



A Message from the Chair

Holiday Musings

With the holiday season upon us, we have an opportunity to pause, reflect, and refresh. For me, it is also a time to reboot and clear my mental registers in preparation for the second half of the academic year. Celebrating the holidays with friends and family serves as a vivid reminder of what we cherish most and can help restore work-life imbalances.



Each of us must decide what the right balance is and if a course correction is warranted. All of us derive tremendous satisfaction from our work. Not a big surprise given that we all chose a noble profession: caring for people afflicted with mental health disorders. And as academics, we are also dedicated to advancing patient care, both present and future, through research and education. My own formula for work-life balance tips the scales in favor of work, particularly clinical research. Having this option would not be possible without the unwavering support and understanding of my family, particularly my wife, who rarely makes me feel guilty when working on a grant or manuscript.

I thank you for continuing to live out our BCM core values during difficult times abroad and at home. As highlighted by this newsletter, our strong research, clinical practice, and educational programs are testimony to our resilience and successes. Thank you for giving your best.

My wish for you is a happy holiday season gathering with family and friends. I look forward to a rewarding 2024 as we continue to make a difference.

- Wayne K. Goodman, M.D.

Community

Clinic for International Trauma Survivors

Serving International Torture Survivors and Refugees

To see one's dignity is to see another person as a human being worthy of love and safety simply because one breathes. Yet for those living in areas of conflict, where torture and interpersonal trauma are common events, one's humanity often becomes lessened or seems to disappear altogether. As people flee conflict, resettling to other countries seeking refuge and asylum, the trauma of leaving their home country, their belongings, family, and even their career adds to the damage.

At the Clinic for International Trauma Survivors (CITS), led by Dr. Sophia Banu, they are working to restore dignity to refugees and survivors of torture. Started in 2012, Dr. Banu sought to place the first clinic in a location that was easy for refugees to reach, many of whom had no access to cars or public transportation. During that time, Dr. Banu spent much time looking at all aspects of the situation and trying to identify anything that would hamper treatment.

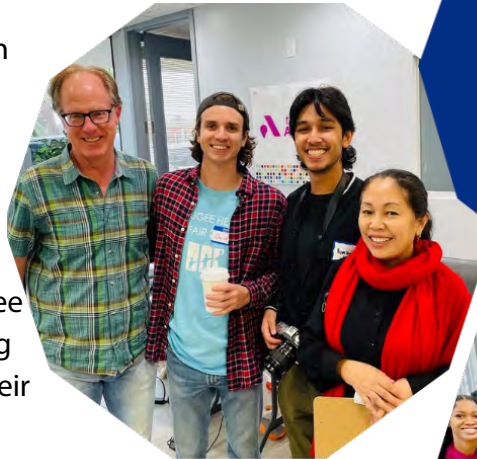
Not only was transportation an early concern, but Dr. Banu also realized that many caseworkers who worked directly with the refugee population to help connect them with services did not recognize the signs of mental health needs. Through months of direct training with case managers and their agencies, the CITS clinic finally started thriving.

Now, almost 12 years later, CITS has a weekly clinic at Ben Taub Hospital Center, El Franco Lee Clinic, and Dr. Banu also runs a weekly clinic at Alliance Wellness Clinic.



Dr. Sophia Banu

Through these clinics, CITS performs psychiatric evaluations, medication management, and supportive therapy and runs



"It takes time. Not everything will be smooth and happen quickly, but if you're patient, it can happen."

- Dr. Sophia Banu



women's groups for diverse cultural populations.

Recently, CITS has expanded

to include men's groups using the "Living Peace Manual," created in the Democratic Republic of Congo (DRC) by the Institute of Superieur du Lac, a Congolese mental health training organization, and Equimondo.

"Good things come out of these clinics we start. Having space for men is really important because they get racially profiled, abused at work, and bullied. Who are they going to talk to?" Dr. Banu stated. "If you give them a space to talk about their frustrations, teach them coping skills, and also have them listen to each other, it goes a long way."

Restoring Dignity

The Clinic of International Trauma Survivors goes beyond clinical psychiatric care. During COVID-19, Dr. Banu started hosting food drives for the refugees, which have continued for older adults, single moms, refugees who have been laid off, those who have difficulty accessing food stamps, and others who cannot easily access stores or food banks.

(continued)

Community

Clinic for International Trauma Survivors (cont.)

Any food provided to refugees meets their cultural needs, including the type of rice or lentils consumed by that culture. Occasionally, some chips and cookies also make their way into donation boxes to bring a little joy to children. These food drives involve high school and college students interacting with refugees worldwide, providing priceless experiences.

Another way refugees and the underserved community are also gifted with dignity is through donations provided to the Alliance Wellness Clinic. Rather than hand refugees a trash bag full of clothing, they are allowed time to shop for free in a room that is set up as a store, which PGY-3 Resident, Dr. Vivian Wang, created with her colleagues as a medical student. Allowing refugees to make their own choices helps them start afresh while providing dignity.

"You can be culturally confident if you see a documentary or read a book, but cultural humility comes from the person sitting in front of you," Dr. Banu stated as she described how CITS meets the needs of diverse cultures while also helping to restore the dignity that has been stolen from them.

CITS trains 3rd and 4th-year Psychiatry residents, Child and Adolescent Psychiatry Fellows, and medical students who are passionate about making this world a better place.

On Nov 11th, 2023, CITS held its 12th annual Refugee Health fair; this spring, the 7th Annual Refugee Mental Health and Wellness Conference will take place.



