LETTER FROM THE CHAIR

I am delighted to “welcome” everyone to this newest edition of our Department’s newsletter; as always, I am indebted to David Elkins for collecting and collating all of the information that makes our newsletter informative, highlighting our scholarly, teaching and clinical productivity! I share the pride of our entire faculty over the fact that medical students and graduate students continue to show an extraordinary amount of interest in pursuing their clinical training in Psychiatry and Clinical Psychology with us; consistently, we fill all of the spots in our competitive training programs with outstanding and highly qualified candidates! Similar to other Academic Departments of Psychiatry, there are many exciting challenges and opportunities that our Department will face over the next several years; we are looking forward to the challenges and anticipate that we will respond with much that is novel and innovative. For example, in the limited time available for formal didactics, we must make sure that we are preparing trainees for the realities of practice in the 21st Century. Thus, in addition to the traditional disciplines covered during residency and internship training in Psychiatry and Clinical Psychology, such as modalities of psychotherapy, psychological testing and psychopharmacology, we must make sure that our trainees are exposed to functional imaging and functional neuroanatomy, molecular genetics, and cognitive neuroscience, among other disciplines. Further, we must not simply “cover” these areas, but we must encourage our trainees to think about clinical applications and translational relevance. Clearly, no single Academic Department of Psychiatry has all of the necessary in-house depth to accomplish this teaching and training mission; thus, we, along with other Departments of Psychiatry throughout the country, will have to look outside of our walls in order to identify teachers. I envision educational alliances with clinical departments, such as Radiology, and basic science departments, such as Molecular Biology, and departments within other schools, such as Psychology, in order to accomplish our educational mission. Ideally, the educational collaborations will lead to fruitful interactions and collaborations in research and practice. Another area of challenge has to do with practice and the requirements to deliver interventions that demonstrate value and quality, while remaining mindful of cost. There is a revolution afoot with respect to the meaning of “value;” no longer will “consumers” be content with mere attenuation of symptoms, but value will be measured in terms of objective outcomes, like decreased rates of hospital readmissions and return to work. Payment models will migrate from traditional fee for service models that focus on the dyadic interaction between a clinician and a given patient, to managing health and cost for populations. Conceptually, many of these ideas have an inherent appeal, but the challenges will come with creating the organizational elements and systems for accomplishing the goals, many of which are very appealing and have much face validity. The good news is that there are wonderful opportunities for us to learn and innovate together, which has the potential to be stimulating and fun. In fact, our Department has always been willing to embrace a philosophy of continuous learning, which has prevented us from stagnating and becoming less relevant. Our Department embraces new technologies, new ideas, new ways of teaching, new things to be taught, and new ways of doing business. The only constant is the high value and regard that we place on our faculty and missions: teaching, caring and practice!

Thank you,
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

**Dr. Maria Urbano** was selected for a 2015 Health Care Hero Award by Inside Business: The Hampton Roads Business Journal. She was awarded the Physician Specialist - Psychiatrist Award.

**Dr. Greg Briscoe** was awarded the Distinguished Fellow Award for APA.

**Dr. Stephen Deutsch** received the Navy and Marine Corps Commendation medal for meritorious service for his clinical services, for educating other providers and for 20 years of Naval service.

**Dr. Barbara Cubic** was chosen as one of two psychology representatives to the Council of Faculty and Academic Societies (CFAS) of the Association of American Medical Colleges (AAMC) and attended their meeting in San Diego from March 5-7, 2015.

**Dr. Stephen Deutsch** was the recipient of the Eastern Virginia Medical School Faculty Award for Achievement in Research.

IN MEMORIAM

David Kruger, MD, a long-time faculty member who helped develop the medical school’s original curriculum in psychiatry and continued to teach even in retirement, died April 5.

A Norfolk native and US Army veteran of World War II, Dr. Kruger earned his medical degree at the University of Virginia before sharing a general medicine practice in Norfolk with his older brother, Howard. Dr. Kruger returned to the University of Virginia in the early 1960s to complete a residency in psychiatry. He went on to establish a psychiatric practice in Norfolk before co-founding Tidewater Psychiatric Institute. Later in his career he taught at EVMS, eventually serving as interim chair of psychiatry and behavioral sciences.

