

A Message from the Chair

Mentors Turned Colleagues

My recent invited presentation at Brown University not only allowed me to showcase our research at BCM, it gave me an opportunity to reflect on prior collaborative scholarly work. While noting that I am credited as the principal developer of the Yale-Brown Obsessive Compulsive Scale (Y-BOCS), this clinical instrument would have never been completed had it not for the pivotal contributions of Drs. Steve Rasmussen and Larry Price. The Y-BOCS, gold-standard for assessing severity of Obsessive Compulsive Disorder (OCD), was introduced in 1989 while Larry and I were at Yale and Steve was at Brown.



With Steve in the audience, I joked (half-seriously) that both Steve and I are known to be “obsessional” (meaning prone to analysis paralysis) and that without Larry’s “get it done” nature, we might still be working on the Y-BOCS 35 years later. Larry was one of my most influential mentors at Yale. I then pointed out that a new version of the Y-BOCS (Y-BOCS-II), launched in 2010, also would have never materialized without Dr. Eric Storch, who shares the execution skills of Larry. My academic partnership with Eric over the years has enabled us, along with others, to make meaningful clinical contributions to the understanding and treatment of OCD.

In a previous Chair Message, I wrote about the value of team science. The emphasis was on the importance of collaboration among individuals from different disciplines and backgrounds. In the case of the BCM research that I presented at Brown, I spoke of synergy when psychiatrists, psychologists, neurosurgeons, neurologists, neuroscientists, anatomists, engineers and ethicists work together on addressing the same problem, in this case, unravelling the neurocircuitry of mental health disorders. In this Message, I am addressing another dimension of team science: the dynamics of interactions among people with different styles and attributes. These differences can enhance outcomes, not much different from the varied ingredients that make relationships outside of work a recipe for success. At BCM, I feel fortunate that my academic collaborators, within and outside the department, include individuals with different perspectives and backgrounds. When possible, I like to invite skeptics to join the discussions. It is always better to hear critiques first from your colleagues before unveiling an idea to the world.

- Wayne K. Goodman, M.D

Community

BCM's Pivotal Role in Perinatal Psychiatric Care and Education

Providing mental health care access and education for struggling perinatal individuals across Texas through PeriPAN.

Mental health conditions are the leading cause of death for women in the U.S. during the perinatal and postnatal period, attributing to almost 23% of maternal deaths. The statistics behind maternal mortality in Texas are staggering. In 2021, the state legislature approved funding for a reproductive psychiatry access program called The Perinatal Access Network (PeriPAN) to meet the needs of moms in Texas. PeriPAN provides education, consultation, and referrals to clinicians caring for pregnant and postpartum women.

PeriPAN was formed as a pilot expansion of the Child Psychiatry Access Network (CPAN). Both serve as part of the Texas Child Mental Health Care Consortium (TCMHCC), which aims to improve mental health care for children and teens. PeriPAN not only helps provide safety and care for pregnant and postpartum women but also recognizes the importance that maternal mental health plays in the care of children.

The original pilot program started with four satellite regions, with Baylor College of Medicine serving the southeastern region under the direction of Dr. Karen Horst. Since then, the program has grown to 12 regions, offering complete coverage to every county in Texas. The program's format enables

regional areas, known as hubs, without reproductive psychiatry professions to utilize the staffing resources of other hubs.

Modeled after the success of CPAN, PeriPAN offers a perinatal mental health hotline that provides phone-based consultation, care coordination and location of resources, and one-time direct consultations of women to assist when

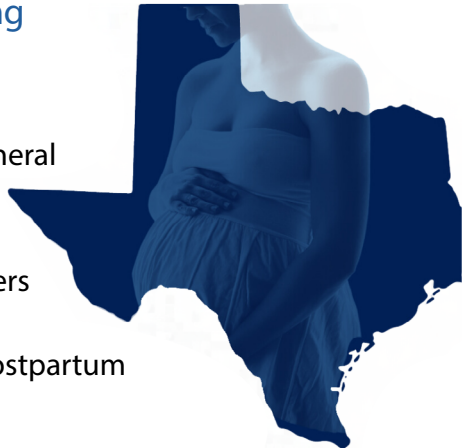
indicated in the education of general psychiatrists, OBGYNs, and other practitioners who work with pregnant and postpartum women.

"We're trying to create bridges and become a collaborative care model," said Dr. Karen Horst, Medical Director for the PeriPAN Baylor Hub and assistant professor in the Department of Obstetrics and Gynecology and the Menninger Department of Psychiatry and Behavioral Sciences. Utilizing the hub format allows access to perinatal mental health care in areas of Texas that lack mental health care options or where mental health stigmas and disparities commonly prevent proper care.

PeriPAN's role in improving the mental health care of children and mothers in Texas extends to education. PeriPAN has created a learning resource bank for providers, including a Mental Health Obstetric Clinicians Toolkit, Clinical Guidance and Education Resources, Screening Tools for Clinician Use, and Resources for Patients.

