Chairman’s Corner

As usual, the only thing that stays the same is change.

The University of Arizona will have a new President in a few weeks, and, for the first time, the position will be held by a physician. At the same time, the search for a new Dean of the UA College of Medicine in Phoenix is closing in on a finalist. Here in Tucson, we are celebrating the 50th anniversary of the medical school with a distinct show of pride that includes some very distinguished visitors to our campus.

In the Department of Psychiatry, we are preparing for a change in leadership of the residency program. We are losing our beloved and fabulous Julie Demetree. Motherhood and reunion with Florida are Julie’s immediate future, and lucky is any institution that can get her! She leaves us with the proud legacy of a united residency training program, a full complement of incoming interns and an exciting move into a more ambitious outpatient supervision model for our new third year residents. She leaves her job to a well-prepared, competent and inspiring successor, Jason Curry.

We are preparing our move of the 7-OPC into the Behavioral Health Pavilion later this year, finally combining all our outpatient teaching sites in one location. And the Whole Health Clinic, our bold foray into integrated care has been solidifying and diversifying with the enlightened guidance of Lori Pierson and Kathleen Dostalik.

As you read this newsletter, I hope you can share the sense of pride and gratitude that I feel when it comes to this Department, this community of dedicated professionals who work about as well as a unified team as I can imagine possible.

πάντα ρέι (Everything flows)
Heraclitus

“If you want to build a ship, don’t drum up people together to collect wood and don’t assign them tasks and work, but rather teach them to long for the endless immensity of the sea.”
Antoine de Saint-Exupery
2016-2017 Psychiatry Grand Rounds Lecture Series - Update

Psychiatry Grand Rounds is in the second half of the spring cycle; therefore, Psychiatry Grand Rounds will soon end for the 2016-2017 year. Thus far, an array of topics have been presented. For instance, Dr. Célyne Bastien, from Université Laval in Quebec, Canada, spoke about insomnia in February. In March, Dr. Paul Gordon, from the Department of Family and Community Medicine at the College of Medicine – Tucson, talked about his cycling adventure across the nation, and what he learned about the nation’s healthcare system from the individuals he met on his trek. And most recently, Dr. Emily Bell, Clinical Assistant Professor of Psychiatry, spoke about early intervention in psychosis. These are just a few examples of the diverse topics Psychiatry Grand Rounds offered.

The Grand Rounds Planning Committee will meet in the imminent future to discuss the 2017-2018 Grand Rounds Lecture Series. The Planning Committee wishes to have more of our own faculty, as well as our affiliated faculty members at SAVAHCS, give presentations in the new and forthcoming lecture series.

Child and Adolescent Psychiatry

The Fellowship would like to welcome our two new fellows starting in the 2017-2018 academic year. Dr. Kingwai Lui is a graduate of Western University College of Osteopathic Medicine of the Pacific and is currently in residency with the Kaweah Delta Health Care District in California. Dr. Justyna Wadolowski is a graduate of the A.T. Still University of Osteopathic Medicine in Arizona and is currently in residency at the University of Texas Health Science Center at San Antonio. Our renewed fellow rotation at the Crisis Response Center continues to progress and we would like to thank Dr. Cesar Berdeja and the entire staff of the CRC for welcoming our fellows. We anxiously await their arrival, as both will be excellent additions to our program!

The fellowship would also like to make all aware the state meeting “Mind Matters,” sponsored by the Arizona Psychiatric Society in conjunction with the Arizona Chapter of the Academy of Child and Adolescent Psychiatrists, is set for Saturday, May 6, 2017 at the Phoenix Tempe Marriott at The Buttes, 2000 West Westcourt Way, Tempe. The meeting features a great line-up of noted speakers, including the featured AACAP presenter, Dr. David Shprecher, on Pediatric Movement Disorders. In addition, our very own Katharine N. Woods, MS, DO, will present on Neurotherapeutics: TMS and ECT.
In the past, I have always asked Dr. Jason Curry to write the message from the residency program for the newsletters. He is not only a much deeper thinker, but also a much better writer. However, with this being the last newsletter while I am still with the department, I wanted to try to convey my feelings about my time here. I remember when I decided I wanted to take the position here. My friends and family where shocked that I wanted to make such a big move. I had decided that I wanted to go to the University of Florida when I was in 10th grade; then, perhaps loyal to a fault, I went and stayed for 15 years. Yet, I felt confident about this great adventure I was taking. During my interview, I met Dr. Mark Gilbert and it was easily apparent that he was as kind as he was knowledgeable about pancakes (he is a pancake expert!). I was impressed by Dr. Jasleen Chhatwal, who was a resident at the time, and incredibly stylish and poised; and, of course I knew how great it would be to work with a chairman like Dr. Ole Thienhaus, who was an amazing combination of wise and accomplished and yet humble and disarming. I remember when he asked me about my 5-year plan, I must have had a very shaky answer, because he responded with something along the lines of “It’s good that you are keeping your options open.” I doubt that either of us really knew the truth about how valuable this would be during the next 4 years. The first year felt like a dream that I might wake up from. I was finally running a C/L service at a quaternary care University hospital. The residents were hard working, self-motivated, and were grateful for my time. The faculty were welcoming, collaborative, and caring. The staff were supportive and professional. I had joined a team that I was glad to be a part of. Over the next few years, we would see how important the strength of that team would be.

