

A Message from the Chair

Taking a Chance on a New Direction

In my previous graduation presentations through the years, almost without exception, I spoke about what a great time it is to enter the field of mental health care. Could I be right each and every time? Actually, I stand by my proclamations. Each time there were different catalysts, but there have been two constants: 1) the gratification we derive from treating patients suffering from mental health disorders; and 2) the hope for further advances in the effectiveness of our treatment interventions. Some of my predictions about the rate of those advances were premature. But as Yogi Berra famously said, "it's tough to make predictions, especially about the future".



Why do I feel especially optimistic now? For one, although our patients still face stigma, there has been tremendous progress on that front, due in part to more celebrities and influencers opening up about their own experiences dealing with mental health and substance use disorders. Among my own patients, I find that many more of them are willing to go public about their struggles and triumphs. One of my patients with severe, treatment-resistant OCD appeared before a Congressional subcommittee on research funding for mental health, sharing her story of how her treatment at Baylor was life-changing.

Furthermore, there is a broader societal recognition that psychiatric illnesses represent major public health problems in need of additional resources, including better access to care. This has led to increased demand for mental health providers. Our own state of Texas has stepped up to this challenge through the Texas Child Mental Health Care Consortium, which has significantly expanded mental health services for children and adolescents as well as investing in workforce expansion.

One of my premature predictions was about developing objective measures (e.g., blood based biomarkers like a HbA1c) to diagnose and track outcomes in patients with mental health disorders. As you know, no such objective and reliable markers exist today for our field. Even resting state functional MRI, our window into the working brain, cannot diagnose a psychiatric disorder at the individual case level. Although we're not there yet, we are getting closer. Insights from multiple levels of analysis ranging from genetics to modeling brain neurocircuitry, coupled with deep phenotyping, may start to pay off. Undoubtedly, machine learning, a branch of AI will be playing a key role in this

GRADUATION 2024

Congratulations Graduates!

endeavor.

In closing, let me return to Yogi Berra for inspiration. His advice to you might be, "When you come to a fork in the road, take it." My interpretation is that once you make a choice stick to it, at least long enough to test it out. A corollary is not to look back and constantly question the decisions you made. And that it is OK to take a chance on a new direction, as you never know where that road might take you. When I was graduating from Yale residency, I had no idea that I would wind up in Texas someday, feeling so proud seeing our Baylor graduates enter the noble professions of Psychiatry and Psychology.

Congratulations to all of our graduates on your achievement!

- Wayne K. Goodman, M.D



General Psychiatry Residents

Dania Albaba, MD

Future plans: BCM Faculty at Harris Health System

Abdulla Alobaidi, MD

Future Plans: BCM Faculty at Harris Health System

Abdualla Ben Ammer, MBBCh

Future plans: BCM Faculty at Harris Health System

Datonye Charles, MD

Future plans: Private Practice with Mindful Health Solutions, Moonlighting at Ben Taub Hospital

Alexandra Ngo, MD

Future plans: Child and Adolescent Psychiatry Fellowship at Baylor College of Medicine

Vinh-Son Nguyen, MD

Future plans: Child and Adolescent Psychiatry Fellowship at Boston Children's

Kerry O'Leary, MD

Future Plans: Private Practice with Talkiatry, Moonlighting at Ben Taub Hospital

Grace Pham, DO

Future plans: Private Practice in Austin, Texas

Shelley Rote, MD

Future plans: BCM Faculty at Harris Health System

Matt Stephens, DO

Future plans: Private Practice with Mindful Health Solutions

Francois Williams, MD

Future plans: Child and Adolescent Psychiatry Fellowship at Georgetown

GRADUATION 2024

Congratulations Graduates!



Child and Adolescent Psychiatry

Rissa Fedora, DO

Future Plans: Travel the world, own a boba shop

Lissa A. Garcia Segui, MD

Future Plans: Metrocare Services, Dallas

Campbell Reynolds, MD

Future Plans: Texas Children's Hospital

Soyika Richardson, MD

Future Plans: New York State Office of Mental Health Outpatient Clinic



Kerala Saugh, MBBS

Future Plans: Legacy Community Health

Chantelle Shaw, DO

Future Plans: Private Practice

Sarah Tran, DO

Future Plans: MindCare Solutions, Psychiatry Consulting of the Woodlands



Sana Younus, MBBS

Future Plans: BCM Faculty at Texas Children's Hospital

Psychology Postdoctoral Fellows

Ben Taub Hospital/Baylor College of Medicine

Vy Cao-Nguyen, PhD

Future Plans: Licensed Psychologist

So Yu Cicy (Zoey) Ng, PsyD

Future Plans: Licensed Psychologist, Postdoctoral Fellowship, Baylor College of Medicine Anti-Human Trafficking Program

Eric D. Sumlin, PhD

Future Plans: Licensed Psychologist

Baylor College of Medicine

Molly Church, PsyD

Future Plans: Staff Psychologist at a group practice CBTeam, Lexington, MA

Katherine Mangen, PhD

Future Plans: Staff Psychologist at The Evidence-Based Treatment Centers of Seattle (EBTCS)

Ogechi "Cynthia" Onyeka, PhD

Future Plans: Faculty at BCM

Ticiane Silva, PhD

Future Plans: TBD

Samuel D. Spencer, PhD

Future Plans: Assistant Professor, Department of Psychology, University of North Texas

Jordan T. Stiede, PhD

Future Plans: Private Practice in Milwaukee, Wisconsin

The Menninger Clinic

John Rucker, PsyD

Future Plans: TBD

Clinical Psychology Interns

Nathan Barclay, MS

Future Plans: Postdoctoral Fellowship, Methodist Hospital, Houston, TX

Robiann Rushell Broomfield, MA

Future Plans: Neuropsychology Postdoctoral Fellowship, Harvard Medical School

Mackenzie Conner, MA

Future Plans: Clinical Child Psychology Postdoctoral Fellowship, Division of Adolescent and Young Adult Medicine, Children's Hospital Los Angeles

Ciara A. Crighton, MPsy, MEd

Future Plans: Licensed Psychologist, Private Medical Practice in Cayman Islands

Miranda Higham, MS

Future Plans: Postdoctoral Fellowship, St. Luke's Behavioral Health, Twin Falls, ID



GRADUATION 2024

Congratulations Graduates!

