

A Message From the Chair

Responding to the Mental Health Impact of Violence

Over the past few years, we have faced horrific violent events fueled by racism and hate, targeting Blacks, Asians, and other minority groups. In May, a mass shooter in a Buffalo supermarket killed 10 Black people. The perpetrator was an 18-year-old White man driven by a racist conspiracy theory. Although the media labeled this self-proclaimed fascist as deranged, I won't speculate about a psychiatric diagnosis. To do so is to stigmatize those with treatable serious mental illnesses.

Then just 10 days after the tragedy in Buffalo, there was another mass shooting, this one in Uvalde, Texas, in which 19 young children and two teachers were fatally shot by an 18-year-old male. The motives remain unclear, though some have argued he had an undiagnosed and untreated mental illness. Once again, as psychiatrists we need to be careful about coupling mass killings with mental illness as we know that the vast majority of people with serious mental illness are not violent.

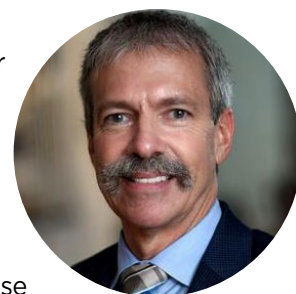
The only way I know how to deal with evil is to contain it, and not allow it to fester and spread. As a society, we have a lot of work ahead of us, that will involve much more than improving access to mental health care.

As a department, and as mental health providers, there are things we can do now, perhaps not to prevent future tragedies, but to help people recover from them.

I'm proud to share the role our department is playing in helping the people of Uvalde.

Starting three years ago, the State of Texas invested \$50M a year in an initiative called the Texas Child Mental Health Care Consortium (TCMHCC). Baylor is one of 12 Health Related Institutions (HRIs) in Texas participating to improve mental health care for Texas

children and adolescents. Baylor plays a pivotal role in leading the network coordinating Hub under the leadership of Dr. Laurel Williams. Accordingly, we've been working with other members of the Consortium to support the Emergency Response Team in Uvalde.



Four of the 12 HRIs of the Consortium will serve for an entire week providing assistance under the direction of the local mental health authority in Uvalde. Baylor is honored we deployed team members to Uvalde for a full week in June. Beyond that week, for those individuals who request to continue with a BCM Consortium team member virtually, we are offering our continued assistance via telehealth.

There has been an outpouring of requests from other clinicians in our department to volunteer their time. The Emergency Response Team in Uvalde will let the Consortium know when they need additional resources. In the meantime, I thank everyone in our department who is willing to help.

--Wayne K. Goodman, M.D.

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Compassion in Action: Helping the Uvalde Community

by Vicki Powers

Four master therapists and a physician traveled to Uvalde, Texas, in June to provide compassion in action after the tragic shooting at Robb Elementary.

Baylor's Texas Child Mental Health Care Consortium team (TCMHCC) was coordinating with the larger efforts of the state under the direction of Texas Health and Human Services Commission's emergency response program. The team included Anna Blum, LMSW; Cynthia Conner, LCSW; Tracey Blumrosen, LMSW; Katy Manning, LMSW; Sophia Banu, M.D.

Each day, the group traveled to stores and businesses throughout the community to introduce themselves and share the resources that were being offered within the city.



Cynthia Conner, Sophia Banu, and Anna Blum visit one of the Uvalde memorials.

“It was really beautiful to see how many people from across the state came to offer support,” Blum relates.

The team wasn't sure what would be needed from them when they arrived, but the most consistent messaging was to be flexible. Blum said all she had in her mind was to be flexible, be professional, and open to any task they might need to participate in.

This was Blum's first time to do community outreach as part of a traumatic incident.

“It was quite surreal, actually, being there so close to a tragedy – and having the honor to participate

and share with the community,” Blum says. “It was a little uncomfortable, but more than that was the real pleasure of meeting people in the community.”

Blum and the team visited the different memorials around Uvalde multiple times and saw how the community would come in and out cleaning up and tidying up the space. As a team, they talked about how they wanted to honor the community before they left, but they wanted to see the environment before they arrived.

“It really made us want to put our name down and say we support you, so leaving the sign was very good closure to leave at the memorial,” Blum says.

Many people expressed gratitude to Baylor and the other organizations, she said, who came from throughout Texas to support the community. Their biggest feedback: “Thank you so much for being here. Please don't let this be the last time you're here. We would love to keep getting your support.”



Awards

Psychiatry Faculty Honored at BCM Faculty Awards

Congratulations to our faculty members who received awards at the May [Faculty Awards presentation](#). Your hard work is noticed and appreciated.

John Coverdale, M.D.

Ben and Margaret Love Foundation Bobby Alford Award for Academic Clinical Professionalism



John Coverdale, M.D., right

Mollie Gordon, M.D.

Graduating Class Outstanding Faculty Award



Mollie Gordon, M.D., left

Mark Kunik, M.D.

Clark Faculty Service Award



Jennifer Bryan, Ph.D.

Norton Rose Fulbright Faculty Excellence Award for Educational Research



Jennifer Bryan, Ph.D., top right



Thomas Kosten, M.D.

Clark Faculty Service Award

Jose Antonio Ribas Roca, M.D.

Early Career Faculty Award for Excellence in Patient Care



Dr. Bryan: I-QIPS Award

Jennifer Bryan, Ph.D., assistant professor in Menninger Department of Psychiatry and Behavioral Sciences and MEDVAMC, received the Distinguished Member Award by Institute for Continuing Professional Development in Quality Improvement and Patient Safety. (I-QIPS).



Baylor faculty earn this award for commitment to quality improvement and patient safety. Dr. Bryan's project: "Veterans as Caring Buddies: Empowering Veterans to Have Conversations with Veteran Buddies about Lethal Means Safety as a Community Approach to Suicide Prevention."

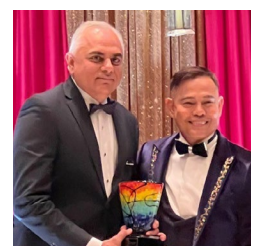
Dr. Chaudhry: Resident Award

Raheel Chaudhry, M.D., received the American Psychiatric Association (APA) Resident Recognition Award in May. This is given to residents/fellows for values in leadership, clinical excellence, compassionate care and community service.



Dr. Shah: APAHA Award

Asim Shah, M.D., received a "Health & Medicine" award from Asian Pacific American Heritage Association (APAHA) at their 30th annual gala.



Awards

Dr. Shaw: Equity Trailblazer Award

Chantelle Shaw, D.O., CAP fellow, received BCM's 2022 Equity Trailblazer Award in the Trainee category, which recognizes individuals who have made significant contributions in moving Baylor toward a more diverse and inclusive community.



