

Monthly Newsletter

NOVEMBER 2021

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Dear Colleagues:
Welcome to the
November edition
of the Department
of Psychiatry's
Newsletter!

David C. Henderson, MD



ANNUAL INFLUENZA VACCINATION

This message sent on behalf of the Working Well Clinic

Thank you for your support in ensuring all BMC employees are vaccinated against flu. Currently, 62 percent of BMC employees are compliant for flu vaccination in the Employee Health Portal. To ensure full compliance, we have extended the flu vaccination deadline to Friday, November 5.

This means that all employees must obtain the flu vaccine or have an approved exemption request in the [Employee Health Portal](#) by Friday, November 5. If this requirement is not met, your HR Business Partner will reach out to you to determine next steps.

On-site flu clinics have also been extended until **Friday, November 5** to help everyone meet this deadline.

Flu Vaccine Clinic Schedule – Dates Through Friday, November 5

- Menino Lobby: Monday – Saturday, 6:30 a.m. to 5 p.m.
- Shapiro Lobby: Monday, Wednesday, Friday, 7:30 a.m. to 2:30 p.m.
- FGH Ground Floor Conference Room: Tuesday, 7:30 a.m. to 2:30 p.m.
- Working Well Clinic Fast Track (DOB 7): Wednesday, 8 a.m. to 12:30 p.m.

Thank you for helping us make this a safer, healthier flu season for our patients and one another. If you have any questions, please contact the Working Well Clinic at 617-638-8400 or fluvaccine@bmc.org.

***NEW* GI HEALTH PSYCHOLOGY SERVICES!**



A note from:

Santia "Nina" Berberena, PsyD

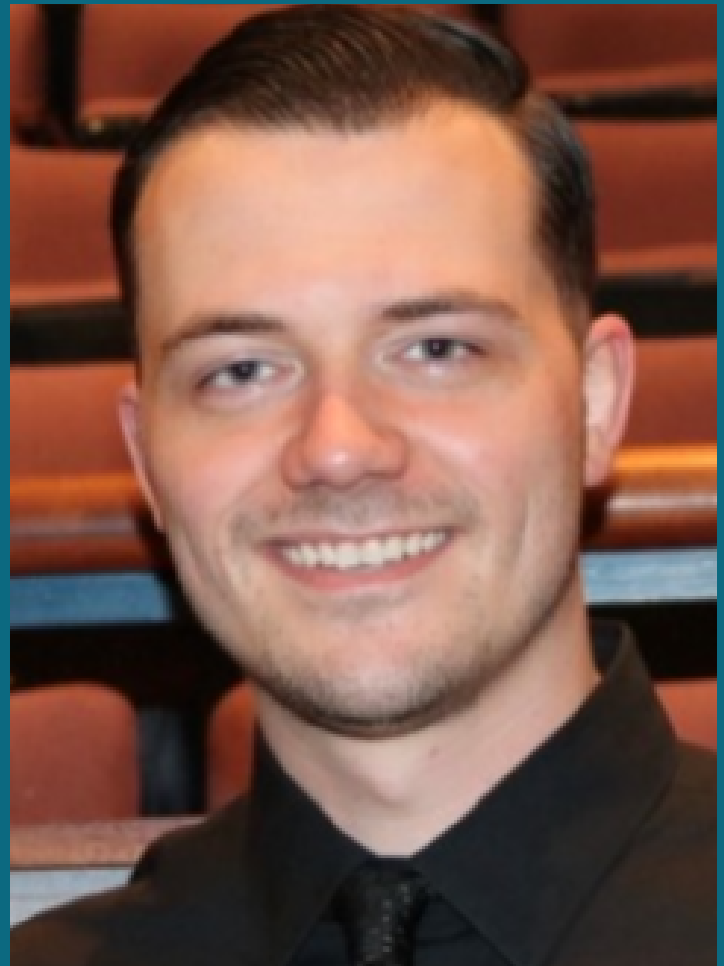
This summer, I became the only psychologist to currently serve on the gastroenterology service. I was introduced to the world of gastropsych, and continue to train in this fascinating field while occupying this new role. Gastropsych, also known as GI health psychology, is an evolving subspecialty within health psychology that focuses on behavioral treatments that target the brain-gut connection and reduce symptom severity while enhancing quality of life.