Kren Kelley, MS

Future Plans: Postdoctoral Fellowship, Harris County Sheriff's Office, Houston, TX

Elizabeth Lanzillo, MA

Future Plans: Postdoctoral Fellowship, Old Town Psychology, Private Practice in Alexandria, VA

Gwendolyn McInnes, MS

Future Plans: Postdoctoral Fellowship, WaveMind Clinic, Pediatric OCD, Selective Mutism, and PCIT Private Practice in Santa Monica, CA

Erika Trent, MA, LPA

Future Plans: Postdoctoral Fellowship, OCD and Related Disorders Program, BCM

Kevin M. Wagner, MA

Future Plans: Postdoctoral Fellowship, OCD and Related Disorders Program, BCM

Addiction Psychiatry Fellows

Kristen Laster, M.D.

Future Plans: BCM Faculty at The Menninger Clinic

Nancy Sheno, M.D.

Future Plans: BCM Faculty at Ben Taub Hospital

Asjad Bashir, M.D.

Future Plans: Return to Maryland and continue working with underserved populations



Baylor
College of
Medicine

Faculty Awards 2024 RECIPIENTS

NORTON ROSE FULBRIGHT *Faculty Excellence Award*



Jared Bernard, Ph.D., M.A.
Teaching and Evaluation



Amy Cuellar, Ph.D.
Teaching and Evaluation



Jeffrey Khan, M.D.
Teaching and Evaluation



Kim-Lan Czelusta, M.D.
Educational Leadership



Natalie Hundt, Ph.D., M.A.
Educational Leadership



Terri Fletcher, Ph.D., M.A.
Educational Research



Edore Onigu-Otite, M.D.
Educational Materials

STAR AWARD *Excellence in Patient Care*



Michael L. McClam,
M.D., FAPA



Kirti Saxena, M.D.



Phuong T. Nguyen,
Ph.D.



Eric Storch, Ph.D.

CLARK *Service Award*

Education

New Forensic Psychiatry Fellowship Program Offered at BCM

Bridging the Gap Between Law and Mental Health



Forensic psychiatry focuses on the interface between psychiatry and the law. It involves assessing, evaluating, and treating individuals involved in legal matters or criminal behavior, but its impact extends beyond the courtroom.



Dr. Jeffrey Khan

"We use our knowledge of psychiatry to help educate or provide some context around legal issues," said Baylor Psychiatry Clinic Medical Director and Associate Resident Director, Dr. Jeffrey Khan.

While practitioners serve a critical role in assuring justice is served and people's fundamental rights remain protected, forensic psychiatrists must be prepared and equipped to understand the complexities of mental health and human behavior.

A Complex Subspecialty

Forensic psychiatry is not as simple as checking boxes for mental fitness assessments, civil disputes, and questions of testamentary capacity. It dives deep into mental health advocacy for others while also abiding by strict ethical standards regarding objectivity and confidentiality.

In a city as large and culturally diverse as Houston, forensic psychiatrists are often called upon to assist in evaluations for asylum seekers and refugees fleeing persecution or other traumatic experiences. Working with highly stigmatized populations within the criminal justice system and other marginalized populations, they also find themselves working on cases that would make others nervous or face public scrutiny.

"In the evaluator role, we have to be very objective, not biased towards one side or the other, but this is often a population that is often at risk and is often taken advantage of and harmed.," stated Dr. Khan.

Yet, in the second-largest state in the nation, for the past few years, there has only been one accredited training program for forensic psychiatry, training one fellow per year. Until 2024, most psychiatrists seeking a forensic psychiatry fellowship have had to leave the state to receive training.

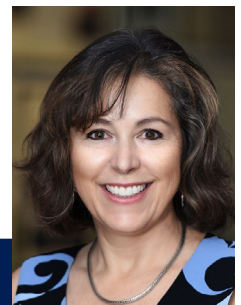
BCM Provides New Training Opportunities

Thanks to Dr. Jeffrey Khan's dedication and hard work, the ACGME has just accredited a new Forensic Psychiatry Fellowship program at Baylor College of Medicine. The program is slated to accept one fellow for 2024-2025 and then transition to two fellows a year in 2025-2026.

"We have a long backlog of individuals who are awaiting trial, who are waiting for competency evaluations. It's such a need for this expertise, and yet we've only had a couple of forensic psychiatry slots in the State of Texas," said forensic psychiatrist and Senior Associate Dean of Student Affairs Dr. Andrea Stolar. "It will help serve the needs of our community by producing psychiatrists who have specialized expertise in psychiatry and law and can serve this need."

Fellows will receive thorough training in civil, criminal,

(continued)



"It's important because there is there are actually a lot of psychiatrists who may be interested in forensic psychiatry but have no exposure to it. And if you don't have exposure to a subspecialty, you don't think about going into it."

Dr. Andrea Stolar, Associate Dean of Student Affairs

Education

New Forensic Psychiatry Fellowship (cont.)

correctional/carceral, and other legal aspects related to the practice of forensic and general psychiatry. Training sites will include Michael E. DeBakey VA with the Veterans Justice Outreach program, also known as the Veterans Court, The Menninger Clinic, Baylor Psychiatry Clinic, and The Harris Center. Fellows will also work at Harris County Jail Competency Restoration Unit, where they will help work toward resolving the large backlog of competency evaluations resulting from COVID-19.

Faculty will include Drs. Jeffrey Khan, Andrea Stolar, Edward Poa, George Nadaban, Topaz Sampson, and Kimberley Warneke along with Staci Biggar, J.D., and Steven Coats, Ph.D.

Applications are still being accepted for the 2024-2025 year. Please contact Dr. Jeffrey Khan with questions or to apply.