"Those who are struggling typically already have developed a trusting relationship with their OB/GYN," described Jessica Smith, LCSW, a Behavioral Health Specialist for CPAN and PeriPAN. "I know that by being available to OB/GYNs and family practitioners, we are helping them become more and more versed not only in how to screen for mental health issues but also coaching them to become more comfortable being supportive and normalizing the idea that for many people, this time in their lives can be really difficult and that there is help available."

(continued)



"This is very much about saving lives and improving the quality of life."

Dr. Karen Horst

Community

Perinatal Psychiatric Care and Education (cont.)

PeriPAN partners also routinely give talks about maternal mental health in their regional hub and, commonly, travel across Texas to provide education to people in hubs that are considered mental health care deserts. Those talks and Grand Rounds presentations are recorded and used to create an educational database for providers enrolled in PeriPAN.



Jessica Smith, LCSW

“Texas is known to have a shortage of mental health providers and resources in general, and access to Reproductive Psychiatry and other clinicians with expertise in this area is even more limited,” said Jessica Smith, LCSW.

Through a collaborative care system, perinatal mental health care providers work with clinicians and providers across the state to provide care, support, and education. PeriPan offers free CMEs, collaborative learning opportunities, and ethics credits in maternal health topics.

While the maternal mental health statistics are staggering, the results of PeriPAN show the ability for resounding change. From August 2022 to February 2024, Texas PeriPAN enrolled 12,488 individual medical providers, 2,492 clinics, completed 875 consults, and had a 100 % response time within 30 minutes for a clinician-to-clinician telephone consult with a median response time of 10 minutes.

The BCM PeriPAN team includes Dr. Karen Horst, medical director of PeriPAN Baylor Hub; Drs. Nicole Cirino, Megan Howard, Glorisel Gonzalez-Viera, psychologist Jenna Ramirez, Kim Samuels, and Lisa Noll; Licensed Clinical Social Workers Rachel Flinn and Jessica Smith; and Licensed Professional Counselors Chaquita Jackson and Tovah Smith.

The PeriPAN Baylor Hub team of reproductive psychiatrists based at The Women's Place at Texas Children's Hospital (left to right): Drs. Nicole Cirino, Karen Horst, Megan Howard, and Glorisel Gonzalez-Viera



Dr. Wayne Goodman Honored with Brown University Keynote

Dr. Goodman, a pioneering researcher in the field of obsessive compulsive disorder, was recently honored with an invitation to present the keynote address at Brown University's 26th Annual Mind Brain Research Day on March 28th. His address, “Deep Brain Stimulation for Intractable OCD”, showcased the vital research being performed at BCM. Nearly 300 people attended the event from multiple departments and disciplines, including medical schools,



graduate schools, and undergraduates in Psychiatry, Neurology, Neurosurgery, Neurosciences, and Psychology. Past keynote presenters have included inspirational leaders in scientific research, including Nobel Laureates Paul Greengard, Ph.D., and Richard Axel, M.D.



Honors and Awards

Dr. Cully honored for MyBrief CBT



Dr. Cully and IQuEST Center Director, Dr. Laura Peterson

Dr. Jeffery Cully has received the General Don Wagner award for work on his project, MyBrief CBT, which aims to train and support providers, facilities, and VISNs to improve delivery of evidence-based psychotherapies (EBP) for common mental health

conditions including depression and suicidal ideation at the VA. MyBrief CBT began as a research project at IQuEST (Center for Innovations in Quality, Effectiveness and Safety) and is now under wide dissemination and implementation. As of February 2024, MyBrief CBT is now being used in 11 Veterans Integrated Services (VISNs) and over 90 VA facilities. Over 100 providers have been trained and over 1200 Veterans have received the intervention. This project has led to the creation of a national note template and real-time data dashboard for providers and clinical leaders to track program use and impact. His work has also recently been recognized in national VA publications.

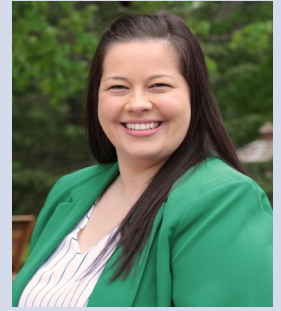
BBRF Distinguished Investigator Grant

Vice Chair for Research, Dr. Sanjay Mathew, has been awarded the 2024 BBRF Distinguished Investigator Grant by the Brain & Behavior Research Foundation. This grant of \$100,000 will go towards Dr. Mathew's project, "Imaging AMPA Receptors In PTSD: A Pilot Positron Emission Tomography Study".



Dr. Caitlin Pinciotti

honored with Bicentennial Lectureship by The Institute of Living at Hartford Hospital. This award is in recognition for work in advocating for sensitivity/inclusivity in ERP with OCD presentations that implicate marginalized identities.

