



Notes from the Department Chair

Collaboration

According to Merriam-Webster, *Collaboration* is a verb defined as "to work jointly with others or together, especially in an intellectual endeavor, or to cooperate with an agency or instrumentally with which one is not immediately connected."

In psychiatry and behavioral medicine, we learn to work as interprofessional teams collaboratively, and one might argue that the more collaboratively we work, the better the care. To be a strong collaborator, one has to be a responsible and hard-working partner who looks for opportunities for both partners to benefit from the collaboration. In the clinical mission of mental/behavioral health care, where our patient care is not reimbursed adequately, and building a full system of behavioral health care is not profitable, health systems mental health care programs are often minimalized, incomplete, and lacking. No one health system offers a complete spectrum of mental health care. The VA offers the most complete spectrum of care, but for obvious reasons, the VA lacks pediatric care. Because of this, people routinely seek mental health care outside of their care network. The better we collaborate with our partners, the more seamless the care we deliver to our patients.

Psychiatry Graduate Medical Education (GME) requires a wide array of clinical experiences, including addiction treatment, inpatient, consultation-liaison psychiatry, emergency mental health care, child psychiatry, geriatric psychiatry, psychotherapy, and exposure to forensic psychiatry, amongst others.

When you have these many requirements, but one system does not have the full spectrum of care, our trainees must go to multiple sites to get the training they require. The only way to accomplish this is through a lot of collaboration with multiple partners across the region. This also makes Mr. Koenig and his team's job much more complicated than other departments. I would bet that our department has more contracted relationships and more partnerships than any other department at MCW. I would also bet that our training directors and the residency coordinators have more complicated schedules than most other residencies as well. Hence, we need to be collaborative to the core, and the better we collaborate, the more effective our management team is, the better it is for our patients, and the better it is for our trainees.

In this edition, your leaders will share some of their collaborations.



Jon A. Lehrmann, MD
Charles E. Kubly Professor and Chairman
Department of Psychiatry and Behavioral Medicine
MCW
Associate Chief of Staff for Mental Health,
Milwaukee VAMC



Notes from Tosa Clinic Administration

Hello, and happy summer! I am excited to have the opportunity to write about collaboration for this edition of *Psyched*. As you may know, I am new to the role of Program Director for Tosa Center. Mr. Bob Huberty did an amazing job in this position for 32 years and was an excellent leader. As I think about what my own leadership style is and what I have learned from Bob, I immediately think about collaboration.

At Bob's retirement party, someone had put together a "word cloud" made with words that people felt represented his leadership style and personality. I recall seeing the word "collaboration" front and center. Bob saw the importance of having a diverse group of individuals around him, always asked a lot of questions, and believed in working as a team. He had no interest in being "right" or the hero of the story; he just wanted to find the best solutions for problems. For our busy clinic, this is critical. We have many moving parts that need to work together every single day for us to serve our patients. It takes collaboration between providers, learners, administration, nursing, and others to accomplish this. Bob has assured me that I can reach out anytime with questions--which I try not to take advantage of—but he is still collaborating behind the scenes!

One of my favorite examples of collaboration comes from Dr. Agrawal -- it used to be on his email signature line! He asked who had re-potted a plant that was near the check-in desk. The reply he received was, "Health psychology gifted the plant, Paige brought the pot, Dawn provided the dirt, and Natalie re-potted the plant." Bob, of course, was the one to water it. This is a beautiful example of how Tosa Center works and speaks volumes about how we collaborate.

Thank you for your collaboration as we move forward into the rest of 2024!

Amy Ridley Meyers, PhD
Program Director, Tosa Center
Assistant Professor
Department of Psychiatry and Behavioral Medicine;
MCW



Research Notes

Unlocking Public Health Success: The Power of Collaboration in Research

Collaboration—amongst diverse investigators and between academics and community-based organizations—is essential to public health research. At CAIR, our successes are usually driven by the collective efforts of diverse minds working together as a team.

An article published in *Science* by Santo Fortunato et al. in 2018 highlights the significant increase in teamwork within the scientific community over recent decades, which they say marks a fundamental shift in the way research is conducted. They analyzed the authorship of 19.9 million research articles showing a shift toward team based research across nearly all scientific disciplines. One example they cite is how 1955 science and engineering teams produced about the same number of papers as solo authors, but by 2013, 90% of papers were team-authored.