Honors and Awards



Dr. Nicholas Murphy honored with Society of Biological Psychiatry Chairs Choice Award

Dr. Kelly Truong Awarded New Investigator Award by the American Society of Clinical Psychopharmacology



Dr. Julia Ridgeway-Diaz named President-Elect by Menninger medical staff. She will assume the role of President on 07/01/2025.

Research

Using AI to Assist Clinical Assessments in FDA Pilot Program

Innovative Science and Technology Approaches for New Drugs (ISTAND) Pilot Program at BCM



Dr. Eric Storch

Drs. Eric Storch and Wayne Goodman are both Principal Investigators for a new artificial intelligence-based and digital health technology-based project for the FDA's IStand Pilot Program. This program represents the first use of AI and digital health technology to be studied by the FDA for use in the clinical setting as a drug development tool.

Under this program, an AI assessment tool for anxiety and depression, the AI Generated Clinical Outcome Assessment or AI-COA, will use behavioral signal processing and machine learning mental health symptoms to deliver a consistent assessment tool. Created by the digital health technology company Deliberate AI,

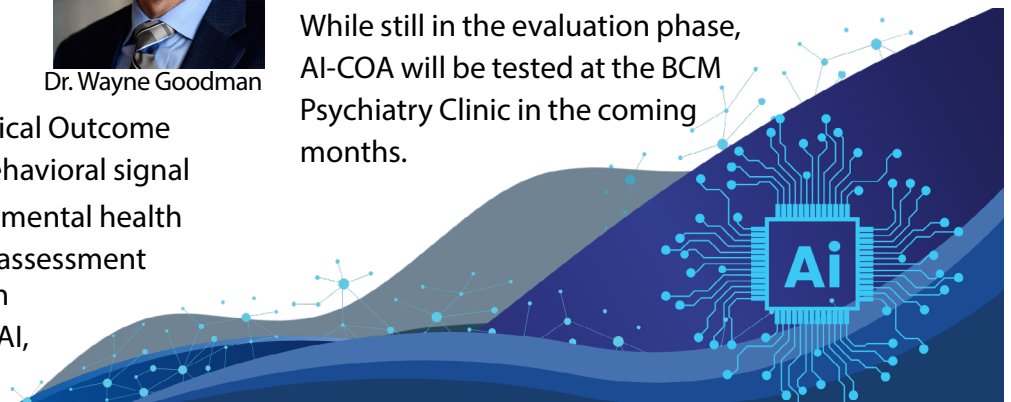


Dr. Wayne Goodman

AI-COA will assess signals such as eye movement, facial expressions, and voice patterns and biometric measurements to provide bias-free, consistent indicators.

"One of the things that I think a lot about is the issue of poor reliability and how that really sets a ceiling for validity," Dr. Storch said. "That's the core element of this project, namely how do we take these automated indicators to try to have better, more objective ways of assessing depression?"

While still in the evaluation phase, AI-COA will be tested at the BCM Psychiatry Clinic in the coming months.



Community

Mental Health Conferences Bring Light to Challenges Faced by Different Populations

Global Mental Health Conference



Creating a Post-Traumatic Growth Environment for Refugees and the Community Around Them.

Thanks to Co-directors Drs. Sophia Banu and Mollie Gordon, along with residents Drs. Dania Albaba and Komal Nathani, and the support of Drs. Asim Shah and Nidal Moukaddam, quick thinking and hard work, brought the conference to Baylor College of Medicine Department of Psychiatry and Behavioral Sciences when the previous nonprofit host had to suddenly close this summer.

"How can Baylor College of Medicine, how can the students, how can the community help people who have been through torture and trauma, and how can we help them get better?" was the question asked by Dr. Banu.

She found that answer by embracing the hope, resilience, and skills of those who healed following genocide and trauma. "Post-traumatic growth is the inner strength of the person who's been through trauma. They become stronger because of the trauma that they've been through," Dr. Banu described, "But you have to have the society and the environment to foster that."

Together with colleagues, medical school students, and other community leaders, this year's conference set out to achieve that goal. Keynote speaker John Montgomery talked about his work to create a Kigali Genocide Memorial, while fellow keynote presenter Sam Sann talked about his experience surviving the genocide, bringing together community support and lived experience.

Held at TMCx, over 150 attendees attended breakout

sessions along medical, legal, and mental health tracks, which included trauma-informed legal care sessions and a presentation from Dr. Wes Boyd from The Center for Medical Ethics and Health Policy.

Opioid Use Disorder Conference

The opioid epidemic remains a pressing issue in the US, and several governmental efforts have been deployed to combat its deleterious effects on individuals, family, and society. The DEA-MATE act mandates that all providers must be proficient in prescribing and managing Opioid Use Disorder and associated challenges, which have become widespread; thus, a large need for quality training in OUD has arisen.

The 2nd Annual Opioid Use Disorder Conference, held at Baylor College of Medicine McNair Campus on April 20th, focused on education on the pharmacological and psychotherapeutic treatment for OUD and their impact on families and children. Hosted and chaired by Drs. Nidal Moukaddam and Asim Shah, this conference is unique in scope and is based in the spirit of multidisciplinary collaboration: departments of family practice, emergency medicine, obstetrics & Gynecology, and others, were included from planning steps to topic choice.

The highly successful conference aimed to help providers feel more confident in prescribing treatment for opioid use disorder (OUD) and integrating with primary care, especially for special populations. Attendees also delved into the psychological aspects of OUD to gain deeper insights while also learning about available community resources available to help care for individuals with OUD.



BCM Co-Hosts Latin Congress on OCD in Ecuador



The Latin American Trans-Ancestry Initiative in OCD Genomics co-hosted the 3rd Latin American Congress on OCD in Quito, Ecuador, June 24-25, 2024. In partnership with the Universidad de San Francisco de Quito and the University of North Carolina – and funded by an NIMH R13 to UNC and Baylor - this conference had dual tracks for either professionals or patients with OCD and their families.