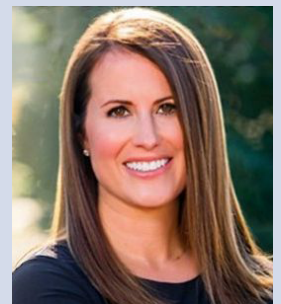


Mark A. Wallace Endowment Award

Drs. Romero Salas, Michelle Patriquin and Hsiao-Tuan Chao (pediatric-neurology) have received the Mark A. Wallace Award, through a partnership with the NRI at TCH to further research into identifying biomarkers which would identify predisposition for psychiatric disorders. The proposal will study 10 families with an adolescent patient at The Menninger Clinic.



Dr. Romero Salas

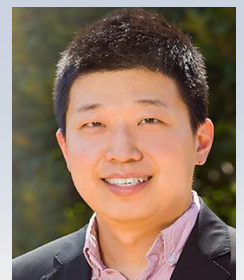


Dr. Michelle Patriquin

Dr. Patricia Daza appointed to the Association of Psychology Postdoctoral and Internship (APPIC) Postdoctoral Committee



Dr. Hyuntaek Oh received the Early Career Researcher Recognition Award from the American Foundation for Suicide Prevention (AFSP)



Researcher Spotlight



Lynnette A. Averill, Ph.D.

Clinical Research Psychologist - Associate Professor

Education:

M.D., Ph.D., University of Utah

Fulbright Scholar, Australian Centre for Posttraumatic Mental Health

Predoctoral Intern, Michael E. DeBakey VA Medical Center

Postdoctoral Fellow, Clinical Neurosciences Division - National Center for PTSD, VA Connecticut Medical Center

As co-director of Emerge Research Lab and Ethical Legal Implications of Psychedelics in Society Program (ELIPSIS), Dr. Averill's valuable research at Baylor College of Medicine and Micheal E. DeBakey VA has a common thread: bringing relief to those who struggle with PTSD, stress, and trauma.

For the past few years, Dr. Averill has been working on a study with VA-based funding looking at a potential neural signature of suicidal thoughts and behaviors in veterans with PTSD. That study aims to better understand what the underlying neural biological mechanisms of stress and trauma-related mental health concerns are. Now in its final year, the study is beginning to wrap up enrollment and begin data analysis.

Dr. Averill's other primary focus is on a Texas state-funded study that came out of the last legislative cycle, a psilocybin trial for veterans with PTSD. Texas is the first state to put in research dollars and support psychedelic medicine for trauma and stress. However, this is the first psychedelic medicine study that Baylor College of Medicine is leading. Although there has been psilocybin research happening in the last 5-10 years, this is one of the first studies looking at psilocybin for PTSD specifically and one of the first looking at psilocybin for a veteran population with varying mental health indications.

"For veterans and for society at large, we are in the midst of a mental health crisis unlike what we have really dealt with before. I think the time is really ripe for pushing new interventions and saying that what we have is not enough. We need to be adding tools to the toolbox and I think people are really aware of that and willing to fund that."

Since working as a subject matter expert on the state-funded psilocybin trial, Dr. Averill has stayed engaged in the Texas Legislature, advocating for PTSD and veteran mental health. One of the things that has shocked her the most is the large amount of bipartisan support for mental health.

Collaborators with Dr. Averill are: Drs. Chadi Abdallah, Amanda Tamman, Brittany O'Brien, Sanjay Matthew, Alan Swann, and Romiro Salas. Dr. Averill also credits her husband and Emerge Lab Manager, Chris Averill.



Amanda Tamman, M.Sc., Ph.D. Assistant Professor

Dr. Tamman is currently working on two research projects, both of which are add-on grants to Dr. Averill's work. The first project, funded by AIM Youth Mental Health, looks to investigate the effect of psilocybin-assisted therapy on accelerated biological aging caused by trauma.

The second project, funded by the American Foundation for Suicide Prevention (AFSP), studies the effect of psilocybin-assisted therapy on mentalizing. This study hopes to help trauma survivors be able to establish better interpersonal relationships through mentalizing with the aid of psilocybin.

MATCH DAY 2024

*Welcome New Residents,
Interns, and Fellows*

We had another successful recruitment year. Psychiatry continues to be an increasingly popular and competitive specialty. Fourteen BCM medical students matched in psychiatry, including three who will remain at BCM for psychiatry residency; one BCM student matched in a combined medicine-psychiatry residency program. The BCM General Psychiatry Residency Program received over 1400 applications for 14 PGY1 positions this year.

The child and adolescent psychiatry fellowship program received over 100 applications and filled all eight positions; two matched fellows are from the BCM psychiatry residency program. Our other fellowship programs (addiction psychiatry, consultation-liaison psychiatry and geriatric psychiatry) had a tough recruitment season; we have one incoming fellow in the consultation-liaison psychiatry fellowship program. Nationally, there are more fellowship positions than fellowship applications.

The psychology internship program matched all 11 positions, including one new track at the Harris Center.

