

Bi-Monthly Newsletter

MAY - JUNE 2024

IN THIS ISSUE:

- Announcements & Events
- Faculty Appointments & Promotions
- Congrats, Graduates!
- Department Updates
- In The Media
- Community Resources



"What is success?

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics

and endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better, whether by a healthy child,

a garden patch, or a redeemed social condition;

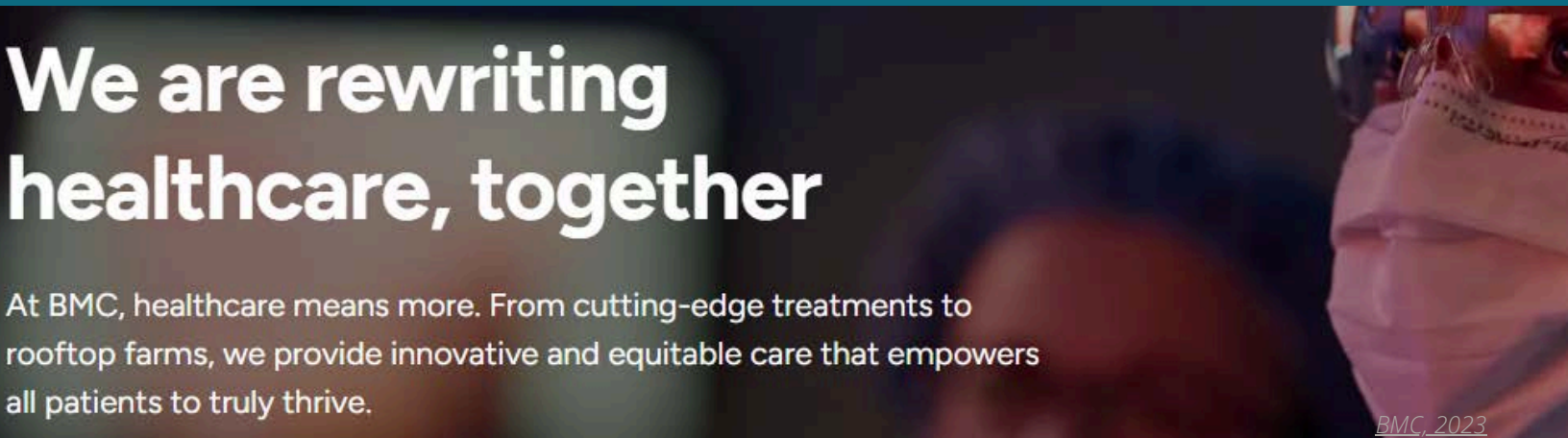
To know even one life has breathed easier because you have lived.

This is to have succeeded!"

- "Success" (modernized version) by Bessie Anderson Stanley (1879-1952)

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**We are rewriting
healthcare, together**

At BMC, healthcare means more. From cutting-edge treatments to rooftop farms, we provide innovative and equitable care that empowers all patients to truly thrive.

BMC, 2023

CONGRATULATIONS



Aminata Cisse, MD was appointed as Assistant Professor of Psychiatry



Olga Kuznetsova, MD was appointed as instructor of Psychiatry



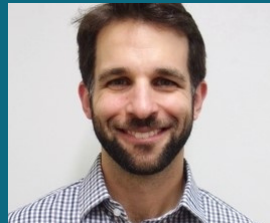
Lauren McSweeney, PhD was appointed as Assistant Professor of Psychiatry



Alexandria Miller, PhD was appointed as Instructor of Psychiatry



Charles Gaudet, PhD was appointed as Assistant Professor of Psychiatry



Hannah Brown, MD was promoted to Clinical Associate Professor of Psychiatry



Kelsey Serier, PhD was promoted to Assistant Professor of Psychiatry



CELEBRATING NURSES WEEK!

Thank you, Psychiatry Nurses!
Nurses Week was celebrated from May 6 – May 12

In May, we celebrated the amazing nurses on staff and in our community.

Here in the Department of Psychiatry, we have psychiatric nurse practitioners, licensed practical nurses, and registered nurses who fill important roles across all of our clinical settings, including general and specialized programs in Outpatient Psychiatry, Integrative Behavioral Health (IBH), Community Behavioral Health Center (CBHC), Psychiatric Emergency Services (PES), Crisis Care Stabilization (CCS), and Brockton Inpatient Psychiatry (BBHC).

Psychiatric Nurse Practitioners (NP) are registered nurses (RN) who have gone to grad school in order to receive specialized training in psychopharmacology and psychopathology. They have a one-year precept with a psychiatrist or psychiatric nurse practitioner or clinical nursing specialist in order to prepare for independent practice. Many of our NPs were RNs in the hospital and bring a wealth of knowledge in Nursing in addition to advanced practice. For example, **Michelle Lima** and **Darlene Justal** worked in the Office-Based Addiction Treatment (OBAT) clinic for many years and are now working in Addiction Psychiatry. **Danielle Walker** also teaches in the APRN Program at Boston College in addition to our Outpatient Clinic. **Sokhira Yang** and **Piter Jules** are valued per-diem members of the CCS staff who both previously worked full-time for BMC Psychiatry.

CELEBRATING NURSE'S WEEK!

Our spectacular team of nurses includes:

- **Outpatient Psychiatry:** **Danielle Walker, Chenelle Christian, Meredith Waites, Michelle Lima, Darlene Justal, Carol Cahill, Jessica Lewczyk, Danny Chen, Christinette Pompilus, and Melissa Justal**
- **Community Behavioral Health Center (CBHC):** **Paige Laperle, Carla Merlos, and Gracelee Viximar**
- **Integrated Behavioral Health (IBH):** **Judith Austin** (Office-Based Addiction Treatment)
- **Psychiatry Emergency Services (PES):** **Paige Laperle**
- **Community Crisis Stabilization (CCS):** **Ellie Horst, Gracelee Viximar, Piter Jules, Sokhira Yang, Dawn Williamson, Nadia Carter, Chenelle Christian, Jessica Lewczyk, Margaret Ruhui, Evay Dely, and Danielle Walker**
- **Brockton Behavioral Health Center (BBHC):** **Ashley Lyons, Chloe Marie Hylaire, Claudine Njob, Okechukwu Uzoeshi, Okechukwu Anidi, Siobhan Cruise, and Sana Muqqadus**

To share just a few of our many exciting updates and words of appreciation...

- In the Outpatient Clinic, **Christinette Pompilus** has been described as *"the go-to person"* for Outpatient and WRAP patients, taking excellent care of each person that comes through our doors, and managing the WRAP, clozapine, and injection clinics with ease.

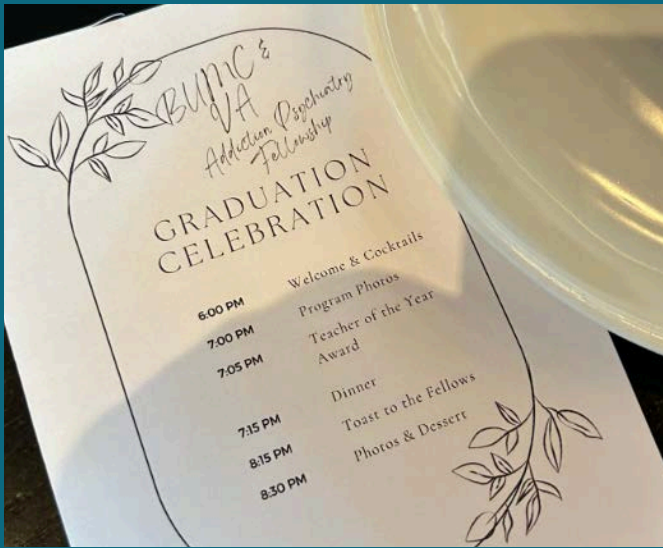
CELEBRATING NURSE'S WEEK!

- In May, **Danielle Walker** successfully defended her PhD dissertation and will be earning a PhD in Nursing Science from Boston College! Congratulations Dr. Walker!
- One clinician shared words of appreciation for **Danny Chen**, writing, *"Danny is the ultimate team player. He's often the first to offer help with an acute patient in clinic or to offer coverage. We appreciate you, Danny!"*
- Another clinician shared their appreciation for **Sana Muqqadus**, who is an invaluable physician-educator at BBHC who helps with boarding and training of all residents, psychiatrists, and psychiatric nurse practitioners.

We could not conclude a celebration of our psychiatry nurses without giving enormous special thanks and appreciation to our invaluable nurses in leadership:

- **Marion Burke, RN, MSN**, Director of Quality Management and Risk Management – Marion has dedicated over 17 years to the Department of Psychiatry!
- **Nancy Crouse, PCNS** (BEST-Emergency Psychiatry) and **Jessica Lewczyk, NP** (Outpatient Psychiatry) Chief Advanced Practice Practitioners - Nancy has dedicated over 12 years to the Department of Psychiatry and celebrated 45 years as a nurse in May!
- **Deanna Faretra, BSN, RN-BC**, CBHC RN Manager – Deanna is now extending her oversight into Outpatient Psychiatry, as well as remaining active in BMC Nurse Leadership roles in Substance Use Disorder (SUD) and Nursing Education

CONGRATULATIONS, GRADUATES!



BUMC - VA Boston Addiction Psychiatry Fellowship Graduation



CONGRATULATIONS, GRADUATES!



Combined Family Medicine-Psychiatry Residency Graduation



CONGRATULATIONS, GRADUATES!

Psychiatry Residency Graduation



CONGRATULATIONS, GRADUATES!

Boston University Chobanian & Avedisian School of Medicine Graduation



GET TO KNOW PSYCHIATRY'S CCS UNIT!



GET TO KNOW PSYCHIATRY'S CCS UNIT!

"What are your goals while you are here . . . and how can we help you achieve those goals?"

Community Crisis Stabilization (CCS) units serve individuals 18 years of age or older, providing short-term crisis intervention over a 3-5 day voluntary stay at facilities in partnership with Bay Cove Human Services. The Crisis Stabilization Unit is a successful alternative to, or diversion from, inpatient hospitalization.

The BMC CCS is a 14-bed unit located on the sixth floor of the Solomon Carter Fuller Mental Health Building (85 E. Newton St.).

Who are the patients being seen in the CCS?