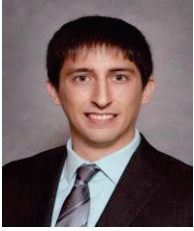
Santo Fortunato et al. also found that papers authored by teams in science and engineering are 6.3 times more likely to be highly cited (1000 citations or more) compared to those by solo authors. They hypothesize that a possible reason for this is a team's ability to come up with more novel combinations of ideas or to produce valuable resources that are later used by others.

This trend toward teamwork is mirrored in our approach at CAIR, where our investigators nearly always work collaboratively on research, incorporating expertise from a multitude of disciplines, including behavioral science, public health, psychology, sociology, epidemiology, medicine, law, and biostatistics.

CAIR's collaborations also extend beyond our center to elsewhere in the psychiatry department, to many other departments and institutes across campus, and even beyond MCW. In addition to working with other investigators across the U.S. and internationally, we forge partnerships with local health departments and community-based organizations to conduct the most impactful research and strive toward a shared goal of improving public health.

In conclusion, collaboration is key to our success at CAIR, empowering us to advance public health research and make meaningful contributions to the well-being of individuals and communities worldwide. Through collaborative public health research, we are dedicated to creating a healthier, more equitable future for all.

Jennifer Walsh, PhD
Associate Professor
Center for AIDS Intervention Research
Department of Psychiatry & Behavioral Medicine; MCW



Connecting Team Pharmacy and Team Psychiatry

According to 2021 data, one in five individuals experience mental illness each year, though less than half of them receive treatment.¹ Furthermore, studies suggest that psychiatric medication use is on the rise following the COVID-19 pandemic.² Board Certified Psychiatric Pharmacists (BCPPs) are advanced practice clinical pharmacists who specialize in mental health care, typically after obtaining a Doctor of Pharmacy (PharmD) degree and completing two years of post-graduate residency training.³ Through interdisciplinary care and new practice models, BCPPs can increase treatment access and optimize medication use in psychiatry.

I have served as the sole BCPP within Froedtert & MCW since 2017, and I have been so grateful to our department as they embrace innovative models involving pharmacy. I spend two days weekly at Tosa Health Center, assisting PGY2 psychiatry residents within the Clinical Consultation Academic Psychiatry Service through drug information services and follow-up telephone calls. Furthermore, we have created a collaborative practice agreement (CPA) by which Wisconsin law allows a physician to delegate clinical activities to a pharmacist; after establishing shared intake processes with several psychiatrists, we have opened medication management appointments on my schedule that allow me to make psychiatric medication adjustments and ensure ongoing prescription access. We are also exploring my involvement in urgent care coverage for the clinic, as well as medication history screening for specialty treatments like esketamine and transcranial magnetic stimulation.

While I previously served one day weekly at the Froedtert Menomonee Falls Hospital (FMFH) behavioral health unit, I have transitioned in the past year to consultations on the Complexity Intervention Unit (CIU). BCPPs also have a background in providing patient medication education groups, so we now offer a weekly group within the FMFH partial hospitalization program (via virtual technology to extend the reach of BCPP support). Work in both acute and outpatient care increases the transition of care opportunities.

I am passionate about collaborations on education and studies pharmacist-led education in psychiatry residency training.⁴ I am on faculty at the MCW Pharmacy School, so many PharmD students provide these clinical services alongside me. I lead several didactic lectures for the APP

Psychiatry Fellowship Program, as well as a near-annual Psychiatry Grand Rounds presentation. I have also been co-leading efforts to expand Mental Health First Aid training across Wisconsin with Dr. Himanshu Agrawal and staff-extraordinaire Susan Smykal via an AHW Endowment grant.

Psychiatric medicine is rapidly changing, and I look to offer my expertise to colleagues whenever requested. Thank you for allowing me these many avenues to collaborate with you in bettering patient care!