“He was a bright, thoughtful, kind, hardworking member of the ‘old school’ of psychiatric practice,” recalls Jerry Morewitz, MD, Professor Of Clinical Psychiatry and Behavioral Sciences. “As such, he carried out all of his clinical duties in a highly professional, dedicated manner emphasizing the unique needs of each of his patients. He mentored, taught and modeled these values in his teaching activities with medical students and residents and fellow faculty members.” Dr. Maria Urbano, MD, Professor, Dept of Psychiatry and Behavioral Sciences, remembers Dr. Kruger as a role model and mentor. “Dr. Kruger was an excellent teacher and clinician. He would take time to demonstrate and teach the art and science of psychiatry to the medical students and residents. He was one of my first mentors during my psychiatric training and he still remains a very influential one.”

Dr. Kruger stepped in to lead the Psychiatry and Behavioral Sciences as interim chair and delayed his retirement several times while the school sought a replacement. “He was well liked and deeply appreciated,” says J.D. Ball, PhD, Professor of Psychiatry and Behavioral Sciences. “He steered the department through a difficult period when managed care pressures were intense, and he always held the wheel gently,” Ball says. “He had a particular appreciation for integrated care initiatives with internists and family.”

After his retirement he continued to serve as a sought-after lecturer and clinical supervisor as a member of our community faculty. He is survived by his wife of nearly 65 years, Adel Kruger; a brother, Theodore Kruger; a son, Evan Kruger, and his wife Annie; a daughter, Sara Kruger; and six grandchildren.
UPCOMING EVENTS

Wednesday, April 22, 2015
Psychiatry Grand Rounds: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Dr. Jennifer Flaherty
Differential diagnosis and case conceptualization: Parkinson’s disease and stroke

Wednesday, April 29, 2015
Psychiatry Grand Rounds: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Dr. Kaslow
Conceptualization and effective management of boundary challenges in supervision

Wednesday, May 13, 2015
Psychiatry Grand Rounds: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Andrew Osborn and Krystal Studivant
Serious mental illness, forensic psychology-competency evaluations or criteria for involuntary admissions

Wednesday, June 10, 2015
ASD Quarterly Series Grand Rounds: 8:00 AM - 9:00 AM Hofheimer Hall Auditorium
Dr. Cassandra Newsom
ASD Series: Latest research advances in early identification and early intervention in children under 3

Wednesday, July 8, 2015
Psychiatry Grand Rounds: 11:00 PM - 12:00 PM Hofheimer Hall Auditorium
Jess Burket
Basic science lab updates

Wednesday, September 9, 2015
ASD Quarterly Series Grand Rounds: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Dr. Potter Henderson
ASD Series presentation

Wednesday, November 11, 2015
Psychiatry Grand Rounds: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Dr. Yossi Ben-Porath
MMPI presentation

Wednesday, December 9, 2015
ASD Quarterly Series Grand Rounds: 12:00 PM - 1:00 PM Hofheimer Hall Auditorium
Dr. Lee Wachtel
ASD Series presentation

For more information regarding Grand Rounds, please contact Amy Herndon at 446-5176 or Herndon.AL@erms.edu.
ANNOUNCEMENTS

We would like to congratulate the Virginia Consortium (VCPCP) program’s fourth-year students who all matched through APPIC. All six students were matched in Phase I to their first or second choice internship site, and each with an APA-accredited internship. Note that a total of 1,011 students did not match, with only 333 of these matching only after Phase II. (See the full list of students on page 10)

Jess Burket, MS has been accepted into the EVMS Biomedical Sciences PhD program. She will continue working in Psychiatry and Behavioral Sciences and will begin her coursework in August, 2015.

Dr. J. D. Ball has been selected as an Associate Editor for the journal Psychological Reports beginning March, 2015.

Dr. Hartmann was invited to serve as a member of the Virginia Autism Council, a group comprised of self-advocates, professionals, and family members who work to advance knowledge and understanding of Autism Spectrum Disorders by defining skill competencies needed to effectively support a person with ASD and to advance higher education, training and educational opportunities for personnel and caregivers who provide support.

Drs. Hartmann and Urbano accepted membership into INSAR, the International Society for Autism Research, which provides scientific collaboration, mentorship, and education to better the lives of the individuals and families living with Autism Spectrum Disorder.

Dr. Lisa Fore-Arcand was appointed to a two-year council position in the Association of Directors of Medical Student Education in Psychiatry (ADMSEP). Dr. Fore-Arcand previously served as Co-Chair of the Scientific Posters Subcommittee and Co-Director and faculty member of the ADMSEP Scholars Program.

Dr. Greg Briscoe was elected as Secretary for the Association of Directors of Medical Student Education in Psychiatry (ADMSEP).