Patients can be referred to CCS after they are discharged from any Emergency Department (ED), from inpatient units, BMC's Urgent Care Center (UCC), and/or the community. They may be living with substance use disorder, mental health disorders, trauma, and/or experiencing homelessness. When patients enter the CCS, a collaborative plan between the patient and their team is immediately developed, which centers around the fundamental question, ***"What are your goals while you are here at CCS, and how can we help you achieve those goals?"*** Whether patients choose to seek further mental health treatment or utilize their time in CCS to rest and recover, patients have agency in their treatment plans and are encouraged to participate in their own care.

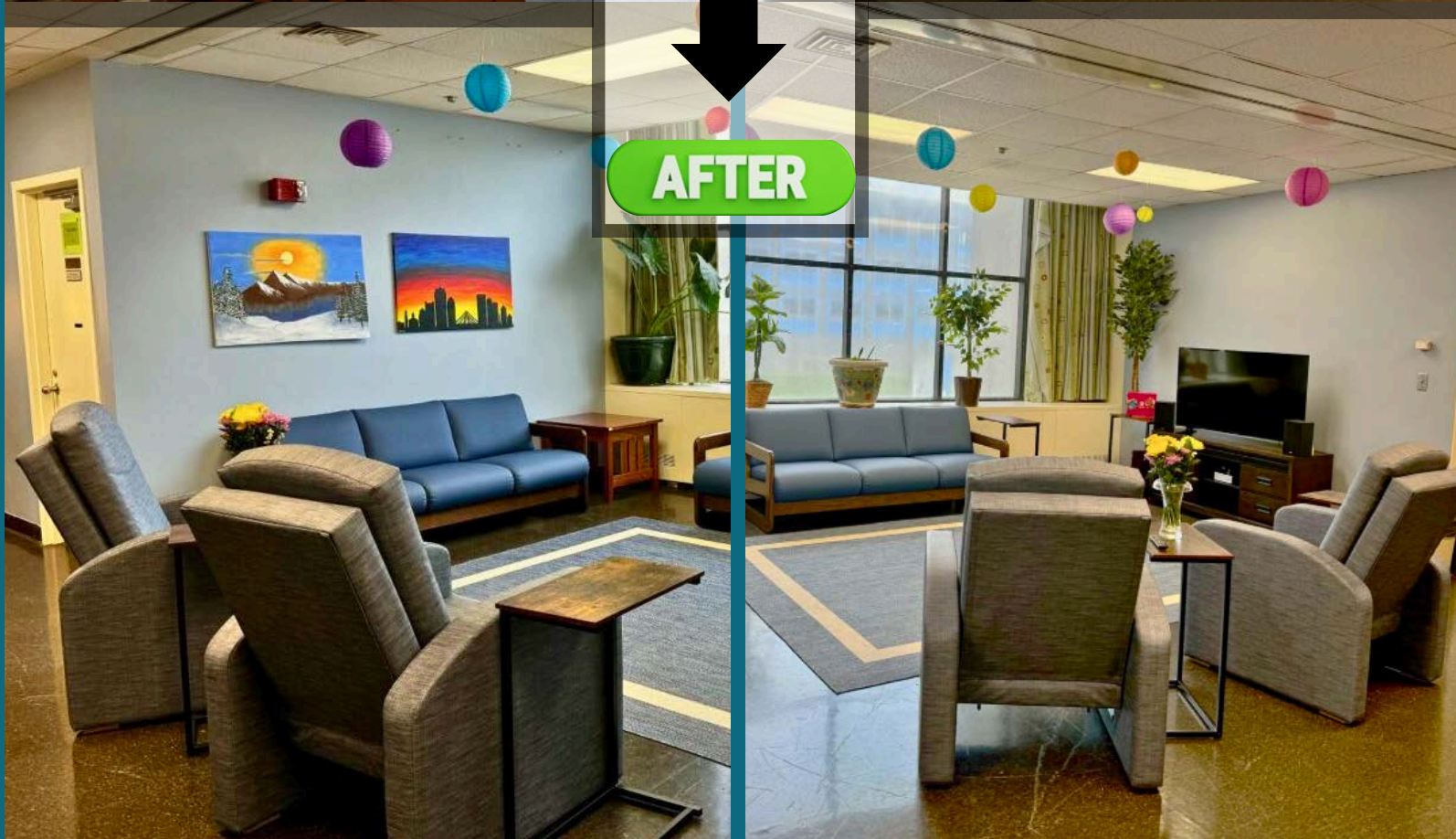
GET TO KNOW PSYCHIATRY'S CCS UNIT!



BEFORE



AFTER



GET TO KNOW PSYCHIATRY'S CCS UNIT!

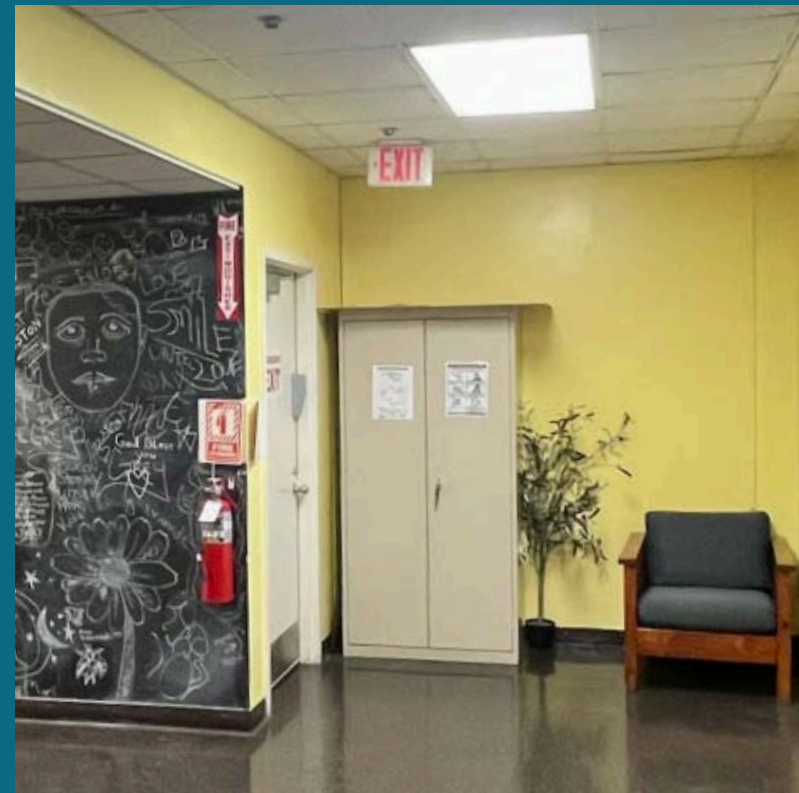
Who are the practitioners working in the CCS?

The CCS is staffed by medical doctors (MDs), nurse practitioners (NPs), clinical social workers, nurses, and case managers. Last year, the CCS was proud to welcome their first of now-several fourth-year medical students who completed a one-week rotation in the crisis unit as part of their Innovation in Community Psychiatry elective. In July, we are delighted to announce that there will be two third-year psychiatry residents, **Faris Katkhuda** and **Sarosh Khan**, completing separate six-month rotations in the CCS. This rotation will allow our residents to deepen their training in community psychiatry, introduce a more academic component to the work being done in CCS, and deepen the collaboration between Bay Cove and BMC.

What other departments make the CCS possible?

The success of the CCS depends entirely on strong teamwork, collaboration, and partnerships. BMC and Bay Cove Human Services work together to provide the full spectrum of staffing required. Within BMC, the CCS functions as a part of Psychiatry, with vital support from, and coordination with, Emergency Medicine, Emergency Management, Pharmacy, Quality and Patient Safety, Brockton Behavioral Health Center Clinical Stabilization Services (BBHC CSS), the Psychiatry Residency Training Program, and Boston University Chobanian & Avedisian School of Medicine. It truly takes a village, and we are enormously proud of the multidisciplinary teams from several different organizations that have joined hands to best serve our CCS patients each day.

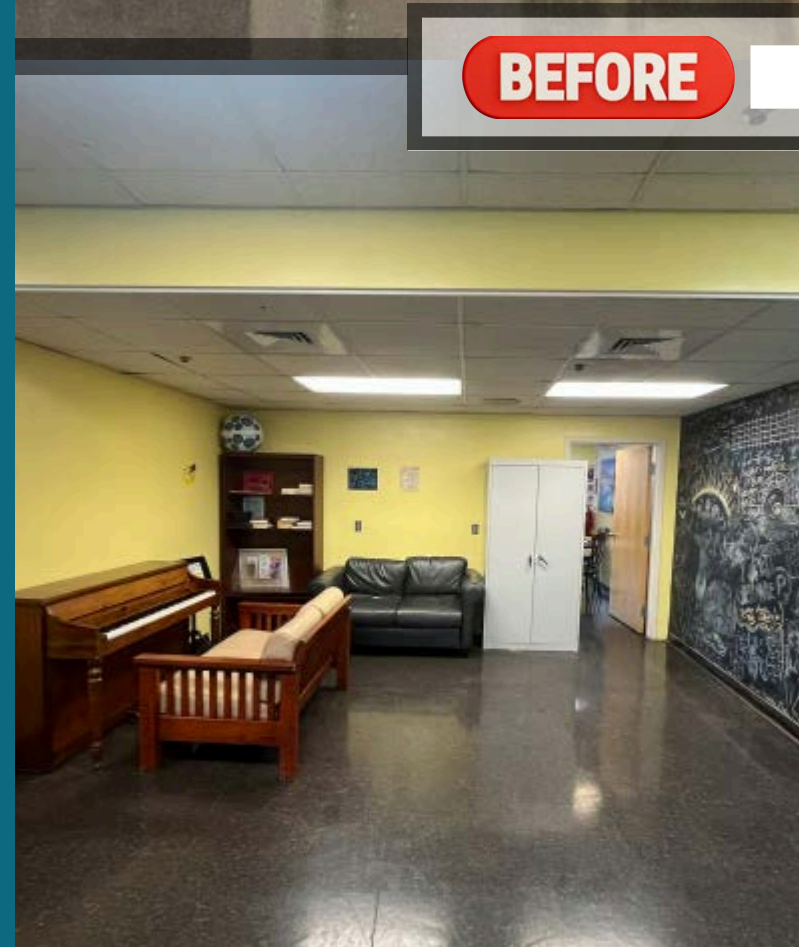
GET TO KNOW PSYCHIATRY'S CCS UNIT!