Approximately 80 professionals and 40 patients/families attended each track, respectively. Presenters came from Ecuador, Argentina, Paraguay, Peru, Colombia, Chile, Mexico and USA. Speakers from Baylor College of Medicine included Drs. Eric Storch (PI of the LATINO study), Cynthia Onyeka, Andy Wiese, Ms. Josselyn Munoz, Jacey Anderberg, Renee Frederick, and Mr. Ricardo Calderon.



CAP Fellow, Dr. Makram Haidar, presented an overview of the Texas Child Health Access Through Telemedicine's (TCHAT) novel use of telemedicine to expand mental health care access for school aged children following a systematic literature review of other school-based mental health interventions at the International

Alliance of Child and Adolescent Psychiatry and Allied Professionals conference in Rio de Janeiro, Brazil.

Hyuntaek Oh, Ph.D.



Assistant Professor - BCM
Research Scientist - The Menninger Clinic

Education:

M.S. University of Kansas
Ph.D. University of Nebraska - Lincoln
Postdoctoral Fellow, Baylor College of Medicine Neuroscience Department
Postdoctoral Fellow, The Menninger Clinic

Dr. Hyuntaek Oh's research at Baylor College of Medicine and The Menninger Clinic specializes in integrating clinical and biological data utilizing functional magnetic resonance imaging (fMRI) and non-invasive brain stimulation, including Transcranial Magnetic Stimulation (TMS). Dr. Oh's background as a bioengineer and neuroscientist has contributed to his success in studying brain connectivity in psychiatric disorders while providing a different perspective.

Starting as a Postdoc in the Baylor College of Medicine Neuroscience Department, Dr. Oh first used TMS to manipulate brain activity and probe the functional contributions of brain regions in healthy brains. However, his interest in brain connectivity in psychiatric disorders led him to start his second postdoctoral study at The Menninger Clinic. Working closely at The Menninger Clinic with Drs. Ramiro Salas and Michelle Patriquin, Dr. Oh conducted a study demonstrating that patients with substance use disorder have some dysfunction in their brain circuitry. This work helped drive his interest in substance use disorders both scientifically and clinically.

As a recipient of the prestigious K25 grant from the National Institutes of Health/National Institute on Drug Abuse, Dr. Oh was able to fund his study of functional connectivity alterations among opioid users in treatment. Utilizing a clinical trial with TMS, Dr. Oh is currently studying brain connectivity and rewiring of brain connections in people with opioid use disorder while investigating if manipulating brain connectivity would lead to an improvement in their psychiatric symptoms, including craving.

Collaborators include Drs. Daryl Shorter, Neil Puri, Julia Diaz, Kelly Truong, Katrina Rufino, Michelle Patriquin, Ramiro Salas, Nidal Moukaddam, Benjamin Li, Chris Verrico, Sanjay Mathew, and Thomas Kosten.

New Outpatient Psychiatric Clinic at Ben Taub



The NeuroPsychiatric Center at Ben Taub Hospital is celebrating the opening of its new Outpatient Psychiatric Clinic. This new outpatient area will be one of the largest outpatient psychiatric clinics for underserved populations within one location.



The clinic has 25 treatment areas, three group therapy spaces, one occupational therapy office, three social work offices, and a research suite. Additionally, it has a large conference room, a resident and faculty work area, a spacious break room, and an admin suite.

The new unit opened to the public on July 2nd, and held an official grand opening ceremony on July 10th.



"I've always felt that mental health is something which people with money can always access any kind of help but people who are underserved need health care. And with the opening of this clinic, access to care for people who are underserved and underprivileged will be enhanced."

Dr. Asim Shah, Professor and Executive Chair for the Menninger Department of Psychiatry and Behavioral Sciences and Director of Psychiatry at Ben Taub/ Harris Health



Honors and Awards



Kosten Ranked as Top in Field of Addictions

Dr. Thomas Kosten, Waggoner Chair, BCM and Editor-in-Chief, The American Journal on Addictions, was recently ranked by ScholarGPS as #10 world-

wide in the field of Addictions and in the top .03% worldwide across all specialties.

Community

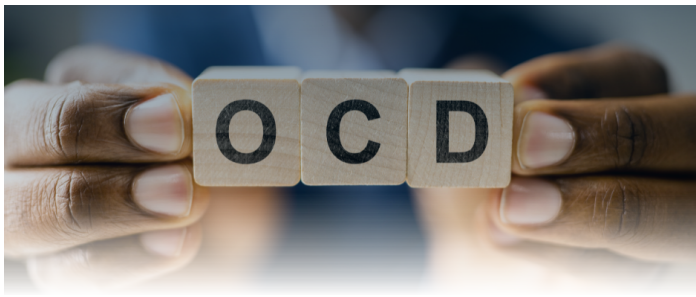


BCM Pitches In After Hurricane Beryl

Dr. Jan Lindsey (bottom right), VA psychologist volunteered at a Combined Arms event to support veterans following the

hurricane. Inside the Baylor community, dedicated faculty like Dr. Peggy Yang and Dr. Jeffrey Khan have supported transitions and ensured excellent care for our student wellness activities and psychiatry clinic appointments.

Mental Health Equity



Groundbreaking Initiative by Researchers Focused on OCD in People of African Ancestry

The Black Equality in OCD Neuro Genomics (BELONG) study is a multi-site genetics study recently funded by the NIMH to address a significant gap in obsessive-compulsive disorder (OCD) research, namely the lack of inclusion of diverse populations in psychiatric genetics research. This project focuses on individuals of African ancestry, a group that has been historically underrepresented, and aims to bridge this gap by examining the genotypic and phenotypic characteristics of OCD within this population. This inclusive approach is a testament to Baylor College of Medicine's commitment to equality in research. Similar to the NIH-funded LATINO study, which is also led by Dr. Eric Storch and focuses on OCD genomics in Latinos, this study is a step towards a more comprehensive understanding of OCD.