We have weathered many changes, we have lost and gained many great faculty members. We have graduated some incredible residents who have already begun to make their mark in the field of psychiatry, and we have gained some bright and determined interns who will one day exceed even their own expectations. We have been acquired by Banner, changed employment, changed offices, and merged residencies. And while some changes were easier than others, each one left us with losses, and granted us gains.

When Dr. Herron left, it was a huge change. He had skillfully carried the residency program for years— the same residency program that I had applied to 8 years previously that drew me back here. He left huge shoes to fill, but after all, I had not had a solid 5-year plan. Therefore, I left one love, the C/L service, for another, residency education. I thought I was going to be program director because I loved to teach. I was so naive; the job was so much more than that. Luckily, I have had Dr. Kathy Smith as a phenomenal mentor, the incredible support of Maria Jennings, Jenna Summerfield, and Sharon Krueger, and over the last year the support of the never shaken Dr. Jason Curry. Our program has grown and has combined the incredible strengths of two smaller programs. We are a force to be reckoned with in the southwest, and we had an incredible recruitment drawing from across the nation. Being program director is a lot like riding a roller coaster, and I did not want the ride to end. Yet, then again, I never had a clear 5-year plan. I remember the day I knew I wanted a family. I was in high school reading about the Galapagos, and I thought one day I want to take my kids there so they can learn about natural selection. I have travelled to 26 countries, but I kept saving Ecuador for “someday.” Well, one day you wake up and you realize Darwin would call you ancient, and “someday” better be soon, or it will be never. I now find myself embarking on the wildest adventure I have ever considered: parenthood. Except, just as I could not have run a consult service or a residency program alone, I cannot be a parent alone. Therefore, I head back to my home, to the people who taught me to value the kindness, poise, wisdom, fellowship, and loyalty that initially drew me to here, hoping that they can teach me to be a parent to a daughter who will recognize the value of places like the University of Arizona’s Department of Psychiatry, the value of the type of people I have had the privilege to work with here,
and the value of going home when the time is right. Many of us will be making changes this year, but perhaps none as great as our graduating residents. We look forward to recognizing your accomplishments on June 23 at graduation. As you go forth into the vast world of Psychiatry: Be brave, be kind, and forget about a 5-year plan. Be open to what the world has to offer, it may be different from what you expected, but that may be better than you ever hoped. Never lose sight of what you value, and your 5-year plan will find you.

Medical Student Education – Update

Two fourth year medical students were recently chosen to receive the Roy Killingsworth Award.

Nicholas Ahrendt was recently awarded an Association of Medical Education Scholars (AMES) grant from the University of Arizona College of Medicine - Tucson for a research study looking at mind-body skills training to address wellness and burnout in third year medical students. He also worked with Dr. Ranjbar on an independent study elective where they looked at refugee mental health. We are looking forward to having him start as a PGY-1 in our residency program.

Tyler Durns recently completed a research elective where he worked with Dr. Kathy Smith studying the benefits of a newly formed, student-run psychiatric clinic for the uninsured and underinsured youth and adults in our community. He matched into the University of Utah Psychiatry Residency Program.