Honors and Awards

Dr. Anthony Zoghbi Receives \$5 Million From Valour Foundation for Cognitive Impairment Research

A 5 million dollar donation from The Valour Foundation will go toward aiding Dr. Anthony Zoghbi and his lab as they work to unlock mysteries behind unusual forms of neuropsychiatric disorders. In his study, Solving the Unsolvable: Diagnosing and Treating Reversible Causes of Unexplained Dementia and Cognitive Impairment, Dr. Zoghbi aims to identify a possible autoimmune cause in patients presenting with rapid atypical cognitive decline and unusual symptom onset patterns.



Dr. Anthony Zoghbi

Through this study, Dr. Zoghbi not only hopes to identify individuals who have been misdiagnosed with primary neurodegenerative or psychiatric disorders who are suffering from potentially curable conditions but also identify biomarkers that can be screened for neuropsychiatric disorders such as schizophrenia and treatment-resistant forms of neuropsychiatric disorders including dementia, epilepsy, depression, OCD, and tic disorders. This study will occur at Ben Taub, Harris Health, Texas Children's Hospital, and other Baylor College of Medicine affiliates.

Thank you to The Valour Foundation for this generous gift including Drs. Beth and Stuart Yudofsky and Peter Goddard.

Dr. Stuart Yudofsky served as Chairman and the Beth K. and Stuart C. Yudofsky Presidential Chair in Neuropsychiatry of the Menninger Department of Psychiatry and Behavioral Sciences for almost 25 years.



New Grant Funded Project Address Youth Suicidality in Houston

by: Hector Pina Ibarra

The City of Houston Mayor's Office of Education, in partnership with Baylor College of Medicine, has been awarded a four-million, four-year grant, by the federal agency Substance Abuse and Mental Health Services Administration (SAMHSA).

This grant, titled "The Next Day Project (NDP)," underscores our commitment to combat the troubling escalation of youth suicide within the Greater Houston Area. Guided by Baylor College of Medicine, the NDP aims to fortify our community's clinical capacity, fostering comprehensive care management and collaborative treatment planning. Key partners include prominent institutions such as Menninger Clinic, Texas Children's Hospital, Mental Health America of Greater Houston, National Alliance on Mental Health Illness of Greater Houston, and state-funded programs such as the Texas Child Health Access Thru Telemedicine (TCHAT) and the Texas Child Psychiatry Access Network (CPAN).

The project is named the Next Day Project (NDP) because this is the critical gap for vulnerable youth who are struggling with suicidal ideation and behaviors. The NDP has been strategically designed to implement a robust framework composed of vigilant detection, thorough assessment, diligent monitoring, proficient referral, and tailored treatment protocols grounded in evidence-based,

trauma-informed practices. Over the envisioned four-year trajectory, the NDP is aimed to make a tangible impact by screening 40,000 youths, extending mental health services to 5,000 youths and families, providing 400 consultations to primary care providers, and delivering specialized training on suicide prevention to 420 mental health practitioners and school counselors. Principal investigators of this initiative include Drs. Laurel L. Williams, Eric A. Storch, Kirti Saxena, and Karin L. Price.

Baylor College of Medicine along with its partner organizations are committed to making a lasting difference in the lives of our youth and the Greater Houston community at large.

Department Leadership Visit New BCM Temple Campus

Forty students comprise the inaugural class of medical students at Baylor College of Medicine's new regional location in Temple, Texas. With 92% of students coming from the state of Texas, this location further reinforces the institution's mission to serve the state while also helping to address the shortage of caregivers in Texas. After completing didactic training, students will begin clinical rotations at the Baylor Scott & White Health campus and the Central Texas Veterans Health Care System in Temple.

Recently, Chairman Dr. Wayne Goodman and Vice-chair of Education, Dr. Kim-Lan Czelusta, of the Menninger Department of Psychiatry and Behavioral Sciences traveled to Temple with other BCM chairs and vice chairs of education. While there they were able to meet with the psychiatry chair of the Temple campus, Dr. Radha K. Kambhampati.



Drs. Kim-Lan Czelusta, Radha Kambhampati, and Wayne Goodman

Honors and Awards



Dr. Nidal Moukaddam (right)

Dr. Nidal Moukaddam represented the National Arab-American Medical Association (NAAMA) at the reception to honor the Lebanese Minister Of Health, Dr. Firas Abiad, held at the Arab-American Cultural Center. This reception was co-organized by NAAMA, the American-Lebanese Cultural Association and the Heath Outreach for Middle East (HOME).



PGY-4 Resident, Dr. Datonye Charles, M.D. awarded 5th annual Austen Riggs Award for Excellence in Psychotherapy

PGY-3 Resident, Dr. Funso Oladunjoye, received the AACAP Award for the AACAP Educational Outreach Program for General Psychiatry Residents and was also awarded 1 year position as Associate Editor of the American Journal of Psychiatry residents' Journal



Researcher Spotlight

Jennifer Gatchel, M.D., Ph.D.