Kevin Bozymski, PharmD, BCPS, BCPP

Associate Professor of Clinical Sciences,
MCW School of Pharmacy
Associate Professor of Psychiatry & Behavioral Medicine,
MCW School of Medicine

References:

1. National Alliance on Mental Illness. Mental Health By the Numbers. Accessed <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers> on June 8, 2024.
2. Sanborn M, Ali MM, Creedon TB. National trends in psychotropic medication prescribing before and during the COVID-19 pandemic. *Psychiatry Res.* 2023;325:115248.
3. American Association of Psychiatric Pharmacist. Psychiatric Pharmacists: Improving Access, Outcomes, and Cost. Accessed <https://aapp.org/psychpharm> on June 8, 2024.
4. Balon R et al. Pharmacist-led education in psychiatry residency training. *Acad Psychiatry.* 2024;48(2):119-22.



David J. Peterson
STAFF
Excellence Award

Nominate staff that you feel do an exemplary job—
above and beyond their duties.

Survey is open July 15 – August 15

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary." - Margaret Cousins



Notes from Education Team

Collaboration in Education

The collaboration between a program director and an educational program coordinator is fundamental to the success of any educational program. The program director and coordinator are key members of the leadership team, and their collaboration is necessary for a successful program.

The program director sets the overall strategic direction for the program, aligning it with the institution's mission and educational goals. They define long-term objectives, manage the program's structure, budget, and resources, and secure funding. The program director also oversees the program coordinator and other staff, providing strategic guidance and support, monitoring progress, and addressing issues. Representing the program to external stakeholders, including accrediting bodies, partners, and the community, is another key responsibility. This involves networking, public speaking, and promoting the program to attract resources and support. Regular evaluations and reporting on the program's effectiveness are critical, informing decisions about future directions and improvements.

The program coordinator manages the day-to-day operations, ensuring activities run smoothly. This includes organizing schedules, coordinating events, and handling administrative tasks. They support the program director and other team members by facilitating communication and organizing meetings, ensuring tasks are completed on time. Monitoring the progress of specific activities, collecting data, and preparing reports for the program director are key functions. This role ensures all documentation is accurate and timely, providing a clear picture of the program's status. Direct interaction with program participants is significant, as coordinators provide information, answer questions, and address concerns, ensuring a positive experience for learners and faculty. Managing resources, including supplies and equipment, is crucial, ensuring everything needed for the program is available and in good condition.

Effective collaboration between the program director and the program coordinator leads to enhanced communication, streamlined processes, and a more cohesive educational experience for learners. The program director relies on the coordinator's organizational skills and regulatory knowledge to focus on strategic planning and vision-setting for the program. Together, they can proactively identify and address potential issues, ensuring the program remains compliant with accreditation standards and adapts to evolving educational needs. This partnership enhances efficiency and fosters a supportive environment where faculty and learners can thrive, contributing to the overall success and sustainability of the educational program. Despite significant growth of our educational programs in recent years, we have had continued success of our programs primarily due to our seamless collaboration between the program director and coordinator.

Christina Wichman, DO
Vice Chair of Education

Kiara Bond
Education Program Manager



The Captain John D. Mason Veteran Peer Outreach Program includes a team of Peer Specialists that use the lived experiences of our own journeys to empathize with and empower others to live their best lives, whatever that looks like individually. Our team's role is outreach in the community with a goal to end Veteran Suicide.

We work toward this by offering personalized support and connection to VA physical and mental health services, and community resources, that address risk factors toward suicide. We are partnered with Veterans Outreach of Wisconsin and Racine County's National Alliance on Mental Illness to operate the '9-Line Veteran Support Program,' working together to provide individualized service plans that mitigate risk factors such as:

- Housing and food insecurity
- Unmet healthcare needs
- Legal and benefits issues
- Vocational support
- Secure storage of medication and firearms

Additionally, we facilitate NAMI Veteran Peer Support Groups in several counties, providing confidential space for Veterans to talk about things they might feel only another Veteran can understand. No one knows a Veteran like a Veteran and that's the true power of our program; to connect in ways others can't through the earned camaraderie of our service.

No one fights, and wins, alone. Collaboration is at the heart of everything we do. Each person on the Captain Mason Team brings their unique skills and experience to utilize every resource and connection point available to eliminate barriers and help uplift someone to a better situation. We work with county, state, federal, and non-profit organizations to provide best fit wrap-around care and resources not only for Veterans, but family as well.

The Captain Mason team also promotes the Live Today – Put it Away program, where we collaborate with firearm retailers, ranges, and law enforcement agencies across Wisconsin to provide voluntary, temporary, secure firearm storage for individuals in crisis that recognize the need to create time and distance between themselves and their lethal means.