BEFORE



AFTER



GET TO KNOW PSYCHIATRY'S CCS UNIT!

The CCS has been going through many stages of quality improvement over the last year and a half, including *beautiful* and *restorative* artwork by staff and fresh paint which keeps the space *creative* and *bright*. Excitingly, the CCS just got a brand-new living room, which was revealed during an intimate ribbon-cutting ceremony with representatives from Psychiatry, Emergency Medicine, and The Winter Walk. The living room includes comfortable places to sit down and rest, including reclining chairs, a flat-screen TV with video games, a coffee station, a barber chair, nail care materials, and a special reading nook stocked full with books for patients to enjoy. The living room was inspired by long-term CCS provider, **Nancy Crouse**, Chief Advance Practice Registered Nurse (APRN), and her vision to bring a sense of *home*, *dignity*, and *peace* to patients during their stay, and was brought to life thanks to a generous allocation of funds awarded to Emergency Medicine by The Winter Walk.

"Our hope is that the living room can be an example of how much our patients benefit when all departments join forces to care for them."

Katharina Trede, MD, Assistant Professor of Psychiatry, highlights above just how important collaboration and partnership between the Departments of Psychiatry and Emergency Medicine have been in order to bring this positive and healing space to the CCS.

GET TO KNOW PSYCHIATRY'S CCS UNIT!

The space has been an immediate success, and has seen instantaneous therapeutic effects on patients!

"I just wanted to share with you about a patient who comes here frequently - twice in the last month, in fact. He said to me this morning **how great the new space is!** In general, he can be very isolative and keeps to himself. Today, he spent most of the day in one of the recliner chairs talking with another patient (also in a recliner chair) while watching TV and drinking coffee. **I have known this man for at least 10 years, and never have I seen him engage with others and smile!** A definite therapeutic effect of the new space! I am eternally grateful to the team as this will bring **such positive change** for all of our patients for years to come!"

- **Nancy Crouse, PCNS**, Chief Advanced Practice Registered Nurse, reflects on how she has seen the effects of the new living room in real time with current patients.

GET TO KNOW PSYCHIATRY'S CCS UNIT!



GLOBAL & LOCAL CENTER FOR MH DISPARITIES



The **Global & Local Center for Mental Health Disparities** at BMC and BU seeks to improve the mental health of our diverse global communities, both locally in the greater Boston area and internationally.

They are engaged in clinical, research, and training & education initiatives in more than 15 countries through collaborative, interdisciplinary, bidirectional partnerships with local experts and academic institutions.




To sign up for the GLCMHD newsletter, please click [here](#).

For more information, please contact globallocalcenter@bmc.org.



GLOBAL & LOCAL CENTER FOR MH DISPARITIES

The Department of Psychiatry Global and Local Center for Mental Health Disparities (GLCMHD) hosted the inaugural ***Global Minds, Local Insights: Mental Health Research Scholar Series***.




The Department of Psychiatry Global and Local Center for Mental Health Disparities presents


Global Minds, Local Insights

Mental Health Research Scholar Series:


A Grand Rounds Lecture Series



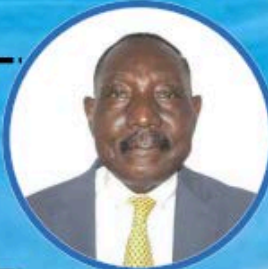
Prof Bonginkosi Chiliza
May 9th, 2024, 12:00 – 1:00 pm
Zoom Only
Visiting from Durban, South Africa




Prof Lukoye Atwoli
May 16th, 2024, 12:00 – 1:00 pm
Located at: 72 E Concord St L110
Visiting from Nairobi, Kenya



Dr. Victor Cruz
May 30th, 2024, 12:00 – 1:00 pm
Located at: 72 E Concord St L110
Visiting from Lima, Peru




Prof Benjamin Harris
June 13th, 2024, 12:00 – 1:00 pm
Located at: 72 E Concord St L110
Visiting from Monrovia, Liberia



Prof Laila Asmal
June 27th, 2024, 12:00 – 1:00 pm
Located at: 72 E Concord St L110
Visiting from Cape Town, South Africa

For More Information, Scan Here



GLOBAL & LOCAL CENTER FOR MH DISPARITIES

The BMC and BU Chobanian & Avedisian School of Medicine Department of Psychiatry's **Global and Local Center for Mental Health Disparities (GLCMHD)**, in partnership with the **Wellness and Recovery After Psychosis (WRAP) Program**, hosted a symposium expert panel as part of the new ***Global Minds, Local Insights: Mental Health Research Scholar Series***.

This exciting symposium, ***Future of Psychosis Treatment: Global and Local Perspectives***, featuring valuable perspectives and panel discussion from leading research experts across the globe, took place on May 13th.

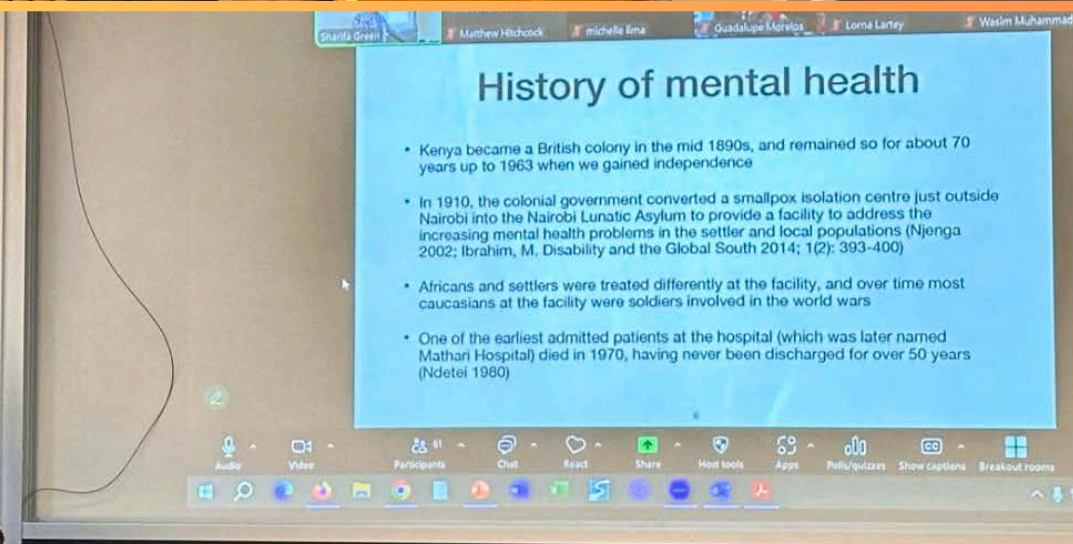
Speakers included Dr. Lukoye Atwoli (Dean, Aga Khan University Medical College in East Africa, Kenya), **Dr. Hannah Brown** (Vice Chair of Research, Director of WRAP), **Dr. Bonginkosi Chiliza** (Head of the Department of Psychiatry at University of KwaZulu-Natal; South Africa), **Dr. Brittany Gouse** (Assistant Clinical Director of WRAP), Dr. Lindokuhle Thela (Neuropsychiatrist, University of KwaZulu-Natal; South Africa), and Dr. Archana Venkataraman (Associate Professor of Engineering at BU).



GLOBAL & LOCAL CENTER FOR MH DISPARITIES



GLOBAL & LOCAL CENTER FOR MH DISPARITIES



AFRICA GLOBAL MENTAL HEALTH INSTITUTE

At the **Africa Global Mental Health Institute (AGMHI)**, we are dedicated to advancing mental health care throughout Africa and the diaspora. With mental health often under-resourced and stigmatized, our Institute aims to foster collaborations, promote inclusive research, and implement sustainable mental health programs that make a real difference in people's lives.



In an effort to increase awareness about the AGMHI to new audiences and to inspire action, we are excited to announce the launch of our latest initiative: **new video content!**

We have partnered with Boston Medical Center to create two compelling videos that highlight the AGMHI's impact on the mental health of people of African descent no matter where they are in the world. These videos capture the essence of the Institute's mission and the difference each of you are making in the lives of your local and global communities. We invite you to join us in celebrating the launch of this exciting new content by:

1. Watching the videos on our website [here](#)
2. Spreading the word by liking, commenting on, and sharing our posts on social media: [Twitter/X](#) | [LinkedIn](#) | [Facebook](#)
3. Joining us by [signing up for membership](#) and attending the [2024 AGMHI conference](#)

Your support and engagement are invaluable in helping the AGMHI reach a wider audience and make an even greater impact. Together, we are creating a future where mental health care is accessible, equitable, and effective for all individuals across Africa and the diaspora.

AFRICA GLOBAL MENTAL HEALTH INSTITUTE

#AGMHI2024



CLOSING THE GAP: INNOVATIONS IN MENTAL HEALTH

7TH ANNUAL
AFRICAN DIASPORA GLOBAL MENTAL HEALTH CONFERENCE

4-6 NOVEMBER 2024

SAROVA PANAFRIC HOTEL, NAIROBI, KENYA

WWW.AGMHI.ORG

Are you interested in joining the AGMHI this year for the **7th Annual African Diaspora Global Mental Health Conference** in Nairobi, Kenya?

The conference will be taking place from **4-6 Nov** at the Sarova Panafric Hotel.

For more information, please **click the image to the right**, or **visit the AGMHI website** at www.AGMHI.org.

BMC highlighted AGMHI's mission and work during the BMCHS Town Hall Meeting in May. **Dr. David Henderson**, Professor of Psychiatry, **Dr. Bonginkosi Chiliza**, Adjunct Associate Professor of Psychiatry, and **Senait Ghebrehiwet, MPH**, Assistant Professor of Psychiatry, highlighted the shared commitment and expertise in caring for patients with mental health conditions in Boston and around the world.

BMC  **PROUD**

BOSTON
MEDICAL
CENTER

BMC Proud is a monthly e-publication dedicated to sharing inspiring stories from the BMC community. Share your #BMCProud story on social media or with communications@bmc.org to be featured in an upcoming newsletter.