Education:

M.D.; Ph.D., Baylor College Of Medicine
Residency, Massachusetts General Hospital
Fellowship, Massachusetts General Hospital

American Board Certifications:

Geriatric Psychiatry, American Board of Psychiatry and Neurology
Psychiatry, American Board of Psychiatry and Neurology



Dr. Gatchel's research at Baylor College of Medicine and Michael E. DeBakey VA focuses on continuing her previous studies initiated at Harvard, understanding depression and other neuropsychic symptoms in the prodromal stages of dementia while expanding studies to include the rich racial and cultural diversity found in civilian and veteran populations of Houston. Currently, Dr. Gatchel is studying the effects of Alzheimer's Disease associated proteins amyloid and tau to determine if persistent depression throughout aging confers risks for Alzheimer's disease and other dementias through an increased accumulation of disease proteins. This work is leading to further research to determine if individuals are more susceptible to developing rapid cognitive decline or more significant behavioral symptoms due to the presence of amyloid and tau.

A recent finding showing phosphor-related tau blood tests correlate with detecting amyloid beta plaques and tau protein in the brain on PET scans could potentially expand the reach of individuals available to be screened for early stages of neurodegenerative disease without undergoing expensive PET imaging procedures.

Since returning to BCM, Dr. Gatchel has been working towards developing a comprehensive cohort of collaborators at BCM including, Drs. Ricardo Jorge, Laura Marsh, Mark Kunik, Josh Shulman, Henry Heisey, Christine Rizk, Dr. Joshua Hamer and Dr. Stephanie Leal from Rice.

Who has impacted your career the most?

"Probably, Dr. Huda Zoghbi, who was one of my original Ph.D. mentors here at Baylor, along with Reisa Sperling, M.D., who's been one of my mentors in the research group at Harvard, to see how she integrates clinical trials with studies. Plus, my dad, who's a clinical psychologist and had a career in research related to chronic pain and understanding the psychological consequences of that."

2023 RESEARCH 2024 FUNDING

Information compiled by Duff Dean

\$100
Thousand
Internal

\$5.1
Million
Foundation

\$770
Thousand
State

\$2.7
Million
Federal

\$8.7
Million
Total Awarded
FY23 & FY24
(to date)

Fiscal Year 2023

Awards submitted and funded in 2023

Dr. Mark Kunik received a \$197,000, 5-year NIH UH3 subaward from University of Houston, funded from the NIH for a study entitled, "A Precision Engagement Approach with Hispanics/Latinos for Alzheimer's Disease Research: ECHAR-PE"

Dr. Michelle Patriquin received a \$12,000, 1-Year. NIH SBIR grant award, along with Innate VR, Inc. to conduct a study entitled, "Modular Virtual Reality Therapeutic for Opioid and Stimulant Use Disorders"

Dr. Alan Sheinfil received a \$50K NIH K Award to pursue a study entitled, "Addressing Comorbid Alcohol Use"

Drs. Sanjay Mathews and Nicolas Murphy received a \$440,000, 2-year, NIH R21 award to pursue a study entitled, "Gamma Oscillations as a Prognostic Marker for Ketamine Therapy in Treatment Resistant Depression".

Dr. Nidal Moukaddam received a \$449,000, 4-year, NIH R01 subaward from Rice University to pursue a study entitled, "Multidimensional Data Science Approach: Measuring and Characterizing Craving and Affective Profiles in Substance Use Disorders".

Dr. Ogechi Onyeka received a \$193,000, 2-year. NIH R01 supplement award to pursue a study entitled, "Utilizing Community-Based Participatory Action Research Approaches to Inform Equitable ICD Genetics Research in Diverse Populations".

Dr. Eric Storch received a \$377,000, 3-year NIH R01 supplement award to pursue a study entitled, "The Ancestral Populations Network Phenotypic Harmonization Working Group Supplement: LATINO Study".

Dr. Nidal Moukaddam received a \$1,000,000, 1-Year SAMSHA H79 award to pursue a study entitled, "Substance use disorder services and treatment for people experiencing homelessness".

Dr. Dorina Papageorgiou received a \$50,000, 1-year award from the Duncan Cancer Center to pursue a study entitled, "Individualized MRI neuromodulation applied to breast cancer patients following lymph node dissection for the treatment of neuropathic pain".

Fiscal Year 2024

Awards submitted and funded in 2024

Dr. Alexandra Ngo received a \$68,000, 1-year award, from AAAP to pursue a study entitled, "Recognizing and Eliminating Disparities in Addiction through Culturally Informed Healthcare".

Dr. Anthony Zoghbi received a \$5,000,000, 5-year award from the Valour Foundation to pursue a study entitled, "Solving the Unsolvables: Diagnosing and Treating Reversible Causes of Unexplained Dementia and Cognitive Impairment".

Dr. Amanda Tamman received a \$107,000, 1-year award from the American Foundation of Suicide Prevention to pursue a study entitled, "Psilocybin Assisted Therapy for Suicidal Thoughts and Behaviors in PTSD: A Pilot Study".

Dr. Laurel Williams has received a \$701,000, 4-year SAMHSA H79 award for a study entitled, "The Next Day Project".

Global Mental Health Project Receives NIMH Funding

Dr. Eric Storch had a three-year grant funded from National Institute Mental Health (NIMH) to collect harmonized measures across several global mental health genetics projects to enhance rigor and reproducibility. More specifically, constructs of anhedonia, cognition, obsessive-compulsive symptoms, suicidality, and discrimination/stigma will be collected across an estimated 27,500 individuals representing



Dr. Eric Storch

Asian, Latin American, and African ancestries spanning over 15 countries. Collaborating BCM investigators include Drs. Stacey Pereira, Wayne Goodman, Andy Wiese, Anthony Zoghbi, Elizabeth Atkinson, Peter Boedeker, and Amy McGuire.