Dr. Moukaddam Elected President

Nidal Moukaddam, M.D., Ph.D., associate professor, was elected president of the Houston chapter for National Arab American Medical Association (NAAMA). Texas has the third largest contingent of Arab-American population in the United States.



Dr. LeMaire: Patient Care Award

Ashley LeMaire, Ph.D., A.B.P.P., clinical neuropsychologist at The Menninger Clinic and assistant professor at BCM, was awarded the Baylor College of Medicine Psychology Division award for Excellence in Patient Care.



Awards Presented at Graduation

Child and Adolescent Psychiatry Fellow Awards

Clinical Excellence Award: **Kayla Balaj, M.D.**

William P. Moore M.D. & Roy N. Aruffo, M.D., CAP Award for Excellence: **Ashok Yerramsetti, M.D.**

Teacher of the Year: **Ajay Shah, M.D.**

Faculty Member of the Year: **Chadi Calarge, M.D.**

General Psychiatry Residency Awards

Eugen Kahn Award: **Robert D. Sanchez, D.O.**

Chris Martin Resident of Impact Award: **Megan Howard, M.D.; Matthew Koller, M.D.**

Resident Research Award: **Matthew Meyers, M.D.**

Ismael Carlo Award for Excellence in Veterans Mental Health Care: **Juliann Tea, M.D., Roberto Sanchez, D.O.**

Faculty Teaching Award: **Mark Yurewicz, M.D.; Karen Horst, M.D., Andres Arturo Avellaneda Ojeda, M.D.**

Faculty Service Award: **Lindsey Pershern, M.D.**

Resident Council Positions

Vinh-Son Nguyen, M.D. PGY-3, and **Adeolu Olandunjoye, M.B.B.S.**, PGY-2, were named Chair and Vice-Chair respectively of the Texas Society of Psychiatric Physicians Resident Council.

Research Awards

Dr. Oh

Taek Oh, Ph.D., research scientist at The Menninger Clinic and assistant professor at BCM, received a four-year NIH/NIDA grant of \$890,135. His project is titled "Functional Connectivity Alterations Among Opioid Users in Treatment."

This study will use a non-invasive brain stimulation, Transcranial Magnetic Stimulation (TMS), to demonstrate the efficacy of TMS in the treatment of opioid use.

Dr. Hamer

Joshua Hamer, Ph.D., research health scientist/investigator, MEDVAC, received \$194,830 from Department of Veterans Affairs' Quality Enhancement Research Initiative. His project is titled, "VA Training to Recognize Early Alzheimer's and Treat (TREAT) Cognitive

Decline: Implementation and Evaluation."

The VA TREAT Cognitive Decline proposal will adapt, implement, and evaluate an intervention to increase the use of dementia warning signs in primary care clinics and improve the screening rates of dementia-related disorders and referrals to dementia care pathways.

Dr. Murphy

Nicholas Murphy, Ph.D., assistant professor, received a \$30,000 BCM Junior Faculty Seed Award.

This research study will use a novel radioligand ([C11] K-2) to determine the feasibility and reliability of measuring AMPAR distribution in human patients with PTSD for the first time. Despite the significant public health burden attributed to post-traumatic stress disorder (PTSD), few effective medications exist.

Collaboration

Suicide Prevention: A Community Partnership

by Vicki Powers

It all started with the Mayor's Challenge to prevent suicide in veterans, service members and their families. But today it's a collaboration between Baylor College of Medicine, Houston VA, and Harris County Sheriff's Office addressing community mental health challenges.

Houston was one of seven cities that first accepted the Mayor's Challenge in 2017--a collaboration between U.S. Dept. of Veterans Affairs and Substance Abuse and Mental Health Services Administration (SAMHSA).

Elizabeth Kleeman, LCSW, director of Suicide Prevention Program at Michael E. DeBakey VA Medical Center and special programs coordinator for Mental Health Care Line, says the concept of offering outreach and education regarding suicide prevention isn't cutting-edge by any means. It's one of the tenets of the VA's work. But the work as part of the Mayor's Challenge would build a coalition with the city, spearheaded by the city, to embrace a public health approach to suicide prevention.

"We have really tried to touch places that maybe aren't a natural fit," Kleeman relates. "By getting everyone better and taking care of the community as a whole, it catches the veterans, and the whole community gets better."

Partnering with HCSO

The process, according to Kleeman, enhanced some already existing relationships in the community, and made some others she describes as priceless. The Harris County Sheriff's Office (HCSO) is one example, she says. "We are super fortunate in our



Somto Obi, M.D. and Nancy Shenoi, M.D. provide education to deputies as part of community collaboration.

area to have an incredibly progressive Sheriff's Department," Kleeman relates. "But it goes beyond that to the local mental health authority and city leadership. There's just an

appreciation and respect for mental health care and taking care of people before they're in crisis."

HCSO responds to roughly 900 calls each month involving a mental health situation. In response, the department developed a 40-hour Crisis Intervention Training program offered through a Behavioral Health Training Unit created in 2018. In partnership, **HCSO invited Kleeman to conduct the training. As a result, she has taught close to 4,000 deputies in the last four years.**

"I feel like we've been able to get to people we wouldn't have because veterans many times interact with law enforcement before they'll interact with us at the hospital," Kleeman says. "That may be the only person they interact with, so we have this opportunity to get information out into the community."



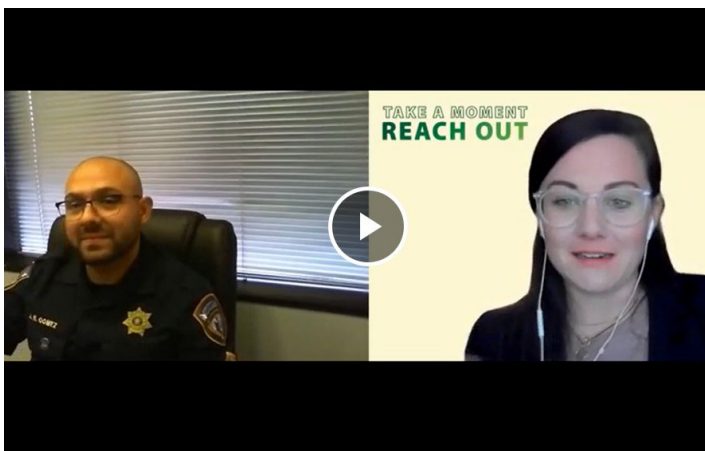
A New Collaboration

Baylor resident Dr. Somto Obi, PGY-4, received a minority fellowship from American Psychiatric Association/SAMHSA. His \$25,000 grant was geared to developing and executing innovative projects to alleviate mental health disparities for underserved communities. One project he focused on is the Houston police project.