Overall, our interns, residents and fellows continue to be among the brightest and best in the nation. I am grateful to our educational program directors for their meticulous and thoughtful oversight and our faculty for their dedication to teaching the next generation. I feel very fortunate to be a part of the Baylor family for 28 years and counting!

Dr. Kim-Lan Czelusta
Vice Chair for Education



General Psychiatry Residents



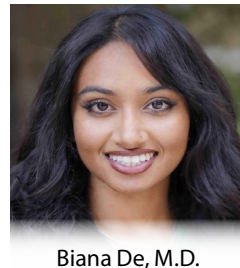
Oluwadamilola
Bankole, M.D.
Univ. of Illinois



Dae Gun Chung
Kim, M.D.
Augusta University



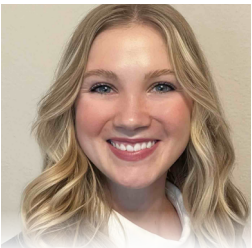
Augusto
De Las Casas, M.D.
Baylor College of Medicine



Biana De, M.D.
Univ. of California - San
Francisco



Kyle Krzesowik, M.D.
Michigan State Univ.



Hayley Lange, D.O., MPH
Kansas City University



Landon Mabe, M.D.
Baylor College of Medicine



Jannie Matar, M.D.
Baylor College of Medicine



Diamond McNeil, D.O.
Alabama College of
Osteopathic Medicine



Gabriella Rodriguez, M.D.
Univ. of Miami

MATCH DAY 2024

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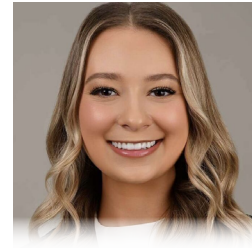
Daniela Sanchez, M.D.
Univ. of Alabama



Ushna Shamoon, M.D.
Univ. of Texas - Houston



Francis Tee, M.D., MPH
Univ. of Texas - Austin



Taylor
Wolfenberger, M.D.
Univ. of Texas - Houston

Psychology Interns



Meghan Bennett, Ph.D.
Marquee University
Mood & Trauma Track



Kohrissa Joseph, Ph.D.
Univ. of Massachusetts
Harris Center Track



Sophie Kerr, Ph.D.
Univ. of Houston
Menninger Adolescent Track



Damilola Kolade, Psy.D.
Rutgers Univ. NJ
General Psychology



Chase Love, Psy.D.
Univ. of La Verne
OCD Track



Liya Mammo, Psy.D.
Nova Southeastern Univ.
OCD Track



Marissa Miller, Psy.D.
Nova Southeastern Univ.
LEO Track



Journa Njoh, Ph.D.
Univ. of Houston
OCD Track



Marcel Rashde, Psy.D.
Univ. of Denver
Menninger Adult Track



Timea Tozser, Psy.D.
Wright State Univ.
TIRR Rehabilitation Track



Robert Zhou, Ph.D.
Ohio State Univ.
OCD Track

2024 Match Statistics

Psychiatry Main Residency
National Resident Matching Program

44,853

Certified Applicants

41,503

Total Positions

Association of Psychology
Postdoctoral and Internship Centers

*Combined Results

4,082

Registered Applicants

3,732

Matched Applicants

MATCH DAY 2024

*Welcome New Residents,
Interns, and Fellows*

Child and Adolescent Psychiatry Fellows



Agnes Cruz-Noriega, M.D.
Univ. Central Del Carabe



Swetha Kondaveeti,
M.D. St. Georges Univ.



Komal Nathani, M.D.
UT Medical Branch



Bilal Qureshi, D.O.
Lincoln Memorial Univ.



Omar Shawaf, D.O.
Univ. of New England



Catherine Sunny, MBBS
Amal Institue of Medical
Sciences



Katelyn Tate, D.O.
UNT - Fort Worth



Saumia Thomas, D.O.
Univ. Of Incarnate Word

Consultation- Liasion Psychiatry Fellow



Aoun Jafri M.B.B.S.
Ziauddin Medical College

Mental Health Equity Smoking Cessation in Minoritized Veteran Communities

One doctor's work against stigma and cultural variables to help veterans stop smoking.



Dr. Darius Dawson

Fighting stigma is a constant battle in the mental health community. Dr. Darius Dawson knows all too well about the stigma that comes with getting help for smoking cessation and how it directly impacts a culture.

According to the Centers for Disease Control (CDC), 1 in 8

African Americans smoke cigarettes in the United States. Research by the CDC has found that African Americans are more likely to die from smoking-related deaths than Hispanic people and Non-Hispanic White people.

Working at Micheal E. DeBakey VA Medical Center, Dr. Dawson has made it his mission to reach a cultural group that has been poorly under-represented, African American veterans, and help break the barriers that prevent them from getting help with smoking cessation.

Dr. Dawson said, "I try to resolve health inequity that is related to tobacco cessation treatment, and I am making sure that African Americans have access to these treatments and that when they do access them, they work."