This project actualizes a primary goal of the Ancestral Populations Network (APN; PAR-20-026 and PAR-20-027) of the NIMH, namely to facilitate measurement and data analytic harmonization efforts across APN members to enhance rigor and reproducibility and generate a resource for network members and the scientific community. Through a consensus process of APN members, measures of anhedonia, cognition, obsessive-compulsive symptoms, and suicidality were selected for harmonization across ongoing studies. These harmonized measures will be collected across individuals representing Asian, Latin American, and African ancestries spanning over 15 countries.

TMS and rTMS Machines: Utilizing Alternative Treatments in the Clinical and Research Setting



Although the Menninger Department of Psychiatry and Behavioral Health Sciences at Baylor College of Medicine is spread throughout multiple affiliate sites that encompass a diverse population, its commitment to utilizing alternative treatment options to provide excellent care to the Houston community remains strong.

One way that commitment remains true is by using TMS (Transcranial Magnetic Stimulation) and rTMS (Repetitive Transcranial Magnetic Stimulation) machines, which use magnetic fields to stimulate nerves in the brain. While most TMS and rTMS devices are similar and vary slightly due to mechanisms such as navigation, coil design, and cooling systems, BCM faculty are currently using them in two distinct ways.

Clinical Use – Baylor Psychiatry Clinic

At the Baylor Psychiatry Clinic, a BrainsWay TMS Machine is currently being used to provide an alternative treatment for OCD and Depression symptoms for those who have experienced unpleasant side effects from medication or who haven't had success with medication in the past.

TMS offers a different modality of treatment for OCD and depression that targets both disorders using another mechanism than a traditional medication route. The goal of TMS is to see a reduction in the severity of their symptoms without undergoing

invasive procedures or inpatient stays.

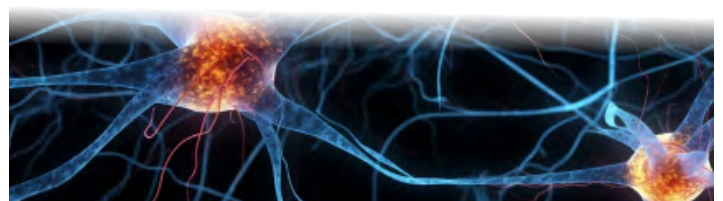
Due to the nature of TMS treatment, people can continue working and maintain their day-to-day activities while receiving treatment. Dr. Shirali Patel described the benefit to patients seeking treatment at Baylor Psychiatry Clinic, "I think it provides an alternative form of treatment that expands the options available to patients to receive treatment for their depression or their OCD. It's a great thing because otherwise, it can feel limiting to just have access to medications. This allows us to expand what we're able to provide to patients to help them recover."

Research Use – Michael E. DeBakey VA Medical Center

Meanwhile, researchers at the VA are utilizing a rTMS MagVenture device combined with transcranial direct current stimulation to try to target neuropsychiatric symptoms in older adults, specifically apathy, depression, and mild agitation in veterans with dementia.

These behavioral symptoms are common throughout dementia syndromes and currently have few treatment options. Drs. Ricardo Jorge and Jennifer Gatchel have developed an approach to use non-invasive brain stimulation to target these symptoms using an rTMS machine in a clinic or treatment setting while also utilizing a portable transcranial direct current stimulation device to sustain the benefits of TMS within a care facility or even possibly, at home.

Due to the quick nature of this protocol, with each treatment only requiring 1-2 minutes, this treatment could be well tolerated and beneficial to older adults, even those who experience agitation and confusion.



Research

TMS and rTMS Machines: Utilizing Alternative Treatments in the Clinical and Research Setting (cont.)

“Our first step in the study is demonstrating safety and feasibility,” Dr. Gatchel said. “Can we identify patients who are appropriate for treatment in the extended care center in the VA? Can we monitor them for behavioral symptoms? Can we safely deliver this treatment without any adverse side effects? Then, is it feasible? How is it tolerated by the patient and care staff?”

Hopefully, one day, research into the use of TMS to treat dementia will evolve into a treatment protocol to be implemented by clinics, such as the Baylor Psychiatry Clinic, throughout the country.



TRACTS Research Program at the VA Renewed for 5 Years

Founded in Boston in 2008 before incorporating Michael E. DeBakey Veteran Medical Center in Houston into the project in 2015, the Translational Center for TBI and Stress Disorders (TRACTS) is a multidisciplinary brain injury research team. Their research, led by Dr. Ricardo Jorge in Houston, focuses on understanding the effects of multiple repetitive traumatic brain injuries and developing preventative strategies to protect brain health.

While TRACTS research has similar parallels to the studies researching the effects of brain injuries on football players and other high-impact sports athletes, TRACTS focuses on the younger Veteran population of recent conflicts from Operation Enduring Freedom

Faculty



Harris Health Psychiatry Department's Faculty Retreat

This annual retreat of Baylor College of Medicine faculty psychiatrists and psychologists working within the Harris Health System inspires team building, enhances engagement and communication, and provides essential feedback to department leaders.

(OEF), Operation Iraqi Freedom (OIF) and Operation New Dawn (OND).

Through this long-term research, Dr. Jorge and his associate, Dr. Melissa Jones, hope to determine the effects of repeated TBIs in the clinical course of the treatment of veterans, where comorbidities such as PTSD and mood disorders are prevalent. These patients are critical to determining the effects of chronic



Dr. Ricardo Jorge



Dr. Melissa Jones

TBI and Chronic traumatic incidents but also build the framework to develop better intervention and treatment options. Recently, they have also started studying the changes in growth hormones or hormonal deficiencies in patients with TBI's.

