

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



Inside the Issue

DEPARTMENT 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 5-6

TEAM SPOTLIGHT

Learn important information
(plus some fun facts!)
about a member of our
Department of Psychiatry family!

Page 3

A NOTE FROM THE GOOD NEWSLETTER TEAM

We are very excited to share our first ever edition of the Good Newsletter for the Department of Psychiatry! We hope that you will find the information beneficial and enjoyable to read. 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! You'll even be able to 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

UCHealth Dedicates More Than \$100 Million for Behavioral Health Care

The Department of Psychiatry is pleased to share the good news that UCHealth is committing \$100 million dollars to expand mental health and substance abuse treatment for UCHealth system patients. The investment will support, 1) integrating mental health and substance abuse treatment in primary care clinics, 2) building a state-of-the-art acute inpatient psychiatric unit at UCH, and 3) expanding the continuum of care to enhance our patients' functioning in the community. Our Chair of Psychiatry, Dr. Neill Epperson, said, "Attending to our patients' behavioral health needs in a timely manner is critical to their overall health and well-being. This comprehensive approach to mental health and substance abuse treatment has the potential to improve the lives of hundreds of thousands of Coloradans." This unprecedented commitment to mental health will ensure patients throughout the health system have access to all levels of care for mental health and substance abuse disorders.



[Click here to read more about the dedication on our website!](#)

2019 Promotions

Please join us in congratulating the following faculty members on their well-deserved promotions!



Bethany Ashby, PsyD
Associate Professor



Allison Dempsey, PhD
Associate Professor



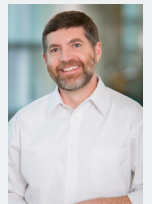
Judy Reaven, PhD
Professor



Emily Muther, PhD
Associate Professor



Ayelet Talami, PhD
Professor



Jason Tregellas, PhD
Professor



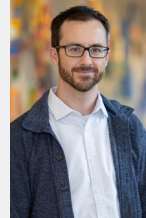
Steven Berkowitz, MD
Professor



Richard Martinez, MD
Professor



Scott Simpson, MD
Associate Professor



Benjamin Mullin, PhD
Associate Professor



Christian
Thurstone, MD
Professor

**Congrats
to all on a
job very
well done!**



Department Happenings



Join us!

TIMING IS EVERYTHING

AN INTRODUCTION TO MEISTERTASK

Presented By: Emmaly Perks, MA, CCRP

Director, Research Education Core

Psychiatry Research Innovations

Friday, October 18th 12:00-1:00 PM

Nighthorse Campbell Native Health Building Room 103

COMING SOON:

PSYCHIATRY RESEARCH INNOVATIONS!

As you may have recently heard, there is a new research service offered to the Department of Psychiatry faculty. Psychiatry Research Innovations (PRI) was expanded from the Child Division's Innovations Center, started by Doug Novins and is directed by Dr. Merlin Ariefdjohan. It was established to advance academic success of faculty members by providing research-related administrative, operational, and educational support. In addition to pre- and post-award support, the PRI has four main service cores:

- **Biostatistics** (Dir. Susan Mikulich, PhD)
- **Research Operations** (Dir. Claudia Iannelli, MS)
- **Clinical Res. Support** (Dir. Christine Garver-Apgar, PhD)
- **Res. Education & Training** (Dir. Emmaly Perks, MA, CCRP)

Shortly, the PRI will have a webpage with all pertinent information including details of all supported activities, how to request support as well as a calendar of events and trainings. The PRI will continue to gradually expand as new team members are hired. Look out for an email with more details later this fall! In the mean time, please feel free to contact us at merlin.ariefdjohan@cuanschutz.edu to discuss your research needs.



TEAM SPOTLIGHT

JARROD ELLINGSON, PH.D

Jarrod's nominator said that they wanted to see him highlighted because of the work he's doing related to adolescent cannabis use and cognitive function. Not to mention, Jarrod has been a great addition to our

Department since joining on May 1, 2019!

Please enjoy his Q&A below!



What is your professional area of interest?

My primary professional interests have always been in addiction, particularly in understanding how the gene-environment interplay increases risk for addiction.



Of what accomplishment are you most proud?

Honestly, starting at Anschutz, has been my proudest professional accomplishment yet. Starting as an Assistant Professor was hard to believe after working toward it for so long. Given that our department values the clinical-scientist model, there's been an added sense of excitement and pride, in that I feel like I found a place that fits me well.



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

At some point in graduate school, I lightly considered a career of analyzing baseball data, for example as a writer, or provide sports psychology consulting. However, I quickly decided that baseball was a much better fit as a hobby!



Do you have any hidden talents?

Odd but true... When I was 18, I was a finalist for national steel-tip dart tournament, with the chance to compete internationally. After I went to college, however, playing became pretty infrequent, and that talent is now buried, if not hidden.



What's your dream vacation spot or trip?

My favorite type of vacation is camping, but if I were to turn that into a dream vacation that I've never been on... camping in Hawaii sounds great.



What's your favorite Colorado activity?

My family and I love to hike whenever we get the chance. It's the next best thing to camping, which I suppose is really our favorite Colorado activity.



Have you seen this yet?

With institutional support, the Department of Psychiatry underwent a branding exercise with the marketing company Karsh Hagan. Thank you to those of you who contributed to this process.

The tagline "Brain Health for all, for life." was chosen to echo our mission, - to support mental health across the lifespan for all people.



thanks a million!