Data shows that African American

(continued)

Mental Health Equity

Smoking Cessation in Minoritized Veteran Communities (cont.)

veterans smoke at higher rates than White and Hispanic veterans. However, due to different factors, including cultural variables and mental health stigmas, they commonly have less success in quitting smoking. African Americans are also more likely to die from smoking-related diseases. Dr. Dawson has found through research and outreach that the best way to reach African Americans about smoking cessation is through collaboration and partnership directly with African American veterans.

“Tobacco is one of those things that cut across many mental health disorders as well as physical health disorders, so it becomes a major issue. A lot of African American patients who smoke wind up having to decide whether they should continue smoking even though they have cancer and heart disease because they don’t have any other mechanism to quit. Or do they deal with mistrust and stigma to get the treatment they need to be healthy?” Dr. Dawson described.

While some researchers spend their time in a scientific laboratory, Dr. Dawson is conducting research on a different subject: marketing.

Research through Marketing

“We’ve come up with marketing tools that are African American specific, and with this new project, I’m coming up with a pretreatment intervention which will allow African American veterans to take some of the pieces and information around inequity and create this intervention to deal with stigma and increase motivation,” Dr. Dawson explained.

His first project started with flyers that included important

information about the steps to stop smoking, but unlike most flyers found in medical centers, every image represented African Americans. More importantly, the photos were all chosen by African American veterans. Not only were African American veterans given the opportunity to create materials that could significantly impact the health of their community, but they were empowered by the ability to choose images that accurately represented their fellow African American veterans of all ages.

Following the flyers, he worked with African American veterans to develop slogans about smoking cessation. Many of those slogans can now be found throughout the VA on digital screens and social media.

Dr. Dawson has expanded his focus to a project geared toward increasing the representation of research participants. Data shows that minoritized people are less likely to participate in research. His new project works directly with African American and Hispanic veterans to discover why they haven’t chosen to participate in research or clinical trials.

“We talked about stigma and mistrust and how it integrates into mental health treatment. I’m hoping at some point to come up with some intervention that includes providers as well as veterans in how we can make sure that culture conversations around systems are culturally sensitive and appropriate to build that trust between veterans and providers in the system.”

In those conversations, he also strategized with participants and asked for their ideas on how the VA could recruit them for studies in the future.

Most importantly, all the information that Dr. Dawson is gathering has been shared with the VA in a way that can be reutilized in the future to create lasting change. Not only has he created champions in minoritized communities for smoking cessation, but he has also created enduring marketing materials and valuable research that will bring further equality to veterans.



Faculty

BCM Faculty are Leading the Way for Healing from Substance Use Disorder at The Menninger Clinic

The Menninger Clinic is already a well-known leader in psychiatric care, but that hasn't stopped their medical staff, which is largely composed of BCM faculty, from continuing to set new standards of comprehensive, evidence-based care for those battling addictions.

Over the past few months, the addictions team at The Menninger Clinic, led by the Menninger Clinic Medical Director of Addiction Services and BCM Associate Professor, Dr. Daryl Shorter, has continued to conduct life-changing research while acting to provide lasting change through a new book publication, psychotherapy, pharmacology and the opening of a new addiction-based program.



Dr. Daryl Shorter

of Psychiatry & Behavioral Sciences at Baylor College of Medicine, "We get to treat really complicated conditions, and we get really good at it."



"Baylor has a robust addiction program, why don't we pull all of our knowledge together and share it with everyone?"

- Dr. Kelly Truong

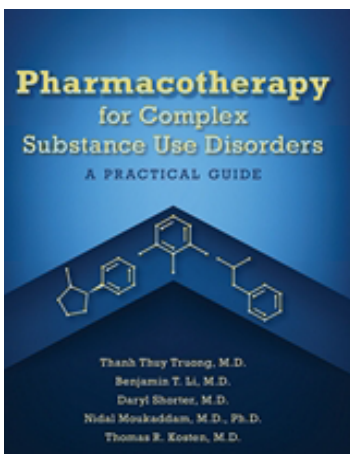
To increase confidence and comfort among providers, several addiction psychiatrists from BCM joined together to write a book titled, "Pharmacotherapy for Complex Substance Use Disorders: A Practical Guide." This guide will help clinicians find pharmacological treatment of a range of substances while also providing guidelines for evaluations and diagnosis while explaining the neurobiology of addiction.

Pharmacotherapy for Complex Substance Use Disorders: A Practical Guide was written and edited by Drs. Kelly Truong, Benjamin T. Li, Daryl Shorter, Nidal Moukaddam, and Thomas R. Kosten, with contributions by other faculty including Drs. Britney Lambert, Claire Morice, Nancy Shenoi, Andres Ojeda, Edore Onigu-Otite, Hazem Shahin, and Mark Yurewicz.

Center for Addiction Medicine and Recovery

The Menninger Clinic recently celebrated the opening of its Center for Addiction Medicine and Recovery on February 29th, under the direction of Medical Director Daryl Shorter. This new area, located on the second floor of the Outpatient Services Center includes: 8,300 square feet of patient care, research and community outreach space as well as space for intensive outpatient programs and areas dedicated to recovery support, community integration and meetings.