Approximately 1,000 patients have been treated over the project's life, with re-evaluation one year and five years after the initial evaluation. The TRACTS Houston-based program has recently been renewed for another five years.

Toi Harris, M.D.



Senior Vice President, Chief Equity,
Diversity & Inclusion Officer at
Memorial Hermann Health System

Executive Director of the Memorial
Hermann Institute for Advancing
Health Equity

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

"Diversity in medicine is essential for advancing the field and providing the best possible care for patients. I think it's important that we start early, inspiring individuals of all backgrounds to pursue a career in medicine. Access to mentorship and sponsorship were key in my professional journey. My exposure to medical programs in middle and high school confirmed my interest and was instrumental in my career journey."

How has psychiatry changed or stayed the same since you completed your residency?

During my residency and fellowship training, our curricula emphasized both the pharmacological and non-pharmacological aspects of psychiatric care. Over time, these advances have continued, and technology is also now more prominent. Psychiatry also helped to lead health care in conceptualizing the role of culture and the impacts of what we now describe as non-medical drivers, or the social determinants of health, on outcomes.

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

Having the opportunity to train in the largest medical center in the world with diversity in both patient populations and clinical sites positioned me to practice in a variety of settings. My work has taken me from rural community health to academic health systems, and I have felt equipped to provide care (psychopharmacological and therapy) for child and adolescent patients, as well as adults, because of my training.



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

When I returned to Baylor as a faculty member, being promoted to professor with tenure has been a high point of my career. It took several years to accomplish, and I view the achievement as one that required teamwork and the mentorship and sponsorship of many—too many to mention, though I want to give a special shoutout to the faculty and

peers who mentored us in the Texas Regional Psychiatry Mentor Network. The true gift was that I had a chance to celebrate the promotion with some of my mentors and sponsors.

Training the Next Generation of Trauma-Focused Treatment Providers

How an expanded training track is meeting the needs of Houston community members with histories of trauma.



A history of trauma confers a much higher risk of developing psychopathology, including PTSD, Major Depressive Disorder, and Obsessive Compulsive Disorder. Not only do people have an increased risk of psychopathology and associated comorbidities after experiencing trauma, they're also at higher risk for developing other medical conditions and have a higher mortality rate.

Currently, FDA-approved medications for treating PTSD are limited and are not always as helpful in treating symptoms of trauma as evidence-based psychotherapy. In many places, including Houston, there is a lack of options for trauma-focused care. Where can you go to receive care if you have trauma or Post Traumatic Stress Disorder (PTSD) and are not a veteran?

According to the U.S. Department of Veterans Affairs National Center for PTSD, 7% of veterans will have PTSD in their lifetime. The civilian rates of PTSD within their lifetime come extremely close at 6%, with women often experiencing higher rates than men. Yet, the presence of PTSD and trauma is still primarily considered by the population at large to affect only military and first responders.

Expanding an existing Mood Disorders training track to include



Dr. Katharine Wojcik

evidence-based trauma-focused care, Baylor College of Medicine's Psychiatry and Behavioral Sciences Department has recently made BCM one of the few psychology internship programs to address this issue.

Psychology Track: Mood and Trauma-Related Disorders

Based at the Baylor Psychiatry Clinic and supervised by Dr. Brittany O'Brien and Dr. Katharine Wojcik, this track continues to educate about mood-related disorders but also adds clinical training and research opportunities in the field of trauma.

Drs. O'Brien and Wojcik saw the need for this type of training and care based on the extensive waitlist of people needing services because of trauma-related symptoms. Due to significant trauma histories, they felt that it only made sense to reach out and start offering training and experience to people who wanted it.

"Particularly in the population we see here in Houston, there is a high rate of trauma," Dr. Wojcik stated.

The first step was creating a training track to equip qualified providers to provide good, evidence-based care. In the future, the hope is to utilize specialists in trauma to assist the Baylor Psychiatry Clinic in creating a larger resource for the community to seek care.



Dr. Brittany O'Brien

"It's a really wonderful sign that the dept has been so supportive of trying to create a trauma-focused track that right now does overlap with mood. Mood disorders are highly comorbid with trauma. By focusing our training on not just mood disorders but on trauma-related disorders as well, we're much able to provide patient-centered care specific to these patient's needs rather than only

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Education

Training the Next Generation (cont.)

attack half of the problem.”, Dr. O’Brien stated before adding, “We’re training the next generation of clinical psychologists in trauma-focused treatment.”

Interns will also have research opportunities through the Mood and Anxiety Disorders Program as well as through the Emerge Research Program for Stress, Trauma, Depression, and Suicidality led by Drs. Lynette Averill and Chadi Abdallah.

The Menninger Department of Psychiatry and Behavioral Sciences continues to evolve to meet the needs of the Houston community through expanding training opportunities. The department has also recently added a Law Enforcement and First Responders Track held at the Harris County Sheriff’s Office in the Behavioral Health Division led by Dr. Thomas McNeese and Jessica Walters.

Honors and Awards

Menninger Doctors Receive Honorable Appointments

Dr. Michelle Patriquin, PhD, ABPP, director of Research and a senior psychologist at Menninger, as well as an associate professor in the Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine, has been appointed to serve on the Board of Directors for the Anxiety and Depression Association of America (ADAA).