Prolonged stress, along with an inability to adaptively cope with emotional distress can interfere with the digestive process and result in the aggravation of GI symptoms. These symptoms, depending on the diagnosis, can be quite debilitating and can lead to significant mental health issues in many patients. The Centers for Digestive Disorders consists of numerous medical providers specializing in the treatment of various conditions; such as inflammatory bowel disease (Crohn's disease and ulcerative colitis), liver disease, gastrointestinal malignancies, motility disorders, biliary and pancreatic disorders, among others. As the gastropsych provider, much of my work involves educating patients about the association between their thoughts, emotions, and symptoms, as well as providing evidence-based treatments that teach them about adaptive coping and healthy stress management. Biofeedback, CBT, and clinical hypnosis are a few of the treatment interventions I apply in treating patients. Our integrated model of service allows for consultation between myself and medical providers and warm hand off opportunities. It has been enormously gratifying for me to see how well I have been received by our medical colleagues, and how receptive patients have been to the notion of having a psychologist on their treatment team. The contribution of behavioral health providers in medical specialties continues to grow and expand. I consider myself fortunate to experience that growth and expansion firsthand.

FAREWELL AND THANK YOU, BICKY AND JOHN!

THANK YOU & *farewell*

It feels bittersweet to announce that **Amandeep Kaur**, Operations Manager for Adult & Child Outpatient Psychiatry, and **John Ricketson, MHA**, Team Coordinator for Adult & Child Outpatient Psychiatry have resigned, effective 11/19/21.



FAREWELL AND THANK YOU, BICKY AND JOHN!

Many of us have known **Amandeep "Bicky" Kaur** for many years as she supported the Department in multiple operational and administrative capacities. She has worn many different hats with us over the years, bringing her skills, dedication, comradery and humor to each new role. After a few years gaining experience and building her wide operations skillset in other Boston area health care institutions, we were thrilled to welcome her back to BMC Psychiatry in April 2020, right in the height of the early pandemic. She brought much needed leadership to our outpatient services, and reinforcement for John who had been single-handedly supporting operations in our outpatient clinic since the very earliest days of the pandemic! She has managed countless distressed and frustrated patients with composure and kindness. She has on-boarded and off-boarded countless providers in her time back with us and I know has been a critical resource and support for every single clinician and staff member on our outpatient team. We will miss you Bicky, and wish you the very best of luck in wherever your professional journey takes you next!

John Ricketson joined our department as our Team Coordinator in fall 2019, and immediately developed strong relationships with our administrative and clinical teams. Only a few short months into his work with us, he took on the challenge of helping complete the complex transition of Child Psychiatry into Yawkey. Just a few weeks later, the gravity of pandemic was fully realized and many staff were abruptly shifted to work from home. In the absence of an Operations Manager at the time, John stepped up during this critical period and led the operational transition as we suddenly figured out how to scale up telehealth services in a matter of days. He remained on site throughout the pandemic and his calm, action-oriented approach was essential to guiding us through these early days of uncertainty. We could not have done it without you, John. Please join me in wishing John the best luck as he begins training to become a Nurse Practitioner! We know you will be a wonderful clinician and would love to see you around the halls of BMC sometime in the future.

Thank you Amandeep and John for your tireless work in a challenging outpatient setting, during the most challenging of pandemic times. You will be deeply missed! We are working quickly to identify other strong candidates to take on these essential positions in our department. In the immediacy, we are working with ambulatory leadership to identify operations management personnel here at BMC who can step in and support our department during this transition, to ensure that we do not have a gap in operational support needed to support our Adult & Child Outpatient clinics. *-Claire Oppenheim, MPH*

HOT TOPICS IN HEALTH

If you have read something that you would like to share with the department, please submit the article link or PDF to Anne.Rioux@BMC.org with a short summary of what the article covers.

Large-scale African psychiatric genetics study takes top award

An international psychiatric genetics study based at the University of Cape Town have been given a top global award for innovation. This study aims to look at genomics of bipolar disorder and schizophrenia. [Source: University of Cape Town, 10/26]

Declaration of Mental Health 'Emergency' Among Children and Teens Brings Calls for More Early Intervention

The pandemic has pushed already increasing mental health problems in children to heartbreaking new levels, prompting emergency declaration from the American Academy of Child and Adolescent Psychiatry, American Academy of Pediatrics, and Children's Hospital Association. [Source: Northeastern University, 10/25]

Black and Latino families continue to bear pandemic's great economic toll in U.S.

A new poll finds more than 55% of Black and Latino households have faced serious financial problems in recent months. And more than a quarter have depleted their savings. (3-minute listen). [Source: NPR, 10/25]

HOT TOPICS IN HEALTH

Pediatricians say the mental health crisis among kids has become a national emergency

Three leading pediatric health organizations are sounding the alarm about "soaring rates" of depression, anxiety and suicidal thoughts among children and adolescents. (4-minute listen). [Source: NPR, 10/20]

Breast Cancer Survivorship and the Impact on Mental Health

From fear of recurrence to depression, breast cancer treatment can leave many survivors with lasting effects on their mental health. [Source: Everyday Health, 10/22]

Patients say telehealth is OK, but most prefer to see their doctor in person

An NPR poll finds that while a large majority of people using telehealth during the pandemic were satisfied, nearly two-thirds prefer in-person visits. That may foretell telehealth's future. (4-minute listen). [Source: NPR, 10/18]



BOSTON
MEDICAL
CENTER

BMC Proud

PSYCHIATRY GRAND ROUNDS



School of Medicine
Psychiatry

We are delighted to start our new academic year of Psychiatry Grand Rounds! Grand Rounds will be held virtually by Zoom each Thursday from 12-1pm. Please click [here](#) to see a full list of our scheduled presenters and topics for this academic year.