Below is a list of the students who matched into Psychiatry Residency Program:
- Nicholas Ahrendt – University of Arizona Tucson
- Tyler Durns – University of Utah
- Stephanie Brichta – University of Arizona Phoenix
- Warren Kane – University of Iowa
- Cassandra Murzl – UPMC Pittsburgh
- Geena Sethi – Tufts University Massachusetts
- Scott Wallace – University of Texas Rio Grande Valley

Forensic Psychiatry Fellowship

The Forensic Psychiatry Fellowship is pleased to announce that we have signed one fellow for next year. One of the University’s own former graduates, Sutapa Dube, MD, will be joining the program in October. We are thrilled to have her as our inaugural fellow, so please be sure to welcome her back when you see her!

In other news, we continue to firm up rotation experiences. The Pima County Jail is now an official site, and the fellows will spend time there weekly. We have also started to receive applications for the fellowship class, which starts July 2018, and will begin conducting interviews soon.
Research

So far, the Sleep and Health Research Program has been quite busy in the past few months. Dr. Grandner joined the Department of Nutritional Sciences as affiliated faculty, as well as the Graduate Interdisciplinary programs in Physiology and Neuroscience and the Health Psychology track in the graduate program at Department of Psychology.

In March, he was elected as a Fellow of the American Heart Association, based on his past work and future commitment to understanding and improving cardiovascular health through working with sleep. He was also nominated to join the editorial board of the journal *Sleep Medicine*, which has the highest impact factor of any journal in the clinical sleep field.

Dr. Grandner has also given several lectures and presentations, including:

January 17th: Presentation to the Sarver Women's Cardiovascular Health Committee, "Sleep and Cardiometabolic Disease Risk in Women."

January 20th: Presentation at the NCAA convention in Nashville, TN on "Project REST: Recovery Enhancement and Sleep Training."

January 27th: Lecture for UA Cognitive Sciences Colloquium on "Neurocognitive and Cardiometabolic Risk Factors Associated with Insufficient Sleep."

January 31st: Presentation for UA Neurosciences GIDP on "Insufficient Sleep and Risk for Cardiometabolic Disease and Neurocognitive Deficits."

February 6th: Presentation at the Big Sky Sport Psychology Conference on "Sleep and Health in Athletes."

February 20th: Guest lecture in Dr. Fernandez's Sleep and Circadian Rhythms class on "Insufficient Sleep and Cardiometabolic Disease Risk: Population Trends and Potential Mechanisms."

March 2nd: Lecture for Psychiatry Residents on "Polysomnography and Sleep Disorders."

March 9th: Moderated session for American Heart Association Lifestyle Council meeting on Sleep.

March 11th: Presentation to Milwaukee Brewers on "Cannabis Use in Athletes: Implications for Sleep, Anxiety, and Performance."

March 30th: Presentation to the Oakland Athletics on "Sleep Health and Implications for Baseball Players."

March 30th: Guest lecture in Dr. Rankin's Current Topics in Physiology course on "Sleep: Basic Science, Clinical Applications, Epidemiology, Social Issues, and Health Consequences."

April 10th: Presentation for the Sarver Heart Center Board of Directors on "Sleep: A New Dimension in Heart Health and Peak Performance."
April 11th: Guest lecture in Dr. Feldman's Developmental Psychopathology course on "Sleep: Implications for Developmental Psychopathology."

April 12th: Presentation as part of Sarver Heart Center 30th Anniversary Lecture Series on "Sleep for Peak Performance and Your Heart."

I will be making three presentations at the Annual meeting of the Society for the Exploration of Psychotherapy Integration (SEPI), Denver, Colorado, USA, May 19-21, 2017. These include:

Lane R. Memory Reconsolidation, Emotional Arousal and the Process of Change in Psychotherapy. In symposium titled “Are we there yet? Seeking theoretical convergence” (Jeffery Smith, M.D., Chair).

Lane R. A Brain-Based Model of How Promoting Emotional Awareness May Attenuate Chronic Pain. In symposium titled “Psychotherapeutic Treatment of Chronic Pain by Enhancing Emotional Awareness” (R Lane, Chair).

Lane R. Discussant for symposium titled “What is essential to bringing about therapeutic change? How can research hypotheses be tested in live psychotherapy sessions?” (K Pando-Mars, Chair).

I will also be making the following presentations:

Lane R. Role of Implicit emotion in pain modulation. In invited symposium sponsored by the National Institute on Drug Abuse titled “What is Pain to the Brain?” (Steven Grant, Ph.D., Chair). Annual Meeting of the American Psychiatric Association, San Diego, CA May 24, 2017.

