



Psych News

Department of Psychiatry

Issue 1, October 2016

Chairman's Corner

This first edition of our new newsletter showcases a number of remarkable accomplishments by members of our department. While many of us see ourselves working hard on providing patient care services, we sometimes lose sight of the fact that clinical service is, at the same time, also the greatest contribution we can make to educating and training tomorrow's clinicians.



Ole Thienhaus, MD
Professor and Chair

Look at the prizes won for teaching excellence! Look at the glowing feedback our department gets from third year medical students who clerked with us! Look how we fill 100% our residencies and internship year after year!

I'm stressing this point because I've encouraged this newsletter as a complement (not an antidote) to the regular feedback clinician faculty receive on clinical productivity. Such productivity, gradually enhanced by measures of quality, reflects emphases in the world of academic health care nationwide, and I believe we need to learn to live with this new reality if we want to be effective mentors for our medical students and residents.

I would like to see this newsletter also as a tool to strengthen cohesion in the department. We now operate in three different clinical locations (plus the VA). Many people rarely see each other outside holiday parties.

Our research group tops its peer group of midsize clinical departments in the College of Medicine in terms of publications and federal funding, but an attending psychiatrist at, say, the Senior Care Unit may barely be aware of the creative work carried out by our research teams.

The larger environment we operate in is complex, rapidly changing, and often unpredictable. Retrenchment and individual withdrawal, or fragmentation onto feuding groups, are pitfalls we have largely avoided in navigating the waters we sail in. I see this newsletter -- like our quarterly dinners, our spring and holiday parties, and our faculty meetings -- as another effort not only to reduce the risk of falling apart. Rather, by reviewing our accomplishments and strengths on a regular basis, I hope to build a sense of solidarity, pride in our collective performance, and trust in a future that allows us to continue in the work we do, the work we know to be important and that -- despite the occasional frustration and discouragement -- we are truly committed to.

We are what we repeatedly do. Excellence, therefore, is not an act but a habit. - Aristotle

Welcome Kathleen Dostalík & Travis Wissinger!

Recently, Kathleen Dostalík, JD, MBA and Travis Wissinger, MSA joined the Department of Psychiatry. Kathleen joins the department as Department Administrator, and Travis as Business Analyst. Both individuals bring an abundance of expertise, which the department will most definitely benefit from.

Travis is a Business Analyst at Banner University Medical Center, responsible for operational financial decision support in the Department of Psychiatry. Prior to Banner Health, Travis worked as a Senior Accountant with Tucson Medical Center where he was involved in all aspects of finance, productivity, and budgeting. Travis is very excited to bring his experience in healthcare finance to the Psychiatry Department at Banner Health. Outside of work, Travis likes to exercise, attend and watch sporting events, and spend time with his wife and three children. He received his Bachelors in Ecology and Evolutionary Biology from the University of Arizona and his Masters in Accountancy from the University of Phoenix. Kathleen Dostalík joined the Department of Psychiatry on August 8, 2016 as the new

Department Administrator. Prior to joining our Department, Kathleen was the Chief Operating Officer at Pasadera Behavioral Health Network, a community provider of substance abuse services including detoxification and residential (formally SAMHC and Compass). Her duties included overseeing Human Resources, Information Technology, Quality Management, Contracts, Compliance and Billing. Prior to working at Pasadera, Kathleen was the Compliance Director at Cenpatico Integrated Care and also held multiple Compliance positions at Community Partnership of Southern Arizona (CPSA), including Chief Compliance Officer. While working at CPSA Kathleen was also the Contract Administrator for Pima County's Court-Ordered Evaluation contract and managed the legal requirements for Court Ordered Treatment for the RBHA, including hearings and appeals. Kathleen holds a BS in Business Administration, Finance from the University of Arizona, an MBA from the University of Cincinnati, and a JD from the University of Arizona. Kathleen is committed to the vision of the department and looks forward to working with everyone.

2016-2017 Psychiatry Grand Rounds Lecture Series

Welcome to the 2016-2017 Psychiatry Grand Rounds Lecture Series! September 7th, 2016 marked the commencement of Psychiatry Grand Rounds. The first Grand Rounds, in conjunction with the Office of Diversity and Inclusion, Diversity Matters Speaker Series, featured J.R. Latham from the **Australian Research Centre in Sex, Health and Society** at La Trobe University, in Melbourne Victoria, Australia. The title of his presentation was "Constituting Medical Knowledge: The Role of Psychiatric Assessment in the Management of Transgender People." Immediately following the lecture, Grand Rounds participants had the opportunity to mingle while they enjoyed light refreshments and hors d'oeuvres. What a great way to start a new Grand Rounds cycle!