November 4th: David Barlow, PhD

Transdiagnostic Approaches

November 11th: Andrea Spencer, MD

Reach for ADHD Lab

November 18th: Leo Beletsky, JD, MPH

Law, Public Health and SUD

November 25th: THANKSGIVING

No Grand Rounds

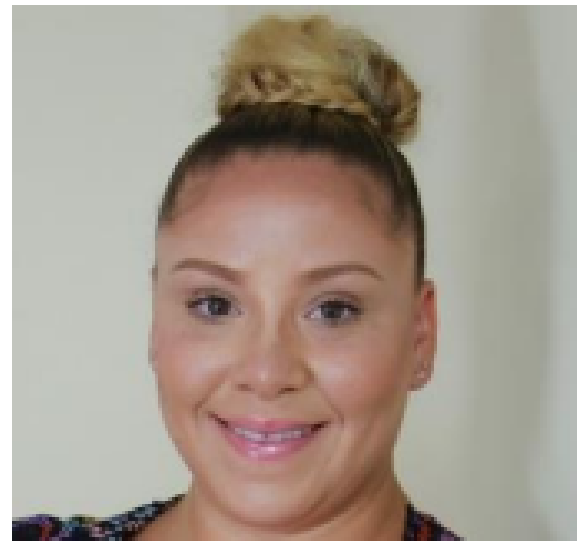
All presentations are recorded and posted on our [website](#).

For CME Credit, please visit www.bucme.org

CMTIP INTERNS 2021-2022



Hanan Hashem
University of Texas-Austin



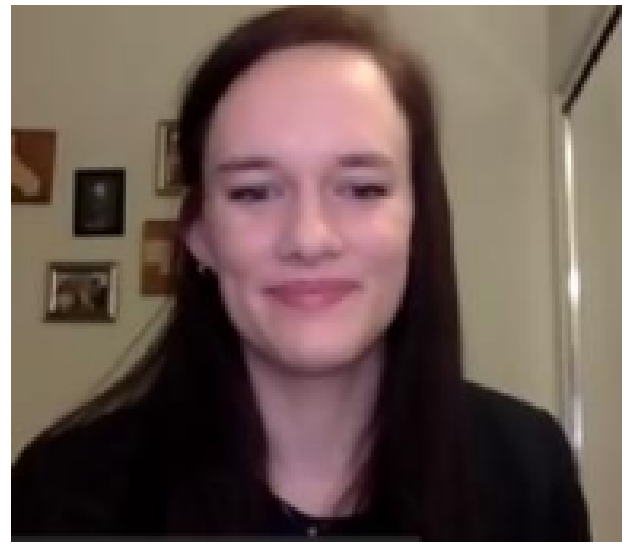
Marla Martinez-Parker
Alliant IU/CSPP-San Diego