Baylor College of Medicine partners with Harris County Sheriff's Office in mental health education.

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HCSO Sergeant Jose Gomez and Elizabeth Kleeman, LCSW, share on a Grand Rounds presentation.

In September 2021, Baylor residents Nancy Shenoi, M.D., Monisha Konana, M.D., and Dania Albaba M.D., partnered with Dr. Laura Marsh (executive director, Mental Health Care Line, MEDVAMC), Sergeant Jose Gomez, and Kleeman to provide psychoeducation and research to improve the existing curriculum. They conducted research on the officer's perception about mental health issues before education and after education. Since then, they have educated 250+ officers as part of their Friday morning meetings including special agents, deputies, SWAT,

human trafficking agents, and sheriffs.

"The officers have learned so much and ask great questions," Obi relates. "They deal with many psychiatric concerns in the field, and they are better educated to make decisions."

As the project progressed, the team continued to provide presentations throughout the community and within the Baylor community. One example is Grand Rounds in December 2021, where the resident team shared their experiences and Sergeant Gomez and Kleeman fielded questions from the learners.

"Suicide prevention, screening, and intervention is not something only a mental health provider does," Kleeman relates. "It's important all of us have a baseline competency, because we're all part of the response system, whether we want to be or not."

Since they started tracking crisis line calls in 2020 within the VA, Kleeman says the number of calls has increased each year.

"It's easy to get overwhelmed by the number of calls," Kleeman relates. "But the truth is, people are reaching out for help. That's a measure of success. People are recognizing that as a lifeline."

In the News:

988: National Suicide Prevention Lifeline Changes Hotline Number

by Asim Shah, M.D.

The national hotline for mental health crises changed its number July 16, 2022, to just three digits, 988, to make it easier and accessible. Suicide is the second leading cause of death for those between the ages of 14-24. It often is an impulsive act, making it critical that help is available immediately.

Currently, we have a 10-digit National Suicide Prevention Hotline -- 1-800-273-TALK (8255). This may not be easy for mental health patients to remember, who are already stressed and in emotional trauma. While this number will continue to be in service, the new 988 number will be an easy way for people to connect to a network of mental health crisis centers rather than medical emergency centers, which will still be accessed by dialing 911.

The lifeline system is made up of more than 200 crisis centers across the country, and Texas has five



-- Houston, Dallas, Fort Worth, Austin, and El Paso. Just last year the national lifeline system received more than 2.5 million calls. It is expected this new, easy number may generate even more crisis calls. COVID has indeed

increased the number of crisis calls.

We hope this change is just the beginning of a bigger push for mental health care access, especially in Texas, which ranks last in the U.S. for access to mental health care in 2022, according to Mental Health America. We also hope this new number will increase knowledge of mental health care resources and its delivery.

Education

Congratulations to our 2022 Graduates!

We are proud to recognize our 2022 graduates and their future plans.

General Psychiatry Residents

Jeffrey Abass, M.D.

Child & Adolescent Psychiatry Fellowship at UT Houston

Megan Howard, M.D. (December 2022 graduate)
BCM faculty, TCH Women's Place



Ramandeep Kahlon, M.B.B.S.
Addiction Medicine Fellowship at University of Washington

Matthew Koller, M.D.
General Outpatient Psychiatry

Monisha Konana, M.D.
Private Practice and Mindpath Health, Houston

Matthew S. Meyers, M.D.
Combined Research Fellowship (T-32) in Clinical Pharmacology & Clinical Fellowship in Behavioral Neurology and Neuropsychiatry, Johns Hopkins University

Bobbi Porche, M.D.
Mindful Health Solutions, Dallas

Jazmin Roldan, M.D.
Ambulatory Care Clinic for Harris Health

Roberto Daniel Sanchez, D.O.
Addiction Psychiatry Fellowship at Yale School of Medicine

Juliann Tea, M.D.
Consultation-Liaison Psychiatry Fellowship at UT Southwestern

Shradha Thakur, M.D., M.P.H.
BCM faculty, Baylor Psychiatry Clinic

Michael Henry Trejo, M.D.
General Psychiatry

Roy Lee Williams Jr., M.D., M.P.H.
Consultative-Liaison Psychiatry Fellowship at BCM

Jason Taylor Witmer, M.D.
Private Practice, Chapel Hill, NC

Addiction Psychiatry Fellows

Shetal Amin, M.D.
BCM faculty, Ben Taub Hospital

Karachi Igwe, M.D., M.A.
Addiction Psychiatry, VA Medical Center San Antonio

Britney Lambert, M.D.
BCM faculty, Ben Taub Hospital

Gurtej Singh Mann, M.D.
BCM faculty, Michael E. DeBakey VA Medical Ctr.



Claire Morice, M.D.
BCM faculty, Michael E. DeBakey VA Medical Ctr.

Child and Adolescent Psychiatry Fellows

Adenike Kamilat Adigun, M.D.
Mindpath Health, Houston

Kayla Balaj, M.D.
Legacy Community Health, Baytown

Karthik Cherukupally, M.B.B.S.
Mindpath Health, Houston

Education

Umm-e-Kulsoom Kazmi, M.B.B.S.

Legacy Community Health, Baytown

Patrick W. O'Malley, M.D., M.P.H.

BCM faculty, Texas Children's Hospital

Syed Saleh Uddin, M.D.

Mindful Health Solutions, Dallas

Natalie Torres, M.D.

Legacy Community Health, Houston



Ashok Papario Yerramsetti, M.D.

Mindpath Health, Houston

Consultation-Liaison Psychiatry Fellow

Madhuri Jakkam Setty, MBBS

Nor-Lea Hospital District, Lovington, NM



Behavioral Neurology and Neuropsychiatry Fellow

Gabriela Austgen, M.D.

BCM faculty, Michael E. DeBakey VA Medical Ctr.

Clinical Psychology Interns

Bryant Clayton, M.A.

Postdoctoral Position: Compass Young Adult Unit at The Menninger Clinic

Johann M. D'Souza, M.A.

Postdoctoral Position: Private Practice of Suzanne Mouton-Odum

Afik Faerman, M.S.

Postdoctoral Position: Psychiatry and Behavioral Sciences at Stanford University

Ashleigh Harvey, M.S.

Postdoctoral Position: The Anxiety Center at the Evidence Based Treatment Centers of Seattle

Alyssa Hertz, M.S.

Postdoctoral Position: OCD and Related Disorders at BCM

Amanda Tamman, M.S.

Postdoctoral Position: Mood Disorders Program at BCM



Allie Townsend, M.A.

Postdoctoral Position: OCD and Related Disorders at BCM

Psychology Postdoctoral Fellows Baylor College of Medicine

Abby Candelari, Ph.D.