Dr. Michelle Patriquin

Dr. Hilary Sherry, PhD, ABPP, program director of the Adult Division at Menninger, as well as an assistant professor in Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine, has been appointed to the American Board of Professional Psychology Ethics Committee. Both will start their appointment in January 2024.



Dr. Hilary Sherry

The New Faces In Psychiatry



Keri Bayley, Ph.D.
Instructor / Asst. Professor
Psych Research/MEDVAMC



Adeeb Masood, M.D.
Assistant Professor
Ben Taub / Harris Health

Not pictured:

Nina Ali, M.D.
Assistant Professor
TCH

Kimberly Cuddy, Psy.D.
Assistant Professor
MEDVAMC

Mark Tucker, Ph.D.
Assistant Professor
MEDVAMC

Raj Kaur, M.D.
Assistant Professor
TCH

Mahendra Upadhyay, M.D.
Assistant Professor
MEDVAMC



Grecia Zamora, M.D.
Assistant Professor
TCH

Maribel Plasencia, Ph.D.
Assistant Professor
MEDVAMC

Jessica Walsh, Ph.D.
Assistant Professor
MEDVAMC



Jenny Lee, M.D.
Assistant Professor
TCH

Joyce Rickenbrode, Psy.D.
Assistant Professor
MEDVAMC

Irina Zilberfayn, Ph.D.
Assistant Professor
MEDVAMC



Saba Masood, Ph.D.
Assistant Professor
Ben Taub / Harris Health

Justin Schechter, M.D.
Assistant Professor
MEDVAMC



Juinell Williams, Ph.D.
Assistant Professor
MEDVAMC

Dawn Johnson, Ph.D.
Assistant Professor
MEDVAMC

Community

Leading the Walk Towards a Greater Impact for the Houston Community

How Dr. Mark Kunik has inspired change through his involvement with The Walk to End Alzheimer's

As a geriatric psychiatrist, Dr. Mark Kunik has devoted much of his life's work to research and clinical care of patients with Alzheimer's and dementia. "In taking care of those with dementia and their caregivers, there's no way we can do enough for them in the medical setting. They need a lot of resources from their families, communities, and social service agencies."

One of those agencies that Dr. Kunik sought many years ago to build a better relationship with was the Alzheimer's Association. Starting with a position in their speaker's bureau before joining their board, Dr. Kunik built a solid foundation that provided better patient resources and enabled him to serve the Houston community better.

Through serving on the board, Dr. Kunik began participating in one of the Alzheimer's Association's annual fundraising campaigns, The Walk to End Alzheimer's, through a small team he formed with our department and his research group at Michael E. DeBakey VA Medical Center. Approximately ten years ago, Dr. Kunik began expanding his team to people

outside our department through a new strategy that has helped Dr. Kunik and Baylor College of Medicine grow their involvement exponentially.



Dr. Mark Kunik (right) at this year's Walk to End Alzheimer's

Using Dr. Kunik's new model, teams were formed for each department and research center across the College, utilizing familiar leaders

and work relationships to encourage participation, but united as a single team under the Baylor College of Medicine Umbrella. Through this system, which the national Alzheimer's Association now showcases, the Baylor College of Medicine team grew from 20 walkers the first year to 350 walkers this year at the annual event in Houston on November 4th.

"Finding 34 co-champions, or co-leaders, has been a secret weapon," Dr. Kunik said when describing how different departments uniting together under the BCM umbrella has impacted the Walk to End Alzheimer's.

Not only has Baylor College of Medicine become the top fundraiser for the Walk to End Alzheimer's this year with over \$128,000 in donations, but Dr. Kunik also exceeded his personal goal by 251%, raising \$75,218.

Stepping Into a New Path

Dr. Kunik is currently serving in his second year as the chair of The Walk to End Alzheimer's Houston. With another successful year almost under his belt, 2023 saw 7,000 walk participants and is currently just \$150,000 short of their year-end goal of 1 million dollars. Yet, all good things must come to an end. Dr. Kunik will not be returning as the walk chair next year.

"Overall, I feel very satisfied with my effort and the results of my effort. I'm especially proud of Baylor

(Continued)



Walk to End Alzheimer's 2023

Community

Leading the Walk (cont.)

College of Medicine because I think it makes a difference to our community to see BCM having the largest team in the Alzheimer's Walk to End Alzheimer's," Dr. Kunik said.

Dr. Kunik plans to take what he's learned in his time of leadership at the Walk to End Alzheimer's and apply it to other community organizations. He calls on others within Baylor College of Medicine to join him to reach deep within the Houston community. "I'd like to see a long line of successors leading community efforts with all kinds of wonderful, great Houston non-profits."

"I do hope that this is a model for others at Baylor to take on leadership roles. There's so many other agencies like the Alzheimer's association where we could, and I argue should, share some of the leadership we have at Baylor with leadership within these community organizations."

Dr. Mark Kunik

5th Annual TX Psychiatry Chief Residents Retreat

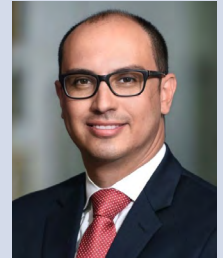


Drs. Dania Albaba, Matthew Stephens, Lindsey Pershern, Kim-Lan Czelusta, and Datonye Charles

Vice Chair for Education, Dr. Kim-Lan Czelusta, hosted the annual leadership retreat with General Psychiatry Residency Director, Dr. Lindsey Pershern, as one of the presenters. The event brought resident leaders across the state together to foster relationships, share ideas and finetune leadership skills.