CMTP INTERNS 2021-2022



Tahlia Bragg

Fielding Graduate University



Jordan Brooks

Alliant IU/CSPP-San Francisco



Rehan Sheikh

Palo Alto University



Brandon Tross

Western Michigan University

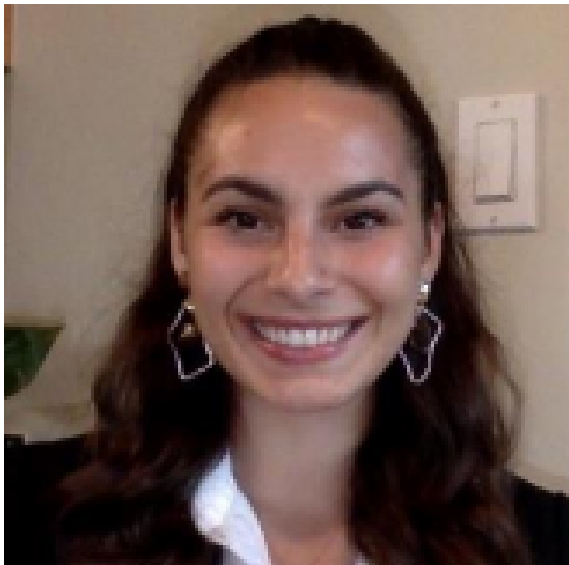
CMTF INTERNS 2021-2022



Bianka Charity-Parker
University of Virginia



Pamela Cornejo
University of Utah



Kenedy Ramos
Alliant IU/CSPP-San Diego

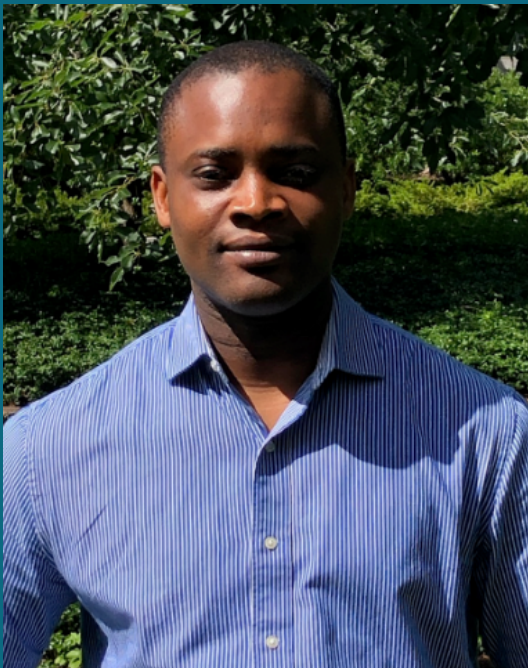


Whit Ryan
University of Denver

CHAPLAIN (CPE) INTERNS 2021-2022



My name is **Ankiza Baregu**. I am a wife and a mother 3 young boys. I am currently working in the healthcare industry. I did my two CPE Units at Beth Israel Deaconess Medical Center and I am delighted to be doing my next 2 CPE Units at Boston Medical Center. I reside in Weymouth, MA but I am originally from Tanzania, in East Africa.



My name is **Paulinus Nweke**. A Nigerian by birth, Catholic Clergy by vocation, and Counselor and educator by interest, I'm currently an MA student in Boston College School of Theology and Ministry. I hold Bachelor degrees in Philosophy and Theology which were obtained from the University of Ibadan, Nigeria and Pontifical Urban University, Rome respectively. I also hold a professional Diploma in Education, Nsukka, Nigeria. Prior to my studies in Boston College, I worked as a Pastor, Chaplain of various religious groups, an Administrator, and a School Manager. As a pastor, I developed a passion towards those in the margins. My experiences of helping the sick, the poor, and the troubled nourished this passion daily. Indeed, the real or imagined hopeless situations of the sick, the hungry, and those at the margins continues to define my vocation and ministry. As a hospital Chaplain, I can see myself connecting deeply with the vulnerable. I'm hopeful that Boston Medical Center will enrich my experiences in this regard. At my free time, I love to teach, read, listen to news, and play volleyball.

CHAPLAIN (CPE) INTERNS 2021-2022



Cindy Rassi is a third year Master of Divinity student at Boston University in the Chaplaincy track. She is originally from Colombia and came to the USA eighteen years ago. Her own immigration experience and her work with non-profits and families with children in underserved communities in the Boston area, prompt her to follow her path in spiritual care. She is interested in the ways health care, social issues, ecological justice and faith, manifest and impact BIPOC families and individuals and the spiritual challenges they experience. Cindy is a mother of three children and lives with her husband, dogs and “Luna” her 14 year old cat. She is interested in meditation, yoga, Ayurveda, Buddhism and architecture.



Eden Steinberg received her bachelor's degree in religion from Swarthmore College and her master's degree from Harvard Divinity School. Eden is a practicing Zen Buddhist, having received lay ordination (jukai) in her Soto Zen Buddhist tradition in 2016. She currently works as a per diem chaplain at Beth Israel Deaconess Medical Center, where her placements have included the psychiatric unit, the bone marrow transplant unit, and the palliative oncology service. Eden has developed a particular interest in the topic of moral injury and the special considerations of providing spiritual care to military veterans. Eden lives in Cambridge with her husband, two sons, and two rescue dogs.

CHAPLAIN (CPE) INTERNS 2021-2022



CJ Coppersmith is a Postulant for Ordination to Holy Orders in the Episcopal Diocese of Massachusetts. He has a long history as a church singer and lay assistant and has served as a parish Director of Religious Education. He also preaches frequently in local parishes., as well as at gatherings of the Society of Ordained Scientists. CJ also works as an Engineering Director focused on product cybersecurity for Hewlett Packard Enterprise. He holds Bachelor of Science degrees in Biology and Chemistry from Allegheny College and the University of Pittsburgh, respectively, a Master of Science degree in Computer Systems Engineering from Northeastern University, and a Master of Divinity Degree from Episcopal Divinity School with a special competence in Theology



Kingsley Chima Mbam is a Catholic priest from Nigeria. He is currently a priest-chaplain at St. Elizabeth's Medical Center, Brighton, and Boston's Longwood Area Hospitals. He holds a dual Master's degree in Theology/Ministry and Social Work from Boston College. Before coming to Boston College for graduate studies, he worked as an administrator, a pastor, a teacher, and a principal/school manager. Kingsley's hobbies include reading, hiking, playing soccer and table tennis, as well as listening to music. In addition, his hospital chaplaincy interest is gerontological pastoral/spiritual care.