BMC Health System Town Hall Meeting Highlights Our Commitment to Behavioral Healthcare Across Our Health System and Beyond

In case you missed it, the [BMCHS Town Hall](#) hosted by Alastair Bell, MD, President & CEO, BMC Health System, focused on Mental Health Awareness Month. We also debuted a video that [highlights BMC's inspirational work](#) as a co-leader of the Africa Global Mental Health Institute, which showcases BMC's commitment and expertise in caring for patients with mental health conditions, both here in Boston and around the world. We were also thrilled to welcome new [BMC President Tony Hollenberg, MD](#), who will start on June 3.

AFRICA GLOBAL MENTAL HEALTH INSTITUTE

Editor Picks, Mental Health & Addiction

June 7, 2024

Practicing 'Sawubona' to Build a Legacy of Mental Health Care in Africa and the Diaspora

By Caitlin White



(From L to R): Bonga Chiliza, MBChB, FCPsych, PhD greets David Henderson, MD.

[← Back to All Articles](#)

Share on Social



About the Author



Caitlin White

Caitlin White is the Senior Content Manager at Boston Medical Center.

HEALTHCITY

Health equity news from Boston Medical Center

HealthCity is dedicated to sharing the most cutting-edge ideas for advancing health justice through inspiring stories, in-depth Q&As with equity pioneers, research news that could change the medical landscape, and more.

”

"If we practice with a narrow view of the world, we're going to make a lot of mistakes, a lot of misdiagnoses and errors in treatment. We can't set up one system and expect everybody to line up and work within that system."

David Henderson, MD

HealthCity, which shares health equity news from BMC, also shared on the impactful work being done by the **Africa Global Mental Health Institute (AGMHI)**. Please click the image above to read more.



RESTORE CENTER

REcovery from **S**tress and **T**rauma through **O**utpatient care,
Research, and **E**ducation



RESTORE →



RESTORE Team members **Nuha Alshabani, PhD**, Assistant Professor of Psychiatry, and **Kalo Sokoto, PhD**, postdoctoral fellow, finished the first Reconnect Group in May! Reconnect is an 8-session education and skill-building group focused on the physical and mental health impacts of racism. Group members learned coping skills for managing the emotional impact of racism-based stress and trauma. Some of these skills included identifying racism-based stress and trauma responses, mindfulness and behavioral coping strategies, narrative ways to process emotions (storytelling), and reconnecting to family and community support. RESTORE is looking to run the Reconnect group again in September with community church members. Please contact restore@bmc.org if you are interested in learning more.



Our RESTORE Center
Northeastern co-op students,
Charles Footman, Jr. and
Aleeza Syed, completed their co-ops on June 21st. Thank you both so much for your hard work and dedication, and good luck with your future endeavors!



RESTORE CENTER

Charles Footman, Jr. served as a Program Assistant co-op for the RESTORE Center dedicated to researching behavioral healthcare initiatives focused on improving the wellbeing of systematically and economically disadvantaged communities. Charles' work focuses on patient outreach, data collection, and other research duties. He is currently a fourth-year student at Northeastern University pursuing a BS in Psychology and Business Administration. Charles has spent an ample amount of time facilitating community-based organization spaces aimed towards mitigating disparities amongst underserved populations.

Aleeza Syed served as a co-op/research assistant for the RESTORE Center, where her work was focused on the Race-Based Stress, Trauma, and Empowerment group. With a special interest in better healthcare outcomes for marginalized groups, Aleeza is excited to have witnessed this important work being conducted on the clinical scale.

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Nuha Alshabani, PhD, Assistant Professor of Psychiatry, attended an in-person leadership retreat from May 17-19 in Phoenix, AZ as part of the Society of Counseling Psychology (D17) Council of National Racial and Ethnic Psychological Associations (CoNREPA) Leadership Fellows for 2024-25.

CoNREPA is sponsoring a year-long, interorganizational Leadership Development Institute (LDI) in collaboration with the Society of Counseling Psychology (Division 17 of the American Psychological Association (APA)). One Leadership Fellow was selected from each of the following seven national associations that make up CoNREPA to create a fellows cohort: American Arab, Middle Eastern and North African Psychological Association, Asian American Psychological Association, Association of Black Psychologists, National Latinx Psychological Association, Society of Indian Psychologists, and the Society for the Psychological Study of Ethnic Minority Issues - Division 45 of the APA. The LDI is funded by CoNREPA organizations, Division 17 and APA's Commission on Ethnic Minority Recruitment, Retention, and Training in Psychology.

RESTORE CENTER



Sarah Valentine, PhD, Assistant Professor of Psychiatry, published the article entitled, "The Associations between Gender Minority Stressors and PTSD Symptom Severity Among Trauma-Exposed Transgender and Gender Diverse Adults," in *Journal of Trauma & Dissociation*.

Dr. Valentine also published the article entitled, "A patient-centered model of mental health care for trauma and minority stress in transgender and gender diverse people: A bottom-up network analysis," in *Psychology of Sexual Orientation and Gender Diversity*. Co-authors on this paper include **Kelly Harper, PhD**, Assistant Professor of Psychiatry, **Colleen Sloan, PhD**, Associate Professor of Psychiatry, **Cara Herbitter, PhD**, Instructor of Psychiatry, **Jillian Shipherd, PhD**, Professor of Psychiatry, and **Nicholas Livingston, PhD**, Assistant Professor of Psychiatry.

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The RESTORE Center hosted its first Community Advisory Board (CAB) meetings in April! The CAB consisted of community members and patients alike who met with RESTORE to provide feedback related to patient experience and upcoming RESTORE projects. The goal was to ensure that RESTORE'S services are designed and implemented with the patient's perspective and needs at the forefront.

RESTORE will be hosting the next set of CAB meetings in October. Please reach out to restore@bmc.org if you would like more information about the CAB.

RESTORE CENTER



FALL TRAINING SERIES

**Adult trauma-focused therapies and supports
for resisting oppression-based stress**

RESTORE will be hosting a series of live in-person trainings. There will not be a Zoom option. All trainings will be recorded. Please attain supervisor approval to register.

RESTORE will be providing case consultation for 6 months (optional). We expect those who enroll in consultation to identify two training cases prior to consultation start date.

RESTORE

**Wednesdays
12-4 PM**

**Brief STAIR for PTSD
9/4**

Dr. Sarah Valentine

**WET for PTSD
9/11**

Dr. Yael Nillni

**CPT for PTSD
(Refresher)
9/18**

Dr. Sarah Valentine

**Reconnect
for resisting oppression-
based stress
10/2**

Dr. Nuha Alshabani
Dr. Kalo Sokoto

REGISTER

[Click Here to Register](#)

Contact Joselyn Gil for
more information.

Joselyn.Gil@bmc.org

RESTORE CENTER

Health Equity Pilot Program: Oppression-Based Stress Curriculum

The goal of the program is to leverage education, coping, and community strategies to nurture resilience and resistance in marginalized groups. We will achieve this goal through three aims:

- (1) Establish learning communities of providers
- (2) Adapt coping skills intervention for OBS
- (3) Implement peer consultation/support for providers who identify with marginalized groups working to address OBS

Learning Communities: In partnership with the Recovery from Stress and Trauma through Outpatient Care, Research, and Education (RESTORE), we invite providers to join our fall learning communities to adapt an OBS intervention, recently piloted in RESTORE, titled *Reconnect: A Black Wellness Group for the Emotional Impact of Racism* for other experiences of OBS (racism, sexism, xenophobia).

What to expect: Providers will be assigned to one of three learning communities (1) gender and sexual orientation, 2) race and ethnicity, and 3) immigrant and migrant) based on interest and experience.

Providers will work together in monthly meetings to identify core components for the OBS intervention while also developing unique additional modules for the following groups: (1) gender and sexual orientation, 2) race and ethnicity, and 3) immigrants and migrants.

We will work with your supervisor to determine the best way to support your time for this work.

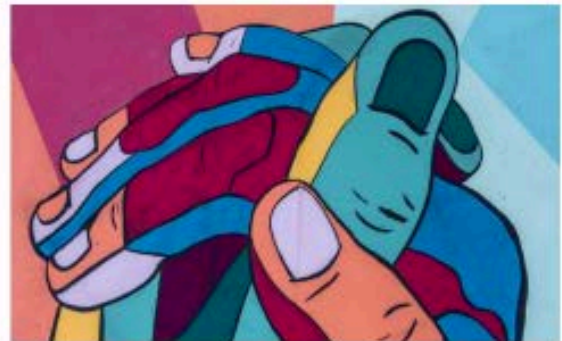
Location: Virtual meetings

Time: TBD

Who Can Attend: Providers who are

- Behavioral/Mental Health Provider (psychiatry, psychology, social work) at any level
- Trainees and staff are all welcome

How to join: If you would like to join or have any additional questions, please email Ashley Halkitis at Ashley.Halkitis@bmc.org



RESTORE

BOSTON
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CENTER



Boston University Chobanian & Avedisian School of Medicine

HAITIAN MAMA'S SUPPORT GROUP



HAITIAN MAMA'S SUPPORT GROUP

A safe place to share experiences and journey motherhood together.



EVERY WEDNESDAY | 3:30PM - 4:30PM

Location:

The Centering Room, 5th floor, Shapiro building

Who is this group for?

Prenatal and postnatal Haitian mothers experiencing stress in **any** life circumstance and looking for immediate support.

Facilitators: Kalo Sokoto, MA & Layal Al Mosawi, MA

Language: Haitian-Creole (and English Speakers)

Snacks and Refreshments will be provided
and Baby's are welcome.

CHRONIC TRAUMATIC STRESS TREATMENT GROUP

Chronic Traumatic Stress Treatment Group

Healing from trauma together: learn coping skills
and support each other



Location and Time

Centering Room, 5th floor, Shapiro Building, Boston Medical Center
Wednesdays: August 16, 23, 30; September 6 & 14
10:00 AM - 11:30 AM

Who is this group for?

Pregnant and postpartum Haitian mothers struggling with **past or present trauma** and looking for immediate support.

This is a 5-week psychotherapy group program. Participants are expected to attend all five sessions.

Facilitators: Nuha Alshabani, PhD & Resham Gellatly, PhD
Language: Haitian-Creole and English

Snacks and Refreshments will be provided!