Reaching Minoritized Communities with Important Mental Health Information

The existence of stigmas surrounding mental health care is well known and is something that many within the mental health care community fight against daily. However, for minoritized populations, the stigmas become even more harmful. Drs. Andres Avellaneda Ojeda and Patel Ronak are reaching out to the Hispanic community via radio and television interviews to teach about the benefits of mental health care and share available resources.



Dr. Avellaneda Ojeda

Dr. Avellaneda Ojeda described the barriers that prevent many in the Hispanic community from receiving healthcare as being strong stigmas against maintenance care after necessary acute care has ended, as well as language barriers that prevent people from trying to get help.



Dr. Ronak Patel

One of the lesser-known things that he encounters is a fear within the Hispanic community that using the Harris County Gold Card or other available social services for mental health care could impact their residency or ability to apply for citizenship in the future.

Dr. Patel has also been discussing the extremely important topics of addiction and suicide prevention during radio interviews reaching the Hispanic community.

TV and radio interviews on stations and platforms such as Univision, La Salud de la Comunidad, and Telemundo play an important role in breaking down walls and dispelling rumors within minoritized communities while also informing people of care options and available resources.



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Presentations

Dr. Thomas Kosten

- Opioid Use Disorder: The Challenge of Fentanyl and Promise of Vaccines. Keynote Speaker. 17th National Conference on Drug Dependence and International Symposium on Psychiatric Diseases. National Institute on Drug Dependence. Virtual Presentation. Peking University, Zhuhai City, Guangdong Province, China. June 30th-July 2nd, 2023.
- Opioid Use Disorder: Current Challenges and Progress in Vaccine Development. University of Texas Southwestern Medical School, Grand Rounds Virtual Presentation, Dallas, TX. October 4, 2023.
- Opioid Use Disorder: Past Lessons and Future Directions. University of North Texas Health Science Center. Grand Rounds Virtual Presentation, Fort Worth, TX, October 17, 2023.

Dr. Roberto D. Sanchez

- Human Trafficking & Substance Use Disorders: Recognition and Evaluation. VA National Mental Health & Suicide Prevention ECHO. Virtual presentation. November, 2023.

Dr. Dorina Papageorgiou

- Individualized fMRI neuromodulation for memory impairment. Cross- Disciplinary Alzheimer's Disease Research Symposium. Co-presenter. September 2023. Houston, TX.
- Individualized Neuromodulation Improves Visual Perception in a Cortically Blind Patient: A Treatment That Can Be Applied to Optic Glioma Patients. Poster presented at: 2023 Innovations in Cancer Prevention and Research Conference. October 2023, Galveston, TX.
- Individualized MRI Neuromodulation Enhances Visual Perception Targeted Towards The Rehabilitation of Cortical Blindness in Optic Glioma Patients. Poster presented at: 2023 Innovations in Cancer Prevention and Research Conference. October 2023, Galveston, TX.
- Amelioration of Lower Cranial Neuropathy Symptoms Via Individualized MRI-Neuromodulation Targeted for Radiation-Induced Cranial Neuropathy Treatment. Poster presented at: 2023 Innovations in Cancer Prevention and Research Conference. October 2023, Galveston, TX.

Dr. Nidal Moukaddam

- Principles of Opioid Use Disorder Treatment. University of Oklahoma- Department of Psychiatry Grand Rounds. September 2023.

Dr. Dania Albaba

- Captagon, Crystal meth, and Opioids: The new Epidemic in the Middle East with Drs. Maya El-Bizri, Dania Albaba, & Caroline Rose. MedGlobal Annual Conference. November 2023, Chicago, Illinois.

- 2023 Turkey-Syria Earthquakes: A Qualitative Assessment of Factors Influencing Post-Disaster Mental Health Training Success Association of Academic Psychiatry. September, 2023. Vancouver.

Dr. Robert Boland

- Increasing Connectivity in the Academic Collective: Nurturing Networking Skills for Your Career Voyage. Association of Academic Psychiatry. September, 2023. Vancouver.
- Major Depressive Disorder in Medical Illness: Embracing the Complexity. McGovern Medical School, University of Texas at Houston. Grand Rounds. October, 2023. Houston, TX.

Drs. Shankar M. Nandakumar, Vinh-Son Nguyen, Hira Hanif, Jeffrey Khan, George Nadaban,

- Balancing Resident Training – Early Exposure to Forensic Psychiatry. Poster presented at: American Academy of Psychiatry and the Law 54th Annual Meeting, October 2023, Chicago, IL.

Drs. Jeffery Khan, Edward Poa

- When They Go Low, We'll Go High: Responding to Unethical Behavior. American Academy of Psychiatry and the Law 54th Annual Meeting, October 2023, Chicago, IL.

Drs. Kim-Lan Czeslusz, James Lomax, Kerala Saugh

- The Role of Cultural Humility on Professionalism. Academy for Professionalism in Health Care Virtual Conference, November, 2023, Virtual.

Dr. Asim Shah

- Keynote Presentation. NAMI Texas 2023 Conference, November 2023, Houston, TX.
- How the "Deinstitutionalization" of Mental Hospitals in the 20th Century Led to the Homelessness Epidemic of the 21st Century. The Houston Seminar, November 2023, Houston, TX.

Drs. Kim-Lan Czelusta, Lindsey Pershern

- Effective Skills for Mentoring Women in Academic Medicine. Academy of Academic Psychiatrists Annual Meeting, Vancouver, BC, September 8, 2023.