BCM faculty, Ben Taub Hospital

Andrew Wiese, Ph.D.

BCM faculty, OCD and Related Disorders

Katharine Wojcik, Ph.D.

BCM faculty, Ben Taub Hospital



Ben Taub Hospital/BCM

Nathalie Buitrago, Psy.D.

BCM faculty, Ben Taub Hospital

Psychiatry Division: Serving Diverse, Underserved Patients Through Harris Health Systems' Specialty Programs

by Nidal Moukaddam, M.D., Ph.D.

The Psychiatry Division at Harris Health Systems operates multiple specialty programs aiming to improve care for our patients. **We serve a diverse, often underserved, patient population** and pride ourselves in offering innovative, state-of-the-art care unencumbered by patients' financial restrictions.



Specialty clinics span a range of patients needs and allow customized care. Addiction Specialty clinics include **Substance Addiction Treatment Clinic/Pediatric Addiction Clinic**, and **Maternal Perinatal Addiction Clinic (MPAT)**, serving patients with addictive disorders, including behavioral addictions. For opioid use disorder, medication-assisted treatment is offered.

KIDS clinic treats pediatric psychiatric disorders, from ages 5-18. Addiction or gaming disorders are referred to the adolescent program.

The specialty clinics reflect our population's needs and also includes the **Clinic of International Trauma Survivors & Refugees**, which helps adult refugees and survivors receive comprehensive care focusing on co-morbid acculturation difficulties, mental illness, and psychosocial difficulties.

Homeless Program is based at two shelters (Cornerstone and Lord of the Streets) and targets mood and anxiety disorders, substance use, and trauma, psychosis in the homeless population.

Ben Taub Electroconvulsive Therapy Program serves individuals with treatment-resistant disorders including MDD, Bipolar, Schizoaffective disorder, Schizophrenia, and Catatonia. **Movement Disorder Clinic** is a collaborative effort with neurology, located at Smith Clinic.

Anti-Human Trafficking program is a multidisciplinary track focused on facilitating trauma-informed

and collaborative identification, care coordination, and study of patients who are current or prior victims of labor and sex trafficking.

Perinatal Psychiatry clinic is a collaborative effort with Obstetrics for women with psychiatric issues (non addiction). Lastly, **Thomas Street Clinic** cares for HIV/AIDS+ patients in a full-service setting and also offers provide HIV testing and PREP.

In addition to specialized care, Psychiatry at Harris Health offers a robust group therapy program. The **Intensive Outpatient Program (IOP)** and the **Stabilization, Treatment & Rehabilitation (STAR) Program** for psychosis focus on the sickest patients with anxiety/depression and psychotic disorders.

Weekly dialectical behavioral therapy, cognitive behavior therapy (CBT) and cognitive processing therapy for trauma are also routinely offered. For substance use disorder patients, a weekly CBT-based chemical dependency group is ongoing.

Graduation (continued from p. 8)

Ronnie Lee, Psy.D.

Within Health (Eating Disorders Treatment)

Cynthia Nicole White, Ph.D.

CDC Sex Trafficking Research and Surveillance Fellowship, National Center for Injury Prevention and Control, CDC

The Menninger Clinic

Saba Masood, Ph.D.

UT Southwestern Medical Center faculty

Taylor Neff, Ph.D.

BCM faculty, The Menninger Clinic

Researchers Receive First VA-Funded Grant for OCD

Terri Fletcher, Ph.D., and **Natalie Hundt, Ph.D.,** researchers at Michael E. DeBakey VA Medical Center, are conducting the first VA-funded trial for Obsessive Compulsive Disorder (OCD) in Veterans.

This grant is the first to test the effectiveness of exposure and response prevention (ERP) in Veterans, even though ERP is widely recognized as the gold standard therapy for OCD.

Research shows 25 percent of people with OCD attempt suicide. This makes it essential to understand the effectiveness of ERP in Veterans, since many have experienced trauma, which can complicate OCD treatment. Hundt says the Veteran population is unique: approximately half with OCD also have posttraumatic stress disorder (PTSD).

Establishing ERP as an evidence-based treatment in the complex Veteran population has the potential to impact the 170,000 Veterans in VHA with OCD and assist them in living more functional lives.

“This grant will allow us to examine the impact of OCD treatment in Veterans who have both OCD and PTSD and answer questions about the safety and effectiveness of treating OCD in those with co-occurring PTSD,” Hundt says.



Terri Fletcher, Ph.D



Natalie Hundt, Ph.D

Fewer than 5 percent of Veterans with OCD receive ERP in their first year after diagnosis, partly due to a lack of trained providers. Video telehealth is a better option for Veterans to access ERP, given their barriers to accessing therapy.

The proposed four-year trial will compare outcomes of video telehealth-delivered ERP to a stress management therapy among 160 veterans with OCD at VA sites across the nation. Half will also have PTSD to examine treatment success in this group.

“We hope to demonstrate that video telehealth delivery of ERP is an effective and feasible method of implementing OCD services throughout the VA healthcare system,” Fletcher remarks.

Professionally, this study is powerful in its own right for Drs. Fletcher and Hundt.

Dr. Storch and \$500,000 OCD Grant Award

International OCD Foundation awarded **Eric Storch, Ph.D.,** and collaborators a Breakthrough Award (\$500,000) for “CBT Augmentation to Promote Medication Discontinuation in Pediatric OCD.”

The impact of this \$500,000 award is tremendous. Results will be used to inform policy and practice by maximizing outcomes among children, minimizing exposure to unnecessary treatments, and returning youth to everyday living.

“It took four tries to get this grant, and until now, I’ve described it as the ‘one that has gotten away,’”

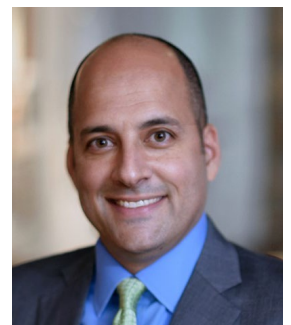
Storch relates. “This project is key to understanding how we can withdraw previously effective treatment that may not be needed any longer.”

This approach has broad public health significance beyond childhood OCD and will serve as a model

for maximizing wellness and return to pre-illness functioning without sustained treatment across other childhood psychiatric conditions (e.g., anxiety).

“It takes a village to conduct research like this,” says Storch, “including psychologists, psychiatrists, coordinators, biostatisticians. We are fortunate to have a team of OCD experts with a robust history of collaboration to tackle project goals.”

The research team includes Drs. Kirti Saxena, Amanda Palo, Andrew Guzik, Andy Wiese, Yasmine Omar, Wayne Goodman, Brent Small (University of South Florida), Dan Geller (MGH/Harvard), Sabine Wilhelm (MGH/Harvard), Blair Simpson (Columbia), Marty Franklin (Rogers Behavioral Health), plus Minjee Kook and Saira Weinzimmer.



