

Department of Psychiatry Chair Letter

News & Views about the Department of Psychiatry

VOLUME 2, ISSUE 2

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Our Vision: To Conquer Mental Illness.

Our Mission: To improve the mental health of our citizens through education, research, advocacy and innovative clinical care.

From the Chairman

Special points of interest:

- Chair's Letter
- Blues Concert a Hit
- Honors Award Winners
- 2009 Interns
- Balaban Chair
- Summer Duty
- Faculty Dinner
- Resident Reminiscences
- Graduation 2009
- Howard Rotators
- Summer Institute 2009

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Dear Colleagues:

We put a lot of time and energy into the evaluative process. Trainees and faculty evaluate each other as do Division Chairs and their faculty. I review each faculty evaluation and faculty have the opportunity to evaluate me. Much of the psychotherapy evaluation is done by our very skilled Clinical Faculty.

Most of the time these systems work very well. Sometimes evaluations fail to accurately identify deficiencies and areas for growth. In these cases, we lose the ability to address issues early and professional growth is potentially diminished as is our ability to provide the public the best educated professionals.

There is a scarcity of literature about the evaluative process and why some individuals grade in a more strict way and why others seem to evaluate in the other direction. In many discussions with faculty and trainees, it has been suggested that there are three reasons for the failure to provide each other with appropriate feedback concerning needed improvements. These include a genuine desire not to hurt the feelings and career of the party being evaluated and concern about receiving retribution and conflictual interactions in response to perceived criticism. This concern about retribution persists even when there is little or no evidence to support this fear and even in the face of our considerable efforts to make feedback anonymous.

A third element which can impact our evaluation process is the "halo effect". A faculty member who sees a resident taking good care of his or her patients may assume that therefore, all areas, for example, scientific knowledge or systems-based learning, are equally good. At times, we find significant disparity between the faculty rating of knowledge and the actual testing of knowledge.

We need your advice concerning how to create more open, accurate

feedback systems. Going forward, we will enforce department policy that faculty evaluation of residents will be done face to face. We encourage mid-term feedback to give trainees a clear idea of where they need to improve prior to the end of the rotation. It has also been suggested that everyone would benefit from more training in the evaluation process.

We are putting together a new comprehensive quarterly report on resident performance so that the evaluative data we collect will be on one report and will be shared with our trainees. We will include information on professionalism.

The educational value of honest, direct feedback is greater than the risks of narcissistic injury or retribution. I hope we will continue to evaluate all of the competencies and avoid "halo effect" evaluations. As part of professionalism, we all need to improve our skills in providing useful evaluation to each other. This would strengthen each of us and our department.

The Vice Chairs and I hope everyone will be more forthcoming with each other in the spirit of improvement.

Joel J. Silverman, M.D.

Help Cure The Blues Concert

It was not a night to have the blues. In fact, it was a night to "cure the blues". And that is just what 200 people did at the Barksdale Theatre on Tuesday, August 18, 2009 as they gathered to help raise money and awareness for the Department of Psychiatry, which has been serving the greater Richmond community for 100 years.

The Barksdale Theatre's intimate setting made a great venue to hear the **John Nemeth Blues Band**, which performed for well over an hour and a half.



Director of Development Rupa Murthy and Rhona Arenstein

Prior to the band taking the stage, Emcee for the evening **Ric Arenstein**, welcomed those in attendance and thanked all who had participated in this first fundraising gala event. Ric's wife, Rhona, had been the sparkplug behind ticket sales and he thanked her for her passion, vision and commitment to the evening as well as for her support of mental health.



Guests included Dina Boettcher and Ann Long

Dr. Silverman's opening remarks were about the department's concerted efforts for genetic research, development of new programs in women's mental health, a children's resource center and education for all medical students about psychiatric illnesses.

Sponsors for the evening included the **Barksdale Theatre, the Community Idea Stations, Heritage Wealth Advisors, Jewish Family Services, John Lewis of Smith Barney, Days Inn, West Broad and Beth Shalom Life Care Community**. Hosts and hostesses were **Ronnie & Susan Adolf, Ric & Rhona Arenstein, Scott & Nancy Belleman, Kathy Hornsby, David Hulburt & Sherry Finneran and T.K. & Muktha Somanath**.