Lane R. The hierarchical basis of neurovisceral integration. In symposium titled Brain mechanisms, emotion and arousal (JF Thayer, Ph.D., Chair). Annual Meeting of the Academy of Behavioral Medicine Research, Santa Fe, NM, June 24, 2017.

The latter presentation is based on the recently published paper:

**CRC Update**
*By Margaret “Margie” Balfour, MD, PhD*

**Leadership Changes**
We are pleased to announce the promotion of Jerimya Fox to Executive Director of the CRC. During his tenure as the Director of Social Services, he has improved many aspects of clinical care and developed strong relationships with community partners. In particular, he has worked closely with the Banner Whole Health Clinic to increase referrals from the CRC. As the Executive Director, Jerimya will report to Chief Clinical Officer Dr. Margie Balfour and will be responsible for ensuring that the clinical operations at the CRC continue to run smoothly and provide excellent clinical care. He will be responsible for much of the day-to-day management as Dr. Balfour devotes more time to leadership in the areas of clinical innovation and quality improvement.

**National Recognition**
Dr. Balfour recently received the “Doctor of the Year” award from the National Council for Behavioral Health. The National Council Awards of Excellence, presented at the April NatCon conference in Seattle, honor organizations and individuals for improving the lives of Americans living with mental illnesses and addictions. The award includes a cash donation, which will be given to the National Alliance for Mental Illness Southern Arizona chapter.

The Joint Commission has begun a project to develop core quality measures for behavioral health crisis facilities and for psychiatric patients boarding in emergency departments. This project is based on published work originating at the CRC, and Dr. Balfour will chair the Joint Commission’s Technical Advisory Panel.

Tucson Police Department Chief Chris Magnus and Dr. Balfour have been invited to Harvard University’s Leadership for A Networked World Summit on Public Safety in late April to teach others about Tucson’s unique model of law enforcement and mental health system collaboration. This model was recently published in *Psychiatric Services* and will be featured in an upcoming publication on best practices by the International Association of Chiefs of Police.


**Resident Quality Improvement Course**
The inaugural class of the resident’s quality improvement course is winding up. Working in groups, the residents sought to improve many different aspects of clinical care across the health system such as controlled substance prescribing and referral to community resources. Look for their project summaries at the upcoming resident poster session.

**Resident Opportunities at the CRC**
The Crisis Response Center provides fertile ground for research and experience in crisis services, administrative psychiatry, quality improvement, and community mental health. In addition, residents with a DEA X license may gain experience with buprenorphine at the CRC. Residents and fellows interested in these areas are welcome to contact Dr. Balfour to explore ideas for research, quality improvement projects, or electives at margie.balfour@connAZ.com.
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<th>Title of Project</th>
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The Departments of Psychiatry and Psychology at the University of Arizona will be hosting a conference in Tucson on the “Neuroscience of Enduring Change: Applications to Psychotherapy” on September 15-16, 2017 (Friday and Saturday).

**Confirmed Speakers and Topics**

**Day 1 - Friday September 15, 2017**
- Lynn Nadel, PhD: *Memory Systems and Dynamics*
- Ryan Smith, PhD: *Implicit and Explicit Emotion*
- Merel Kindt, PhD: *Emotion/Memory Interactions*
- Jessica Andrews-Hanna, PhD: *Arousal and the Frontal Lobes*
- Jessica Payne, PhD: *Sleep and Memory Dynamics*
- Lee Ryan, PhD: *Memory and the Self*
- Jacek Debiec, MD, PhD: *Early Life Trauma*

**Day 2 - Saturday September 16, 2017**
- Les Greenberg, PhD: *Emotion Focused Therapy*
- Edna Foa, PhD: *Behavioral Therapy*
- Michelle Craske, PhD: *CBT*
- Hanna Levenson, PhD: *Psychodynamic psychotherapy*
- Rhonda Goldman, PhD: *Integrative Therapies*
- Richard Lane, MD, PhD: *Synthesis*

Register Now!
https://www.uafoundation.org/NetCommunity/events/2017neuroscienceconference

For more information, please visit:
http://psychology.arizona.edu/NPC2017
Dr. Ole Thienhaus Does Interview with Cronkite News-Arizona PBS about Anxiety Among College Students

On April 5, 2017, Dr. Thienhaus sat down with a reporter from Cronkite News-Arizona PBS and he talked about anxiety among college students. Listen to the podcast by clicking on this link:
https://cronkitenews.azpbs.org/2017/04/07/in-focus-depression-exercise-triathlete-episode/

Clinic’s Corner

*The Whole Health Clinic*

The Whole Health Clinic has ramped up to include over 350 members. We continue to provide high quality integrated care services to individuals with AHCCCS and private insurance. Our services include peer support, case management, individual therapy, groups, psychiatric medication management as well as primary care.