Eric Storch, Ph.D

DEI Spotlight

It is with great excitement we highlight some of the incredible work our faculty, staff, and trainees have been doing to address issues of Diversity, Equity, and Inclusion throughout our community and within the department. This quarterly spotlight is an opportunity to shine a light and acknowledge this work and people engaging in it, as well as create new initiatives and collaborations. -- Dr. John Saunders, Vice Chair, Diversity, Equity & Inclusion

Helping Future Moms with Opioid Use Disorder Experience Safe Pregnancies, Healthy Babies

by Vicki Powers

Ben Taub Hospital's **Maternal Perinatal Addiction Treatment (MPAT) Clinic** within Harris Health System helps pregnant women with opioid use disorder (OUD) get necessary treatment during and after pregnancy. The clinic is the only one in South Texas addressing this population, although the Maternal Opioid Misuse (MOM) model is a national project.

The successful collaboration pairs Ben Taub Hospital, Baylor College of Medicine, and Santa Maria Hostel. The clinic coordinates with perinatal treatment programs, peer coaches, and health care providers. Women visit multiple specialists including a maternal fetal medicine doctor, an addiction medicine psychiatrist, and a psychologist. Moms continue in the program for a year postpartum.

“Obviously the main goal is to keep mom and baby together,”

says Andres Arturo Avellaneda Ojeda, M.D., an addiction psychiatrist who provides medical assistance to the patients. “The reason we have this program is because of the data. The highest cause of maternal death in Texas during postpartum phase is overdoses. A few years ago it was cardiac related.”

In the south, MPAT Clinic is the only program of its kind helping pregnant women navigate their treatment and pregnancy. Ojeda says they've seen patients bounce from ER to ER in the past trying to get some help while they're pregnant.



Andres Arturo Avellaneda Ojeda, M.D.

Women are referred to MPAT from jail, the community, Santa Maria Hostel, and rural areas in Texas. Even though just 1%-2% of women are pregnant with substance use disorder in Texas, that's about 60,000 in Houston.



Ojeda is the only addictions medicine psychiatrist handling the load of patients and spending 1.5 days a week with the clinic. The challenge is being available 24/7 to handle the unpredictable withdrawal needs when patients present to the hospital. He supports approximately 60 women each month in outpatient care (40 returning and 20 new) and consults 15-20 women monthly for treatment initiation inpatient. He also helps manage their mental health needs and the anesthesia plan during delivery.

This five-year, \$3.6 million project is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS).

Ojeda says it's good to see the cases where the patients are doing well -- baby is bonding with mom, they don't require CPS, and mom can continue recovery with the baby.

“It's good to feel like you can change the lives of some of the moms and kids,” Ojeda relates.

Alumni Spotlight

Melissa Martinez, M.D.

Baylor College of Medicine, Psychiatry resident: 2001-2005



How did your Baylor residency prepare you for your career?

My residency at Baylor was exceptional. It really helped prepare me for my career by exposing me to a wide variety of patients, illnesses, and severity of illnesses from all socio-economic backgrounds as well as cultures. And that's

exactly why I chose it. I was well prepared for practicing psychiatry in a variety of settings.

I also thought the faculty were strong clinicians and it was a great place to train to practice psychiatry.

What is one of your favorite memories during your time at Baylor?

One of my favorite memories was actually when I was in my fourth year of medical school. My friends and I decided to take our Ob/GYN rotation last because none of us were very interested in doing Ob/GYN. We saw a patient together who was admitted to have a baby. We divided the history and exam into different parts. We worked together as a team to do it.

And that's how I run my teams now -- we all divide and conquer when working up a patient.

What do you want to pass along to residents you work with at UTHealth San Antonio?

One of the most important things I like to pass along is how to be with a patient. I think being a good role model for the students and residents is just as important as the knowledge I share with them. One of the things that's constantly in my mind is what one of my mentors, Dr. Glen Gabbard, shared with me during my residency: "when in doubt, be human."

When a person is in front of us, it's not only important to consider the disease process present or symptomatology. It is also important to remember that the individual in front of us is a human being with their own life story and their own significant suffering. Sometimes that gets lost in the hustle and

What is Dr. Martinez Up to These Days?

Professor of Psychiatry and Behavioral Sciences, UT Health San Antonio, 2020- present

Director, UT Health San Antonio

-- **Interventional Psychiatry Program, 2021-present**

-- **Adult Mood Disorders Program, 2019-present**

bustle of daily medicine and pressures of seeing so many patients a day, making sure labs and paperwork are done.

What is one of your proudest career achievements to date?

One of my achievements I'm most proud of is setting up a transitional care psychiatric clinic at UTHealth San Antonio. It's what I was recruited to do there. As far as I'm aware, it was the first one set up in the nation.

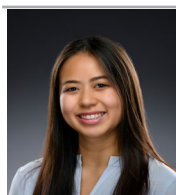
The Department of Psychiatry at UT Health San Antonio received a grant to set up a transitional care clinic for patients discharged from the emergency room or hospital. There is such a shortage of psychiatrists in South Texas that patients discharged from the emergency room or hospital had to wait months before they could get in to see anyone. Often, they weren't connected with care. These sub-acute, very ill people would often become sick again and have to be re-admitted to the hospital. This new clinic could catch these patients and provide them with care during this transitional time right after they had been stabilized in the hospital or ER.

Because of the wonderful education I received at Baylor (not just how to manage medications but also how to incorporate social work and therapy into patient care), we set up an interdisciplinary educational clinic to transition individuals from these very critical moments in their life into long-term care. I felt like I was really serving a need by doing that.

continued on p. 13

New Faces in Psychiatry

(new faculty hires March 2022- June 2022)



Brittany Brown, MSPAS, PA-C
Instructor
Texas Children's Hospital



Abigail Candelari, Ph.D.
Assistant Professor
Harris Health



Mandrila Das, Ph.D.
Assistant Professor
MEDVAMC



Elizabeth Kleeman, LCSW
Assistant Professor
MEDVAMC



Adenike Okuneye, PMHNP
Instructor
Texas Children's Hospital



Amber Pastusek, M.D.
Assistant Professor
Harris Center



Yu Lily Quan, M.D.
Assistant Professor
Harris Health



Michelle Rhodes, Ph.D.
Senior Faculty
Institutional Diversity & Student Svcs



Diane Treadwell-Deering, M.D.
Assistant Professor
Texas Children's Hospital



Katharine Wojcik, M.D.
Assistant Professor
Harris Center

Alumni Spotlight

(continued from p. 12)

How has psychiatry changed since you completed your residency?

