONNEL**

We would like to recognize the following new employees:

- **Stephanie L. Peglow (Assistant Professor)** joined our department in June. Dr. Peglow received her Doctor of Osteopathic Medicine (DO) from West Virginia School of Osteopathic Medicine, she completed her residency in Psychiatry here at EVMS, an Addiction Psychiatry Fellowship at Yale University, an Advanced Fellowship in Addiction Research at Yale/West Haven VA, and a Masters of Public Health with a concentration in Health Policy from Yale University.
- **Venkatesh Ganapathy (TMS Coordinator)** joined our department in September.
- **Vicki Ansell (Administrative Secretary)** joined our department in August. Ms. Ansell previously worked for a Naval contractor.

**PRESENTATIONS**


Peglow, S. (2017, September). Opioid addiction and role of the primary provider. Presentation to ODU Advanced Practice Nursing Students, Norfolk, VA.

Peglow, S., & Smith, J. (2017, September). “The Opioid Epidemic: The Role of the Primary Care Provider”. Presentation to the ODU Doctorate of Nursing Practice students, Norfolk, VA. The presentation has been asked to be recorded and placed on file for future students to access.


**PUBLICATIONS**


Psychiatry and Behavioral Sciences, Faculty and Staff, August 2017

Front Row: David Spiegel, Michael Stutts, Stephen Deutsch, Paul Sayegh, & Maria Urbano

Second Row: Kathrin Hartmann, Barbara Cubic, Danya Lewis, Teal Kozikowski, Lisa Fore Arcand, Michell’e Wells, Amanda Mariano, Rita Riddle, Jennifer Flaherty, & LouEllen Blackwelder

Back Row: David Elkins, Tameka Mitchell-Brown, Shavonia Newsome, Justin Petri, Stephanie Peglow, Karen Scott, Allison Smith, Rick Handel, & Jessica Mees-Campbell