The center will specialize in treating substance use disorders that co-occur with other mental health conditions like anxiety and depression. The Center for Addiction Medicine and Recovery will also be a training site for mental health professionals specializing in addiction from Baylor College of Medicine and be a working laboratory for research initiatives.



A Practical Guide for Clinicians

There are less than 3,000 addiction psychiatrists in the nation. When it comes to treating addiction daily, most of the bulk of treatment will rest on frontline providers such as family practitioners and general psychiatrists.

Yet, there are huge gaps in the current literature on how to treat people with multiple substance use disorders and also treating people with different needs, such as pregnancies or those from the LGBTQ+ community.

"Baylor College of Medicine is so unique, we're the only program where you have exposure to all kinds of populations when it comes to addiction disorders." Said Dr. Kelly Truong, Staff Psychiatrist at The Menninger Clinic and Assistant Professor, Menninger Department

Alumni Spotlight

Sylvia Muzquiz, M.D.



Community Behavioral Health
Medical Director at Texas Health and
Human Services

MD, VP, MH Medical Services, The
Harris Center for Mental Health and
IDD

Clinical Assistant Professor in
the Menninger Department of
Psychiatry and Behavioral Sciences
at Baylor College of Medicine

“I hope people have appreciated my passion and appreciated that there are times that you don’t give up and you put things on pause but you don’t give up. You give it a try another time.”

What created your passion for working in the public sector?

“As I reflected over the years, a big part was my medical school training in Mexico. A lot of our services was always going out into the field. When polio vaccines were the little drops, we’d be at convenience stores and go into people’s homes, a lot of just dealing with the social determinates of health. I think that’s where I got a lot of my passion for the public sector but just didn’t recognize it.

At the end of medical school, you have to give a year back of social services before they give you your diploma. It really opened my eyes up to those who have resources and the ability to get medical care, and then those that really depend on the government. That’s where my passion came from.”

How did your Baylor College of Medicine Residency prepare you for your career?

When the opportunity came for me to come over to Baylor on my third year, there was a gamut of services and subject matter experts in psychiatry that were available at Baylor. I learned a lot from each of my mentors, I got here because of them. This wasn’t me just being completely passionate, this was me learning from Dr. Lomax, from his area of expertise as psychoanalyst to Dr. Beth Yudofsky, who loved C&L, to Dr. Frank Fernandez, C&L. They were all great teachers and I learned a lot.

What do you think is one of your proudest career moments to date?

Being in this position for as long as I have. It’s not been easy. When you’re with the public sector, you go through ups and downs. Mostly those ups and downs are associated with funding. When the funding is good, it’s great. You’re really doing a lot and when the funding is down, it becomes really challenging to make sure it doesn’t disrupt what you’re doing in the community to keep it healthy. It gets challenging. and very difficult because it really does take money to get people better, whether it’s mental health, medical. When the funding goes down, it makes things very challenging at times. You have to get creative. What do you do to at least try to sustain and maintain a certain baseline?

Dr. Sylvia Muzquiz has recently left The Harris Center for Mental Health and IDD after a 24 year career serving the Houston Community. She will soon transfer her expertise of working in the public sector to the State of Texas Health and Human Services.



Transplant Psychiatry: A New Side of Consultation-Liaison Psychiatry

How one psychiatrist is transforming care for people experiencing the medical and mental stress of the transplant process



Specific stressors in life can be ultimately expected. The death of an elderly loved one or the loss of a job at some point in life will most likely occur. Few, if any, would ever expect to undergo an organ transplant. A new role in developing a psychiatric clinic at the Transplant Center at Baylor St. Luke's, staffed by Baylor College of Medicine Menninger Department of Psychiatry and Behavioral Health faculty, Dr. Roy Williams Jr., aims to bring psychiatric care to those undergoing the complex and tiring transplant process.

Patients waiting to undergo organ transplants deal with a large variety of challenges, including the tension of the transplant evaluation process, the unknown certainty of time on the transplant waitlist, and the healing process after surgery.

"Part of working with these patients is dealing with the anxieties that come along with 'am I going to be able to do this, who's my support system, how am I going to navigate making it to all these appointments, how am I going to live with the limitations of my life going forward?'," Dr. Williams shared. "They can't do the activities they once did; they can't do the mountain climbing or traveling they used to do. They're limited, which can decrease or lessen their quality of life".

Following the patients through the process, up to a

year after transplantation, Dr. Williams describes his role as a specialty inside of consultation-liaison psychiatry, where he daily cares for patients facing extreme medical conditions while also providing care for comorbid psychiatric conditions. "A lot of what I do is trying to assess the stressors that each individual is dealing with and determine if they need medication, therapy or if it's appropriate coping with everything going on."