One of the project investigators, Dr. Ogechi "Cynthia" Onyeka, furthered her interest in studying genetic research of underrepresented populations during her work with the LATINO study, where she was awarded a diversity supplement to explore the determinants of participation in psychiatric genetic studies. Working with



Drs. John Saunders and Storch and other members of the BELONG study, Dr. Onyeka hopes to incorporate a community-based approach to study recruitment by convening a Community

"The main goal is to diversify the representative samples in OCD of genomics research to include individuals of African descent, because the majority of samples that we use for genome-wide association studies (GWAS) are primarily Caucasian."

Dr. Ogechi "Cynthia" Onyeka

Advisory Board utilizing African Americans who have lived experiences with OCD and clinicians and researchers working with that population. This format would help members of the community play a role in the research process while enabling support for future studies.

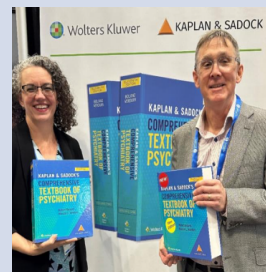
The BELONG study, funded by a NIMH R01 grant, is a nationwide collaborative effort to enhance understanding of OCD risk across various ancestral backgrounds. This collective approach, involving investigators from BCM, Mt. Sinai, and the University of North Carolina, aims to fill a critical gap in current OCD research. Investigators on this project include Drs. Storch, Onyeka, Wayne Goodman, Saunders, Andrew Wiese, Dorothy Grice (contact PI), Sidney Hankerson and Joseph Buxbaum (Mt. Sinai) and Jim Crowley (UNC).

Honors and Awards

2024 Outstanding Educator Awards

Aya Aoshima-Kilroy, M.D.	Michael McClam, M.D.
Mauro Garcia-Altieri, M.D.	Scott Moreland, D.O.
Lauren Havel, M.D.	Yasmin Omar, Ph.D.
Karen Horst, M.D.	Kimberly Parks, M.D.
Mark Kunik, M.D.	Maheshkumar Patel, M.D.
Benjamin Li, M.D.	Kelly Truong, M.D.
Alice Mao, M.D.	

Comprehensive Textbook of Psychiatry Editors



Dr. Robert Boland, Senior VP & Chief of Staff at The Menninger Clinic; Professor & Vice Chair at BCM edited the 11th edition of Kaplan and Sadock's Comprehensive Textbook of Psychiatry, with Dr. Marcy Verduin (UCF).

APA Foundation Launch in Houston

Dr. Asim Shah, Executive Chair for the Menninger Department of Psychiatry and Behavioral Sciences, was honored to be the keynote speaker on behalf of Mental Health America of Greater Houston and the APA Foundation at their launch of "Mental Health Care Works Initiative".



John Burruss, M.D.



Chief Executive Officer
Metrocare Services

Professor of Psychiatry
UT Southwestern

BCM Medical School Class of 1992
BCM Psychiatry Class of 1999

"When my career is over, my 21 years as a student, resident and faculty member at Baylor will include some of the awards and recognitions I am most proud of. Specifically, the teaching awards that acknowledged the effort that went into training the next generations of clinicians will always stay with me as highlights of my career. I have also received teaching awards from the residents at UTSW and those are likewise precious to me."

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

Probably the greatest thing about Baylor's psychiatry residency training program was the extraordinary diversity of experience that one encountered by the end of training. Standard offerings, such as inpatient psychiatry and the psychiatric emergency room, were excellent, but it was the array of outpatient and unique experiences that helped prepare me for a career after residency. That meant not just having experienced many things, but also having experienced them at volume and in a way that encouraged independent thought and practice. Finally, my training equipped me to take on leadership roles very quickly. This proved to be defining as those leadership positions evolved in the years following residency.

What is something you hope others have learned from you?

I have tried to advocate that we can all benefit by presuming good intentions. In so many settings, particularly e-mail, social media, and other written mediums, it can be all too easy to see bad intention. Sometimes, you're absolutely right and there was bad intention! But many other times, taking a few moments to breathe and reflect will allow for alternative, more favorable explanations that help calm any situation. Speaking of mentor quotes, I can still hear Jim Lomax's voice telling me that I would never be disappointed at the angry thing I did NOT say (or type!). Wonderful advice for life.

How did your Baylor residency prepare you for your career?

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Metrocare is one of the largest mental health and intellectual disability providers in the country, with nearly 3000 clinical encounters every day.



Community

Dr. Ramiro Salas and Houston Playback Theatre

How One Researcher is Using Healing Arts as a Therapeutic Aid in the Houston Area Community



Dr. Ramiro Salas

Some people spend their nights off resting on the couch, playing games with their families, or even exploring new hobbies. But for Senior Research Scientist Dr. Ramiro Salas, nights and weekends are sometimes spent replaying the moments and stories of others.

Playback Theatre, formed in 1975, utilizes improvisational storytelling to listen to the life stories of audience members before re-enacting the scene on the spot. Usually, the night begins with the audience being invited to share short moments from their day, which can be as simple as the frustration of finding parking or a funny moment that makes everyone else laugh as a few actors are playing it back.

However, as trust between the actors and audiences grows, audience members are invited to the stage, where a conductor asks them about more profound stories in their lives. The audience members are given the opportunity to pick who will play each role, and then the performance begins. And slowly, people get to watch their stories of pain, loss, love, and sometimes even triumph re-emerge back into life again.

Through this process, others also witness a story that deepens their understanding and empathy for those in their community. While Playback Theatre is not therapy, the company believes in using the power of stories to heal and connect.

Scientific Proof Following Hurricane Harvey

Almost seven years ago, Hurricane Harvey decimated the Houston area. Dr. Salas was one of the many dealing with the pressure of rebuilding after flooding and knew the strain many were under after sharing a similar experience.