Photos by Blacktie Virginia.



Fan Free Clinic Director John Baumann & wife Hazel

First "Honors In Psychiatry" award winners



Bonny Moore, M.D. and David Buxton, M.D. with Dr. Silverman.

2009 Psychiatry Interns



Connie Chan, M.D.
Ben Gurion University of The Negev, Israel



Jaclyn Crawford, D.O.
NJ School Of Osteopathic Medicine



Louie Nardelli, D.O.
WV School of Osteopathic Medicine



Revital Racin, M.D.
Sackler SOM, Israel



Jennifer Sokol, D.O.
New Jersey School Of Osteopathic Medicine



Michael Villania, M.D.
VCU School of Medicine

Doctors Brewer, Kaur and Woodyard were unavailable for a photo at press time.

Spring & Fall 2009 Faculty Dinner Meetings



Spring Meeting

The Spring and Fall Faculty Dinner Meetings were held at BlackFinn Restaurant. **Dr. Robert Schneider**

made a presentation about the partnership between the McGuire Veterans Center and VCU at the Spring meeting and **Dr. Susan Kornstein** presented Industry Relationships at the Fall meeting. Dr. Silverman introduced **Dr. Bruce Rubin**, new Pediatric Chair and **Dr. James Bennett**, Neurology's new Chair who were guests. New members of faculty were also introduced by the Division Chairs, including **Dr. Christopher Kogut (C&L)**, **Dr. Ross Yaple (VTCC)**, **Dr. Scott Bowers (VIPBG)** and **Dr. Vasu Venkatchalam (Inpatient)**.



Fall Meeting

Rebecca Griffin-Mattauch was surprised by co-workers and Dr. Silverman when they threw a small party to congratulate her on the occasion of completing her degree in Business Management.



Farewell

Farewell to **Marie Baker-Roach** who was with the department for over 18 years, serving in Substance Abuse, Ambulatory Psychiatry and two years here in Human Resources. We all deeply appreciate her loyalty and devotion to our Department and faculty and her many years of hard work on our behalf.

Welcome

Welcome to **Takeya McLaurin**, who comes to us from the main HR office on Monroe Campus. She has a Master's Degree in Human Resources.

Alternative Summer Studies

I am a Captain in the Virginia Army National Guard and attached to C Company, 429th BSB, 116th Infantry Brigade Combat Team. I am the Brigade Behavioral Science Officer.



Captain Gibson with full armor

My primary duty is to identify and resolve organizational, behavioral and environmental factors that interfere with the brigade's combat readiness. I returned at the end of July following a five week training exercise with the United States Army at Fort Sam Houston and another location. The training involved a combination of didactics and field exercises. This included troop leading procedures, terrorism awareness, Islamic studies, combat life saving/medical evacuations, convoy operations and general combat skills (armed and unarmed). The average daily temperatures during training exceeded 100 degrees and were as high as 117 degrees. "It's the best eleven pound weight loss program in the world as it is

virtually guaranteed."



On Reserve Duty 2009

2009 Child Fellow



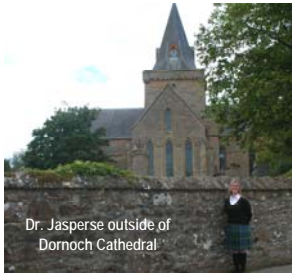
Michelle Emrich, M.D.

Condolences

- Our sympathy is extended to Jeff and **Vicky Longwill** on the death of Jeff's father.
- Our sincere condolences also are extended to **Michele Rice**, whose nephew died in August and father died in early October.
- And to **Ramona Benedict**, we offer sympathy for her sister's death after a lengthy battle with cancer.

Resident Spends Summer in Scotland

by Linda Jasperse, M.D.



Dr. Jasperse outside of Dornoch Cathedral.