Q & A WITH DEB GOLDFARB, LICSW

Psychiatry Administrative Coordinator, **Linda Asare, MHA** sat down with **Deborah Goldfarb, LICSW** to discuss her ongoing activism work within Boston and surrounding communities.



What is your position at BMC?

I'm the Director of Behavioral Health within the Population Health Department. In this role I'm involved with various projects and supervise a few different groups of social workers that do care coordination and address social determinants of health for patients with behavioral health needs. I also get to do work with Grayken Center for Addiction on the criminalization of addiction.

Q & A WITH DEB GOLDFARB, LICSW

What advocacy events have you been involved with in the past year (within and outside of BMC)? What topics/issues were addressed?

I have testified at a number of legislative hearings, including on the Safe Consumption Site, Treatment Not Imprisonment, and Prison Moratorium bills. When I'm unable to provide oral testimony I help organize written testimony, either from BMC or National Association of Social Workers. I have also helped with organizing and directly participated in several advocacy events including marching for three days this summer alongside formerly incarcerated women and their allies calling for a 5 year moratorium on new prisons being built in MA and, more specifically, to stop the planning and construction of a new women's prison. I've also been to a number of other social justice rallies this past year, and when I cannot attend help spread the word and/or organize social workers through various social media efforts.

Who were the target audiences?

During legislative hearings, the audience is primarily the legislators, but the hope is that it raises general awareness. Direct actions like protests and rallies is sometimes targeting a specific audience but is typically to educate and organize in a very public way. The hope with a lot of this work is that it will receive media coverage to reach a larger audience.

Do you work closely/partner with any non-profit or community-based organizations? How can staff/faculty seek out these advocacy opportunities on their own? Do you have any resources that have been helpful to you?

I first became involved in advocacy when I worked in the state prison system as a social worker and felt I had no ability to advocate for the harm the criminal legal system was inflicting on my clients. This advocacy started through the National Association of Social Workers- MA Chapter, where I continue to lead their Criminal Justice Committee, helping organize social workers around criminal legal system reform. I'm now also on the board of the Criminal Justice Policy Coalition, and partner with other local organizations doing this work such as Prisoner Legal Services, Families for Justice as Healing, Building Up People Not Prisons, etc. I think partnering with and centering those most impacted is really important though in this work.

Q & A WITH DEB GOLDFARB, LICSW

In what ways can other BMC staff and faculty become involved in any advocacy events?

Social media (instagram, Twitter, etc) is a great way to learn about local organizations and leaders doing this work. A lot of advocacy is surrounding legislation, so following legislators and the hearing schedule for bills you're interested in is also helpful. The voice of health care professionals is really important in this work, and many organizations are looking for your support. Don't be afraid to show up to meetings, message individuals, talk to your colleagues, engage in direct action!

Are there any upcoming events you will be involved in or would like us to be aware of?

These past few months have been very busy with legislative hearings. There is an upcoming hearing in early November I will be testifying at with other BMC providers in front of the Joint Committee on Mental Health, Substance Use and Recovery on An Act Ensuring Access To Addiction Services. Voting in upcoming elections for candidates that center social justice values and effective public health responses is also really important!



4TH AFRICAN DIASPORA GLOBAL MH CONFERENCE



4TH AFRICAN DIASPORA GLOBAL MENTAL HEALTH VIRTUAL CONFERENCE: *DEFINING A NEW NORMAL*

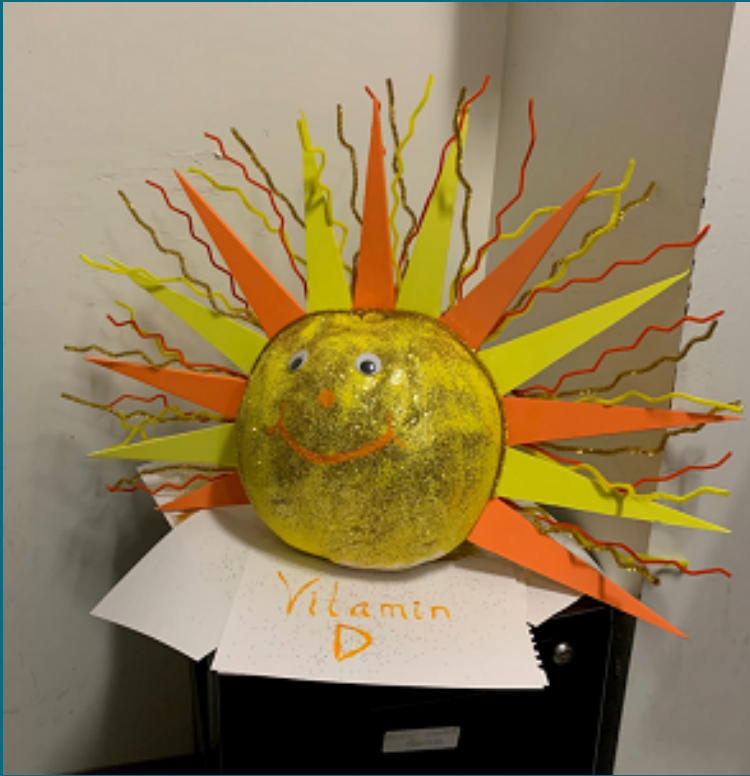
Thank you to all who attended the **4th African Diaspora Global Mental Health Virtual Conference**, held 4-5 November 2021!