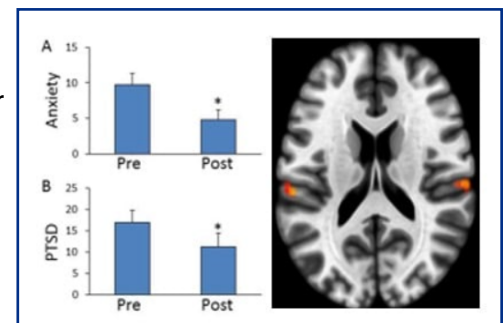
An expert in human brain imaging, Dr. Salas combined his knowledge and experience in research with his passion for seeing lives impacted by Playback Theatre. Creating a small study in 2019, [A Pilot Study on Playback Theatre as a Therapeutic Aid after Natural Disasters: Brain Connectivity Mechanisms of Effects on Anxiety](#), Dr. Salas and Houston Playback Theatre performed a series of 4 shows for 13 people who all suffered in different ways due to Hurricane Harvey. Each person participated in functional magnetic resonance imaging (fMRI) to map their brain activity and self-reported symptoms of anxiety, depression, and Post-traumatic Stress Disorder before and following the Playback Theatre performances.

Dr. Ramiro Salas described the experience:

"My scientific life and playback life were completely separated for 20 years, and when we did this with Harvey, it was the first time I put them together."

Results showed a clinically significant change as audience members reported substantial decreases in anxiety and PTSD symptoms following the performances, which was supported by brain

(Continued)



Brain imaging results from Dr. Salas' 2019 study on using Playback Theatre as a therapeutic aid following natural disasters

Education

"You hear the stories on the surface, everybody is different but in essence, the feelings are so universal."

Dr. Ramiro Salas

Houston Playback Theatre (cont.)

imaging results.

Fast Forward to the Present Day

Dr. Salas and Houston Playback Theater are preparing themselves to once again serve the community in this capacity through a series of 4 shows at

Access Care of Coastal Texas, Inc., which works to care for individuals affected by HIV. While they do not have funding for brain imaging, participants will self-report symptoms before and after the Playback Theater actors and conductor tell their stories.

Ideally, Dr. Salas would like to expand this service to more of the community. While Playback Theatre

performs several shows at the Jung Center each year, they can also be hired to perform for groups, schools, organizations, non-profits, and more.

"We have done playback for kids, but more importantly, we have done playback at school for teachers and parents. Sometimes those stories open up our community to share things that have not been shared before."

While Playback Theatre serves the community through deep listening and emphatic playback, it's also helped Dr. Salas become a better researcher. "I think it makes me better at research and brain imaging because I can relate to the people in my lab and the people I put into the MRI better than I used to," Dr. Salas said. "I developed a sense of empathy that I didn't have. I probably heard thousands of stories of people sitting there telling a story that we then play, and after a while, you realize how similar we all are. It's not that our stories are the same, but the essence of our stories are the same."

The New Faces In Psychiatry



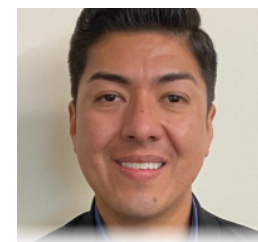
Datonye Charles, M.D.
Assistant Professor
Harris Health



Kerry O'Leary, M.D.
Assistant Professor
Harris Health



Kristen Laster, M.D.
Assistant Professor
Menninger



Adrian Lira, Ph.D.
Assistant Professor
Menninger



Shelley Rote, M.D.
Assistant Professor
Harris Health



Dania Albaba, M.D.
Assistant Professor
Harris Health



Abdulla Alobaidi, M.D.
Assistant Professor
Harris Health



Abdualla Ben Ammer, MBBCh
Assistant Professor
Harris Health

Not pictured:

Kumar Aditya, D.O.
Assistant Professor
TCH

Daniel Stevens, M.D.
Assistant Professor
MEDVAMC

Nicole Trapp, Ph.D.
Assistant Professor
MEDVAMC

Presentations

Dr. Wayne Goodman

- Low Intensity Focused Ultrasound (LIFU) for OCD. Focused Ultrasound in Psychiatry Symposium, Toronto, ON, June 2024

Dr. Thomas Kosten

- Mechanism and Treatments from Translational Efforts from The DoD-PASA Consortium, . Research Society on Alcoholism (RSA) Annual Meeting, Minneapolis, MN, June 2024

Drs. Thomas Kosten, Nidal Moukaddam, Syed Murtaza

- The Relationship between Trauma, Mental Disorders, and Suicidal Risk, Society for Academic Emergency Medicine (SAEM) Annual Meeting, Phoenix, AZ, May 2024

Dr. Dania Albaba

- Equitable Practices in Pregnancy: Navigating Harm Reduction and Urine Drug Screening Disparities, APA Annual Meeting, New York, NY May 2024

Dr. Funso Oladunjoye

- Embarking on a Psychiatric Odyssey: Unveiling Academic Avenues for International Medical Graduates in Pursuit of Career Excellence, APA Annual Meeting, New York, NY May 2024

Dr. Ramiro Salas

- AI in brain health. ProcessGeneLists: An approach to concurrently study human brain imaging and genetics, Inaugural UT System AI Symposium in Health Care, Dallas, TX May 2024

Dr. Nidal Moukaddam, Andres Avellaneda Ojeda, Megan Howard, Dania Albaba

- Equitable Practices in Pregnancy: Navigating Harm Reduction and Urine Drug Screening Disparities, American Psychiatric Association annual meeting, New York, NY, May 2024

Drs. Kelly Truong, Benjamin Li, Daryl Shorter, Nidal Moukaddam

- Confident Prescribing in Substance Use Disorders Master Course, American Psychiatric Association annual meeting, New York, NY May 2024

Drs. Kelly Truong, Daryl Shorter

- LGBTQ SUD and Trinity Combinations, American Psychiatric Association annual meeting, New York, NY May 2024

Dr. Karen Horst

- Maternal Mental Health: Nurturing the Emotional Well-being of Mothers, Harris County Public Health Second Annual Maternal and Child Health Conference. Houston, April 2024

Dr. Ziba Colah

- Reproductive Psychiatry Electives For Medical Students, North American Society for Psychosocial Obstetrics and Gynecology (NASPOG) Biennial Meeting 2024, Aurora, CO, March 2024.