To put an end to suicide - there is no one size fits all solution; there is no single organization or program or person that can solve this problem. It's an all-hands effort across a spectrum of all resources, and the willingness of those able to provide options and collaborate toward saving lives.

If you meet a Veteran or military family struggling to connect to services or just wants to talk with someone that 'gets it', we can help: 414-955-8910 or

CaptainJohnDMasonProgram@mcw.edu

Pete Glowinski
Peter Borucki
Mark Flower
Veteran Peer Specialists
Captain John D. Mason Veteran Peer Outreach Program



Collaboration in Wellness

Housed in the office of Faculty Affairs at MCW and led by our very own **Professor Jennifer Apps** (Assistant Provost of Faculty Affairs at MCW), The Wellness Collaborative provides a space for the multiple teams at MCW-Froedtert-Children's Wisconsin-Veterans' Affairs (which I will refer to as the 'Enterprise', risking the ire of Star Trek lovers) to come together, network, and strategize together, instead of working in relative silos.

What started as a 'report-out' group has been steadily evolving into an exercise which is reducing redundancies and improving deliverable and actionable interventions related to combating burnout and fostering wellness at the workplaces scattered across the Enterprise.

Some of the stakeholder participants include representatives from (but not limited to):

- Office of Faculty Affairs, MCW
- Chief wellness Officer (Froedtert & MCW)
- The office of MCW's Wellness Program
- MCW Milwaukee Office of Student Wellness
- MCW Resident Wellness/ MCW Affiliated Hospitals
- MCW School of Pharmacy
- MCW-Central Wisconsin Student Service
- MCW Center for Disease Prevention
- MCW Human Resources and Total Rewards
- Medical College Physicians
- The Division of General Internal Medicine at MCW
- The Department of Radiology at MCW
- The Department of Obstetrics and Gynecology at MCW
- The Department of Anesthesiology at MCW
- The Department of Psychiatry and Behavioral Medicine at MCW
- Froedtert Benefits Department
- Froedtert Employment Assistance Program
- Froedtert Department of Human Resources
- Froedtert Community Physicians
- Veterans Affairs
- Chief Wellness Officer (Children's Wisconsin)

I have discovered that the discussions are usually meaningful, and even when they are hard-hitting, Dr. Apps ensures that we land on a note of practical positivity.

For more details about the Wellness various initiatives (ongoing as well as those planned for the future), simply email me at hagrawal@mcw.edu and I will try my best to make sure that I connect you to the right person.

Please wish us luck as we tread forward!

Sincerely,

Himanshu Agrawal MBBS, DF-APA
Vice Chair of Well-being
Department of Psychiatry and Behavioral Medicine; MCW



Quality Collaboration at the Tosa Center

Cross-disciplinary collaboration is one of the foundations of clinical work at the Tosa Center. While it goes without saying that collaboration is essential to quality patient care, its hidden benefits are equally important. Working and thinking across clinical roles and theoretical orientations enhances learning and is an essential source of support in work that otherwise may be isolating and taxing. The Clinical Quality Forum (CQF) is one of several Tosa Center processes for collaboration and is based upon recognition that we serve our patients and professional selves best when we bring our minds together to address clinical and systemic challenges.

The CQF is a monthly, 50-minute meeting in which clinicians conduct critical incident reviews, discuss treatments of concern or difficulty, and address systemic issues affecting the quality of our clinical work. The forum's purpose is to support and improve clinical services and operations, to identify and address systemic clinical issues impacting patient care, and to advance clinical learning. Since 2013, Bob Huberty and Michelle Shasha have co-facilitated these discussions; Amy Ridley-Meyers joined as a co-facilitator this past spring. One therapist and one prescriber are invited to rotate as consultants to the group for two-year terms. To date, more than twenty clinicians have participated as consultants to the forum. When indicated – that is, often – other clinicians and administrative staff attend, including nurses and referral coordinators. On rare occasions, clinical reviews are mandated by the state; more typically, treatments and topics are reviewed at the request of the primary clinicians involved in a treatment or by nursing staff.