My fascination with Scotland began in 2005 when my sister and I attended the Scotland Village exhibition in Grand Central Station, NYC. This exhibition was one of the highlights of Tartan Week, and featured aspects of life and culture in Scotland from ancient to modern times. Although I am not of Scots ancestry, I am Presbyterian, and it was fascinating to learn more about the country where my particular religious faith began. Scotland is a country of industry, invention, incredible natural beauty and about two years after Tartan Week, I visited Scotland for the first time. Little did I expect it to become an annual event.

In July, I had the privilege of attending The Gathering 2009 in Edinburgh, Scotland. This event was a homecoming celebration for all Scots around the world, and featured Highland Games, a Clan Parade, and a pageant. 47,000 people of Scottish ancestry and friends -- from the United States, Canada, Australia, South America, Europe, and, of course, Scotland itself--attended the two day event. It was set among the famous historic landmarks of Old Town Edinburgh.

The Games were held in Holyrood Park. Prince Charles and Camilla, known in Scotland as the Duke and Duchess of Rothesay, helped to open the festivities. Clans marched in alphabetical order (uphill!) and were led by Pipe Bands. Nearly 20,000 people lined the parade route to witness this spectacle of tartan and flourish. The pageant ended close to midnight with a thundering exit of a massed Pipe Band. Everyone was sad to hear the last note of the bagpipe fade away.

The event was special to me for two reasons. I stayed in an apartment called "Ladystairs" which overlooked the Royal Mile, just steps



A Sea of Clan Tartan

from Edinburgh Castle. The building dated to the 1600's and shared a courtyard with the Writer's Museum. I also had company. My Scottish friends, Priscilla and Graham, joined me for the eventful weekend. We enjoyed a bird's eye view of the parade from our second floor windows, and joined the end of the Clan Parade with thousands of others as we made our way to the pageant at Edinburgh Castle. I met Priscilla and Graham during my first trip to Scotland in 2007. Priscilla and Graham introduced me to their country, their life, and their friends. The quality of life in the Highlands is excellent.



A Jacobite

Almost beyond imagination was the trip we took to Tongue on the north coast of Scotland. Beyond Tongue Bay there is no major land mass except the North Pole. Again, it was a fairly short distance but a long trip. Along the way, we saw peat cutting, a traditional source of home fuel.

Graham and Priscilla showed me the best of their country. On several occasions, our conversations took an unexpected turn, as we compared notes from Scottish and American history. This happened first in Edinburgh at an 18th century Georgian House in Charlotte Square. The home, designed by Robert Adam, was remarkably similar to Federal-style buildings of colonial Virginia. That led to a spirited discussion about the parallel events taking place in the two countries. The second time was at Culloden, outside of Inverness. In 1746, the Duke of Cumberland and his troops defeated Charles Edward Stuart and the Jacobites, ensuring that a Stuart king would not be restored to the English throne. I couldn't help compare what I saw there with the famous battlefields of the American Revolutionary and Civil Wars. I had a similar feeling at Culloden as I had, for example, at Appomattox Court House in Virginia.

Speaking of similarities and differences, I interviewed at the National Health Service during my trip. All of the health care for the Highlands is based in Inverness, including mental health care. The psychiatric hospital is called New Craigs, and is set high on a hill

overlooking the city. I gained a better understanding of how British national health care works. The "NHS" consists of the four publicly funded healthcare systems of the United Kingdom, specifically those of England, Scotland, Wales, and Northern Ireland. It has the distinction of being one of the world's largest organizations, after the Chinese Army and the Indian Railways. For this reason, the NHS has some of the typical problems of large institutions, such as

being expensive to maintain and slow to change. I detected a widespread admiration for the American system, though I doubt they appreciate first hand our struggle with health care reform (for more on the similarities and differences between health care in the United States and United Kingdom,

Dr. Jasperse at Talmine Beach with Tablet & Skirle



please see "Health Care in Britain: Expat Goes for a Checkup" by Sarah Lyell, *New York Times*, August 16, 2009. <http://www.nytimes.com/2009/08/16/weekinreview/16lyall.html>.)