Data shows that approximately 20% of kidney, 30% of liver, and up to 60% of heart recipients develop mood and anxiety disorders after transplantation within the first year. Other factors, such as increased time on the transplant wait list and early post-transplant health problems, have been shown to increase the risk of developing psychiatric disorders.

"The evidence shows that patients who see a psychiatrist and receive treatment during the process and after the transplant have better outcomes. They're able to care for themselves a lot better, their quality of life is improved, and therefore, it helps them overall", said Dr. Williams.

With this new role, not only does Dr. Williams become the first transplant psychiatrist to be on staff in



"Seeing those patients and seeing the difference I can make, makes me happy. Ultimately it's about the holistic approach, treating the mind, body and the spirit."

- Dr. Roy Williams Jr.

(Continued)

Education

Transplant Psychiatry (cont.)

the Baylor St. Luke's Transplant Clinic, but he has also become a mental health advocate for patients. As a member of the evaluation team that determines if someone is fit for transplant, he is fighting to dispel negative mental health stigmas that might harm transplant opportunities. Dr. Williams described this as being able to speak with fellow members of the transplant evaluation team about mental health treatment options that might have kept patients off the transplant list in the past. "That's why I like what I do because I'm able to come in and feel like I'm making a big difference on behalf of those patients. I'm able to stand in the gap and advocate for them."

Dr. Williams hopes to continue growing the psychiatric clinic within the Transplant Center at Baylor St. Luke's. In the future, he aims to collaborate with an addictions specialist or clinic to help treat patients facing transplants due to addictive behaviors.

Honors and Awards



Dr. Adeolu Oladunjoye and Dr. Nancy Sheno have both been honored with the 2024 Ruth Fox Scholarship Award by the American Society of Addiction Medicine



Dr. Jai Ghandi was awarded the Professional Educator Appreciation and Recognition (PEAR) Award by BCM students for teaching, challenging, inspiring, and empowering students.

The New Faces In Psychiatry



Courtney Alvarez, Ph.D.
Assistant Professor
TCHAT



Dorothy Chyung, M.D.
Assistant Professor
TCH

Not pictured:

Mohsin Zafar, M.D.
Assistant Professor
Harris Health

Matthew Russell, Ph.D.
Assistant Professor
MEDVAMC

Kimberly Cuddy, Psy.D.
Assistant Professor
MEDVAMC

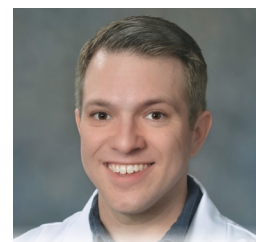
Jai Patel, M.D.
Assistant Professor
Harris Health

Nnenna Okor Akaronu, M.D.
Assistant Professor
Harris Health

Victor Ohale, M.D.
Assistant Professor
Harris Health



Nina Ali, NP
Instructor
TCH



James Anderson, P.A.
Instructor
TCH



Bryant Clayton, Psy.D.
Assistant Professor
Menninger



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Presentations

Dr. Wayne Goodman

- Deep Brain Stimulation for OCD, Keynote Address for Carney Institute for Brain Sciences Annual Research Day, Brown University, Providence, RI. March 2024.

Dr. Ali Abbas Asghar-Ali

- Microaggressions in the Workplace, VA Debt Management Center, VA Office of Management, Webinar, February 2024.
- Exercising Cultural Humility and Responding to Breaches With Older Adults, Harvard South Shore/Boston VA Mental Health Grand Rounds, Virtual, November 2023.
- Identifying and Responding to Microaggressions, Veterans Benefits Administration Office of Human Capital Services, Skill Enhancement and Development Series, Webinar, November 2023.
- Secure Storage to Reduce Suicide Risk (STORES), Arkansas Department of Veterans Affairs, Veteran Service Organisations, Bentnville, AR (Virtual), December 2023.
- Creating a Culture of Wellness, panel, Texas Medical Association Leadership Summit, Austin, TX, January 2024.

Drs. Funso Oladunjoye, Alan Swann, Thomas Kosten, Michelle Patriquin, David Nielsen, David Graham

- The Association between Cannabis Use and Lifetime Suicidal Ideation and Attempts, Oral presentation presented at the American Academy of Addiction Psychiatry Annual National Meeting, San Diego, CA December 2023.

Drs. Sindhu Idicula, Shelley Rote, Funso Oladunjoye

- Unlocking Academic Passions: Creating a Culture of Proactive Scholarship and Collaboration In Psychiatry Residency Programs, Workshop, Annual meeting AADPRT, American Association of Directors of Psychiatric Residency Training, Austin, TX, March 2024.

Dr. Funso Oladunjoye

- Going Clubbing: Adapting Journal Club to Improve Engagement Among 21st Century Learners, Workshop, Annual meeting AADPRT, American Association of Directors of Psychiatric Residency Training, Austin, TX, February 2024.

Dr. Thomas Kosten

- The Opioid Use Disorder Landscape: The Ravages of Fentanyl and Promise of Vaccines. UT MD Anderson Cancer Center, Department of Epidemiology Seminar. Virtual Presentation, Houston, TX, December 2023.