Dr. Greg Briscoe was selected as an AAMC Medical Education Reviewer for the 2015 AAMC National meeting.

Dr. Serina Neumann received a grant from the Hampton Roads Community Foundation and the EVMS Psychiatry Chair Fund for $24,000. The research study is entitled “Repetitive Transcranial Magnetic Stimulation (rTMS) at the Dorsomedial Prefrontal Cortex (dmPFC) in Adolescents and Young Adults with an Autism Spectrum Disorder (ASD)”.

Drs. Maria Urbano, J. D. Ball, and Kathrin Hartmann are co-investigators, along with Drs. Zeman, Burk, and Dickter on the development and validation of an online intervention to improve emotion identification of complex facial emotions in young adults with an autism spectrum disorder. This investigation received research funding from the Commonwealth of Virginia and represents a collaboration between EVMS and the College of William & Mary.

We would like to congratulate Shavonia Faulks on the birth of her baby girl, Bella, who was born in November, 2014.

Dr. Paul Sayegh and Karen Scott attended the 44th Annual Meeting of AADPRT (American Association of Directors of Psychiatric Residency Training) March 4-7 in Orlando, FL. The meeting was entitled, “Innovate, Inspire: Educating the 21st Century Psychiatrist.”

Drs. Lisa Fore-Arcand and Jessica Mees-Campbell attended a dinner hosted by President, Provost, and Dean Richard V. Homan, MD and Vice Dean for Faculty Affairs, Elza Mylona, PhD, in Chicago, IL. in conjunction with the AAMC and Generalist in Medical Education Annual Conferences.

Dr. Lisa Fore-Arcand was invited and attended a meeting with the new Surgeon General, Vivek H. Murthy, MD, MBA. Dr. Fore-Arcand participated in his Roanoke, VA visit along with our Regional SAMSHA Jean Bennett, PhD SAMHSA Region III Director.

Dr. Lisa Fore-Arcand was invited to be a reviewer for the 2015 AAMC Medical Education Meeting.
RECENT EVENTS

- November 9 - The EVMS Autism Spectrum Disorders Program participated in the Scavenger Hunt for Autism event hosted by Families of Autistic Children in Tidewater (FACT)
- November 12 - Grand Rounds presentation with Anita Kablinger, MD, CPI entitled “The HPA Axis in Addictions: Psychopharmacological Approaches”
- November 22 - The EVMS ASD Program participated in the 6th Annual Tidewater Autism Summit in Virginia Beach
- November 25 - Grand Round presentation with Kristen Nelson, MD and Heather Ambroson, MS entitled “A delusional reality: The sudden psychotic episode from Psychiatry Consult Liaison perspective”
- December 10 - Grand Rounds presentation with Lee Elizabeth Wachtel, MD entitled “Catatonia in Autism Spectrum Disorders and the role of electroconvulsive therapy”
- January 14 - Grand Rounds presentation with Jessica Mees-Campbell, MD entitled “Psychiatric implications of testosterone deficiency”
- February 6 - Insights into Autism conference entitled “Autism Spectrum: Disorder Across the Lifespan” sponsored by Children's Hospital of the King’s Daughters and EVMS
- February 11 - Grand Rounds presentation with Roger Reeves, PhD entitled “From mice to mind, translational studies in Down syndrome”
- February 23 - EVMS Invited Seminar Series with Stephen Deutsch, MD, PhD entitled “Creativity and discovery: The ultimate yard stick in science and medicine”
- March 9 - NAMI-Norfolk presentation by Stephen Deutsch, MD, PhD entitled “A talk about schizophrenia”
- March 11 - Internal Medicine Grand Rounds presentation by Robert Ursano, MD, in collaboration with Psychiatry entitled “PTSD and other trauma related disorders: Complex clinical decisions”
- Wednesday, March 11, 2015
- March 24 - Grand Rounds presentation with Niketa Desai, MD and Courtney Prather, MS entitled The use of psychotropic medications and psychotherapy in pregnancy”
- April 2 - EVMS Autism Awareness Day presentations by Stephen Deutsch, MD, PhD, entitled “Validation of a promising therapeutic strategy in a mouse model of Autism Spectrum Disorder; JD Ball, PhD, entitled The utility of neuropsychological testing for persons with ASD: Clinical guidance and research; and Serina Neumann, PhD entitled “Transcranial Magnetic Stimulation: Diagnostic and treatment evidence to date for ASD and anxiety”
- April 8 - ASD Quarterly Series Grand Rounds presentation with Drs. Janice Zeman and Joshua Burk entitled “Autistic characteristics of young adults: Emotion and attentional processing differences”
AUTISM SPECTRUM DISORDERS PROGRAM