We coordinate care with community providers to ensure the needs of all our members are met. We have been able to meet with many Banner departments to present on the Whole Health Clinic. If we have not come to you and you are interested in learning more about us please let me know.

We welcomed new Clinical Services Manager Kristin Mathieu this past month who supervises all our direct line staff. Kristin comes to us from HOPE and has many years of clinical experience she brings with her. We are very excited to have her join our team!

We have two Recovery Coach (case management) positions currently open. We welcome individuals who have experience working in the RBHA system to apply!

*Psychiatry Clinic BUMCT, BUMCS and Child and Adolescent Clinic – Update*

Construction of the new combined outpatient clinic started in April.

*Cerner Classes*

If you need assistance registering for Cerner classes, please contact Heather Honce via email at hhonce@psychiatry.arizona.edu.
This year’s NAMI Walk was a huge success! Team U of A Psychiatry raised a total of $2,340, exceeding the $2,000 goal!
All raised proceeds went towards NAMI’s efforts to provide education, support and advocacy for those affected by a mental illness.
None of this would be possible without the support of multiple faculty members, staff members, students and patients.
Special thanks to our sponsors:
The University of Arizona, College of Medicine
Bison Engineering, Inc.
KIND, LLC
Remember, you can still fundraiser until 60 days after Walk Day; the website officially closes on June 2.
https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=12042
Congratulations!
Please congratulate the following individuals:

Beth Bernstein, MD – Top Doctors in Tucson, July Issue
Margaret “Margie” Balfour, MD, PhD – Doctor of the Year Award – National Council for Behavioral Health
Bryan Clines, BS – University of Arizona Service Award – 10 Years
John Misiaszek, MD – University of Arizona Service Award – 40 Years
Francisco Moreno, MD – University of Arizona Service Award – 25 Years
Sarah Ortega – University of Arizona Service Award – 10 Years
Ron Wright, PhD, MD, PhD – Arizona Psychiatry Society Howard E. Wulsin Excellence in Education Award

Executive Steering Committee

Welcome to newest members of the Executive Steering Committee: Michael Grandner, PhD and Marisa Menchola, PhD

Staff Spotlight – Do you know...?

In this newsletter, we will feature two individuals: Lisa Gutierrez and Sarah Ortega.

Lisa Gutierrez, Office Specialist, Sr: Hello! I have been with the Department of Psychiatry since March of 2011. I started working at the front desk of the Outpatient Clinic, at what is now, BUMCT; then, transferred to medical records – still there. A couple of years later, I applied for the position of Office Specialist, Senior. Now, I assist everyone with reimbursement for both Banner & U of A employees and handle an array of other financial duties. I really enjoy working here and helping all of you.

Sara Ortega, Research Accountant, Sr: I am responsible for the Grants and Contract Accounts. I reconcile to ensure the expenses are allowable and budgeted in the terms that have been specified by the contracts. I am the PCard holder; verify that transactions are for department use and are expensed appropriately. My additional duties include Operational Advances and custodian of assets. I have worked at the University of Arizona for 10 years, Payroll Accounting in the Financial Service Office before joining the Department of Psychiatry.
Save the Date

**Psychiatry Grand Rounds**

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**College of Medicine General Faculty Meeting**
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.

**State Meeting “Mind Matters”**
May 6, 2017

Sponsored by the Arizona Psychiatric Society in conjunction with the Arizona Chapter of the Academy of Child and Adolescent Psychiatrists. Held at Phoenix Tempe Marriott at The Buttes, 2000 West Westcourt Way, Tempe.

**Class of 2017 Convocation Ceremony**
May 11, 2017

**SC GME Resident Scholarly Day**
May 16, 2017
APA Meeting – San Diego, CA
May 20 – 24, 2017

Graduation
June 23, 2017

Neuroscience of Enduring Change: Applications to Psychotherapy Conference
September 15-16, 2017
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.

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