Dr. Sindhu Idicula

- A Switch in Time Saves Nine (Hundred Emails): Curriculum Management Strategies for Busy Program Directors, Annual meeting AADPRT, American Association of Directors of Psychiatric Residency Training, Austin, TX, March 2024.
- Demystifying Formulation: Tapping into the Human Experience to Help Trainees Learn this Important Clinical Skill, Annual meeting AADPRT, American Association of Directors of Psychiatric Residency Training, Austin, TX, March 2024.

Dr. Jeff Khan

- Through the Looking Glass: Lessons Learned from Virtual Recruitment, American Association of Directors of Psychiatric Residency Training, Austin, TX, March 2024.
- The SCOTUS Decision Ending Affirmative Action in Higher Education: Impact on Recruitment for Medical Students and Psychiatry Training Programs Across the United States, American Association of Directors of Psychiatric Residency Training, Austin, TX, March 2024.

Drs. Lindsey Pershern, Sylvia Muzquiz, Luming Li

- Going Far Together; Creating a Collaboration Community Psychiatry Track Across Institutions, American Association of Directors of Psychiatric Residency Training, Austin, TX, March 2024.

Publications

Oladunjoye AF, Li E, Aneni K, Onigu-Otite E. [Cannabis use disorder, suicide attempts, and self-harm among adolescents: A national inpatient study across the United States](#). PLoS one.

Ikekwe J, Eiger R, Heward B, Longcoy J, Okobi OE, Oladunjoye AF, Onyeaka H, Kompella S, Jegede O. [Opioid use disorder amongst young people living with HIV: A 10-year trend](#). Psychiatry Research Communications.

Michot AP, Evans TL, Vasudevan MM, Bradford A, Hundt NE, Christie IC, True G, Kunik ME (In Press): [The Case for Screening for Diabetes Distress, Depression and Anxiety](#). Journal of Health Psychology.

Agulnik, A., Boykin, D., O'Malley, D., Price, J., Yang, M., McKone, M., Curran, G. & Ritchie, M.J. [Virtual facilitation best practices and research priorities: A scoping review](#). Implementation Science Communication.



a. Shepardson, R. L., Fletcher, T. L., Funderburk, J. S., Weisberg, R. B., Beehler, G. P., & Maisto, S. A. (2023). [Barriers to and facilitators of using evidence-based, cognitive-behavioral anxiety interventions in integrated primary care practice](#). Psychological Services.

B. Kim, B., Benzer, J., Afable, M., Fletcher, T. L., Yusuf, Z., & Smith, T. L. [Care transitions from the specialty to the primary care setting: A scoping literature review of potential barriers and facilitators with implications for mental healthcare](#). Journal of Evaluation in Clinical Practice.

Czelusta, KL.T., Appelbaum, N.P. [Psychiatry Vice Chairs of Education: Expected and Actual](#)

[Responsibilities, Satisfaction, and Work Barriers](#). Acad Psychiatry.

In the News

[Rate of suicide in the U.S. peaks among older men, a hard demographic to reach](#), USA Today, Dr. Elizabeth Conti

[Best Life: Ketamine works on treatment-resistant depression](#), Action News 5, Dr. Sanjay Mathew

[Ketamine Works on Treatment Resistant Depression](#), WALB News 10, Dr. Sangay Mathew

[Women with perinatal depression have an increased risk of death, new study says. Here's what you need to know](#), Yahoo, Dr. Karen Horst

[New app helps older adults find friends, which is important to overall health](#), Houston Chronicle, Dr. Mark Kunik

[Looking for a Good Therapist? Experts Offer Guidance](#), US News & World Report, Dr. Eric Storch

[Ketamine works on treatment-resistant depression](#), WAFB9, Dr. Sanjay Mathew

[Recognize the Signs of Burnout in Yourself and Others](#), US News & World Report, Dr. Eric Storch

[Recognize the Signs of Burnout in Yourself and Others](#), HealthDay, Dr. Eric Storch

[Professor at Baylor College: 'Remember, no one can look out for you like you can for yourself' when it comes to burnout symptoms](#), Patient Daily, Dr. Eric Storch

Podcasts:

[Rx for Success Podcast: The Officer](#), Dr. Michael McClam

[MindDive Podcast: Personality, Pathology & Rorschach](#), Dr. Benjamin Berry

Blogs:

[New year, new start: identifying the right therapist](#), BCM, Dr. Eric Storch

[Years after the repeal of "don't ask, don't tell": how are we protecting transgender individuals in the military?](#), BCM, Dr. Kerry O'Leary

[How to Slow Down Before You Burn Out](#), BCM, Dr. Eric Storch

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Editors-in-Chief: Wayne K. Goodman, M.D., & Asim A. Shah, M.D.
Writer/Editor/Designer: Bobbie Byrd

To be added to the newsletter list, send a request to:
vanessa.swatzell@bcm.edu