Dr. Osarumen Nicole Doghor

- Meeting the Clinical Educational Needs of OBGYNs: A Quality Improvement Project North American Society for Psychosocial Obstetrics and Gynecology (NASPOG) Biennial Meeting 2024, Aurora, CO, March 2024.

Dr. Megan Howard

- Teaching Reproductive Psychiatry to OBGYNs in a Clinical Setting Reproductive Psychiatry Training for OBGYNs: An Overview North American Society for Psychosocial Obstetrics and Gynecology (NASPOG) Biennial Meeting 2024, Aurora, CO, March 2024.

Dr. Glorisel Gonzalez Viera

- Perinatal Access Lines as a Valuable Supplement for Reproductive Psychiatry Education for Practicing OBGYNs, North American Society for Psychosocial Obstetrics and Gynecology (NASPOG) Biennial Meeting 2024, Aurora, CO, March 2024.
- Perinatal Access Lines as a Valuable Supplement to Bridge the Gap in Maternal Mental Healthcare, Association of Women's Health, Obstetric and Neonatal Nurses Texas Section Conference 2024, Corpus Christi, Tx, May 2024.
- Redefining Care: Maternal Mental Health Awareness and Action, Relias Webinar, Virtual, May 2024.

Dr. Andrew Wiese

- Assessment and exposure & response prevention: Considerations in DBS treatment, 34th Annual American Neuropsychiatric Association. Houston, Texas, March 2024
- Mechanisms underlying ERP for OCD, The American Society for Stereotactic and Functional Neurosurgery Biennial Meeting, Psychiatric Neurosurgery Meeting. Nashville, TN, May 2024
- Clinical considerations for in-person and telehealth psychotherapy for OCD and related conditions, Third Annual Latin American Congress on OCD. Quito, Ecuador, June 2024
- Assessment, training and data quality: Lessons learned from an international consortium for OCD genomics, Third Annual Latin American Congress on OCD. Quito, Ecuador, June 2024

Dr. Nicholas Murphy

- Progress and New Developments in the Use of Neuroimaging Biomarkers in Psychiatric Clinical Trials, Panel, ASCP 2024 Annual Meeting, Miami, FL, May 2024.
- Neurophysiological Applications for Estimating Suicide Risk Reduction in a TMS Clinic, Panel, SOBP 2024 Annual Meeting, Austin, TX, May 2024.
- Outline of EEG Biomarkers for Clinical Trials, Invited Workshop CTN-0132 KMD National Training, UTSW Center for Depression Research and Clinical Care, Dallas, TX, April 2024.

Presentations

Dr. Jennifer Freytag

- Co-Design in Rural Native Veteran Healthcare Navigator Program, Annual Rural Health Conference, New Orleans, LA, May 2024

Drs. Stephanie Day, Jennifer Freytag, Kristen Frosio,

- Improving Care for Rural Native Veterans: Lessons Learned, Panel, Annual Rural Health Conference, New Orleans, LA, May 2024

Drs. Laura Kenyon, Vivian Wang, Lindsey Pershern, Ali Asghar-Ali

- A model for teaching medical students critical organizational and time-management skills in preparation of residency, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Drs. Lindsey Pershern, Sindhu Idicula, Shelley Rote

- Every Patient Has a Story: Elevating Psychological and Social Context for Medical Students, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Drs. Lindsey Pershern, Sindhu Idicula, Jin Han, Julie Williams, Ari Gao

- Beyond the Basics of Feedback – Strategies and Tools of Impact, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Dr. Jin Han, Julie Williams

- Curriculum Innovation: Strategies and Challenges of Integrating Basic and Clinical Sciences into Psychiatry Clerkship, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Dr. Sindhu Idicula

- Grabbing the Trapeze When It Flies to You—Using Mentorship to Advance Your Career, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Drs. Shelley Rote, Vivian Wang, Jin Han

- Shortening Clerkships, Shortchanging Students: Optimizing Our Core Undergraduate Psychiatric Clerkship for the Non-Future Psychiatrist, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Dr. Lindsey Pershern

- Advancing the Success of Psychiatry Residency Advising, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024
- Advances and Opportunities: Supporting Growth and Development with the Association of Directors of Medical Student Education in Psychiatry (ADMSEP), APA Annual Meeting, New York, NY May 2024

Dr. Robert Boland

- Lifelong Learning and ABPN Certification: How to Not Peak as You Finish Training, American Psychiatric Association annual meeting, New York, NY May 2024

Dr. Jin Han

- The Psychiatry Clerkship: A Primer for New(ish) Clerkship Directors, Workshop, ADMSEP Annual Meeting, Pittsburgh, PA, June 2024

Publications

McDeavitt K. (2024). [Prohibition of Gender-Affirming Care as a Form of Child Maltreatment: Reframing the Discussion](#). Pediatrics

Murphy, N., Lijffijt, M., Guzik, A.G., Cervin, M., Clinger, J., Smith, E.E.A., Draper, I., Rast, C., Goodman, W.K., Schneider, S., Storch, E.A. (2024). [Alterations in attentional processing in youth with misophonia: A phenotypical cross-comparison with anxiety patients](#). Journal of Affective Disorders

Kook, M., Yang, M.E., Usua, M., Clinger, J., Schneider, S.C., Berry, L.N., Goin-Kochel, R., Wiese, A.D., Riddle, D., Palo, A., Townsend, A., Goodman, W. K., Storch, E. A., & Guzik, A. G. (2024). [Psychometric Properties of the Children's Yale-Brown Obsessive Compulsive Scale Second Edition in Autistic Youth](#). Journal of Obsessive-Compulsive and Related Disorders

Cho, H.E., Shepherd, W.S., Colombo, G.M., Wiese, A.D., Rork, W.C., Kostick, K.M., Nguyen, D., Members of the BBDS, Murali, C.N., Robinson, M., Schneider, S.C., Qian, J.H., Lee, B., Sutton, V.R., & Storch, E.A. (2024). [Resilience and coping: A qualitative analysis of cognitive and behavioral factors in adults with osteogenesis imperfecta](#). Disability and Rehabilitation.