Drs. Ali Asghar-Ali, Abdulla Ben Ammer, Joshua Hamer, Jennifer Bryan

- Two Sides of the Same Coin: Cultural Humility and Addressing Microaggressions and Discriminatory Requests. Academy of Academic Psychiatrists Annual Meeting, Vancouver, BC, September 8, 2023.

Publications

Truong, Thanh Thuy, Benjamin Li, Daryl Shorter, Nidal Moukaddam, and Thomas R. Kosten, eds. *Pharmacotherapy for Complex Substance Use Disorders: A Practical Guide*. American Psychiatric Pub, (2024).

Wiese, A.D., Stiede, J.T., Greenberg, R.L., Riddle, D.B., Pinciotti, C.M., Guzick, A.G., Goodman, W.K., & Storch E.A. (2023). When and for whom to pick in-person or telehealth delivery of habit reversal training for body focused repetitive behaviors: An assessment of provider perceptions. *Cognitive Therapy and Research*

Salloum, A., Lu, Y., Echiverri-Cohen, A., Metts, A.V. Salomon, K. Chen, H. & Storch, E.A. (in press). The roles of therapeutic alliance and negative cognitions in parent-led treatment versus standard care therapy for posttraumatic stress. *Child and Youth Care Forum*.

Smarason, O., Boedeker, P.J., Guzick, A.G., Tendler, A., Sheth, S.A., Goodman, W.K., & Storch, E.A. (in press). The relationship of obsessive-compulsive and depressive symptoms during deep transcranial magnetic stimulation for obsessive-compulsive disorder. *Journal of Affective Disorders*.

Stiede, J.T., Spencer, S.D., Onyeka, O., Mangen, K.H., Church, M.J., Goodman, W.K., & Storch, E.A. (in press). Obsessive-compulsive disorder in children and adolescents. *Annual Review of Clinical Psychology*.

Smarason, O., Guzick, A.G., Goodman, W.K., Salloum, A., & Storch, E.A. (in press). Predictors and moderators of treatment outcomes for anxious children randomized to computer assisted cognitive behavioral therapy or standard community care. *Journal of Child and Adolescent Psychopharmacology*.



Westheimer, J. L., Moukaddam, N., Lindsay, J. A., Sabharwal, A., Najafi, B., Iacobelli, P. A., ... & Patriquin, M. A. (2023). Technology Implementation for Mental Health End Users: A Model to Guide Digital Transformation for Inpatient Mental Health Professionals. *JMIR Mental Health*, 10(1), e40429.

Moukaddam, Nidal, Bishal Lamichhane, Ramiro Salas, Wayne Goodman, and Ashutosh Sabharwal. "Modeling suicidality with multimodal impulsivity characterization in participants with mental health disorder." *Behavioural neurology* 2023 (2023).

Altai, Tabark, and Nidal Moukaddam. "Neurobiology of Addiction and Principles of Pharmacology." *Pharmacotherapy for Complex Substance Use Disorders: A Practical Guide* (2023):31.

Li Z, Yang M, Deng C, Cui H...Kosten TR...Zhang, X. Dynamic functional thalamocortical dysconnectivity in schizophrenia correlates to antipsychotics response. *Nature journal: Schizophrenia*, 9, 40. July 4, 2023. <https://doi.org/10.1038/s41537-023-00371-y>.

Sizhen S, Zhao Y, Zeng N, Liu X...Kosten TR... *Epidemiology, Clinical Presentation, Pathophysiology, and Management of Long COVID: An Update. Nature: Molecular Psychiatry*. July 25, 2023. <https://doi.org/10.1038/s41380-023-02171-3>.

Ikekwe, J., Eiger, R., Heward, B., Longcoy, J., Okobi, O. E., Oladunjoye, A. F., ... & Jegede, O. (September 2023). Opioid use disorder amongst young people living with HIV: A 10-year trend. *Psychiatry Research Communications*, 100140.

In the News

[La Salud De La Comunidad](#), Radio Crecen 9/28/23, Dr. Ronak Patel

[Top Psychiatrists in Houston](#), Houstonia 10/2/23. Drs. Asim Shah, Ribas Roca, Jeffery Khan

[As Suicides Increase, a Harris Health Expert Calls for More Education on Post Pandemic Effects](#), The Katy News 10/18/23, Dr. Asim Shah.

[Tips on how to deal with difficult family dynamics and conversations during the holidays](#), ABC13 11/14/23, Dr. Andres Ojeda.

[Holiday Travel Sends Stress Levels Sky High: Here's Tips to Cope](#), US News and World Report, 11/21/23, Dr. Asim Shah.

Blogs:

[The Benefits of Family Mealtime](#), 10/18/23, Dr. Laurel Williams.

[The Thrill of Scary Movies and Haunted Houses, 10/31/23, Dr. Eric Storch.](#)

[Knock the rust off your social skills after pandemic setbacks](#), 11/13/23, Dr. Eric Storch.

[Managing Holiday Travel Stress](#), 11/20/23, Dr. Asim Shah

Podcasts:

[Mind Dive: Frontline Insights on Global Mental Health](#), 9/11/23

[Mind Dive: Perinatal Mental Health Among AAPI Moms](#) 9/25/23, Dr. Rose Yang, Dr. Nausheen Noor

Mind Dive: Religion, [Spirituality, Sexism and Mental Health](#), 11/6/23, Dr. Kerry Horrell

[Mind Dive: Personality, Pathology and Rorschach](#), 12/4/23, Dr. Benjamin Berry

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

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