Babies are welcome!

HAITIAN MEN'S MENTAL HEALTH SUPPORT GROUP



**NAP
VANSE!**

**WE OVERCOME
TOGETHER!**

GROUP THERAPY

- HAITIAN MEN
- IN PERSON AT BMC
- HAITIAN CREOLE
INTERPRETATION
PROVIDED

**SUPPORT &
PROCESS
SPACE FOR
HAITIAN MEN**

Deadline for registration is
17 FEBRUARY 2024

Contact us directly:
Kalo.sokoto@bmc.org
razzan.quran@bmc.org

Register Now



The poster features a vibrant orange background with a white banner at the top. The banner contains the text 'NAP VANSE!' in large, bold, black letters. Below the banner, a yellow banner reads 'WE OVERCOME TOGETHER!' in bold, black letters. To the left of the center, the text 'GROUP THERAPY' is followed by a bulleted list: '• HAITIAN MEN', '• IN PERSON AT BMC', and '• HAITIAN CREOLE INTERPRETATION PROVIDED'. To the right, a white box with a black border contains the text 'SUPPORT & PROCESS SPACE FOR HAITIAN MEN'. Below this, the registration deadline 'Deadline for registration is 17 FEBRUARY 2024' is stated, followed by contact information: 'Contact us directly: Kalo.sokoto@bmc.org' and 'razzan.quran@bmc.org'. A yellow button with the text 'Register Now' is at the bottom left. On the bottom right, there is a halftone-style illustration of four men of different heights and skin tones standing together, with their arms around each other's shoulders.

The Haitian Mamas Mental Health Drop-In Support Group gave birth to *Nap Vanse*, a Haitian Men's Mental Health Support Group (*above*).

FRENCH SPEAKING MEN'S GROUP SESSIONS



RESTORING HOPE & DIGNITY

A 10-session group for French speaking male identifying immigrants seeking Trauma/PTSD treatment.

Thursday's 10:00 - 11:30 am

Starting June 27th

Facilitated by:

Elissa Bargas, LICSW & Kalo Sokoto, PhD

Contact information:

kalo.sokoto@bmc.org & elissa.bargas@bmc.org

This group is a collaboration between the Boston Center for Refugee Health and Human Rights (BCRHHR) and the REcovery from Stress and Trauma through OUtpatient care, Research, and Education (RESTORE) Center to offer evidence-based PTSD group psychotherapy to immigrant populations.

WELLNESS & RECOVERY AFTER PSYCHOSIS



Congratulations to the **Wellness and Recovery After Psychosis (WRAP) Team** for winning a 2024 Be Exceptional Award from BMC! This year there were over 200 nominations.



BMC's Be Exceptional Awards are awarded in recognition of ***outstanding performance and commitment to providing exceptional care without exception.*** WRAP was nominated for advancing BMC's strategic goals. Congratulations!

WELLNESS & RECOVERY AFTER PSYCHOSIS



Danielle Walker, PhD, APRN, PMHNP defended her PhD dissertation titled *"The experiences of Black emerging adults with psychotic disorders who have community violence exposure: A phenomenological approach"* in May!

Amelia Blanton, BS, Cindy Xu, Brittany Gouse, MD, MPH, Hannah Brown, MD, and colleagues from BU's Center of Psychiatric rehabilitation had their abstract *"Perceived Helpfulness of Therapy, Sense of Campus Belonging, and Confidence in Graduation Among College Students with Schizophrenia Spectrum Disorder"* accepted to the 2024 Mental Health Services Conference.

Agata Bereznicka, MPH, Sarosh Khan, DO, Ellie Reagan, BS, Anne Berrigan, LICSW, Christian Wulff, LCSW, Hannah E. Brown, MD, and **Amy M. Yule, MD** had their abstract *"Integrating a Modified Contingency Management Intervention for Youth with Psychosis and Frequent Substance Use in a Community-Based Coordinated Specialty Care Program"* accepted to the Association for Multidisciplinary Education and Research in Substance Use and Addiction (AMERSA) 2024 National Conference.

Brittany Gouse, MD, MPH, Nandini Agarwal, MPH, Amelia Blanton, BS, Hannah Brown, MD, and **Amy Yule, MD** presented their poster *"Trends in Positive Cannabis Screen among Patients with Schizophrenia Spectrum Disorder at an Urban Safety Net Hospital between 2015-2022"* at the American Psychiatric Association (APA) Annual Meeting in May.

Brittany Gouse, MD, MPH presented her work *"Individual & Neighborhood Level Predictors of Disengagement in Early Psychosis Care"* at the APA Annual meeting in May. Dr. Gouse's project co-authors include **Hannah Brown, MD** and **David Henderson, MD**.

SOUTHEAST RECOVERY LEARNING CENTER



Who are we at the **Southeast Recovery Learning Center (SERLC)**?

We are a resource. We are a peer-run community in the Southeastern area of Massachusetts for people who have been impacted by trauma, psychiatric diagnosis, addiction, and other challenges. We offer non-clinical, holistic, and strength-based peer support in a welcoming and safe environment that fosters opportunities for connection and healing. We are dedicated to providing mutual peer-support, education, and advocacy by offering opportunities and resources to assist people in finding their own self-determined paths to emotional wellness. All of the services of the SERLC are inclusive, free of charge, and no referral or insurance is needed.

In May, BMC hired two peer community facilitators to make connections with marginalized communities that are underserved at the Southeast Recovery Learning Connection Centers, and to facilitate peer support meetings in these communities. **Kevin Kearley** (he/him) was hired for outreach to the LGBTQIA2S+ community through our Quincy Recovery Connection Center, and **Lionelle Demosthene** (she/her) will be outreaching to the Haitian and Cape Verdean communities through our Brockton Recovery Connection Center.

In June, SERLC hired a new Transitional Age Youth Leader, **Zachary Khan** (he/him), through our Quincy Recovery Connection Center. Our Fall River RCC welcomed a new Area Program Director, **Justin Coogan** (he/him).

Marquee Savoy, CPS (she/her), Peer Bridger for Fall River RCC, recently graduated from the Massachusetts Certified Peer Specialist Training.

SOUTHEAST RECOVERY LEARNING CENTER

SOUTHEAST RECOVERY
LEARNING COMMUNITY



The SERLC CAIRE Project

Cultural Access, Inclusivity and Racial Equity



The CAIRE Project is a research-based, continuing Quality-improvement Project in collaboration with Boston Medical Center and the Center of Excellence for Psychosocial and Systemic Research (COE) at Mass General Brigham Hospital.

The mission of the SERLC CAIRE Project is to become a more culturally diverse and vibrant community, with a more engaged presence of BIPOC, LGBTQIA2S+, and other marginalized individuals in the communities it serves.

The COE research study identified strategies needed to align SERLC services with BIPOC, LGBTQIA2S+, and other under-represented groups:



Enhanced marketing, which includes creating a quarterly newsletter, updating the website, and creating a stronger social media presence. This includes creating marketing materials that are accessible to people from diverse cultures, backgrounds and languages.

Creating stronger community connections and increased engagement with different cultural communities in the southeast area who are underserved at the SERLC Recovery Connection Centers.

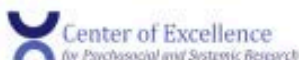


Improve SERLC staff development and competency in supporting the needs of diverse populations, with trainings around cultural humility, anti-racism, gender identity and sexual orientation.

Offer more inclusive and socially-focused activities that are welcoming and accommodating to people from different cultures and experiences. **Provide access to technology** to attend the SERLC virtual spaces via Zoom.



Modification of the physical spaces used for gatherings to create a more welcoming atmosphere for people from diverse backgrounds, including Young Adults, BIPOC, LGBTQ+, Older Adults and Veterans.



To learn more about the SERLC CAIRE Project,
go to southeastrlc.org/cultural-access.

SOUTHEAST RECOVERY LEARNING CENTER

SOUTHEAST RECOVERY
LEARNING COMMUNITY



The SERLC CAIRE Project

Cultural Access, Inclusivity and Racial Equity



Where are we now?

In 2023, the 4 RCCs created their own Diversity Plans for targeted outreach to underserved communities



In May 2024, the SERLC Quality-improvement and Demographic Survey was shared with peer community members.



The SERLC now has a quarterly newsletter, a stronger social media presence, and a newly redesigned website that is more representative of people from diverse backgrounds.

Staff development is continuing with trainings in the future around trauma-informed group facilitation, anti-racism, cultural diversity, LGBTQ+ support, systemic oppression, and health inequities.



The assessed technology needs of the SERLC members were addressed by supplying tablets to community members to ensure accessible engagement in our virtual spaces.

In May 2024, our Quincy RCC hired a Young Adult TAY leader with connections to the Muslim community. Welcome Zachary!



The SERLC hired 3 Peer Community Facilitators from the LGBTQ+, Haitian, and AAPI communities to form connections for support within these communities.



The SERLC is currently forming 3 committees to address the cultural and diversity needs of the SERLC community and direct outreach efforts to underserved groups:



- Diversity, Equity, Inclusion & Belongingness (DEIB) Committee
- Young Adult Advisory Committee
- Community Engagement Committee



To learn more about the SERLC CAIRE Project go to southeastrlc.org/cultural-access.

SOUTHEAST RECOVERY LEARNING CENTER

Click the image below to view the SERLC quarterly newsletter!



Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY
Summer, 2024

Inside This Issue:

- 2 What is the Southeast Recovery Learning Community (SERLC)?
- 3 What's been happening at the SERLC?
- 4-5 Summer Events and Activities
- 6-7 SERLC CAIRE Project
- 8-11 Meet our Peer Supporters!
- 12 June is Pride Month!
- 13-14 Resources for the LGBTQIA2S+ Community
- 15 What Pride Means to Me by Kevin Kearley
- 16-17 Creativity at the SERLC
- 18 Recovery Story Spotlight - Ziona Rivera
- 19 Juneteenth
- 20-21 Resources for the BIPOC Community
- 22-23 Highlighted SERLC Peer-facilitated Support Groups
- 24 LGBTQ+ and BIPOC Groups for Young Adults
- 25-26 Volunteer Opportunities - Join our New Committees!
- 27-29 Employment Opportunities - We are hiring!
- 30 Do you know we have a Peer Support Line?
- 31 Become a Member! RCC Addresses, Contacts and Zoom Information

Scan the QR Code with
your phone's camera
to access our
newsletter online.