- The EVMS ASD Program and The College of William and Mary’s Department of Psychology were awarded a collaborative grant from The College of William and Mary and EVMS 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. The preliminary data from this study will be presented at the International Meeting for Autism Research on May 13-16, 2015.
- 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. The ASD program is currently actively recruiting for this study, investigating motor coordination in Autism Spectrum Disorder and Down syndrome and its correlation with cognitive and emotional function.
- The ASD Program is currently recruiting for their Galantamine study, a drug study trial aimed at addressing emotional, social, and behavioral problems in older adolescents and young adults with ASD.
- The ASD Program is working with Dr. Serina Neumann on a study investigating Repetitive Transcranial Magnetic Stimulation (rTMS), which will aim to measure whether or not TMS is a safe and effective treatment for social processing and social anxiety in young adults with ASD.
- The ASD Program is also working with Dr. Shriti Patel on a self-injurious behavior (SIB) study to monitor the outcome of using ECT to treat SIB in patients with ASD, for whom psychotropic medication has not worked.
- The ASD Program recently completed an 8-week Dialectical Behavior Therapy Group for patients with ASD on March 31, 2015.

For more information regarding the ASD Program, please contact Amy Herndon at 446-5176 or HerndoAL@evms.edu.

EDUCATIONAL RESOURCES FOR CLINICAL PROVIDERS

The following link provides educational resources that may be useful to our EVMS faculty as well as our colleagues in the behavioral sciences field. These resources are designed for use by professionals and trainees in the areas of health and medicine. The materials available are continually updated and provide content such as biopsychosocial aspects of clinical practice, education/curriculum, and basic research methods, among many others.

http://www.psychosomatic.org/edres/materials/
PSYCHIATRY RESIDENCY NEWS

Congratulations to 3 of our PGY-3 Residents who will be entering Child and Adolescent Psychiatry Fellowships this summer (left to right):

Hasan Memon - Dartmouth
Sukhdeep Rahi - Johns Hopkins University
Noah Matilsky - University of South Florida

Additionally, Stephanie Peglow, MD (Psychiatry Residency Class of 2014) is completing a Fellowship in Addiction Psychiatry at Yale School of Medicine and will begin a Fellowship in Research in 2015 also at Yale School of Medicine.

STUDENT RESEARCH CORNER: RECENT/UPCOMING GRADUATES

Psychiatry Residency Program (PGY-IV)

William Lemley, MD
Nikita Patel, MD
Charmaine Silva, MD
Susrutha Thanam, MD

Virginia Consortium Program in Clinical Psychology (VCPCP)

August 24, 2014

Casey S. Iwai, M.A., Norfolk State University
“Interrelationships between psychopathy, sensation seeking, and family environment”
Chair: Robert P. Archer, PhD, EVMS

May 24, 2015

Carol Frances Bonner, M.A., Norfolk State University
“Moderating effects of coping self-efficacy and coping diversity in the stress-health relationship in African-American college students”
Chair: Desideria Hacker, PhD, NSU
RECENT/UPCOMING GRADUATES (continued)

Psychology Clinical Internship Program

Heather Ambroson - M.S., M.A., George Fox University
Haley Kutner - M.A., Yeshiva University
Andrew Osborn - M.A., M.Ed., Bowling Green State University
Courtney Prather - M.S., University of North Texas
Kristen Springer - M.S., University of Florida
Claire Stephenson - M.A., University of Denver
Krystal Studivant - Ed.M., James Madison University
Tori Wright - M.A., LaSalle University

Art Therapy and Counseling Program

Sonya Alicia Brown, B.S., Virginia Commonwealth University
Children's Human Figure Drawings and Racial Identity: A Mixed Methods Study

Monika Burkholder, B.A., Eastern Mennonite University
Place-Identity: Understanding Sense of Self through Art-Making in Nature after a Geographic Transition

Lauren Nicole Caraotta, B.A., Kent State University
A Self-Study Using Zentangles to Respond To Countertransference In Art Therapy

Caroline Teresa Cheslak, B.A., Savannah College of Art and Design
Art Therapy with a Patient with Schizoaffective Disorder

Kara Cross, B.F.A., University of Tennessee
Interviews with Trauma Informed Art Therapy Experts: A Qualitative Study