GLOBAL & LOCAL CENTER FOR MH DISPARITIES

As you may be aware, the BMC/BUSM Global & Local Center for Mental Health Disparities recently launched our new [website](#) and monthly e-newsletter. The intention for this space is to highlight the great global and local work that our teams are doing in the IRHC, CMTF, T32 fellowship, Global, Local, and Cultural Psychiatry Pathway, etc. Our audience includes 500+ faculty, staff, and trainees in the Boston area and beyond who are interested in global mental health.

If you or your trainees have recent publications, events, and/or job postings that you would like to promote to this global oriented audience, please feel free to send information to joanne.won@bmc.org at any time. The newsletter goes out on the last Monday of each month

DEPARTMENT UPDATES



Our very own **Psychiatry Emergency Services (PES) Team** entered this year's BMC Pumpkin Decorating Contest! Their cheery submission, *Vitamin D*, sure did brighten our day.

Please click [here](#) to view the other fabulous submissions this season.
GREAT job, PES Team!



Did you know? The **Metro Boston Recovery Learning Center** produces their own quarterly newsletter, which can be found on their website [here](#). You can view the current newsletter as well as previous editions, and the next newsletter will be released on the weekend before Christmas. The MBRLC is located on the basement floor of the Solomon Carter Fuller Mental Health Center. For questions, please contact **Idony Lisle, PhD, CPS** at idony.lisle@bmc.org.

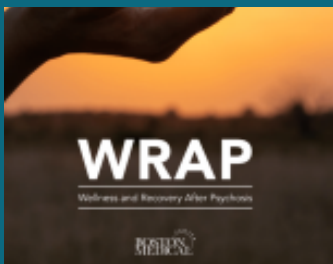
DEPARTMENT UPDATES



Yale School of Medicine News featured the Achieving Culturally Competent and Equitable Substance use Services (ACCESS) program in their [article](#), "Racial Inequities in Treatments of Addictive Disorders." ACCESS is run by **Michelle Durham, MD, MPH**, and the article was written by former PGY-4 **Fabiola Arbelo Cruz, MD**.



Devin Cromartie Bodrick, MD, MPH and **Jawad Husain, MD** spoke during the monthly Equity Innovation Forum on October 14th, which provides an opportunity for BMCHS teams to disseminate their research and innovations around health equity to the larger BMCHS community.



The Satter Foundation has committed \$1.9m in funding over three years for the Wellness and Recovery After Psychosis (WRAP) Without Walls program!



David C. Henderson, MD has been named to BU's Global Faculty Advisory Committee. The committee will consider a range of opportunities for continued growth of BU's global activities, from the ability to offer all students a truly international education experience, to growing support for internationally-focused research, and the development of new and expanded programs at BU's international locations.

DEPARTMENT UPDATES



Rohit Abraham, MD, PGY-3 Combined Family Medicine and Psychiatry resident, has been awarded an Early Career Award by the American Academy of Addiction Psychiatry.

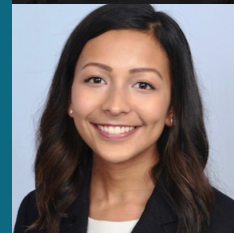
The following residents were selected as "*Outstanding Educators*" among Psychiatry Residents by the BUSM medical students rotating in the last academic year (2020-21):

Rohit Abraham, MD - FM Psychiatry PGY-3
"Goes Out of His Way"

Katherine Crist, MD - Psychiatry PGY-2
"Conscientious Approach to Patient Care"

Sonal Jain, DO - Psychiatry PGY-3
"She is Amazing!"

Charles Ventriglia, MD - Psychiatry PGY-3
"Created a Great Learning Environment"



DEPARTMENT UPDATES



Kimberly Hook, PhD will be participating in the Seminar in Ukrainian Studies on "Addressing Mental Health in Ukraine at a Time of Social Instability," to be held on Wednesday, November 10th. Click [here](#) to register!