From September 2016 to June 2017, Grand Rounds will be offered every Wednesday, from 4:00PM to 5:00PM, at Banner University Medical Center South, Behavioral Health Pavilion, in room 1223, unless



Behavioral Health Pavilion (BHP) otherwise specified. Also, the University of Arizona College of Medicine – Tucson designates the live activities for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. For each lecture, a weekly memorandum is sent with details of the lecture, so be sure read it!

Furthermore, the Grand Rounds Planning Committee works throughout the year to bring its participants an array of topics. The 2016-2017 Grand Rounds Planning Committee is comprised

of: Manuel Acuna; David Dawley, MPH; Julie Demetree, MD; Michael Grandner, PhD, MTR, CBSM; Patricia Harrison-Monroe, PhD; Maria Jennings, C-TAGME; James Keblesh, MD; Kathy Smith, MD; and Ole Thienhaus, MD, FACPsych. The committee meets approximately every three months and discusses potential speakers, topics, feedback from evaluations, and other relevant

matters. Psychiatry Grand Rounds serves as a tool to provide mental health professionals with updates on psychiatric topics while helping you earn CME credits. If anyone has questions, comments or concerns, please do not hesitate in contacting Manuel “Manny” Acuna via telephone at (520) 626-3626 or via email at uapsycon@email.arizona.edu.

Child and Adolescent Psychiatry: Welcome Andrew W. Gardner, PhD, BCBA-D!

The Child and Adolescent Psychiatry Program has a new member! Dr. Gardner has recently accepted a position through Banner Health and the University of Arizona College of Medicine - Tucson as an Associate Professor in the Department of Psychiatry. As a faculty member, Dr. Gardner will be training students and professionals, serving clients via a child and adolescent outpatient clinic, collaborating with professionals at Children’s Clinics, and serving as clinical



Andrew W. Gardner,
PhD, BCBA-D

faculty for the Arizona LEND program. Dr. Gardner was previously an Associate Professor in the Department of Psychological Sciences in the College of Social and Behavioral Sciences at Northern Arizona University. Dr. Gardner is a Tucson native, bilingual and bicultural and has been serving families of children with neurodevelopmental and related disorders over the past 15+ years across clinic, home, school, and public settings. He has peer-reviewed publications and professional presentations specialized in the areas of assessment and treatment of challenging behavior exhibited by children and adolescents.

Direct training and internship opportunities through the Fred S. Keller School (affiliate of Columbia University Teachers College) and the University of Iowa Hospitals and Clinics have helped Dr. Gardner develop the skills to work with children with neurodevelopmental and related disorders. He also received training as a pre-doctoral intern at the Kennedy Krieger Institute and as a post-doctoral fellow in Pediatrics at the Johns Hopkins University School of Medicine. He has participated in Maternal and Child Health Bureau funded Leadership Education in Neurodevelopmental and other Related Disabilities (LEND) programs through the University of Iowa Hospitals and Clinics and through the Kennedy Krieger Institute (Neurobehavioral Outpatient Clinic – Department of Behavioral Psychology). Dr. Gardner has presented his work at diverse national and regional meetings, such as the Latino Providers Network of Maryland, Association for Behavior Analysis International, State of Iowa Department of Education, and the Four Corners Association for Behavior Analysis.

Recently, Dr. Gardner presented at Psychiatry Grand Rounds on September 14, 2016 and the title of his presentation was “Clinical Applications of Applied Behavior Analysis (ABA).”

Some Day & Nowadays in BUMC Psychiatry Residency

By Jason Curry, DO

I just had this conversation with Dr. Demetree via e-mail. It goes similar to most of our conversations. I will delete the particulars and give you the highlights:

Julie – Did you get a chance to look at that thing?

Me – Oh. No I forgot. I'll get right on it [when I can find the time].

Me – Did you get an answer on that question we had?

Julie – Yes. But I don't know when we can do anything about it... maybe in February.

For the uninformed, allow me to acquaint you to this phrase "maybe in February." I grew up around residencies – I know it well. "Maybe in February" pulls primary to the program director lexicon. Residency operations are marked by such significant yearly cyclically-recurring events that there is a very limited time, often isolated to a brief moment circa February, where program coordinators and directors take a collective breath and tackle all the other projects they have been putting off the rest of the year.