*This newsletter is available on our website at
southeastrlc.org/newsetter*

DEPARTMENT UPDATES



David C. Henderson, MD, Professor of Psychiatry, was included on the Becker's Hospital Review 2024 list of [Black Healthcare Leaders to Know](#). Dr. Henderson was also featured on the [*Movement is Life*](#) podcast, entitled, "[167: From Crisis to Care: How Boston's BEST Program is Redefining Mental Health Support](#)." You can [listen here](#).



Shamaila Khan, PhD, Clinical Associate Professor of Psychiatry, was selected as a Designing Antiracist Curricula (DAC) Fellow at Boston University for the 2024-25 academic year.



Anisha Lewis, MD, PGY-1 psychiatry resident, was awarded the American Psychiatric Association Foundation (APAF) Child and Adolescent Psychiatry Fellowship.



Eric Brown, PhD, Assistant Professor of Psychiatry, was selected to be a 2024-25 National Institute of Health (NIH) Child Intervention, Prevention, and Services (CHIPS) Fellow, and was awarded the 2024 International Association for Resilience and Trauma Counseling Visionary Community Leadership Award.



Kaila Rudolph, MD, MPH, MBE, Director of the Psychiatry Consultation-Liaison Service, was accepted to the BU Women's Leadership Program.

DEPARTMENT UPDATES



Huiping Zhang, PhD, Associate Professor of Psychiatry, was awarded a BU Genome Science Institute (GSI) Pilot Grant for his project, *"Single-Nucleus RNA Sequencing Analysis of Transcriptome Changes in the Postmortem Ventral Tegmental Area of Individuals with Alcohol Use Disorder"*



Nuha Alshabani, PhD, Assistant Professor of Psychiatry, was awarded the inaugural Boston Medical Center Pilot Award for \$50,000.



Amy Yule, MD, Associate Professor of Psychiatry, has been selected as a Boston Health Equity & community-Aligned Learning Health System (HEALHS) Scholar for the 2024 and 2025 academic years.



Lovern Moseley, PhD, Assistant Professor of Psychiatry, participated in a panel discussion at the Greater Boston Legal Services (GBLS) regarding mental health post-COVID in May.



Lin Piwowarczyk, MD, MPH, Clinical Associate Professor of Psychiatry, published an [editorial](#) in The Boston Globe, entitled, "[A morning at immigration court puts our broken system on display.](#)"

DEPARTMENT UPDATES



Michael Dawes, MD, Clinical Professor of Psychiatry, and **John Renner, MD**, Professor of Psychiatry, co-authored the column, "Why do an Addiction Psychiatry Fellowship?" in *Psychiatric News*. The column was published May 21, 2024 by the American Psychiatric Association (APA).



Four new Clinical Pastoral Education interns have begun their training: **Shariah Anderson**, **Sarah Capers**, **Nicholas Martin**, and **Diego Garrido-Barreto** (pictured left with **Rev'd Jennie Gould, PhD, BCC** and **Luie Gould, VIP** (*Very Important Pup*)).

This CPE internship cycle started on May 20th and will complete after 100 hours of class time and 300 hours of clinical time on August 6th.

For more information about **Clinical Pastoral Education**, please visit their website [here](#).



Joelle Taknint, PhD, Assistant Professor of Psychiatry, **Sohenga Depestre, PsyD**, Assistant Professor of Psychiatry, **Nuha Alshabani, PhD**, Assistant Professor of Psychiatry, and **Johanna Milord, PhD** published the article, "Assessing psychotic spectrum disorders in partnership with patients: Three culturally responsive therapeutic assessment cases."

Dr. Nuha Alshabani also contributed to the article, "Exploring identity-based discrimination and trauma among Muslims living in the United States," which has been accepted for publication.

DEPARTMENT UPDATES



Walae Hayek, MPH, Rachel Oblath, PhD, Assistant Professor of Psychiatry, **Vonzella Bryant, MD**, and **Alison Duncan, MD**, Assistant Professor of Psychiatry, published their article, "Risk Management or Racial Bias? The Disparate Use of Restraints in the Emergency Department of an Urban Safety-Net Hospital" in *General Hospital Psychiatry*.

WORSHIP ARTS RESTORATION PRESENTS

SATURDAY, JUNE 1ST
7:30PM

M O V I N G

T O W A R D S

H E A L I N G

THE VALIANT ARTS DANCE COLLECTIVE
with Special Guest Alexander Jimenez
Directed by Claude Michelle Aubourg
Special Appearance by Dr. Lovern Belizaire, Empowerment Counseling

\$20 IN ADVANCE | \$25 AT THE DOOR

MPACT
25 Maple Street
Pawtucket, RI 02860

FOR ADVANCE TICKETS AND INFORMATION VISIT
WWW.WORSHIPARTSRESTORATION.ORG/MPACT



Lovern Moseley, PhD, Assistant Professor of Psychiatry, was nominated for the appointment to serve on the Cross-border Virtual Mental Health Work Group by the International Union of Psychological Science. Dr. Moseley also participated in a recent Q&A panel discussion which talked about mental health, the arts, and the role of faith for a dance production called, "Moving Towards Healing," at the Mpact Theater in Pawtucket, RI.

DEPARTMENT UPDATES

Welcome, Family Medicine–Psychiatry interns!



Joel Burt-Miller, MD, MPH is originally from the Bronx, New York, and raised in a culturally rich Caribbean immigrant community. As a medical student, Joel founded the Ubuntu Healing Project and became the principal investigator for its research study, assessing burnout, social isolation, and belonging within his learning community. Embracing Ubuntu, a philosophy learned during an undergraduate semester abroad in South Africa, he successfully created an avenue for wellness among medical professionals and learners. Subsequently, he was inducted into the Gold Humanism Honor Society. He also obtained his Master of Public Health in Health Policy at the Harvard T.H. Chan School of Public Health as a Zuckerman Fellow. Joel hopes to utilize his training to reimagine existing healthcare structures and envision innovative avenues for promoting holistic individual and collective healing. He is excited to join the BMC family! Outside of medicine, Joel enjoys writing and performing hip-hop songs, exploring new restaurants, traveling, and spending time with family and friends.

Raised in Merrillville, Indiana, **Jennifer Tucker, MD** had an early passion for community service, the Black community, and the Spanish language. She attended Washington University in St. Louis. After graduation, she studied biotechnology, Spanish, and communications while working as a graduate assistant at Purdue University Northwest. During this time, she served various youth and community organizations in NW Indiana as an Americorps member and worked as an ED Scribe, where she saw need for improvement in access to primary and psychiatric care. She studied Medicine in Cuba at la Escuela Latinoamericana de Medicina (ELAM) and graduated with a Título de Oro (*summa cum laude*). Jennifer wants to use her FM/P training to establish safe, person-centered medical homes for minoritized communities in the global South, at home, and abroad. She also seeks to cultivate increased safety and opportunities for underrepresented in medicine (URiM) healthcare professionals. Her extra-professional joys include faith, family, singing, volleyball, and tennis. Jennifer is excited to explore Boston and experience east coast living.

DEPARTMENT UPDATES



Welcome, Dr. Abigail Batchelder!

Please welcome **Abigail Batchelder, PhD, MPH**, Director of the Behavioral Health Equity Program, and Associate Vice Chair of Psychology in the Department of Psychiatry!

Dr. Batchelder is a clinical health psychologist with a background in public health. Across her time in Boston, Dr. Batchelder has been an Affiliated Investigator at Fenway Health Community Health Center. Dr. Batchelder has over 80 publications and her research has been funded by the NIH, SAMHSA, Harvard, UCSF, private foundations, and industry; she has been awarded 14 unique grants as principal investigator, including an active NIDA funded R01 and R34. Dr. Batchelder's research aims to collaboratively identify, adapt, and implement evidence-based interventions with and for underserved people with unmet psycho-behavioral health needs, including people with and vulnerable to HIV, people who use drugs, and sexual and gender minority people with a goal of increasing behavioral health equity.

Dr. Batchelder recently published:

- Foley JD, Bernier L, Ngo L, **Batchelder AW**, O'Cleirigh C, Lydston M, Yeh G. Evaluating the efficacy of psycho-behavioral interventions for cardiovascular risk among people living with HIV: A systematic review and meta-synthesis of randomized control trials. *JAIDS* (in-press).
- Foley, JD, Bernier, L, Schiavo, S, Davis, M, & **Batchelder, AW**. (2024). Evaluation of a Newly Developed Transdiagnostic Cognitive Behavioral Therapy Group to Promote Healthy Aging Among Older People with HIV: Study Protocol for a Pilot Randomized Controlled Trial. *Contemporary Clinical Trials* (in-press).
- Hagan M, Hernandez B, **Batchelder AW**. Self-worth in mental health: At the intersection of mattering and significance. In: Kruglanski A, Prilletensky I, and Raviv A (Eds.). *The Routledge International Handbook of Human Significance and Mattering*. New York: Routledge Taylor & Francis Group; in-press.

DEPARTMENT UPDATES

The Behavioral Health Equity Team, including members from BUMC, MGH, and Fenway Health were awarded the Outstanding Research Poster Award at the 2024 LGBTQIA+ Health Fellowship Poster Celebration on May 29, 2024, for their poster:

- **Batchelder AW**, Clement D, Barnett A, Foley J. Project 4U: Development of a Community-Informed Alcohol Intervention for Sexual Minority Women, Trans, and Gender Expansive Individuals

The team also presented multiple other posters, including:

- **Batchelder AW**, Shin HJ, Mairena O, Herrera J, Sullivan M, Foley J, Chiu C, von Lossnitzer M. Status Neutral Psycho-Behavioral Capacity Building for People Who Use Drugs in Boston.
- Clement D & **Batchelder AW**. The Impact of Barriers to Care on HIV-related Discrimination, HIV Stigma, and Depression in MSM Living with HIV who Use Substances.