Science-Wide Author Databases of Standardized Citation Indicators

Citation metrics are widely used and misused. A publicly available database has been created of over 100,000 top-scientists that provides standardized information on citations, h-index, co-authorship adjusted hm-index, citations to papers in different authorship positions and a composite indicator. Separate data are shown for career-long and single year impact. Metrics with and without self-citations and ratio of citations to citing papers are given. Scientists are classified into 22 scientific fields and 176 sub-fields. Field- and subfield-specific percentiles are also provided for all scientists who have published at least 5 papers. Career-long data are updated to end-of-2020. The selection is based on the top 100,000 by c-score (with and without self-citations) or a percentile rank of 2% or above.

Click [here](#) to view several BUSM Psychiatry faculty on this list, including **Drs. Terry Keane, Mark Miller, Erika Wolf, Denise Sloan, Brian Marx, and more!**

DEPARTMENT UPDATES



Lovern Moseley, PhD participated in Greater Love Tabernacle's panel discussion entitled, "Getting Back to You: Getting back to caring for your physical and mental health!" on Saturday, October 23rd.

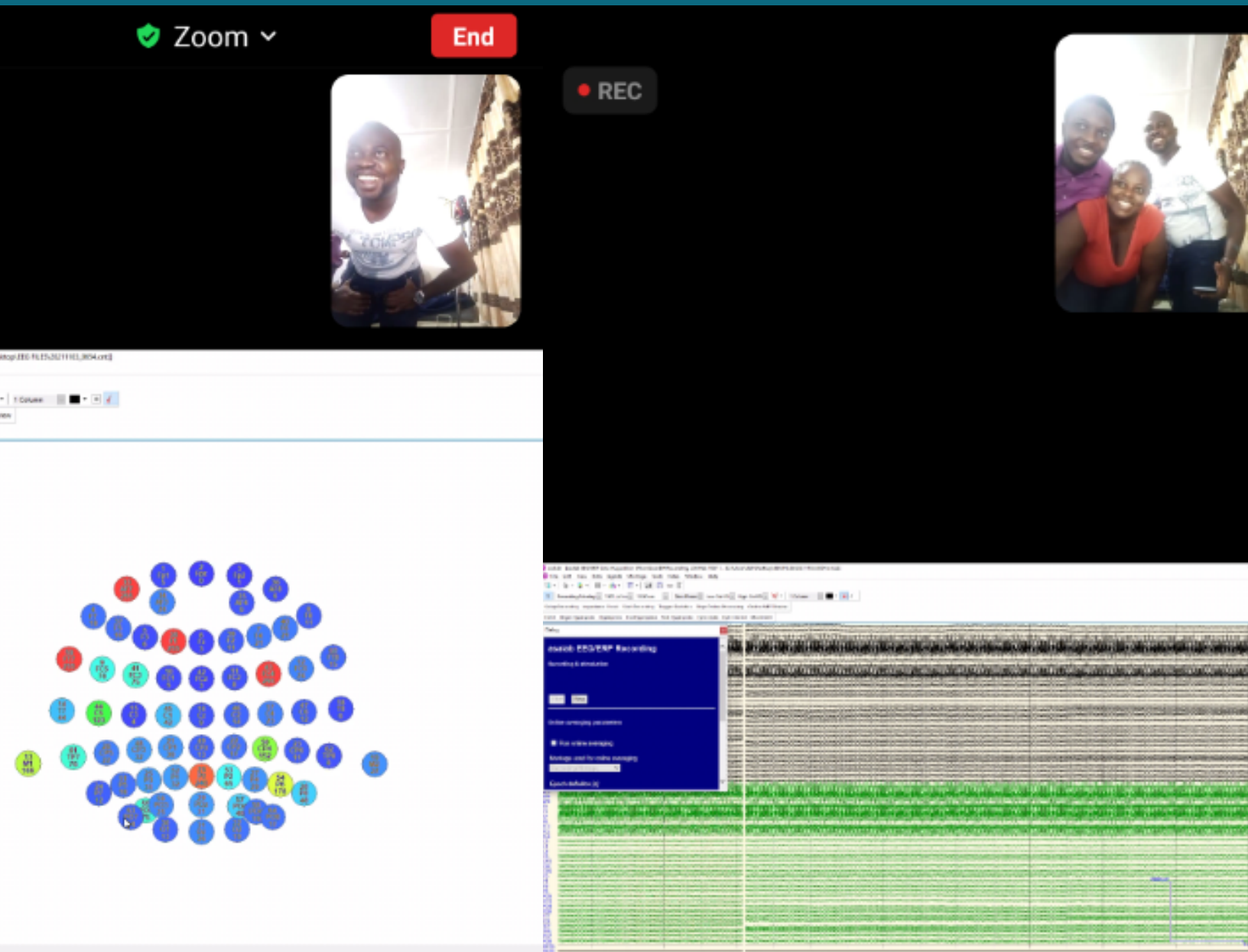
QUESTIONS ON GRANT APPLICATIONS?