I felt perfectly at home everywhere I went. Everyone speaks English. There are also many Gaelic speakers especially in the Highlands, and road signs are in both languages (my next project is to learn a little Gaelic). The word for Scotland in Gaelic is Alba, pronounced "Alabah." According to the PanAlba website, Scotland is a country of 5 million people, with 35 million individuals of Scottish ancestry living worldwide. In the spirit of The Gathering 2009, many went home for an unforgettable visit. I am thankful for the opportunity to participate in a national homecoming, and for the kindness of Priscilla and Graham. I hated to say goodbye, and I can still hear the echo of their farewell "Haste Ye Back."

Kyle of Sutherland



Graduation 2009



Graduation 2009 at the Weinstein Jewish Community Center
 Upper left: Dr. Kornstein, Dean Strauss, Dr. Sood; Upper right: Drs. Malloy, Arthur & Weeks. Middle left: Dr. Akm Sulaman and family; Middle right: Drs. Schneider & Meyer, Dr. & Mrs. Paul Sepich, Dr. Cheryl Jones facing away from camera;
 Bottom photo: Dr. & Mrs. Henry Holland and Dr. Marian Wouters.

Howard University Doctors who will be with us from early September—May, 2010



Left to right: Drs. Noman Shamim, Darryl Smith, Edward Radden, Bikash Sharma

Summer Institute 2009



Summer Institute Class of 2009, Yaacov Pushkin, M.D., Director

This is the first time the Newsletter will be posted exclusively on our website and distributed by e-mail. We hope you will find this method of distribution as informative and enjoyable as our previous hard copies.

We will have a newsletter quarterly from now on since the cost is no longer an issue.

Please submit any and all photos and articles for future newsletters to: ecunningham@vcu.edu in time for the February 2010 edition.

CONGRATULATIONS! Recent Appointments, Honors, Awards and Presentations



• **Dr. Sandra Barker**, Professor of Psychiatry, was appointed to the Bill Balaban Endowed Chair in Human-Animal Interaction by the VCU Board of Visitors at their August meeting. The \$1.4 million dollar endowment was bequeathed by Bill Balaban to support a distinguished faculty member to direct The Center for Human-Animal Interaction and to support the Center's work. Mr. Balaban, who died in November 2008, was the first member of The Center's Advisory Group and strongly supported its mission of improved health and well-being through human-animal interaction.

• To the right: **Drs. Antony Fernandez, Pradip Koirala, Tamara Helfer, Ehsan Habibpour, Cheryl Jones, Megan Cogbill, Jagadamba Pandit, Salim Zulfiqar, and Anand Pandurangi**, winners of the Psychiatric Society of Virginia Fall Meeting Poster Winners. Others who were among our winners but not pictured included **Drs. Robert Schneider and Victor Vieweg**.

• **Dr. Anand Pandurangi** won the coveted Eli Lilly Reintegration Award for Clinical Service at an awards ceremony in Indianapolis in October.

• **Dr. Brian Meyer** received an "Outstanding Teacher Award" for high evaluation for the M-1 Behavioral Sciences course. Dr. Meyer was at VCU at the time of the award and is now at the McGuire Veteran's Medical Center.

• **Dr. Kim Woodyard** was nominated and named Most Valuable Intern on her Internal Medicine rotation.

• **The Virginia Treatment Center for Children** won a Challenge Grant from the Jackson Foundation for \$20,000.00 to support the basic start-up infrastructure of the Children's Mental Health Resource Center.



• **Dr. Jennifer Montgomery Fischer's** daughter was born on July 19 and **Dr. Louie Nardelli's** son was born in late July.

• **Dr. Ramakrishna (Ram) Shenoy** was awarded a trophy at the APA meeting in San Francisco with the 2009 Award for Exemplary Psychiatrist of NAMI. The trophy was presented to him at Grand Rounds on October 2 by a NAMI Virginia representative.

• **Dr. Daliborka Danelisen** received the APM Trainee Travel Award at the APM conference.

• **Dr. Sherif Meguid** received the award for best M-3 Clerkship Teacher.