

*University of Colorado-Anschutz Medical Campus  
Department of Psychiatry Monthly Newsletter*



## *Inside the Issue*

### **DEPARTMENT & CAMPUS HAPPENINGS**

Read about our exciting events  
and accomplishments

Page 3-4

### **THE GOOD NEWS!**

Page 2

### **SHOUT OUTS**

Learn about all of the  
successes of your colleagues

Page 5

### **TEAM SPOTLIGHT**

Learn some important  
information and fun facts about a  
member of our Department of  
Psychiatry family!

Page 3

## **MEET THE GOOD NEWS TEAM**

We are very excited to present the members of The Good News Team: Claudia Iannelli (co-chair), Cecilia Aguirre Villagomez (co-chair), Shannon McWilliams (good news author), Kristen Raymond (copy editor/staff spotlight), Shaleeta Pearson (member), Aileen Norton (member), Kimberly Slavsky (member) and Melissa Sinclair (member). Please visit our submission page where you can share questions, comments, shout outs or ideas for a future article. You can also indicate if you wish to join The Good News Team and specify how you want to help!  
**Click on this box to be directed to our submission page!**



**SUPPORTING SUCCESS** for us, for life.

# the Good News

## CLINICAL DECISION UNIT IN EMERGENCY DEPARTMENT NOW OPEN

As part of the ongoing effort to increase access to mental health care for residents of Colorado, the Emergency Department (ED) at UCHHealth in Aurora (UCHA) now includes a 9 bed unit for patients with psychiatric and substance use issues. The unit operates around the clock as a 24 hour observation unit staffed with a team of behavioral health evaluators (BHEs) and a psychiatrist on duty 12 hours a day. The BHEs are a cadre of experienced master's level social workers including some that the Department has been working with as consultants for 20 years. The core staff also includes Emergency Medicine (EM) personnel, including an EM attending and/or medical, emergency nurses and techs, and security. On average 12 patients are seen a day, including some who are seen only by the BHEs, some who receive only a brief screening exam and some who remain for longer periods for stabilization or placement.

Dr. Michael Allen, MD, who has been integral in implementing this new service, states, "About 21% of ED patients at UCHA now have a mental health or substance use problem. There was also an increasing appreciation of the way in which behavioral health problems contribute to medical morbidity as reflected in medical complications, hospital admission, recidivism and length of stay. Leadership in Emergency Medicine including Drs. Richard Zane, Chair of EM, Chris McStay, Jen Wiler and Kelly Bookman have all been extremely supportive of growing psychiatric emergency services to meet the twin challenges of increasing volume and



(Left to Right): Joel Becker, Brian Emrich, Debbi Beyers, Dan Roy, Michael Allen, Andrew Novick, April Koehler

better care." Dr. Andrew Novick, MD, PhD says, "As psychiatrists, we are trained to lead multidisciplinary behavioral health teams consisting of nurses, social workers, mental health technicians, and therapists. So working as a team is the way I know how to provide the best care for patients, especially in an emergency environment. The big change for me in Clinical Decision Unit 2 (CDU2) is I now feel like I have more of a dedicated team of nurses and mental health clinicians, all in the same space, who are closely collaborating with me on the care of every patient."

Dr. Allen concluded by sharing, "This will be a great teaching service in time and we look forward to developing it as a training site for residents, fellows and nurse practitioners. We also think it is a natural site for research. EM has a very robust quality and research program with which we can align." The Department of Psychiatry is pleased to be involved in the continuing efforts to provide quality mental health services for Colorado residents.

For the 3rd year running, a group led by Thida Thant presented "Marijuana and Mental Health" at the Institute of Psychiatric Services annual meeting.



(Left to Right): Alexis Ritvo, Andrew Kluemper, Jesse Hinckley, Thida Thant, Helena Winston, and Erica Rapp.

## Give it up for the Irving Harris Program!

Five Colorado-based philanthropic donors came together in a tremendous effort to address the state's workforce shortage related to infant and early childhood mental health. Their collective investments will double the number of community-based infant and early childhood mental health professionals, through training by the Irving Harris Program in Child Development and Infant Mental Health.