Those of you interested in the yearly highlights [whilst deleting the particulars], the cycle of residency operations goes as such: new interns arriving in July, launching residents through postgraduate years/rotations July-August, gearing up for interview season August-September, interview season October-January, half-year evaluation submissions and planning/execution for next year rotations and programming March-April, wrap up the year, prepare for graduation and receive new interns May-June, next July REPEAT. There it is, the brief glimmer of hope that maybe in February there will be time to accomplish all the other missions crucial to the work. The phrase is nearly as euphemistic as it is optimistic.

This academic year has been tasked with the mission of restructuring our two former separate adult residencies into one brand new, larger, upgraded residency. This has affected our department deeply. It has been the culmination of years of planning and

commitment. It has been more work than a year full of Februaries could possibly allow, but thanks to the strong departmental leadership and the herculean effort of all our residents, chiefs, staff and faculty the new residency has been launched. So, how have we done?

Thus far, the feedback our new residency has received has been overwhelmingly positive, nearly forebodingly so. If I were a more pessimistic person, I would be alarmed. Yet, our positive feedback relates to the strength of the people in the program, and in this way is much more comfort inducing. As an example, the residency has been receiving feedback from numerous other hospital departments/services about the exceptional quality of our resident providers. Additionally, residents have provided excellent feedback regarding the value of our didactic seminars given by numerous faculty members. Even the value of resident-driven educational experiences has been dramatically improved, such as the resident journal clubs (every 2nd and 5th Wednesday at noon), PRITE review (most Fridays at noon), and case conferences (every Tuesday at 8am). These are all located in the South Campus BHP conference room, and the residency strongly welcomes the participation of all faculty and staff, who may be available at these times.

The most significant transformation I have witnessed is the most recent utilization of this phrase maybe in February. The projects purposed for some point down the future have become more thrilling and imagination-evoking. Such as, "maybe in February we'll develop residency program tracks in research and psychotherapy" or "in the future, perhaps February, let's help our residents get their quality improvement projects published" or "maybe in February we will have the residents review their international conference experiences" or "let's find an incredible way to thank everybody for all their hard work in transforming our program...maybe in February." In this way maybe in February now transcends euphemism and even ascends optimism. It has become something more invigorating, more grandiloquent. It feels like celebration. In the here-and-now, for this, we thank you.

Medical Student Education

The College of Medicine Class of 2018 excitedly began their third year this past July. Dr. Morenz and Karina Latimer have been working hard to improve the medical students' clerkship experience in our department. They attended the 42nd annual Association of Directors of Medical Student Education in Psychiatry (ASAMSEP) meeting this past June. Karina is in the process of obtaining the Medical Education and Clerkship Administrator Certification.

Many changes were made to the clerkship program this year. We have added a new lecture on Countertransference that is being taught by Dr. Brazaitis at the SAVAHCS. Also, the students will be performing an Objective Structured Clinical Examination (OSCE). Lastly, the students will also be required to write a Scholarly Case Report on a patient of their choosing. These changes have elicited some challenges but we have received great feedback from the medical students and hope to continue improving.

Psychology Training Program

The **Psychology Training Program** has a long tradition in the Department of Psychiatry. Its core faculty includes Drs. Marisa Menchola (Psychology Training Director), Patricia Harrison-Monroe, Emily Bell, and Joanna Katsanis. We train psychology interns and externs on different areas of practice.

Psychology Interns are graduate students that have completed their PhD programs in clinical psychology, and who are required to complete one year of full-time clinical work prior to receiving their degree. The Psychology Internship has two tracks: the 3 interns in the Serious Mental Illness track are based out of EPICenter at the Whole Health Clinic, and also complete rotations in the Neuropsychology Clinic at University Campus and

the inpatient units at South Campus. The intern in the Child and Adolescent track completes rotations in outpatient assessment and intervention, school psychology (at the Sahuarita School District), Consultation-Liaison (with Dr. Hellmann), and EPICenter, and works closely with Drs. Kathy Smith and Roshene Ranjbar and the CAP fellows.

Psychology externs are PhD students that are earlier in their programs in clinical or school psychology, completing year-long, part-time rotations with different psychology faculty in our department, including EPICenter, inpatient units, the Cancer Center, transplant services, the child and adolescent clinic, and the neuropsychology clinic.

