



VCU Health™

Department of Psychiatry Chair Letter

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From the Chairman

Special points of interest:

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- INOVA News
- New Staff Members
- Center for Human Animal Interaction
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Chair Letter online
at: [http://
psych.vcu.edu](http://psych.vcu.edu)

Our Vision: To Conquer Mental Illness.

Our Mission: To improve the mental health of our citizens through education, research, advocacy and innovative clinical care.



I am pleased to announce the appointment of **Cheryl Al-Mateen, M.D.**, as Medical Director of the Virginia Treatment Center for Children, a position she has served exceptionally as Interim Director for the last three and one half years. Cheryl serves as a role model for other physicians in our department through exemplary professional behavior and collaboration. Her leadership will be especially important as VTCC moves to its new Sherwood Avenue location this Spring.



Dr. Al-Mateen is a graduate of Howard University College of Medicine and completed her Psychiatry Residency and Fellowship at Hahnemann University Hospital, Philadelphia, PA. She holds certification from the American Board of Psychiatry and Neurology in both Psychiatry and Child and Adolescent Psychiatry. She has added qualifications in Forensic Psychiatry.

Dr. Kenneth Kendler will be presenting the invited **Keynote Speech** on the "Interactions of Genetics and Psychosocial Factors in Mental Illness" on June 14th at the 2018 Commonwealth's Annual Mental Health Symposium: Developing a Seamless System of Care. Dr. Kendler and a team of Swedish research collaborators recently published a study in *JAMA Psychiatry* titled, "Sources of Parent-Offspring Resemblance for Major Depression in a National Swedish Extended Adoption Study." This study found the parent-offspring resemblance for treated major depression arises from genetic factors and rearing experiences to an approximately equal extent.

It is also my pleasure to share **Dr. Kendler's** recent recognition by the American Psychopathological Association who chose him for the 2018 Joseph Zubin Award which is granted to researchers who have "made seminal contributions to psychopathology".

Congratulations to **Dr. John Urbach** who was honored to receive the annual Career Award from the Psychiatric Society of Virginia and who currently sits on the Board as a Member-At-Large. Dr. Urbach is President Elect for 2018-2019. Congratulations to **Dr. Sherin Moideen** for her two year Member-At-Large appointment on the Board and to **Dr. Avneet Madan**, PGY-3 Resident-Fellow Representative on the PSV Board.

I am pleased to announce the appointment of **Dr. Albert "Al" Arias** as the new Associate Division Chair of Addictions Psychiatry. Dr. Arias comes to us from the Yale School of Medicine where he was the Director of the Tele-addictions branch of the VAMC-Yale Center for Addiction and Recovery (VAYCAR). He will be joining our faculty in June.

Our 56th Annual Children's Mental Health Symposium is sold out this year with more than 400 attendees planning to be present at the Williamsburg venue.

Allow me to welcome **Dr. Kanwar Ajit Sidhu** who is our new Addictions Psychiatrist on the Substance Abuse Consult Service at the Motivate Clinic at Jackson Center. Dr. Sidhu is Board Certified in Adult Psychiatry and Addiction Medicine. He is originally from India and finished medical school from Government Medical College, Amritsar (India) and residency in Psychiatry from Dayanand Medical College, Ludhiana (India). He practiced psychiatry for seven years in India before moving to the United States. In the U.S., he completed his residency in Psychiatry from West Virginia University-Charleston. Thereafter he joined faculty at WVU for four years and served as Director of Addiction Training for residents. He moved to Richmond in 2013 has been in private practice since then. We warmly welcome him to VCUHS.

Joel J. Silverman, M.D.



Dr. Michael Clark is the new Chair of VCU Psychiatry at INOVA and comes to us with a distinguished career at Johns Hopkins. Graduating from the Washington University School of Medicine, he completed his psychiatric residency at Johns Hopkins and then took a Psychosomatic fellowship at the University of Washington under Dr. Wayne Katon. He has an MBA from Johns Hopkins as well. He will be a wonderful asset to Psychiatry at VCU as well as INOVA. Dr. Tom Wise, who retired as Chairman of Psychiatry after 40 years, will remain on the VCU/Inova staff teaching medical students, residents and fellows as well as doing clinical work. He is developing a "Controversies in Psychiatry" seminar for our M3 VCU students. Dr. Cathy Crone remains the Vice Chair for Education.

Welcome New Staff



Hello! My name is **Jenny Gopurathinal** and I am excited to join the VCUHS organization as a medical coder. I previously coded for a private practice specializing in general surgery. I recently moved from Binghamton, New York to be closer to family in the Richmond area. I am already enjoying the better weather offered by the move down south. I completed my undergraduate

education at Misericordia University near Scranton, Pennsylvania. Afterwards, I completed my coding education and became certified in 2015. I enjoy movies, traveling, Zumba classes, and getting together with friends and family. I look forward to the prospect of working together and meeting your coding and billing needs for the Department of Psychiatry. Call me about coding issues at 628-2206.