Carly Elise Dean, B.A., The University of Georgia
Unearthing Redemption: A Student's Self Exploration with Survivors of Trafficking

Michael Jeremy Galarraga, B.A., Binghamton University, SUNY; B.S., Binghamton University, SUNY
Exploration of a Male Art Therapy Intern’s Work with an Adolescent Female Survivor of Sexual Abuse: A Case Study

Reland Happel, B.A., The College of William and Mary
Starving: A Visual Exploration of Anorexia Nervosa

Jasmine Shantel Jackson, B.A., Ohio State University
Dreams and Identity: A Self-Study Using Dream Imagery and Analysis to Explore Relationships and Identity Development

Christina Lynn Lowry, B.S., Regent University
Battling Polycystic Ovarian Syndrome: A Graduate Student's Journey through Art Therapy
**RECENT/UPCOMING GRADUATES (continued)**

**Art Therapy and Counseling Program (continued)**

Aubrey Chantel Maggio, M.F.A., Marywood University  
*The Efficacy of Art Therapy-Based Processes and Techniques in Decreasing Symptoms of Burnout and Compassion Fatigue in Pediatric Hospice and Palliative Caregivers: A Mixed-Methods Study*

Ramsi Marie Metzger, B.A., James Madison University  
*A Self-Study on the Use of Dreams in Self-Reflective Process to Foster Art Therapist Professional Identity in Graduate School*

Maria Sara Papa, B.A., Arcadia University  
*Bringing the Darkroom to Light: A Heuristic Study in Photographic Art Therapy Processes*

Jillian E. Popp, B.F.A., Rocky Mountain College of Art and Design  
*Medical Art Therapy: Approach and Considerations*

Alexandra Marie Serino, B.F.A., Old Dominion University  
*Art Therapy with A Familial Caregiver of an Individual with Dementia of the Alzheimer’s Type*

Alyssa Spjut, B.F.A., Utah State University  
*Clinical Case Report: Adolescent with Autism Spectrum Disorder in an Educational Setting*

Josephine M. Stromseth, B.F.A., Minnesota State University  
*The Call to Artmaking: Claiming and Reclaiming the Artist Therapist*

Christa Lynn Turpin, B.F.A., Old Dominion University; B.A., Spalding University  
*Art Therapy for Anxiety and Depression during Military-Induced Separation: A Case Study*

Abigail Marie Williams, B.A., Old Dominion University  
*Law Enforcement Officer Stress Management Art Therapy Group Design*

**Virginia Consortium Program in Clinical Psychology (VCPCP)**

The following VCPCP students successfully matched with the following internship sites: (see Page 4 for more details on this great achievement)

Sara Bock  
VAMC - Richmond (McGuire VAMC)

Alexis Chappell  
EVMS - Adult Inpatient/Medical Hospital

Erin Kurtz  
VAMC - St. Louis

Michele Laaksonen  
California Department of State Hospitals - Vacaville

Emily Oettinger  
EVMS - Integrated Primary Care

Takeshia Williams  
EVMS - Child/Adolescent
Scavenger Hunt for Autism
November 9, 2014
Virginia Beach oceanfront

Psychiatry employees in attendance (in alphabetical order): Jess Burket, Dr. Stephen Deutsch, Dr. Kathrin Hartmann, Dr. Potter Henderson, Amy Herndon, Tiffany Ingold, and Dr. María Urbano
NEW PERSONNEL

We would like to recognize the following new employees:

Michel'le Wells (Intake Assistant/Medical Assistant) joined our department in November 2014. She received an Associates degree in Medical Assistance from Centura College.

Carol Robinson Bonner, PsyD (Research Assistant/Neuropsychometrician) joined our department in December 2014. She is a graduate of the Virginia Consortium Program in Clinical Psychology (VCPCP).

PUBLICATIONS


PRESENTATIONS

Ambroson, H., & Neumann, S. (2015, February). The utility of integrating psychology into a consultation-liaison model. Poster presented at biannual meeting of Association of Psychologists in Academic Health Centers, Atlanta, GA.


Ball, J.D. (January, 2015). The particular importance of evaluating and managing sleep problems in children and adults with ADHD: The Sleep/ADHD Conundrum. Skills for Success with ADHD Symposium, Chesapeake Bay Academy, Virginia Beach, VA.

Ball, J.D. (April, 2015). Neuropsychological testing for persons with ASD: Clinical Guidance and Research. EVMS Autism Awareness Day, Eastern Virginia Medical School, Norfolk, VA.