Dr. Patricia Harrison-Monroe Featured in Arizona Illustrated Segment



Dr. Patricia Harrison-Monroe was featured in a segment of Arizona Illustrated and spoke about mental health support in schools. The segment

Patricia
Harrison-
Monroe, PhD

aired on September 11, 2016. Take a look!
<https://originals.azpm.org/arizonainillustrated.episodes/>

Arizona Illustrated – Episode 302 (Segment begins at 09:15. Ends at 15:23.)

Research

The Early Psychosis Intervention Center has been conducting research with clinic members and their caregivers since its inception in 2010. In general, we aim to answer three questions: 1) Is participation in EPICENTER services associated with improved outcomes? 2) What factors maximize a member's response to the services? And 3) What are the mechanisms through which our program's services produce clinical benefits? We also conduct more basic research to determine characteristics of individuals with first-episode psychosis. We have collected, and continue to collect, a large amount of data. Therefore, we are fortunate to be conducting many studies simultaneously with a variety of collaborators at the University of Arizona, Ohio State University, and Rutgers University. Later this month, we will be presenting several studies at the Thirtieth Annual Meeting of the Society for Research in Psychopathology in Baltimore, MD. These include: [*Activity-regulated Cytoskeleton-associated Protein Predicts Response To Cognitive Remediation Among Individuals With First-episode Psychosis*](#) Nicholas Breitborde; Amanda Maple; Emily Bell; Spencer Dawson; Cindy Woolverton; Patricia Harrison-Monroe; Amelia Gallitano [*Comparative Validity Of The Revised Social Anhedonia Scale \(RSAS\) And The Revised Social Withdrawal Motivation Scale \(SWiMS\) In Individuals With First-episode Psychosis.*](#) Emily K. Bell; David Dawley; Cindy B. Woolverton; Molly Kierein; Austin M. Grinberg; Siew Li Ng;

Dr. Margie Balfour's research at the Crisis Response Center focuses on the processes involved in delivering high quality care in the crisis setting. She is working with the Joint Commission to develop a core measure set for crisis services based on her published work in this area. She was recently selected to serve on the Joint Commission's Technical Advisory Panel for this project, which is set to begin in early 2017 and will involve "learning visits" to the CRC from mental health leaders from around the

Alexa Meyer; Leah M. Chon-Lopez; Juliette R. Lackow; Jocelyne Leclerc; Patricia Harrison-Monroe; Nicholas J.K. Breitborde [*Social Functioning In First-episode Psychosis: Associations With Sleep Quality And Sleep-related Genetic Factors*](#)

Alexandria Meyer; Jacob Pine; Leah M. Chon-Lopez; Juliette R. Lackow; Emily K. Bell; Amelia Gallitano; Amanda Maple; Spencer C. Dawson; David Dawley; Patricia Harrison-Monroe; Nicholas Breitborde

In addition, I currently have an article in press in *Current Psychiatry Reviews*, entitled *Sensory perception in individuals with first-episode psychosis and at ultra-high risk for psychosis*. Our research team also has articles currently under review on disability-adjusted life years in first-episode psychosis, social cognition and the course of social functioning in first-episode psychosis, and the effects of EPICENTER service participation on social cognition.

Finally, this summer, I mentored Maria Valdez, an undergraduate student intern from the College of Medicine's Summer Institute on Medical Ignorance program. Her summer internship at EPICENTER culminated in a presentation to the SIMI students in late July. She analyzed a small amount of EPICENTER data, and she hopes to expand this project in the future as we gather this data from more participants. Her presentation was entitled "Statistical correlation between sleep, psychotic symptoms, and social cognition in patients with a form of psychosis." – **By Emily K. Bell, PhD**

country. She also serves on SAMHSA's National Suicide Prevention Lifeline Advisory Committee on Standards, Practices, and Training and chairs the American Association for Emergency Psychiatry's Standards Committee. Another major focus of Dr. Balfour's work is the intersection between mental health services and the criminal justice system. She recently co-authored a book, in association with the Group for the Advancement of Psychiatry, entitled "People with Mental Illness in the Criminal Justice System: Answering a Cry for

Help” which is intended as a practical manual for clinicians to aid in preventing or mitigating the effects of justice involvement for their patients. She has been working with the Tucson Police Department and Pima County Sheriff’s Office to study and disseminate the positive outcomes resulting from the Tucson model of mental health and law enforcement collaboration. During the past year, Dr. Balfour has presented her work at the National Council for Behavioral Health, Institute for Healthcare Improvement, and the American Psychiatric Association Institute on Psychiatric Services. She was recently named as an Associate Editor for Community Mental Health Journal – a publication of American Association of Community Psychiatry. She will be representing the Department at the upcoming Institute on Psychiatric Services meeting in Washington DC on Oct 6-9 in the



Richard D. Lane, MD, PhD

In the past few months, several papers have been accepted. a.) Two major papers on our brain model of conscious and unconscious emotion:

Smith R, Lane RD. Unconscious emotion: A cognitive neuroscientific perspective. Neuroscience and Biobehavioral Reviews (in press).