The current CQF therapist-consultant is Tera Carman, LCSW (term ending June 2025), and the current prescriber-consultant is Marc Gunderson, MD (term ending June 2024). We are looking forward to Mara Pheister, MD, joining us as prescriber-consultant in July as Marc completes his term.

The concerns discussed in the CQF vary widely. Some of the systemic topics discussed included:

- Review of **concerns related to new clinic patients**, specifically:
 - Improving access for follow-up appointments.
 - Increasing clinician and patient awareness of Tosa Clinic and community mental health resources.
- Revision of the clinic policy regarding **patient requests to transfer/change clinicians**.
- Periodic review and revision of **on-call guidelines**.
- Creation of clinic guidelines regarding **requests for mental health clearance for medical procedures**.
- Periodic review and revision of the **clinic treatment plan**.
- Clinic notification and **acute review process** for addressing urgent clinical concerns.
- Creation of **clinic guidelines following the traumatic death** of a clinic patient.

Discussion and iterative improvement of systemic challenges happens through candid, creative, and lively discussion. Improving the quality of mental health treatment is a continuous team effort at the Tosa Center, with the CQF being just one formal venue for addressing these issues. There are many other, daily and often under-the-radar, collaborative efforts at improving processes and skills in the service of offering sensitive, sophisticated, and high-quality treatment to all whom we have the privilege to serve.

Michelle Shasha, PhD
Assistant Professor
Department of Psychiatry and Behavioral Medicine; MCW

The 37th
DOOR COUNTY SUMMER INSTITUTE

July 22 - August 9, 2024
The Landmark Resort | Egg Harbor, WI

<https://ocpe.mcw.edu/2024DCSI>

*Up to 15 CE credits for 5-day sessions & up to 8 CE credits for 2-day sessions**

Some titles are abbreviated, and complete descriptions are available on the website.

Week 1
July 22 - July 26

- Session 1: Donald Meichenbaum, PhD and David Meichenbaum, PhD**
"High Risk Students": Strategies for Intervention (5-day / Monday - Friday)
- Session 2: Fred Heide, PhD and Lee Becker**
Developing Affirmation Skills Via Medical Improvisation (5-day / Monday - Friday)
- Session 3: Thomas Heinrich, MD and Harold Harsch, MD**
Update in Psychopharmacology & General Hospital Psychiatry (2-day / Monday - Tuesday)
- Session 4: David Mintz, MD**
Integrating Practical Psychodynamics & Psychopharmacology (2-day / Thursday - Friday)

Week 2
July 29 - August 2

- Session 5: Francis Lu, MD**
Openness to Belonging in Film (5-day / Monday - Friday)
- Session 6: Jeremy Miner, MA **FREE for MCW Psychiatry Staff & Faculty! Email Caimen**
Grant Proposal Writing for Beginners (2-day / Monday-Tuesday)
- Session 7: Kathleen Koth, DO, DFAACAP**
Neurodevelopmental Disabilities Across the Lifespan (2-day / Monday - Tuesday)
- Session 8: Rebecca Anderson, PhD and Sarah Trost, PhD**
Integrated Management of Pain (2-day / Thursday - Friday)
- Session 9: Joseph Goveas, MD and Makenzie Hatfield Kresch, MD**
Geriatric Psychiatry: Depression, Anxiety, & Dementia (2-day / Thursday - Friday)

Week 3
August 5 - August 9

- Session 10: Beth Shaw, PhD and Jessica Brumm-Larson, PhD**
Incorporating DBT into Clinical Practice (5-day / Monday - Friday)
- Session 11: Sheldon Benjamin, MD, DLFAPA, FANPA, FAAN**
Practical Neuropsychiatry Pt. 1: Prefrontal Function & TBI (2-day / Monday - Tuesday)
- Session 12: Cecilia Hillard, PhD and Todd Stollenwerk, MD, PhD**
Cannabis, Hemp, & The Brain (2-day / Monday - Tuesday)
- Session 13: Sheldon Benjamin, MD, DLFAPA, FANPA, FAAN**
Practical Neuropsychiatry Pt. 2: Memory Issues (2-day / Thursday - Friday)
- Session 14: Laura Miller, MD**
Women's Mental Health Update (2-day / Thursday - Friday)

*Consistent with ACCME policy, faculty for all MCW continuing education programs must disclose all relevant financial relationships with commercial organizations. MCW has a mechanism in place to identify and resolve conflicts in advance of the DCSI. The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Medical College of Wisconsin designates each five-day session of this live activity for a maximum of 15 AMA PRA Category 1 Credits and each two-day session for a maximum of 8 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Medical College of Wisconsin designates each week-long session of this live activity for up to 15 hours of participation for continuing education for allied health professionals and each two-day session for a maximum of 8 hours of participation for continuing education for allied health professionals.