MDs who practice psychiatry have generally moved away from practicing psychotherapy in the outpatient world and mostly offer medication management as the primary service. This traditional treatment option is less and less available than it used to be. People are having to seek that out with either a psychologist or licensed professional counselors or social workers.

Also, the tools psychiatrists are using to treat illnesses have expanded, which is a great thing.

Additional thoughts?

I love teaching the second-year medical students and being one of the first to introduce them to psychiatry. I work to help decrease the stigma associated with psychiatric conditions and whet their appetite for what comes in third year.

I get to share my enthusiasm for medicine and psychiatry with them. Working with the medical students and residents reminds me of why I got into medicine and helps keep me from getting burnt out.

Happenings

Fellow Life: Spring Retreat

Baylor Psychiatry residents gathered for their annual Spring Retreat at Memorial Park in May 2022. They spent the morning doing a thorough review of the training program, including discussing rotations, clinical locations, didactics, and faculty. During retreat they enjoyed having a chance to bond, spend time outside, and eat Yo-Yo's hot dogs while celebrating the achievements of their classmates and wishing an excited congratulations to the graduating PGY-4s.



Child and Adolescent Psychology Fellows Potluck, Painting Party

Child and Adolescent Psychology fellows enjoyed a gathering in June with food and painting fun. Dr. Shetal Amin lead the group in acrylic pour painting to create some beautiful, abstract masterpieces!



Kiran Malhi's creativity in action!



Dr. Laurel Williams checks out her work.



Karthik Cherukupally, Kulsoom Kazmi, Adenike Adigun, and Raheel Chaudhry with their masterpieces.



Dr. Shetal Amin leads instruction.

Publications

Ahsan F, Chi T, Cho R, Sheth S, Goodman W, Aazhang B. EMvelop stimulation: minimally invasive deep brain stimulation using temporally interfering electromagnetic waves. *J Neural Engineering*. 2022

Katharine Wojcik, Ph.D., Wiese, A. D., Wojcik, K.D., Omar, Y. (2022). COVID-19 Vaccines and Potential Implications for COVID-19-Specific Obsessive-Compulsive Disorder Presentations. *Journal of Cognitive Psychotherapy*, 36, 2, 142-151. Doi: 10.1891/JCP-2021-0019

Wilkinson AV, Swann AC, Graham DP, Patriquin MA, Salas R, Nielsen DA, Kosten TR. Emotional self-regulation, impulsivity, 5-HTTLPR and tobacco use behavior among psychiatric inpatients. *J Affect Disord*. 2022 Aug 15;311:631-636. doi: 10.1016/j.jad.2022.05.114. Epub 2022 May 24. PMID: 35623482

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Touchett, Hilary, Calvin Apodaca, Sameer Siddiqui, Donna Huang, Drew A. Helmer, Jan A. Lindsay, Padmavathy Ramaswamy, Kathy Marchant-Miros, and Felicia Skelton. "Current Approaches in Telehealth and Telerehabilitation for Spinal Cord Injury (TeleSCI)." *Current Physical Medicine and Rehabilitation Reports* (2022): 1-12.

Carper, Teresa L., Holly A. Hunley, Ursula S. Myers, Cory K. Chen, Anna H. Birks, Kathryn E. Williams, Jan A. Lindsay, and Kendra Weaver. "The impact of operational partnership on telemental health before, during, and after COVID-19." *Psychological Services* (2022).

Hogan, Julianna, Amber B. Amspoker, Annette Walder, Joshua Hamer, Jan A. Lindsay, and Anthony H. Ecker. "Differential Impact of COVID-19 on the Use of Tele-mental Health Among Veterans Living in Urban or Rural Areas." *Psychiatric Services* (2022): appi-ps.

Connolly, Samantha L., Julianna B. Hogan, Anthony H. Ecker, Gabrielle F. Gloston, Giselle Day, Jay H. Shore, and Jan A. Lindsay. "Telepsychiatry and video-to-home (including security issues)." In *Mental Health in a Digital World*, pp. 147-167. Academic Press, 2022.

Cloitre, Marylene, Amber Bush Amspoker, Terri L. Fletcher, Julianna B. Hogan, Christie Jackson, Adam Jacobs, Rayan Shammet, Sarah Speicher, Miryam Wassef, and Jan Lindsay. "Comparing the Ratio of Therapist Support to Internet Sessions in a Blended Therapy Delivered to Trauma-Exposed Veterans: Quasi-experimental Comparison Study." *JMIR Mental Health* 9, no. 4 (2022): e33080.

Fletcher, Terri L., Derrecka M. Boykin, Ashley Helm, Darius B. Dawson, Anthony H. Ecker, Jessica Freshour, Ellen Teng, Jan Lindsay, and Natalie E. Hundt. "A pilot open trial of video telehealth-delivered exposure and response prevention for obsessive-compulsive disorder in rural Veterans." *Military*



Psychology 34, no. 1 (2022): 83-90.

McKinney J, Russell M, Avellaneda Ojeda A, Gannon K, Zambare, S, Hansford M, Moukaddam, N, Eppes C. A comprehensive care approach for pregnant persons with substance use disorder. *International Journal of Mental Health and Addiction*, 2022, Jun, Issue 3 Vol 20.

ECoNet: Estimating Everyday Conversational Network From Free-Living Audio for Mental Health Applications. Publisher: IEEE, April 7, 2022. Bishal Lamichhane; Nidal Moukaddam; Ankit B. Patel; Ashutosh Sabharwal. DOI: 10.1109/MPRV.2022.3155698

Zhu C, Guan X, Wang Y, Liu J, Kosten TR, Xiu M, Wu F, & Zhang X. Low-dose ziprasidone in combination with sertraline for first-episode drug-naïve patients with schizophrenia: a randomized controlled trial. *Neurotherapeutics*. <https://pubmed.ncbi.nlm.nih.gov/35467271/>. 2022 Apr 25. doi: 10.1007/s13311-022-01242-7. Online ahead of print.

Yang M, Deng C, Cui H, Kosten TR..Zhang, X. Dynamic functional thalamocortical dysconnectivity in schizophrenia predicts antipsychotics response. *Lancet*; April 2022. <http://dx.doi.org/10.2139/ssrn.4064661>.

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Swann, AC, Graham, DP, Wilkinson, AV, Kosten, TR. Suicide Risk in a National VA Sample: Roles of Psychiatric Diagnosis, Behavior Regulation, Substance Use, and Smoking. *J Clin Psychiatry*. June 2022;83(3):21m14123. 2022 Jun 6;83(3):21m14123. doi: <https://doi.org/10.4088/JCP.21m14123>.