The Behavioral Health Equity Program is growing! Staffing updates include:

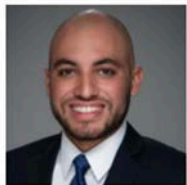
- **Pamela Ruiz** started as a Research Specialist I in the Behavioral Health Equity Program on June 5th.
- **Déjà Clement, PhD, MPH** and **Chris Chiu, PhD** will be starting as postdoctoral fellows in the Department on July 1st, 2024. Both will be part of the BU-CHART T32 in Infectious Disease.

The BHEP is also recruiting for several studies:

1. **iStrive**: We're recruiting people who use stimulants and/or opioids with HIV who have been virally detectable in the past year. Participants receive a smart-phone and plan and are compensated for directly observed therapy via the phone. Half of participants also receive collaboratively adapted therapy.
2. **Project 4U**: We're recruiting sexual minority women and gender expansive people who may benefit from an alcohol intervention to participate in an hour-long qualitative interview.
3. **BRAVVO**: We're recruiting people with HIV to participate in <=60 minute interview.

DEPARTMENT UPDATES

GME URiM Steering Committee Co-Chairs for AY25



Alejandro
Segarra
Concepcion, MD
Internal Medicine
PGY3



Antony
Gonzales, MD
Psychiatry
PGY4



Anisha
Lewis, MD
Psychiatry
PGY 2



Vanessa
Villamarin, MD
OB/GYN
PGY4

Antony Gonzales, DO (PGY-4 resident) and **Anisha Lewis, MD** (PGY-2 resident) have been announced as Graduate Medical Education (GME) Underrepresented in Medicine (URiM) Steering Committee Co-Chairs for the 2024-25 academic year!

Rachel Oblath, PhD, Assistant Professor of Psychiatry, and **Amruta Nori-Sarma, PhD** were awarded the BU Initiative on Cities' 2024 Early Stage Urban Research Awards for their project entitled, *"Coping with Extreme Heat: Intersecting Vulnerabilities Related to Urban Heat Islands, Homelessness, and Serious Mental Illness."* Their study results will directly inform the development of novel interventions and policies that address the needs of those most vulnerable to the health impacts of climate change.

BU Initiative on Cities

PROJECT

*Coping with Extreme Heat:
Intersecting Vulnerabilities Related
to Urban Heat Islands, Homelessness,
and Serious Mental Illness*

Principal Investigator



Rachel Oblath
Assistant Professor,
Psychiatry, MED

Co-Principal Investigator



Amruta Nori-Sarma
Assistant Professor,
Environmental Health, SPH

BU.EDU/IOC/RESEARCH/SEEDGRANTS/

DEPARTMENT UPDATES

On June 6th, the **Diversity, Equity, and Inclusion (DEI) Committee** hosted an in-person Grand Rounds session entitled, **"Voices from the Department of Psychiatry DEI Committee: Humanitarian Crises around the World: When Things Touch Home - Honoring Ourselves and Others by Speaking Out or Staying Silent."**

The session was well-attended with around 75 individuals from various areas of the department and generated a lively exchange, highlighting appreciation and the need to create more spaces for exchanges on the topic.



DEPARTMENT UPDATES



Howard D. Trachtman, Co-Founder of the BMC Metro Boston and Southeast Recovery Learning Communities, was presented with the **National Alliance on Mental Health (NAMI) National Lifetime Achievement Award for Peer Advocacy and Support** at the 2024 NAMIcon convention in Denver, CO.

Mr. Trachtman is certified as a Peer Specialist, Older Adult Peer Specialist and Psychiatric Rehabilitation Practitioner. He is also a frequent presenter nationally on topics including restraint & seclusion, growth of peer-run programs, managed care, entrepreneurship and peer warm lines. He serves on many organizational boards related to mental health and received numerous awards for his work in the field.



Christine Crawford, MD, MPH, Vice Chair of Education, also presented at NAMIcon with a panel discussing their latest books, how to support young people's mental health, and how to navigate the challenges faced by families.



DEPARTMENT UPDATES



Congratulations to **Alexander Chang, MD**, Assistant Professor of Psychiatry, and **Roopa Mathur, DO**, Medical Director of Integrated Behavioral Health on receiving special recognition awards at the Internal Medicine Residency Graduation. Drs. Chang and Mathur were honored for their exceptional contributions to the Internal Medicine Residency Training Program.

Kalo Sokoto, PhD and **Shamaila Khan, PhD**, Clinical Associate Professor of Psychiatry, presented at the Association of Psychology Postdoctoral and Internship Centers (APPIC) 2024 conference in New Mexico. Their presentation was entitled, "Voices from the Center for Multicultural Training in Psychology (CMTP): Trainees' Testimonios of a Decolonized Psychology Training Program."



DEPARTMENT UPDATES



Gregory Binus, MD, was presented with the 2024 Outstanding Psychiatrist Award: Public Sector by the Massachusetts Psychiatric Society! Dr. Binus (*pictured left, with two of his sons*) is an Emeritus Clinical Associate Professor of Psychiatry and alumni of Boston University School of Medicine and Boston Medical Center Psychiatry Residency Training Program.

2024 MPS OUTSTANDING PSYCHIATRIST AWARDS

PUBLIC SECTOR Gregory Binus MD



Dr. Gregory Binus graduated from Brandeis University with a major in Philosophy and had no premedical background nor interest in medicine. Yet, he was about to begin on a journey that presaged

his ultimately devoting his professional life to Public Sector Psychiatry. His first introduction to public service came after graduation when he joined the United States Peace Corp and served for 2 years in Kandahar, Afghanistan as a teacher in a surveying school. It was there he developed a passion for medicine and psychiatry. Upon return, he spent a year taking all required premed courses and later graduated from Boston University School of Medicine and then trained in psychiatry at the Boston University School of Medicine Psychiatry Residency Training Program.

Following Psychiatry residency training, Dr. Binus worked in clinical and leadership posi-

tions at the Edith Nourse Rogers Memorial Veterans Hospital (ENRMVH) in Bedford, MA including being Chief of Psychiatry, Mental Health Service Line Manager and later Chief of Staff for 14 years. He was always regarded by staff as an exceptional leader. His stay was during a prolonged tumultuous time at the ENRMVH with staff conflict and progressive budget cuts. At one point, the administration of the New England VA network mandated closing several large units treating chronically ill psychiatric patients and treating them on an outpatient basis. Recognizing that these patients essentially would become homeless, Dr. Binus convened and led a group that developed outpatient programs for these patients and turned one of the closed units into a lodging facility for patients who would otherwise not have housing.

During his tenure at the VA he was vitally involved in academics, regularly teaching medical students and residents. He retired from the Bedford VA in July 2012 as Chief of Staff and Clinical Associate Professor of Psychiatry at Boston University School of Medicine. "Dr. Binus and the Bedford VA Psychiatry" became almost synonymous during his years there.

In 2014 he was recruited to teach again in his Psychiatry Residency Training Program at Boston University Medical Center, focusing on supervision and didactics related to psychodynamic psychotherapy. He is currently Director of Psychotherapy Education and Emeritus

Clinical Associate Professor of Psychiatry.

Dr. Binus is the recipient of a number of awards including Life Fellow of APA, two awards while in medical school, a national award as Physician of Excellence from the National Alliance for the Mentally Ill, two Outstanding Teaching Awards from Boston University Medical Center Division of Psychiatry, and a national award from the Disabled American Veterans. His primary interests are in psychodynamic psychotherapy, administration, and organizational ethics.

Dr. Binus has been stalwart in his dedication to Public Sector Psychiatry, and he has felt equally comfortable in addressing its problems in the safety of his office to the dangers of the streets. Perhaps his experience as a Peace Corp volunteer in Afghanistan, later informed by outstanding training as a psychiatrist, paved his way. And perhaps his being trained as a martial artist with a brown belt in Ninjutsu, and training in Judo and Krav Maga made him fearless in taking on those challenges.

The Massachusetts Psychiatric Society is honored to present Dr. Gregory Binus with the 2024 Outstanding Psychiatrist Award for Public Sector Psychiatry.

DEPARTMENT UPDATES



Ann Rasmusson, MD was presented with the 2024 Outstanding Psychiatrist Award: Research by the Massachusetts Psychiatric Society!

Dr. Rasmusson is a Professor of Psychiatry at Boston University Chobanian & Avedisian School of Medicine.

2024 MPS OUTSTANDING PSYCHIATRIST AWARDS

RESEARCH

Ann M. Rasmusson, MD



Ann M. Rasmusson, MD, received a Bachelor of Science from North Dakota State University where she graduated with highest honors in the Scholars Program. After two years at University of North Dakota School of

Medicine, she graduated from the University of Chicago School of Medicine in 1984 where she received the American Medical Association's Rock Sleyster Award for "Outstanding Promise in Psychiatry". She completed a Pediatric internship and residency at Johns Hopkins Children's Medical and Surgical Center, in which she is Board certified. She moved to the Yale Child Study Center, one of the very few child psychiatry programs at the time carrying out NIH funded research, for a four-year research fellowship from 1987 to 1991. She then completed a three-year Psychiatry residency at Yale in 1994, in which she is also Board certified.

She was appointed an Assistant Professor of Psychiatry at Yale in 1994 and was promoted to Associate Professor of Psychiatry when she

moved to Boston University School of Medicine in 2008. She was selected for "Best Doctors" in 2011, which speaks to her clinical expertise. She also received the Henry L. Bolley Award for Academic Achievement from North Dakota State University in 2018, which recognizes outstanding academic accomplishments of an alumna (us). In 2021, she was promoted to Professor of Psychiatry at Boston University.

Aside from her appointment as a research psychiatrist at the VA National Center for PTSD, Women's Health Science Division, she is also a research psychiatrist at the Translational Clinical Research Center at Massachusetts General Hospital. Her scientific publication metrics are outstanding: 90 peer-reviewed articles and 17 chapters, over 12,000 citations to her publications, an h-index of 52 (meaning that 52 of her publications have been cited at least 52 times) and an i-10 index of 82 (the number of publications cited 10 times or more). Her research is currently supported by NIMH RO-1 and a VA grant.