This program is pending approval by the National Association of Social Workers for continuing education contact hours.

The Medical College of Wisconsin is approved by the American Psychological Association to sponsor continuing education for psychologists. The Medical College of Wisconsin maintains responsibility for this program and its content.



13th Annual Depression Recognition Day

Thursday, October 10, 2024

12:00-3:00 pm

Presented by the Medical College of Wisconsin

Department of Psychiatry and Behavioral Medicine

IN MEMORY OF CHARLES E. KUBLY

And

SUPPORT FROM THE STEPHEN T. SEXTON MEMORIAL FOUNDATION

VIRTUAL MEETING INFORMATION:

Zoom Meeting link:

<https://mcw-edu.zoom.us/j/97821741149?pwd=QSZr61lnamsoaCHjo5zJ5bwWaTDEll.1>

OR IN PERSON:

**Tosa Health Center; 3rd Floor
T3401/T3402 (South Conference Room)**

Time: 12:00—1:00 pm

Topic: Perinatal Depression

Presenter: Elizabeth Hovis, MD

Assistant Professor, Department of Psychiatry and Behavioral Medicine; MCW

Time: 1:00—2:00 pm

Topic: Depression and Chronic Pain

Presenter: Kirti Thummala, PhD

Assistant Professor, Headache Medicine Program
Department of Neurology and Psychiatry and Behavioral Medicine; MCW

Time: 2:00—3:00 pm

Topic: Approaching Depression through Integrated Behavioral Health

Presenter: Mary Beth Alvarez, MD

Assistant Professor; Co-Director of Primary Care Behavioral Health Integration at FH
Program Director, Internal Medicine/Psychiatry Residency at MCW

PSYCHED is the newsletter of the
Department of Psychiatry and Behavioral Medicine,
Medical College of Wisconsin.

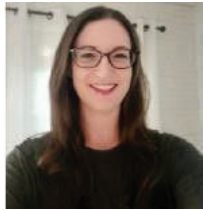
Jon A. Lehrmann, MD, Chairman and Professor
Editorial Team: Joy Ehlenbach • Dawn Norby





GETTING TO KNOW...

Faculty and Staff from the Department of Psychiatry and Behavioral Medicine



NICOLE COLLINS
Senior Administration Assistant
Tosa Health Center

What is your educational background?

Bachelor of Business Administration

How long have you worked at MCW?

I have worked at MCW for five months.

Describe your typical workday.

Every day is different, and I am always learning new things! I check patients in and out, answer phones, and help with patient questions, forms, DocuSign, computer issues, etc.

What do you like most about your job, and what attracted you to this field?

I think mental health is an important and integral part of our health system, and that is what attracted me to this position. I really enjoy working with the patients and my AWESOME coworkers!

Tell us about life outside of MCW.

I live with my husband Mike, two cats, and my stepson, Lucas, who just turned 18 and is starting college soon! I enjoy spending time outdoors, gardening (aka yard work), fishing, kayaking, camping, reading, and spending time with family and friends.

What are your favorite movies, books, music?

Pride and Prejudice.

Tell us a fun/unique fact about yourself.

I studied abroad in Seville, Spain, and traveled to a bunch of amazing countries: France, Italy, Morocco, and my favorite, Portugal!



ELLIELEITNER
Social Worker II/Psychotherapist
Tosa Health Center

What is your educational background?

I received my master's in clinical social work from Smith College. I completed clinical internships at the DC Rape Crisis Center and a Child Advocacy Center in Boulder, CO.

How long have you worked at MCW?

Almost one year!

Describe your typical workday.

Seeing patients for individual psychotherapy, attending peer supervision meetings to collaborate with colleagues and hopefully going for a walk on my lunch break!

What do you like most about your job, and what attracted you to this field?

I love the variety I have in my role - seeing different populations with varying mental health needs and learning from colleagues with unique perspectives.