Special thanks to everyone who helped contribute to the Staff Council School Supply Drive! Together, we were able to gather necessary back to school items for refugee and immigrant children in our community!

Block Party

The journey toward building an identity is ongoing, and the Block Party provided several opportunities for both professional and personal growth. At the Department's booth behavioral health professionals made themselves available to answer questions about mental health. A big "thanks" goes out to all of our faculty and staff who took the time to meet our campus colleagues and discuss mental health. This was a fun, non-stigmatizing way for us to help others better understand psychiatry and behavioral health.



Helen L. Coons and Steve Huett pose with Helen's 30 day mental health challenge, printed in Good Housekeeping!



Emily Hemendinger and Amanda Doria pose in the Student & Resident Mental Health "take care of your selfie" frame!

Alison Heru represents the DOP as one of the doctors "in" for psychiatric help!



THE GOOD NEWS INITIATIVE

As part of our increased communication efforts, we will be highlighting several types of "Good News" from our departmental family. The items presented in the newsletter will be categorized as follows:

✓ The Good News

These will be our front page stories - major new grants/donations, new centers and groups or other high-impact happenings!

✓ Shout Outs

Want to see your work (published papers or book chapters, invited talks, quotes and interviews on the radio, online or on TV) highlighted in the newsletter? This is the section where you will find them!

✓ Thank You Notes

Are you looking for a way to say thank you to a coworker for going above and beyond the call of duty? **GOOD NEWS!** (see what we did there?!) Shortly, you'll be able to send DOP-branded thank you notes (courtesy of The Good News Team) either via email or hand-written on printed cards. Our goal is to see these widely used throughout the department to celebrate hard work and dedication! We'll let you know when the cards are ready for pickup later this year!



Shout Outs!



LET'S HEAR IT FOR STUDENT & RESIDENT MENTAL HEALTH!

Earlier this year, a new student group, **Student Advocates for Mental Health**, hosted an anti-stigma panel. Panelists shared that they get care at Student and Resident Mental Health and spoke very highly of the care they receive, both from front desk staff and from their providers. One student in particular spoke of how helpful and kind the front desk staff was in talking to her while she was in crisis and waiting to see a psychiatrist for the first time. She describes that the psychiatrist worked with her to develop a reasonable, compassionate safety plan - making sure she was safe while still respecting her autonomy.

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



IN THE NEWS!

The following list represents just some of the faculty who were featured on television news programs, online or on the radio in the past month!

Ashley Curry
Bruno Anthony
Camille Hoffman
Christian Thurstone
Jason Williams

Jenna Glover
Jessica Malmberg
Laura Anthony
Rachel Davis
Robert Freedman

PUBLISHED!

Below are examples of two of the articles recently published by our DOP faculty!



A VNTR Regulates miR-137 Expression Through Novel Alternative Splicing and Contributes to Risk for Schizophrenia.

Pacheco A, Berger R, Freedman R, Law, AJ. (2019).
<https://www.ncbi.nlm.nih.gov/pubmed/31409837>



Transcription of PIK3CD in human brain and schizophrenia: Regulation by pro inflammatory cytokines.

Hood VL, Berger R, Freedman R, Law AJ. (2019).
[Hhttps://www.ncbi.nlm.nih.gov/pubmed/31211828](https://www.ncbi.nlm.nih.gov/pubmed/31211828)
[Epub ahead of print]





HELEN L. COONS CONTRIBUTED TO THE CREATION OF A 30 DAY MENTAL HEALTH PROGRAM WITH GOOD HOUSEKEEPING!

**GOOD
HOUSEKEEPING**

30 DAY MENTAL HEALTH CHALLENGE

DAY 1

Do a deep breathing exercise.

DAY 2

Catch up with a friend.

DAY 3

Schedule something fun.

DAY 4

Donate something you never use.

DAY 5

Do 30 minutes of yoga.

DAY 6

Plan a healthy meal.

DAY 7

Ask for help.

DAY 8

Listen to your favorite music.

DAY 9

Take 10 minutes to read.

DAY 10

Go for a walk.

DAY 11

Budget 20 minutes of spa time.

DAY 12

Practice a favorite hobby.

DAY 13

Get distracted by a movie.

DAY 14

Go to bed 30 minutes earlier.

DAY 15

Drink just water today.

DAY 16

Schedule a game night.

DAY 17

Set a mini goal.

DAY 18

Cross an item off your to-do list.

DAY 19

Compliment someone.

DAY 20

Plan a night in with friends.

DAY 21

Try a 5-minute meditation.

DAY 22

FaceTime with family.

DAY 23

Do something outside.

DAY 24

Book a date night.

DAY 25

Unfollow negative social media accounts.

DAY 26

Say no to something.

DAY 27

Have a phone-free night.

DAY 28

Watch a silly video.

DAY 29

Write down something good that happened.

DAY 30

Adopt a new habit.

Dr. Coons worked with **Good Housekeeping** to develop this challenge because setting little goals can lead to big results. Dr. Coons said, "We know that small, realistic, and attainable steps help us sustain good health behaviors. So if we think that we're going to lose 50 pounds this week, we tend not to do it, but if we think about 'I'm going to skip the cookie today,' that's a good start. Same thing in mental health." [Click here to read the full article!](#)

TRY THE CHALLENGE!

You could even print it out and place it where it will be visible to keep you motivated! Enjoy!

Have a front page story idea, shout out, 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!



SUPPORTING SUCCESS for us, for life.