Hobbs JA, Cowley DS, Crapanzano KA, Soman A, Camp ME, Houston LJ, New AS, Young JQ, Idicula SA, Brown GP, De Golia SG. [Charting the Course for the Future of Psychiatric Residency Education: Guiding Considerations](#). Acad Psychiatry

Ponzini, G. T., Hundt, N. E., Christie, I. C., Chen, P. V., Ecker, A. H., Lindsay, J. A., Teng, E.J., Storch, E.A., Myers, U.S., Roussev, M.S. & Fletcher, T. L. (2024). [A protocol for a randomized controlled trial of exposure and response prevention for veterans with obsessive compulsive disorder](#). Contemporary Clinical Trials

Peña, M. T., Lindsay, J. A., Li, R., Deshmukh, A. A., Swint, J. M., & Morgan, R. O. (2024). [Telemental health use is associated with lower health care spending among Medicare beneficiaries with major depression](#). Medical Care

Smith, A. H., Touchett, H., Chen, P., Fletcher, T., Arney, J., Hogan, J., Wassef, M., Cloitre, M. & Lindsay, J. A. (2024). [Patient Satisfaction With a Coach-Guided, Technology-Based Mental Health Treatment: Qualitative Interview Study and Theme Analysis](#). JMIR Mental Health

Haderlein, T. P., Guzman-Clark, J., Dardashti, N. S., McMahon, N., Duran, E. L., Haun, J. N., Robinson, S.A., Blok, A.C., Cutrona, S.L., Lindsay, J.A., & Hogan, T. P. (2024). [Improving Veteran Engagement with Virtual Care Technologies: a Veterans Health Administration](#)



[State of the Art Conference Research Agenda](#). Journal of General Internal Medicine

Caloudas, A. B., Arredondo, K., Godwin, K. M., Watts, B. V., Croom, T., O'Brien, B., Topor, D. R., Battistone, M. J., Edens, E. L., Singh, M. K., & Horstman, M. J. (2024). [Development of Health Professions Education Competencies for a National Fellowship Program: A Group Consensus Process](#). Academic Medicine, 99(1), 40–46.P

Kosten TR. [Vaccine as Immunotherapies for Substance Use Disorders – Review Article in Special Issue, Substance Use Disorders: Confronting Addiction From Prevention to Recovery](#). American Journal of Psychiatry

Pappagallo M, Kosten TR, Gorodetzky CW, Vocci FJ, Sapienza FL et al. [Letter to the Editor regarding ‘Unique pharmacodynamic properties and low abuse liability of the u-opioid receptor ligand \(S\)-methadone’](#). Molecular Psychiatry

Bigdeli T, Barr P, Rajeevan N, Graham D...Kosten TR.... [Correlates of suicidal behaviors and genetic risk among United States veterans with schizophrenia or bipolar I disorder](#). Molecular Psychiatry

Mesbah, H., Rafique, Z., Moukaddam, N., & Peacock, W. F. (2024). [Predicting aggressive behavior in psychiatric patients in emergency department: a systematic literature review](#). The American Journal of Emergency Medicine.

Pinciotti, C. M., Ponzini, G. T., Hundt, N. E., Fletcher, T. L., Wells, S. Y., Wadsworth, L. P., Van Kirk, N., Abramowitz, J. S., Quinlan, K., Goodman, W. K., & Storch, E. A. (2024). [Approach and barriers to the assessment and treatment of individuals with co-occurring OCD and PTSD: Treatment providers' perspectives](#). Journal of Obsessive-Compulsive and Related Disorders

Del Val C, Díaz de la Guardia-Bolívar E, Zwir I, Mishra PP, Mesa A, Salas R, Poblete GF, de Erasquin G, Raitoharju E, Kähönen M, Raitakari O, Keltikangas-Järvinen L, Lehtimäki T, Cloninger CR.(2024) [Gene expression networks regulated by human personality](#). Molecular Psychiatry

Article: Provenza, N. R., ... Storch, E.A., Goodman, W.K., Sheth, S. A. (2024). [Disruption of neural periodicity predicts clinical response after deep brain stimulation for obsessive-compulsive disorder](#). Nature Medicine.

In the News

[John M. Oldham, MD: A History of Personality Disorder Pathology](#), HCP Live, Dr. John Oldham

[Baylor doctor offers 7 tips for managing stress — and they all begin with “E”](#), Houston Chronicle, Dr. Asim Shah

[Asian Americans Don’t Talk Openly About PPD—And It’s a Problem](#), Expectful, Dr. Rose Yang

[Parents’ unruly sports behavior can affect children’s mental health](#), KSAT, Dr. Lauren Havel

[Emotional Challenges of Mother’s Day](#), Fox26, Dr. Topaz Sampson

[Parents, You Can Ease a Teen’s Stress Around Standardized Tests](#), US News, Dr. Eric Storch

[Drug bust near Medical Center uncovered more than 50 lbs. of fentanyl in an apartment, records show](#), ABC13, Dr. Asim Shah

[Is Your Child Ready for Summer Sleepaway Camp?](#), US News and World Report, Dr. Laurel Williams

Blogs:

[Positivity and Mental Health](#), BCM Blogs, Dr. Kathleen McDeavitt

[“Is There Such a Thing as Too Much Cologne?” A Window Into Frontal Lobe Syndrome](#), Psychiatric Times, Drs. Nidal Moukaddam and Dr. Reza Savafi

[The Confluence of Human Trafficking, Drug Trafficking, Militias, and Substance Use](#), Psychiatric Times, Drs. Nidal Moukaddam and Dania Albaba

[Coping with loss on Mother’s Day and Father’s Day](#), BCM Blogs, Dr. Karen Lawson

[Recognizing the silent symptoms of stress](#), BCM Blogs, Dr. Asim Shah

[How volunteering impacts mental health](#), BCM Blogs, Dr. Asim Shah

[Is your child ready for sleepaway camp?](#), BCM Blogs, Dr. Laurel Williams

[Growing Up Baylor: Dr. James Lomax](#), BCM Blogs, Dr. James Lomax

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