# Department Happenings

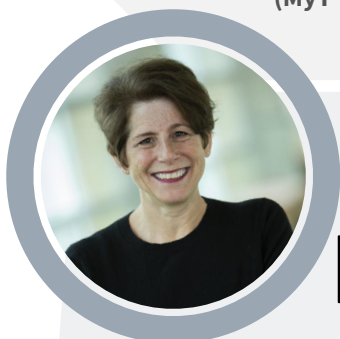


## NEW GRANTS!

**Kristina Legget, PhD**  
**NIH/NIDDK R01:**  
**Sex-based differences in the neuronal mechanisms of food intake behavior**

**Tyler Coyle, MD**  
**SAMHSA Grant:**  
**Interprofessional Clinical Opioid Use Disorder (I-CLOUD) Curriculum Proposal**

**Andrew Novick, MD, PhD**  
**CWHR Grant:**  
**My Transgender Brain Study (MyT "Mighty" Brain)**



## NEW RESULTS!

Lisa Brenner, PhD led the study: "Vets With Traumatic Brain Injury Have Higher Suicide Risk," and found that the risk of suicide among U.S. military veterans who have suffered a traumatic brain injury (TBI) is more than double that of other veterans. This research was featured in *US News and World Report*.

## CELEBRATING THE LIFE OF PAUL POLAK, MD

It is with great sadness that we share news of the passing of volunteer faculty member, Paul Polak. Although Paul had many exceptional accomplishments and endeavors, he was very proud to be a member of the University of Colorado family as a resident alumnus and volunteer faculty member. Click [here](#) to read an article in the *New York Times* in order to learn more about his life, entrepreneurial spirit and mission to teach the world's poorest communities to earn income.



## TEAM SPOTLIGHT

**SARA DILLARD, B.A.**

Sara's nominator described her as "a dedicated, hardworking colleague who took on a new role with grace and professionalism. She is supportive of her coworkers and residents alike. She is an amazing team player."

Please enjoy her Q&A below!

? **When did you start working for the DOP at CU Anschutz?**

I was hired in September 2015 as an Assistant

✓ Coordinator, then became the Fellowship Coordinator in 2016 and the Residency Coordinator in March 2019.

? **What has been your favorite part about working in the DOP at CU Anschutz?**

✓ The opportunity to learn a completely different field, working with the incredible faculty, staff and residents and the work-life balance I found after working in the event industry.

? **What's your biggest professional goal?**

✓ To be able to retire to the beach someday and possibly run a small bed and breakfast.

? **If you could have an alternate job (something totally different from what you do now), what would it be?**

✓ A travel writer and photographer.

? **What is your favorite season of the year and why?**

✓ When I lived in the Midwest, it was fall because I love the change in weather and the beautiful leaves. That happens so quickly here that I sometimes miss it, so now summer is my favorite because I'm always ready for the warm weather and the chance to take a vacation to the beach.

? **What's your dream vacation spot or trip?**

✓ I've been lucky enough to travel and live in Europe and Africa, but have never been to Asia. Top of my list would be India and Thailand.

? **What's your favorite book or movie and why?**

✓ *Love Actually* because it intertwines the stories of the characters so masterfully and reminds us that love is truly what binds humanity together.



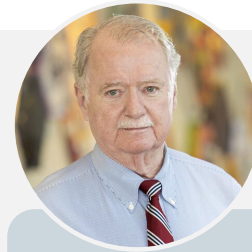




*Congratulations Dr. Diaz!*

**Eva Diaz, MD was named one of Children's Hospital Colorado providers of the month!**

This international conference, held in Chicago, IL, sponsored jointly by the American Association for the Study of Liver Disease (AASLD) and the European Association for the Study of the Liver (EASL), focused on decisions to transplant in cases of acute alcoholic hepatitis, a controversy in the field. Dr. Beresford was the only psychiatrist invited to present. He added a focus on the diagnosis and prognosis of addictive disorders presenting to liver transplant teams. Programs from across Europe, Canada, and many from the U.S. were represented along with NIH officials from the National Institute on Alcohol Abuse and Alcoholism.

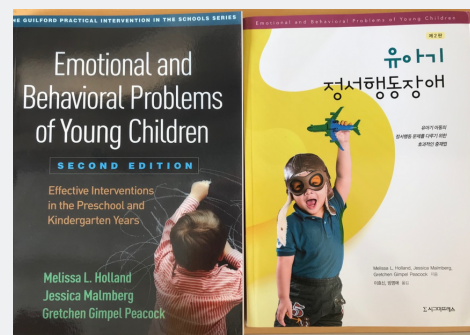


**The Alcohol Liver Disease Endpoints Conference featured Thomas Beresford, MD!**

## THE GOOD NEWS INITIATIVE



During the month of November, you will see gratitude boxes placed around the department. Please take a few minutes to share what or who you are thankful for, working in the DOP. You can include your name or remain anonymous. These responses will be included in next month's newsletter!



**Our faculty members are crossing language barriers!**  
Jessica Malmberg, PhD had her book, "Emotional and Behavioral Problems of Young Children," translated to Korean!