Na Zeng, Zhao Y, Yan W, Li C, Lu Q..Kosten T.. A Systematic Review and Meta-analysis of Long term Physical & Mental Sequelae of COVID-19 Pandemic: Call for Research Priority and Action. *Molecular Psychiatry*, June 2022; 1-11. Advance online publication. <https://doi.org/10.1038/s41380-022-01614-7>.

Yuan K, Zhen Y, Wang Y, Sun Y, Gong Y..Kosten T. A systematic review and meta-analysis on prevalence of and risk factors associated with depression, anxiety and insomnia in infectious diseases, including COVID-19: A call to action. *Molecular Psychiatry*. Jun 6 2022; 1-9. doi: 10.1038/s41380-022-01638-z. Online ahead of print.

Elizabeth Laney, Ph.D., The Effects of Substance Use on Families, Part 1: How Substance Use Impacts the Family System. *Mind Matters from Menninger*, March 25, 2022.

Elizabeth Laney, Ph.D., Tips for Families Dealing with Substance Use, Part 2. *Mind Matters from Menninger*, March 30, 2022.

Laney, E. K., Carruthers, L, Hall, M. E. L., & Anderson, T. (2022). All the different pieces of me being integrated: Spirituality and identity in working Christian mothers. *Journal of Psychology and Theology*, 50(2), 139-159. <https://doi.org/10.1177/0091647121990630>.

Publications

Ashley LeMaire, PhD, ABPP, co-authored "An Integrated Phenotypic and Genotypic Approach Reveals a High-Risk Subtype Association for EBF3 Missense Variants Affecting Zing Finger Domain" in the *Annals of Neurology*, along with other faculty across departments.

Sun D, Rakesh G, Clarke-Rubright EK, Haswell CC, Logue M, O'Leary EN, Cotton AS, Xie H, Dennis EL, Jahanshad N, Salminen LE, Thomopoulos SI, Rashid F, Ching CRK, Koch SBJ, Frijling JL, Nawijn L, van Zuiden M, Zhu X, Suarez-Jimenez B, Sierk A, Walter H, Manthey A, Stevens JS, Fani N, van Rooij SJH, Stein M, Bomyea J, Koerte I, Choi K, van de Werff SJA, Vermeiren RRJM, Herzog J, Lebois LAM, Baker JT, Ressler KJ, Olson EA, Straube T, Korgaonkar MS, Andrew E, Zhu Y, Li G, Ipser J, Hudson A, Peverill M, Sambrook K, Gordon E, Baugh L, Forster G, Simons R, Simons J, Magnotta V, Maron-Katz A, du Plessis S, Disner S, Davenport N, Grupe D, Nitschke J, deRoos-Cassini TA, Fitzgerald J, Krystal JH, Levy I, Olff M, Veltman DJ, Wang L, Neria Y, De Bellis MD, Jovanovic T, Daniels JK, Shenton M, van de Wee NJA, Schmah I, Kaufman ML, Rosso IM, Sponheim SR, Hofmann DB, Bryant RA, Fercho KA, Stein DJ, Mueller SC, Phan L, McLaughlin

KA, Davidson RJ, Larson C, May G, Nelson SM, Abdallah CG, Goma H, Etkin A, Seedat S, Harpaz-Rotem I, Liberzon I, Wang X, Thompson PM and Morey RA (2022). Remodeling of the Cortical Structural Connectome in Posttraumatic Stress Disorder: Results from the ENIGMA-PGC PTSD Consortium. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*; <https://doi.org/10.1016/j.bpsc.2022.02.008>

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Presentations

Nicholas Murphy, Ph.D., associate professor, BCM:

- **American Society of Clinical Psychopharmacology:** "Applying Neurophysiological Biomarkers to Clinical Trials of NMDA Receptor Modulation for the Treatment of Mood and Trauma Disorders" and "Application of a Bayesian Adaptive Randomization Design to Optimize Intravenous Ketamine Dosing for Late-Life Treatment Resistant Depression."

Nidal Moukaddam, M.D., Ph.D., associate professor, BCM:

- "Life after COVID: Dealing with Burnout" INSPRE Nursing Symposium, Houston, May 6, 2022.
- "Addiction in Our Society" First Muslim Mental Health conference, Houston, May 14, 2022

Jin Han, M.D., associate professor and clerkship director;

Julie Williams, M.D., assistant professor and associate clerkship director:

- **Association of Directors of Medical Student Education in Psychiatry Annual Meeting**, Austin, June 2022. "Faculty Performance Evaluations: Building and Using Collected Info to Improve Faculty Development."

Lindsey Pershern, M.D., associate professor, BCM:

- Association of Directors of Medical Student Education in Psychiatry, ADMSEP Innovations in Medical Education Awards, awarded at ADMSEP annual meeting, "for "Brainival: Toxidrome-a-palooza"
- American Psychiatric Association annual meeting May 2022. "Leading, Creating and Working in Interdisciplinary Psychiatric Teams."

Sheila LoboPrabhu M.D., professor of Psychiatry, staff psychiatrist, MEDVAMC:

- Workshop chair, **American Psychiatric Association Annual Meeting**, New Orleans, Louisiana, May 2022. "Meaning-Making, Transformation, and Structural Racism: Global Lessons Learned From the COVID-19 Pandemic."

Juliann Tea, M.D., recent graduate:

- APA poster presentation, "An Evaluation of the Demographic and Clinical Landscape of Patients Referred to the Inpatient Consultation-Liaison Psychiatry Service."

Francois Williams, M.D., PGY-3 resident:

- Oral presentation and poster on Impostor Syndrome.

Laura Marsh, M.D., executive director, Mental Health Care Line, MEDVAMC; professor, BCM:

- **Houston Area Parkinson Society**, June 2022. Summer Lecture Series, "Maintaining Mental Health."

Cory Walker, D.O. Chief Medical Officer Office at The Menninger Clinic; assistant professor, BCM

- **Austin Psychiatric Society**, May 2022. "The Medical Mystery and the Psychiatrist."

Elizabeth Laney, Ph.D., senior psychologist, The Menninger Clinic; assistant professor, BCM, and **Julie Skutch, Ph.D.**, staff psychologist, The Menninger Clinic; assistant professor, BCM:

- **Symposium, Association of Psychological Science**

Presentations

Annual Convention, May 2022. "Finding Ourselves: Prioritizing Identity Development & Dysfunction in Clinic Research & Practice."

Michelle Patriquin, Ph.D., ABPP, director of research and senior psychologist, The Menninger Clinic; associate professor at BCM:

- **National Council for Mental Wellbeing Conference**, "Harness the Power of Your Data to Impact Patient Outcomes."
- **Southern Sleep Conference**, "Re-Inventing Inpatient Psychiatry Safety to Improve Sleep & Suicide Outcomes."