Panksepp J, Lane RD, Solms M, Smith R. Reconciling the cognitive and affective neuroscience perspectives on the brain basis of emotional experience. Neuroscience and Biobehavioral Reviews (in press).

And four other:

Smith R, Alkozei A, Lane RD, Killgore WD. Unwanted reminders: The effects of memory suppression on subsequent cognitive processing. Consciousness and Cognition (in press).

Reis HT, O’Keefe SD, Lane RD. Fun is more fun when others are involved. Journal of Positive Psychology (in press).

following sessions:

Performance Measures in Psychiatric Practice: An Update for Psychiatrists on Outcome Measurement and Payment Reform

Ask a Cop: Strategies for Collaboration at the Intersection of Behavioral Health Crisis Services and Law Enforcement

Involuntary Outpatient Commitment and Assisted Outpatient Treatment - Lessons Learned from Implementations Across the States

Link to “People with Mental Illness in the Criminal Justice System: Answering a Cry for Help.”

<https://www.amazon.com/People-Mental-Illness-Criminal-Justice/dp/0873182197>

Shivkumar K, et al. Clinical neurocardiology – Defining the value of neuroscience-based cardiovascular therapeutics. Journal of Physiology (in press).

Subic-Wrana C, Greenberg L, Lane RD, Wiltink J, Beutel ME. Addressing and processing emotion in psychodynamic psychotherapy: a critical survey and new perspectives. Zeitschrift für Psychosomatische Medizin und Psychotherapie 62: 207-223, 2016.

Also, I was consulting editor on a Special Issue of the journal Psychosomatic Medicine on **Mechanisms Linking Early-Life Adversity with Physical Health** and co-author of two editorials (with my two co-editors) which have just gone to press:

McLaughlin KA, Lane RD, Bush NR. Introduction to the Special Issue of Psychosomatic Medicine titled “Mechanisms Linking Early-Life Adversity with Physical Health.” Psychosomatic Medicine (in press).

Bush NR, Lane RD, McLaughlin KA. Mechanisms underlying the association between early-life adversity and physical health: Charting a course for the future. Psychosomatic Medicine (in press).

After five years of hard work, we have just completed the NHLBI RO1-funded study titled “Typical Daily Emotion, Ischemia and Repolarization in Coronary Artery Disease.” We were delighted to find that we observed the same association between everyday emotion and changes in QT interval that we previously observed in patients with the congenital form of the Long QT Syndrome, and this pattern was not present in age-match healthy controls. This suggests that everyday emotion influences susceptibility to arrhythmias in vulnerable patients, and thus expands our understanding of the role of emotion in sudden cardiac death. We were also just approved for additional funding to use newly developed statistical methods to analyze the data as thoroughly as possible. This fall I will be working on two new grants that will examine the interaction of brain structure and

function, vagal tone and inflammation: one on depression and one on primary insomnia. A graduate student from the Netherlands named Anke Versulius will be working with me and John Allen (Professor of Psychology) for 5 months starting in October to develop an ambulatory method to assess emotional awareness in real time using smart phone technology. Additionally, I will be attending several conferences in the near future. I will attend Les Greenberg’s Level 3 Workshop on Emotion-Focused Psychotherapy in Toronto on September 30th through October 2nd. I will speak at the conference titled “Neuroscience of Pain: Early Adversity, Mechanisms and Treatment” sponsored by the American Psychosomatic Society in New York City on October 15th and the “Interoception Summit” in Tulsa, OK November 14-16. - **By Richard D. Lane, MD, PhD**



Over the past 6 months, the Sleep and Health Research Program has been busy with ongoing projects and developing new projects focusing on the connections between sleep, health, and society.

In this time, several papers have been accepted for publication.

Papers that describe important connections between sleep and cardiometabolic disease risk:

- Grandner, M. A., Seixas, A., Shetty, S., and Shenoy, S. (In Press). Sleep duration and diabetes risk: Population trends and potential mechanisms. *Current Diabetes Reports*.