Since her fellowship at Yale, her research has focused on the neurobiology and pharmacology of anxiety and anxiety disorders through a combination of translational (animal) and clinical research. Using a fear conditioning model, she and her colleagues defined in the rat the role of the amygdala in regulating the monoaminergic input to the frontal cortex and provided pharmacologic strategies to optimize frontal lobe function to promote recovery. She demonstrated that women with PTSD, depres-

sion and high rates of childhood trauma had increased release of both cortisol and DHEA and that cortisol reactivity correlated with time since trauma exposure. Notably, she found that an increase in dehydroepiandrosterone (DHEA) in PTSD appears to be a positive adaptation that mitigated PTSD symptoms.

She has also made important contributions to our understanding of neurosteroids in anxiety disorders. Neurosteroids are metabolites of progesterone, allopregnanolone and pregnanolone, that activate GABA receptors. She discovered that reduced CSF levels the neurosteroids correlated with PTSD symptoms and associated depression. These deficiencies appeared to be due to an inhibition of 3alpha-hydroxysteroid dehydrogenase. She demonstrated a PTSD block of the enzyme and a negative correlation of the neurosteroid levels and memory consolidation. Working with the rat model, she showed that a single dose of an analogue of allopregnanolone, ganaxolone, after brief exposure to the adverse conditioning cues appeared to block memory reconsolidation and attenuated PTSD-like symptoms. These findings serve as the basis of her current NIMH grant to develop pharmacologic interventions based on the neurosteroid pathway to attenuate the development of PTSD after trauma exposure.

The MPS is pleased to present Dr. Ann M. Rasmusson with the Massachusetts Psychiatric Society 2024 Outstanding Psychiatrist Award for Research.

DEPARTMENT UPDATES



Adeliza Olivero, MD, DFAPA has been recognized as a Distinguished Fellow within the Massachusetts Psychiatric Society.

Dr. Olivero is an alumni of the Boston University Psychiatry Residency Training Program and provides moonlighting services in the Psychiatric Emergency Services (PES) at Boston Medical Center.

Adeliza Olivero, MD, DFAPA



I'm humbled and honored to receive this Distinguished Fellow recognition by the Massachusetts Psychiatric Society (MPS) and the American Psychiatric Association (APA). It has taken a village to get me here, a

diverse and amazing village in different latitudes and longitudes across the world. A substantial portion of the credit goes to my family, teachers, professors, attendings and mentors. Without them it would have not been possible to achieve this or many other accomplishments in life. A special thanks to Drs. Janet Osterman, Paul Noroain, and Renee Sorrentino for believing in me, for nudging me out of my comfort zone, and for their continued support in my professional development.

In often discreet ways, my life laid out the path towards choosing Psychiatry. My younger brother's developmental disability and health issues led me to want to be a doctor to help save lives; I just didn't know until the first day of my Psychia-

try rotation, as a third-year medical student, that I would be saving lives in a different way. The rapport I was able to build with my patients, honing my skills as an active listener, and my inquisitive nature to support a sound diagnosis, should have been hints that I would be a good fit in Psychiatry. Unfortunately, because of the stigma of mental illness, even within the medical community, these skills were often minimized and sometimes ridiculed, with some attendings telling me not to waste my time and intellect with occult sciences. Instead of dissuading me, these comments solidified my passion in our constantly evolving field.

Leaving everything behind, in my native home of Puerto Rico, to start my psychiatry training in Massachusetts was not an easy or straightforward path; but what I've learned on the way has been priceless. Since the inception of my psychiatric career at the Boston University Medical Center Psychiatry Residency Program, MPS has played a key role in my professional growth. I always felt welcomed and heard, even as an intern, when I participated in MPS Committees and different activities. At MPS I found a community of psychiatrists from all over the state that shared my passion for psychiatry, for making a difference, for helping others, and for continuous learning. My passion for advocacy to improve the systems in which we operate has also been enriched by the APA and MPS and provided me with many tools to move big ideas and challenging conversations forward.

My advice to young psychiatrists is to never stop believing that you can make a positive difference. Learn about everything and anything that brings joy and passion to your work. Question everything, including the things you are taught, your own deeply held beliefs, and why we do things the way we do. And always think about how what you do or say affects your patients. If you don't like the answers, then be the power to create change to help others. Never be too shy to ask a "dumb question" because you just might be the only person bold enough to ask it. Don't make the mistake of perpetuating stigma and try to educate others when it comes up. Learn and be familiar with the laws, rules and policies that govern your practice in the field, question them and change them when they don't make sense or don't have their intended effect. Never forget about self-care and how essential it is for our existence, and don't be afraid to ask for help when you need it. (Because we all do at some point!) I've had the privilege to do something that I love and wish that for everyone. Peace!

DEPARTMENT UPDATES

The **Center for Multicultural Training in Psychology (CMTP)** held its 52nd Annual Dinner on Thursday, June 27th!



Thursday, June 27th, 2024

The Center for Multicultural Training in Psychology (CMTP)
52nd Annual Dinner



Alex Pieterse, Ph.D.

*"Engaging Anti-Racism in the Practice of Psychology:
A Few Words of Hope and Caution"*



Date: Thursday, June 27th, 2024
Time: 6:00 – 10:00 pm
Location: The Metcalf Trustee Center, 9th floor
1 Silber Way, Boston, MA 02215

Free Parking on street (meter ends at 6:00pm)
Free Parking at Garage on Commonwealth Ave
(right before you get to Silber Way)

State you are attending CMTP graduation

Dinner Will Be Served



Dr. Olivia Moorehead-Slaughter will be available to sign her new book:

"The Parents' Guide to Psychological First Aid"

To order a copy, please use the QR Code:

RSVP at cmtp@bmc.org or call Miss McCoy at 617-414-4646



Supported by: Boston University Psychiatry Associates

DEPARTMENT UPDATES

Saturday, June 8, 2024

Network of
Multicultural
Training Professionals

presents the

Dr. T. Leon Nicks 21st Annual

Identity Dialogue

IDENTITY QUESTION FOR THE ELDERS: "How have you harnessed your emotions (particularly anger, rage, and shame) to stay motivated in your activism to transform or create new spaces while balancing the pressures of conforming to societal expectations in institutions and maintaining your authenticity? And how have you managed your emotions in academic and other institutional settings without being destroyed or flaming out?"

Faculty and interns from the **Center for Multicultural Training in Psychology (CMT)** joined the Network of Multicultural Training Professionals for the Dr. T. Leon Nicks 21st Annual Identity Dialogue, held on Saturday, June 8, 2024.



Staff from **Boston Services for Trauma and Resources for Families (STAR)** attended the annual All-Network Conference (ANC) for grantees in Washington, D.C. sponsored by the National Child Traumatic Stress Network and the Substance Abuse and Mental Health Services Administration (SAMHSA). At the ANC, Boston STAR was able to collaborate and meet with the rest of the Trauma Systems Therapy for Refugees (TST-R) model developers, implementation teams and project directors from across the country including Boston Children's Hospital, Jewish Family Services of Buffalo, Minnesota, Vermont, Maine, and New Jersey. TST-R was developed and created here at BMC and Boston STAR is honored to continue on with the mission.

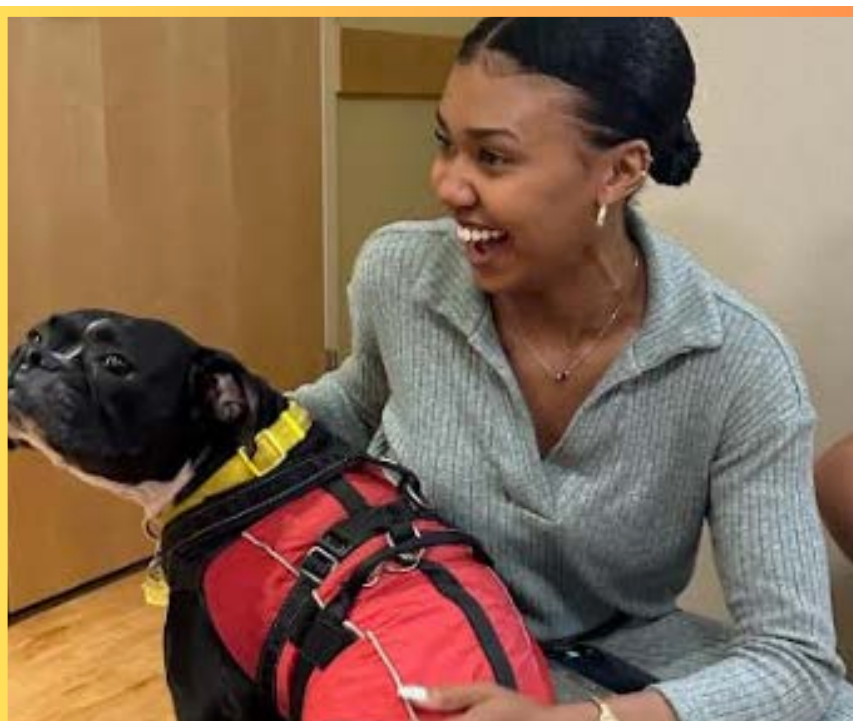
DEPARTMENT UPDATES



BU & BMC Psychiatry residents, faculty, friends, and alumni attended the American Psychiatric Association Annual Meeting in New York, NY from May 4-8, 2024.



A VISIT FROM THE BMC HEALING PUPS!



A VISIT FROM THE BMC HEALING PUPS!



IN THE MEDIA

In the last 18 months, we have had **over 100 mentions** of BU/BMC Psychiatry faculty and staff in various media outlets!

Please visit the [BUMC Department of Psychiatry website](#) for a list of media features, and click on each photo below for staff and faculty profiles.



Boston University Chobanian & Avedisian School of Medicine



STAFF AND COMMUNITY RESOURCES

Did you know that BMC has a list of community resources for patients and staff?
Please visit the **BMC Community Resources** page [here](#).

BMC Chaplains are available to support patients, staff, and loved ones at BMC.
If you would like to speak with a Chaplain, please call 617-414-4299.
Chaplains provide spiritual companionship for those of all traditions and those with no religious affiliation.

BMC Healing Pups can be requested for a "Ruff-eral" by calling Patient Advocacy (617-414-4970) or by emailing DG-PatientAdvocacy. Requests can generally be fulfilled within 24 hours although, on occasion, it can take longer.





*Want to see your program, news, or updates
featured in our bi-monthly newsletter?*

*Contact **Anne Thompson** to find out more!*

Please include your name, title, and program in your message.

We look forward to hearing from you!