CHAI Story of Success and Thanks

Dr. Sandy Barker receives many notes like this and asked that this one be published in the Chair Letter:

When my son, Gregory, was at MCV back in early 2015 for brain cancer, (age 46) he received a visit from "Moose" a beautiful Australian Shepherd. It meant the world to my son; he talked about her for several days. Gregory had a beautiful Siberian Huskey at home who he dearly loved and missed. Gregory battled two Glioblastoma brain tumors from December 29, 2014 through June 1, 2016 when he went home. He was my only child.

I was going through cards Gregory had received the other night and found Moose's "card". Please know that Moose's card will go in my scrapbook of my Gregory and I thank you so much for the joy her visit brought. I hope Moose is doing well and please thank her owners for sharing Moose with us.

Welcome New Staff

Hello! I'm Kimberly Wisener and I have recently VCUHS as an Intake Support Assistant. I am a graduate from James Madison University with a Bachelor's of Science in Psychology. Prior to coming to VCUHS, I spent 3 years at Rappahannock Area Community Services Board as a Residential Counselor in an apartment setting and also a group home setting for adults with intellectual disabilities. During the same time I was with RACSB I was working as an Instocks Team Member at Target. I was with Target for almost nine years, having started while in college.

I'm the youngest of three, with an older sister and brother. No human nieces or nephews, but I do have a sweet and adorable nephew kitten named Marble who belongs to my brother and sister-in-law. My parents are high school sweethearts who grew up in Indiana. I recently became engaged and am in the beginning stages of wedding planning with my fiancé, AJ. We met when I transferred Target stores after I graduated college. While not currently pursuing, I do have plans to return to school to get my Master's degree in Counseling, possibly. Ultimately, I would like to work with the Veteran population and incorporate service dogs into it.

This is my first position at VCUHS. In my role as an Intake Support Assistant, I schedule new patient appointments for counseling, medication management, neuropsychological testing and EAP appointments. I verify insurance benefits and do reminder phone calls, letting the patient know his/her financial responsibility. I am also the contact person to schedule psych evaluations/testing for organ transplant patients. Intake and Referrals is my first position at VCUHS. I live in Stafford so it was either north to D.C. or south to Richmond for bigger opportunities. I was looking for a job that was in the psychology/psychiatry field and felt this position would be a great opportunity to learn some behind the scenes aspects of the field.



Staff Focus on Nurses at Jackson Center

• I am Michael Dooley and I have been working at the Jackson Center since July 2017 and am excited to be at VCU. I majored in Sociology here and graduated...many years ago. It is impressive to see how the school has grown and changed over the years and I am happy to be part of the team here.

As an outpatient psychiatry RN, I can be called upon to do many different things and it is so nice to work in a place where people strengthen and help one another as well as there being such an emphasis on learning. It has been my pleasure to be here and I am grateful for the opportunity.

Before coming to VCU, I worked in inpatient psychiatry for eight years. While I think I helped people and learned a lot, it was striking to me how many patients had multiple admissions, sometimes coming back within days of discharge. Many patients require a variety of services - medication management, psychotherapy, ECT, DBT, etc. - and I wanted to be involved in helping to ensure that patients succeed outside of the hospital environment.

At one time I worked as a computer programmer analyst and was involved in Y2K remediation and testing. It's funny how worried we were before the year 2000 that planes would fall out of the sky, nuclear missiles would launch themselves and we would be catapulted back to a new "stone age". And then...nothing happened! There are probably at least two lessons to be learned from that: we should prepare the best we can, and we shouldn't spend too much time worrying about what might happen.

History has been a lifelong interest for me. I think that, in order to know where we are or where we're going, we need to know where we have been. I am also fascinated by archaeology and the process of making or changing a story through the uncovering of a buried past.



Michael S. Dooley, RN



Brian Shea, RN, BSN

**RUGGED
MANIAC**

• Hi, I am Brian Shea and I have been working for VCU for the past three years. I came to VCU as a travel nurse, and then I was hired on as a clinical coordinator for North Three and North Four. I recently transferred to Ambulatory Care at the Jackson Center. At the Jackson Center, I am responsible for triaging calls, making sure the patients medications get refilled and I also help out in the different clinics.

I was born and raised in Buffalo NY. I received my BSN from small private Catholic College in Buffalo NY. It was called D'Youville College. Before moving to Richmond I was a travel nurse and traveled up and down the East Coast. Travel nursing had its benefits; I could live in Boston and NYC in the Summer and Raleigh in the Winter.