- Grandner, M. A., Alfonso-Miller, P., Fernandez-Mendoza, J., Shetty, S., Shenoy, S., and Combs, D. (2016). Sleep: Considerations for the prevention of cardiovascular disease. *Current Opinions in Cardiology*, 31(5): 551-565.

- Ji, X., Grandner, M. A., and Liu, J. (In Press). The relationship between micronutrient status and sleep patterns: A systematic review. *Public Health Nutrition*.

- Patterson, F. Malone, S. K., Lozano, A., Grandner, M. A., and Hanlon, A. L. (In Press). Smoking, sedentary behavior, and diet associated with habitual sleep duration and chronotype: Data from the UK Biobank. *Annals of Behavioral Medicine*.

Papers that explore the role of sleep and behavioral/mental health in society:

- Grandner, M. A. (In Press). Sleep, health, and society. *Clinics in Sleep Medicine*.

- Chaudhary, N., Grandner, M. A., Jackson, N., and Chakravorty, S. Caffeine consumption, insomnia, and sleep duration: Results from a nationally representative sample. *Nutrition*.

- Thomas, A. Grandner, M. A., Nesom, G., Corbitt, C., and Perlis, M. L. (2016). Where are the behavioral sleep medicine providers and where are they needed? A geographic assessment. *Behavioral Sleep Medicine*, 14(6): 687-698.

Publication of data documenting the role of nocturnal wakefulness as a novel risk factor for suicide:

- Perlis, M. L., Grandner, M. A., Brown, G. K., Basner, M., Chakravorty, S., Morales, K. H., Gehrman, P. R., Chaudhary, N. S., Thase, M. E., and Dinges, D. F. (In

Press). Nocturnal wakefulness: A previously unrecognized risk factor for suicide. *Journal of Clinical Psychiatry*.

Publication of a study that clarifies the role of in-lab vs at-home sleep testing:

- Shetty, S., Fernandes, A., Patel, S., Combs, D., Grandner, M. A., and Parthasarathy, S. (In Press). Unanticipated Nocturnal Oxygen Requirement during Positive Pressure Therapy for Sleep Apnea and Medical Comorbidities. *Journal of Clinical Sleep Medicine*.

Publication of several papers that explore circadian contributions to health and disease:

- Lam, M. T., Grandner, M. A., and Malhotra, A. (2016). Lungs can tell time. *Journal of Thoracic Disease*, 8(Supplement 7): S579-S581.

- Truong, K. K., Lam, M. T., Grandner, M. A., Sasso, C. S., and Malhotra, A. (2016). Timing matters: Circadian rhythm in sepsis, asthma, and cancer. *Annals of the American Thoracic Society*, 13(7): 1144-1154.

In addition, the following document was published, representing the first ever official position statement on sleep from the American Heart Association:

- St-Onge, M-P., Coons, M., Bhatt, D. L., Brown, D., Conroy, M. B., Grandner, M. A., and Jean-Louis, G. (2016). Sleep duration and quality: Impact on lifestyle behaviors and cardiometabolic health: An advisory from the American Heart Association. *Circulation*.

Other studies in the lab

We are continuing to work on the Cardiometabolic Health and Relationships to Sleep (CHARTS) study, which aims to look at how habitual short sleepers may be at increased cardiovascular, metabolic, and functional risk, compared to 7-8 hour sleepers. Over the past few months, we ran our first subject through the lab portion of the study, using the beds at the new Center for Sleep and Circadian Science. We hope to run approximately 40 subjects over the next 1-2 years.

We are wrapping up the analyses of the Sleep and Healthy Activity, Diet, Environment, and Socialization (SHADES) study. We have over 10 manuscripts drafted from this dataset, with many more planned for submission in the next 1-2 years.

ProjectREST (Recovery Enhancement and Sleep Training), funded by the NCAA, began recruitment over the summer. Phase 1 of the study, which involved getting 200 detailed surveys from returning UA student athletes on sleep and mental well being is complete. We are not in Phase 2, where we are attempting a 10-week sleep health intervention that uses education, text message reminders, peer support (REST-Responders), and technology to help student athletes improve their sleep.

We received a Clinical Research award from UAHS to perform a pilot study at the US-Mexico border to study sleep, health, and social-environmental factors such as stress and acculturation. Over the past few months, we completed Phase 1, which included getting translations of all study materials, conducting focus groups, and refining measures. We also completed Phase 2, which included obtaining over 100 detailed surveys from residents who live at the US-Mexico border in Nogales. We are currently finishing Phase 3, which involves clinical and home sleep assessments in 5 individuals using the Mariposa health network infrastructure. This will help serve a pending grant application.