## Holiday Giving Initiative



The DOP is excited to announce the holiday giving initiatives for the 2019 season! The Giving Committee has selected several local organizations in need of donations to coordinate giving efforts from our faculty and staff. Gift requests will range from less than \$1 to larger needs so there's a way for everyone to get involved! Please be on the look out for an email with more details in the next week. For those interested in getting involved, please see below for more information about our sponsored giving opportunities:

### COMITIS CRISIS CENTER

This very deserving organization will be sharing needed bulk items which can easily be purchased online or at warehouse club stores.

### SPONSOR A FAMILY

We will be sponsoring holiday needs for five families within our community. Gift requests will be sent via email during the second week in November.

### PEER I AT ARTS

Top needed items will be shared with the department to ensure they will have all they need to get through the coming season.

### COATS FOR COLORADO

Remember to bring gently used coats to the drop box in the lobby of Bldg. 500 or bring them with you on Burrito Day!

**Click here to RSVP**

## Campus Happenings



There is a Food Pantry on the Anschutz Campus for students. You can pick up a donation bag with a list of items needed in the Education 2 North Building, 3rd floor, #3200. It's a great way to support our future physicians!

**Click here for details.**





# Shout Outs!

## PUBLISHED!

The following list represents some of our faculty with recent publications!

**Michael Allen, MD**



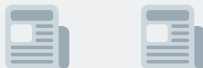
**Ashley Pacheco, PhD, Ralph Berger, Robert Freedman, MD & Amanda Law, PhD**



**Jesse Hinckley, MD & Paula Riggs, MD**



**Sandra Fritsch, MD**



**Laura Judd-Glossy, PhD & Merlin Ariefdjohan, PhD, MPH**



**James Murphey, MD**



**Randi Libbon, MD, Jacob Gadbow, MD, Brian Rothberg, MD & Alison Heru, MD**



Pro Tip: Hover your mouse over the icons to be taken to a website with the full text available!



## IN THE NEWS!

Below are just some of the faculty who were featured on television, radio, online, or in print media in the past month! Click on the descriptions below to be taken to the news stories.



**Scott Simpson, MD** was mentioned in an article by *The Colorado Sun*, "Colorado emergency rooms are trying something new to stem the opioid crisis: addiction treatment."

**Christian Thurstone, MD** discussed the dangers of vaping with ABC Channel 7. He said, "Until we know a lot more about exactly what ingredient is in the vape juice that's causing these deaths and serious illnesses, the best advice is to stay away."



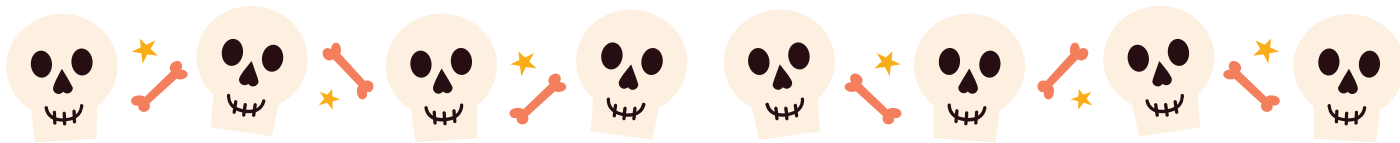
## UCHEALTH'S INTEGRATED TRANSGENDER PROGRAM IS A 2019 ONE COLORADO ALLY AWARD RECIPIENT



The UHealth **Integrated Transgender Program** puts patients at the center of care. Several providers come together twice a month so transgender patients can easily manage all of their care in one place all in one afternoon! Give it up for the following providers (left to right): Rita Lee, MD (Internal Medicine), Tricia Huguelet, MD (Gynecology), Micol Rothman, MD (Endocrinology) and Robert Davies, MD (Psychiatry).

**Click here to watch the Ally Award video.**





## ENJOY HALLOWEEN PICTURES FROM AROUND THE DEPARTMENT!

### 8th Annual Division of Substance Dependence "Party in the Park"



Susan Mikulich-Gilbertson, PhD has been hosting this event for 8 years.

This event began to honor the longtime staff of the Division of Substance Dependence. "Most of us had young kids and it was a way for them to get more use out of their Halloween costumes and us to have a chance to connect while they ran around." says Susan, "Joe Sakai, Christian Hopfer, and Tom Crowley have been great supporters!"



Joe Sakai shows off the Jello brain!"



Have a Good News story idea, shout out, publication, team spotlight nomination or other recognition you want to see included in next month's newsletter?

You can click on this box to be directed to the submission page where you can share your Good News with us so we can share it with everyone else!



Some faculty and staff joined together for a lunch potluck - Halloween themed food was made to celebrate the season!



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