All departmental faculty, staff, Psychiatry and Family Medicine-Psychiatry residents, Psychiatry fellows, postdoctoral fellows, and Psychology interns who are planning to submit grants and letters of intent or who plan to participate in outside grants must complete the Grant Application Questionnaire. Outside grants includes those submitted through other departments at BMC/BUSM as well as grants submitted through institutions other than BMC/BUSM.

To request assistance with accessing or completing the Grant Application Questionnaire, please contact **Daisy Perez, MPH** at daisy.perez@bmc.org.

DEPARTMENT UPDATES

Our Liberian colleagues **Dr. Babawale Ojediran** (Head of Department and Residency Program Associate Director), **Dr. Wilbur Harris** (2nd year resident) and **Dr. Whyeayee Diggs** (2nd year resident) are thrilled to have successfully conducted the first ever EEG in country on 11/3/21!



VA UPDATES

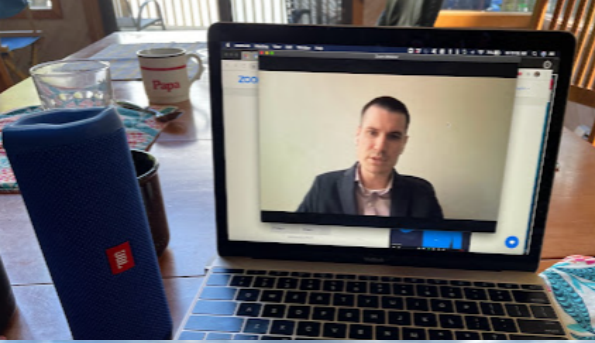


Lewina Lee, PhD, an Assistant Professor of Psychiatry at BUSM and Staff Investigator at the National Center for PTSD - Behavioral Science Division, was featured in Washington Post for her research which reported an association of optimism with exceptional longevity, defined as surviving to age 85 or older. Her work also documented an association between lower childhood socioeconomic status and lower levels of optimism in midlife.



Michelle Bovin, Ph.D., Assistant Professor of Psychiatry, recently received a VA Merit Award. The study will provide much-needed data on the pathways to care that a veteran may take after screening positive for PTSD in VA primary care clinics to understand which Veterans are at risk of not receiving VA-based mental healthcare. To improve access to care for these veterans, information is needed regarding who is being lost to follow-up, where in the process they are being lost, and why these Veterans are not receiving VA care. The goals of this project are to leverage the VA electronic medical record to map the pathways Veterans nationwide follow after screening positive for PTSD that may eventually lead to VA mental health care, and to understand the factors that may facilitate or hinder this process. Our findings will directly inform the development of policy guidance and the implementation of targeted access interventions, thereby improving access to VA mental health care for all Veterans with PTSD.

FAMILY MEDICINE/PSYCHIATRY FALL RETREAT



2021 FALL DEPARTMENT GATHERING



IN THE MEDIA



Sarah Valentine, PhD was featured in *Glamour Magazine's* [article](#) entitled, "Your guide to Generalized Anxiety Disorder."



Christine Crawford, MD, MPH and **Andrea Spencer, MD** were featured in the Boston Herald [article](#) entitled, "Study examines alarming upward trend in Black youth suicide."



Dr. Spencer was also featured in multiple national sources ([U.S. News & World Report](#), [BlackDoctor.org](#), [CHADD](#), and [News Medical Life Sciences](#)) for her [article](#) entitled, "Six Stages of Engagement in ADHD Treatment Described by Diverse, Urban Parents."





WELCOME

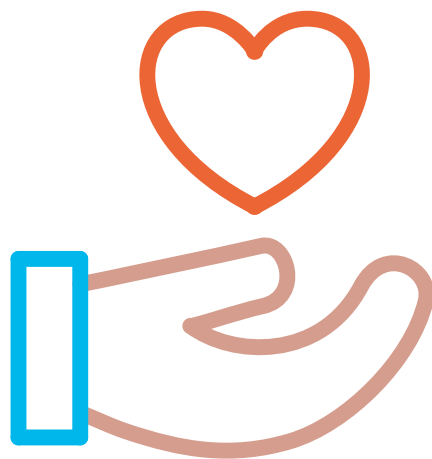


Please join us in welcoming
Devin Cromartie Bodrick, MD, MPH!

THANK YOU!

Farewell and thank you to
**Nicholas Brisbon, PhD, LMHC, and Zachary
Rotfus, LICSW!**





*Want to see your program featured in
our monthly newsletter?*

*Contact Anne Thompson at Anne.Rioux@bmc.org to find out more!
Please include your name, title, and program in your message. The
newsletter will be sent out the first Friday of each month.*