Daryl Shorter, M.D., medical director of Addictions Services at The Menninger Clinic, associate professor, BCM:

- **CE webinar**, "Substance Use Disorder Treatment and the LGBTQ+ Community." June 3, 2022.

Shawn Hirsch, Ph.D., staff psychologist, The Menninger Clinic; assistant professor, BCM:

- **The Health Museum**, "Celebrating the Beautiful Mind of Adult Literacy." This event explored pertinent health literacy developments and partnerships evolving in the Houston and national adult education landscape.

Alton Bozeman, Psy.D., director of Outpatient Assessments at The Menninger Clinic; assistant professor at BCM and **Shawn Hirsch, Ph.D.**, staff psychologist at The Menninger Clinic; assistant professor, BCM:

- **CE webinar**, "Diagnostic Overshadowing and Comorbid Diagnoses in Autism and IDD." They discussed the concept of diagnostic overshadowing and examined common comorbid mental health disorders and neurodevelopmental disorders.

Ashley LeMaire, Ph.D., ABPP, clinical neuropsychologist at The Menninger Clinic; assistant professor at BCM:

- **Southern Sleep Society Meeting**, "The Impact of Poor Sleep on Cognition and the Role of Neuropsychology."

Kerry Horrell, Ph.D., staff psychologist, The Menninger Clinic; assistant professor, Baylor College of Medicine:

- Halliburton employees, EAP program & Mental Health Month titled "The Neurobiology of Stress: The Connection Between the Mind and the Body."

Patricia Daza, Ph.D., ABPP, director of Psychology Services, The Menninger Clinic; associate professor, BCM:

- Northern Trust Financial Services Company, "Difficulties in Launching."

Dorina Papageorgiou, Ph.D., assistant professor, BCM:

- **Gulf Coast Consortium Translational Pain Research Conference**, April 2022. "A Novel, Individualized, Non-invasive Neuromodulation of Sensorimotor Cortical Networks Targeted to Alleviate Oral Neuropathic Pain."
- Poster presentation, **Neuroengineering Conference: Restoring and Extending the Human Brain**, Rice University, May 2022. Dr. Papageorgiou and lab presented posters. "Stimulation of sensorimotor cortical networks via an individualized, non-invasive MRI-BCI neurofeedback targeted to alleviate oral neuropathic pain."

Anthony Allam, medical student in Papageorgiou lab:

- Poster presentation, **Neuroengineering Conference: Restoring and Extending the Human Brain**, Rice University, May 2022. "3D CNNs generate more plausible cortical networks than SVMs in the fMRI-BCI neurofeedback environment."

Daniel Vener, M.D., PGY-4 resident:

- Poster presentation, **Society of Biological Psychiatry**, April 2022. "Clozapine prescribing in the Veterans Health Administration: analysis of nationwide electronic health records of Veterans with schizophrenia or schizoaffective disorder."

Ahmed Ahmed, M.B.B.Ch.: PGY-2 resident:

- Poster presentation, **American Society of Clinical Psychopharmacology**, May 2022. "Association between Serotonergic Genetic Variations and Suicide Ideation Trajectories Across Inpatient Psychiatric Treatment."

Chaudi Abdallah, M.D., associate professor, BCM:

- **Keynote speech**, Ketamine & Related Compounds International Conference, University of Oxford, Oxford, UK, April 2022, "Ketamine Mechanisms and Efficacy: A Tale of Two Clinical Trials With Unexpected Results."
- **Grand Rounds**, Stony Brook University, April 2022, "Brain Networks as Target for Successful Antidepressant Treatments" invited speaker,
- **Symposium**, Society of Biological Psychiatry, New Orleans, La., April 2022. "Reduced Prefrontal Synaptic Strength in Posttraumatic Stress Disorder (PTSD)."
- **VA Seminars**, VA Office of Research and Development, Bethesda, MD, June 2022. "Targeting Glutamate to Treat PTSD: A Double-blind, Randomized, Placebo-controlled Trial."

**Presentations and publications are self-reported. Please submit to vicki.powers@bcm.edu

In the News

[Lottery Fever: Why do Giant Jackpots Whip People into Frenzy](#), 7/26/22. Dr. Eric Storch quoted.

[National Suicide Hotline Changes Number to 988 Saturday](#), The Dallas Morning News, 7/16/22. Dr. Asim Shah quoted.

[Just Dial 988: New National Suicide Prevention Lifeline Transitions to New Number](#), KHOU, 7/15/22, Dr. Asim Shah interviewed.

[How Confused, Traumatized Caregivers Can Talk to Kids About Shootings](#), Here and Now/NPR, 5/25/22. Dr. Laurel Williams quoted.

[Sheriff's Deputy Loses Child in Uvalde School Shooting](#), KVUE, 5/25/22. Mentions Texas Child Mental Health Care Consortium.

[Religion & Spirituality in Therapeutic Approaches](#), Dr. Jim Lomax on The Menninger Clinic's Mind Dive podcast, 5/23/22.

[1-on-1 re: Mental Health](#), KPRC Interviews Dr. Asim Shah, 5/20/22.

[Muslim Community Leaders Tackle Mental Health](#), Houston Chronicle, 5/14/22, Dr. Asim Shah quoted.

[Ukraine Special: Dr. Mollie Gordon](#), KRBE 104 Around H-Town, 5/15/22. Interview with Dr. Mollie Gordon.

[How to Find Support if Social Media is Hurting Your Mental Health](#), Self Magazine, 5/10/22. Dr. Kerry Horrell quoted.

[Coronavirus Pandemic, Fentanyl Exacerbate Opioid Crisis in Houston, Community](#), Community Impact, 5/2/22. Dr. Daryl Shorter quoted.

[Reducing Suicide Risk Through Wearable Technology](#), Dr. Michelle Patriquin on The Menninger Clinic's Mind Dive podcast, 4/18/22.

[Approaching Addiction Psychiatry](#), Dr. Daryl Shorter on The Menninger Clinic's Mind Dive podcast, 4/4/22.

Dr Somto Obi, M.D. co-leads the [ISSP sports psychiatry podcast](#) (International Society for Sports Psychiatry), exploring the intersection of mental health and sports Topics include ADHD, overtraining syndrome, sleep and more. Available on Apple, Spotify, and Anchor.

BCM News

[Explaining Financial Struggles to Your Child](#), BCM News, 7/27/22, Interview with Dr. Eric Storch.

[Calming Your Recession Anxiety](#), BCM News, 7/20/22, Interview with Dr. Asim Shah.

[Coping with School Shootings](#), BCM News, 5/26/22, Interview with Dr. Laurel Williams.

BCM Blog

[Preparing Your Kids for a New School](#), 7/28/22, Interview with Dr. Amy Goetz.

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