Upcoming grant applications

Over the next several weeks, we will be submitting two R01 grant applications. The first, based off the above pilot data, will be called the Nogales Cardiometabolic Health and Sleep (NoCHeS) Study. It will be the largest sleep epidemiology study ever focused on Mexican-Americans. It will examine the role of acculturation in sleep duration, insomnia, and sleep apnea; the role of stress, socioeconomics, and health behaviors in sleep; and how these relationships contribute to cardiovascular and metabolic disease risk. This project involves a partnership with the Mariposa health network, who is our community partner. We will also be submitting an R01 to study a new method for extending sleep in habitual short sleepers and whether this creates improvements

in daytime functioning and cardiometabolic disease risk. Additional grants are planned for early 2017, including a laboratory study of sleep disruption in prediabetes using a multiple-omics approach to discern mechanisms, a study using the UK Biobank to develop a model to predict cardiovascular risk based on sleep profile, a study of sleep and health in Mexican immigrants, and an epidemiologic study of social determinants of sleep in Pima county.

Clinic

The Behavioral Sleep Medicine Clinic opened its doors and we have started seeing patients! Plans are underway to add formal training programs in the clinic for graduate student externs, predoctoral psychology interns, psychiatry residents, psychiatry and sleep fellows, and even junior faculty looking for expertise in this area. Several of these programs will be going online in 2017 and more in 2018. Our plans are to be the first SBSM-accredited sleep training program in Arizona.

Other activities

Over the past 6 months, I have had a number of opportunities to speak and lead sessions at national meetings. In late April, I gave the keynote address at the meeting of the Pennsylvania Sleep Society, which I helped found. I spoke on the topic

of "The Future of Sleep Medicine" and was presented with an award recognizing my efforts in establishing and leading the Society through its first 8 years. I also presented at the University of Pennsylvania Center for Sleep 25th anniversary event, which recognized alumni from this program. Later in May I co-chaired a symposium on sleep, health, and performance in elite athletes at the meeting of the American Thoracic Society and in June I chaired a course in actigraphy (and gave several talks) at the meeting of the Associated Professional Sleep Societies. Also, at this meeting, I was appointed to the Board of Directors of the Society of Behavioral Sleep Medicine. Also in June, I led sessions on sleep, health, and performance at symposia sponsored by the HORIZON League and Big Sky conferences of the NCAA. In July I served as a faculty member at the NHLBI-funded Program to Increase Diversity in Behavioral Medicine and Sleep at NYU. In August I participated in an NIH workshop on health in native youth, hopefully setting the stage for more sleep research in this population. In early September I presented a briefing to the US Congress on the importance of Sleep, Health, and Nutrition and late in the month I co-chaired a session at the meeting of the Association for Applied Sports Psychology on sleep, health, and performance in elite athletes and military units.-
By Michael Grandner, PhD, MTR, CBSM, FAASM

Currently Funded Research Projects in the Department of Psychiatry						
Principal Investigator	Title of Project	Start Date	End Date	Sponsor	Total Direct Cost	Cash Flow Year
Scott Killgore	Bright Light Therapy for Treatment of Sleep Problems following Mild TBI	9/30/2014	9/29/2017	DOD	1,211,035.00	2014 - 2018
	A Nonpharmacologic Method for Enhancing Sleep in PTSD	9/30/2014	9/29/2018	DOD	2,495,578.00	2015 - 2019
	A Model for Predicting Cognitive and Emotional Health from Structural and Functional Neurocircuitry Following Traumatic Brain Injury	4/15/2015	4/14/2019	DOD	1,232,278.00	2015 - 2019

	Effects of Bright Light Therapy on Sleep, Cognition, Brain Function, and Neurochemistry in Mild Traumatic Brain Injury	11/1/2015	10/31/2016	DOD	141,547.00	2016 - 2017
	Refinement and Validation of a Military Emotional Intelligence Training Program	4/15/2016	4/14/2020	DOD	3,929,441.00	2016 - 2020
Michael Grandner	Cardiovascular and Metabolic Risk Factors Associated with Short Sleep Duration	2/25/2016	7/31/2017	NIH	320,177.00	2016 - 2018
	Promoting Healthy Sleep and Circadian Rhythms in Student Athletes: Mental Health, Social Functioning, and Physical Well-Being	5/16/2016	3/1/2017	NCAA	10,000.00	2017
Richard Lane	Typical Daily Emotion, Ischemia, and Repolarization in Coronary Artery Disease	6/25/2011	4/30/2017	NIH	2,460,537.00	2011 - 2017
Karen Weihs	Effects of Meditative Movement (Qigong/Tai Chi Easy) on Fatigued Breast Cancer Survivors	5/1/2015	4/30/2017	ASU	25,680.00	2015 - 2017
	TIREDEEM -Reducing Distress and Enhancing Effective Management in Type 1 Diabetes	7/26/2016	10/31/2016	UCSF	7,500.00	2017
TOTAL					11,833,773.00	