I have worked in Psychiatry my whole career, but I am finding teaching and education to be my passion. I work as an adjunct instructor for Reynolds Community College and I am planning to start grad school this fall. My career goal would be to teach at a university full time.

When I am not at work, or teaching, you will find me at the gym, running with my dog or doing yoga. Two years ago I lost 55 pounds. I also discovered exercise and yoga help me stay mindful and are great distress tolerance skills for me.

News from V.A.M.C. Psychiatry

Dr. Cheryl Jones, Chief of V.A.M.C. Mental Health, announced recently that **Dr. Danielle Wroblewski** has been appointed as the Hunter Holmes McGuire Veterans Administration Medical Center Residency Education Liaison. She will work closely with our Residency Program. Dr. Wroblewski holds one of our joint faculty appointments.

Congratulations

- To **Nancy Doyle, RN, BSN** for being selected "Behavioral Health Nurse of the Year" by the March of Dimes.



- Congratulations to **Dr. Therese Cash** and husband, **Dr. Devin Cash**, on the birth of their lovely **Daphne Rose**, born 12/3/17. We also congratulate **Greg King, LCSW, Assoc. Administrator**, and his wife, **Sarah** on the birth of their

lovely baby girl, **Priscilla**, born 2/22/18.

- Congratulations to **Dr. Andrew Snyder (PGY4)**, **Ms. Alisa Olmsted**, and **Nurses Amanda Brown and Sarah Saoud**, who are recipients of the 2017 Craig & Nancy Canning Education Enhancement Awards. Their funds will be used for training.

- "Pigure" at right is **LCSW Jason Boyce-Draeger** who agreed to Kiss A Pig at the NAMI Walk Awards meeting.

"Yes, it was for NAMI to raise money, although the piglet was quite cute and I would've done it on my own, regardless..."

- Congratulations to **Dr. Neil Sonenklar**, Interim Division Chair for Child Psychiatry for being chosen to "Dance With the Richmond Stars"!



Addiction Education Summit

- On March 29, 2018 at Abbott Auditorium, Darden Graduate School of Business, UVA, Charlottesville, VA, you will have a most unique learning opportunity at the **1st Annual Virginia Interprofessional Summit for Addiction Education**. The one day summit is designed to help clinicians and educators develop a new approach to patients and families. This Summit meets the Virginia Board of Medicine requirement for two hours of continuing education in pain management, proper prescribing of controlled substances and the diagnosis and management of addiction.

The Keynote Speaker is **Dr. Elinore McCance-Katz**, Asst. Secretary for Mental Health & Substance Use, U.S. Department of Health and Human Services, a former VCU Department of Psychiatry Faculty member.

Welcome

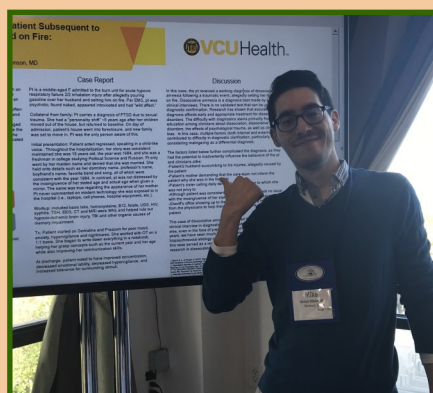
- **Ms. Amanda Stephan** is the new Children's Mental Health Resource Center Family Navigator.
- On July 1 we also welcome **Dr. Dana Soper** our C&L Fellow and **Dr. Krystal Trout** (9/1/18) our new Psychology Fellow. At VTCC our Child Fellows will be Drs. **Anisha Garg, Divya Gongireddy, Zehra Erdevi Temiz, Aslihan Sogutlu, Daina Ngugi and Shrina Desai**; our Psychology Post Docs at VTCC will be Drs. **Meghan Smith and Meredith Chapman**; our Psychology Interns at VTCC will be: **Drs. Emily Neger, Jacob Schmitz, Jessica Rabon and Sabrina Scott** and the Social Work Interns will be **Drs. Alistair McKemy, Amber Magnusen and Sydney Moore**. We also say a fond farewell to **Dr. Therese Cash** who finished her postdoctoral fellowship on March 16th.
- **Dr. Tyler Laney** who is a new Psychologist at the Virginia Treatment Center for Children.

Residents Present at PSV Fall Meeting



Left to right ladies: **Drs. Avneet Madan, Ashima Aneja, and Andrea Cruz**.
Left to right guys: **Drs. Ben Lowe, Michael DiBiase and Andrew Snyder**.

At right **Dr. Michael DiBiase** and his poster entitled: "Dissociative Symptoms in a Patient Subsequent to Allegedly Setting Her Husband on Fire: A Case Report".



Dr. Andrea Cruz with her Poster entitled "TMS for Depression in Youth Below 22 Years of Age".