Whole Health Clinic Update

The Whole Health Clinic is an integrated care clinic provided by the Departments of Psychiatry and Family Medicine under the support of Banner University Medical Group. We operate in partnership with Cenpatico Integrated Care and

provide integrated health and behavioral services to people living in Southern Arizona. Our behavioral health and primary care team works side by side to address the whole health needs of the people we serve. Members may self-refer,

transfer from existing agencies, or receive a referral from Cenpatico, any Banner provider, or other community providers.

We offer: individual, group and family therapy, case management services, certified peer support services, psychiatric evaluation, medication monitoring, comprehensive physical health assessment, prevention and care, lab and pharmacy services, vocational support, benefits eligibility and enrollment assistance, psych education and support groups, family medicine within Banner University.

Eligibility criteria: 18 years and older, willingness to participate in treatment services, AHCCCS

enrolled/eligible or other behavioral health insurance.

Over the past 6 months we have increased our member census to over 160. We have added a Quality Improvement Specialist (Kelli Bennett) and Population Health Administrator (Brad McKinney) to our team who have provided much needed support to the clinic. We continue to outreach into the community to provide education on the services we provide at tabling at events (Out of Darkness walk), at community providers staff meetings, etc. We would be happy to come to your site and provide additional information on the Whole Health Clinic. – **By Lori Pierson, MC, NCC**

Save The Date

Psychiatry Grand Rounds

October	5	Michael Grandner, PhD, MTR, CBSM, FAASM	Sleep Research
	12	TBD	In-Service
	19	TBD	“TBD”
	26	Julie Demetree, MD & Jason Curry, DO	In-Service
November	2	William Gordon, NP	“Benefits of a Brief DBT Orientation for Patients with Borderline Personality Disorder”
	9	NO GRAND ROUNDS	UACOM Faculty Meeting
	16	John Racy, MD	"Disciplining Intimacy: Personal Reflections on Psychotherapy in Psychiatry"
	23	NO GRAND ROUNDS	Thanksgiving on 24 th
	30	Justin Otis, MD	Anti-NMDA Receptor Encephalitis

Cerner Demos in Tucson this Fall

Oct. 12 (acute)

Banner – UMC South, La Galleria

11 a.m. - 2 p.m. and 4 - 7 p.m.

Oct. 21 (ambulatory)

Banner – UMC South, La Galleria

11 a.m. – 2 p.m. and 3 – 6 p.m.

Oct. 26 (providers)

Banner – UMC South, La Galleria

11 a.m. – 2 p.m. and 3 – 6 p.m.

College of Medicine General Faculty Meeting

November 9, 2016

February 8, 2017

May 17, 2017

August 9, 2017

November 8, 2017

Meetings will continue to be held in Kiewit Auditorium in the AZ Cancer Center from 4:30-5:30 p.m. A reception following each meeting will be held in the lower lobby of the Cancer Center.

Flu Shots

Banner Health's No Flu For You policy requires all employees, physicians, volunteers and students to receive a flu shot or have an approved medical or religious exemption by Dec. 5, 2016. Flu shot clinics are scheduled throughout the fall, including:

Banner - UMC Tucson

Oct. 3, 10 a.m.-8 p.m., DuVal Auditorium

Oct. 24, 10 a.m.-8 p.m., DuVal Auditorium

In addition, you can get a flu shot any weekday between 7:30 a.m. and 6:30 p.m. during flu season in Employee Health at BUMCT.

DEPARTMENT OF PSYCHIATRY

University of Arizona College of Medicine - Tucson

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Thank you Newsletter Contributors!

If you have any questions, comments, concern, and/or would like to submit content, please do not hesitate in contacting Manuel “Manny” Acuna via email at macuna@psychiatry.arizona.edu.

Don't forget to like us on Facebook!