Tell us about life outside of MCW.

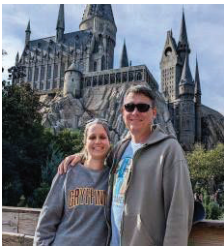
My favorite hobby is eating at new restaurants. My summer goal is to visit as many Wisconsin Supper Clubs as possible - my current favorite is Schwarz's in New Holstein. I love podcasts, being outside, and hosting friends to share a meal. I'm marrying my partner, Jared, this summer and moving into a new house, woohoo!

What are your favorite movies, books, music?

My favorite movies are "Brokeback Mountain" and "Love and Basketball."

Tell us a fun/unique fact about yourself.

I am a childbirth doula!



PETE GLOWINSKI
Veteran Peer Specialist
Captain John D Mason
Veteran Peer Outreach
Program Research Park
Center

What is your educational background?

I earned my bachelor's from the University of Wisconsin-Whitewater in 2015, majoring in criminology and minoring in sociology.

How long have you worked at MCW?

I have worked at MCW for one year since June 2023.

Describe your typical workday.

No workday is typical, and I love that! My role is to connect with fellow Veterans and families, to provide peer support and access to resources toward the next step in their recovery journey, and ultimately, end Veteran suicide. Some days, I'm traveling to community outreach events to provide resources (we cover six counties: Jefferson, Kenosha, Milwaukee, Racine, Walworth, and Waukesha). On other days, I host confidential NAMI Veteran Peer Support Groups and "Office Hours," where Veterans can call for a drop-in appointment for support and learn about available resources.

What do you like most about your job— what attracted you to this field?

I love that my team affects meaningful and positive change to people's lives. My dad is the reason I chose this vocation. He was a Veteran who never accessed the care or benefits he earned in Vietnam. His life was shorter than it should've been due to illness, and while I can't save him, maybe I can help others.

Tell us about life outside of MCW.

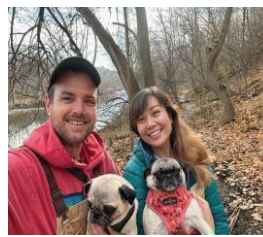
I've been lucky to have my soulmate, Amanda, for over 20 years. Traveling with our dog Ginger is our true joy. The top destinations are The Olympic, Glacier, and Yellowstone National Parks. "The mountains are calling, and I must go" - John Muir.

What are your favorite movies, books, and music?

Mumford and Sons, Little Lion Man.

Tell us a fun/unique fact about yourself.

I have been to over 50 Dave Matthews Band concerts all over the United States.



IRENE WARNER, MD
Assistant Professor
Division of Consultation-Liaison
Psychiatry

What is your educational background?

I received a Bachelor of Fine Arts in Drawing and Painting from Northern Michigan University before attending medical school at Michigan State University College of Human Medicine. I completed both general psychiatry residency and consultation-liaison psychiatry fellowships at the Medical College of Wisconsin.

How long have you worked at MCW?

Nine months.

Describe your typical workday.

I spend most days seeing psychiatry consults either in the inpatient units or the emergency department of Froedtert Hospital and teaching medical students and residents during that time. I also spend one day a week at the Quality-of-Life psycho-oncology clinic, seeing outpatient cancer patients with psychiatric needs.

What do you like most about your job— what attracted you to this field?

I love the variety of inpatients that I see, as well as the diagnostic complexity of C-L psychiatry patients, as they are often very medically ill. My C-L coworkers are also pretty great!

Tell us about life outside of MCW.

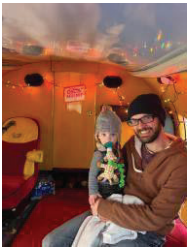
I love spending time with my partner, Chris, and my two adorable pugs, Douglas and Banana. I'm also lucky to live next door to my two best friends, and we enjoy rock climbing, taking adult swimming classes, rollerblading, biking, and trying new restaurants. I like to draw/paint and play the piano when I'm not doing something outside.

What are your favorite movies, books, and music?

I have multiple favorites depending on genre or mood, but one movie I love is Knives Out.

Tell us a fun/unique fact about yourself.

My favorite fruit is guava, and my favorite birds to see in the wild are herons (so far, I've seen green, black-capped night, great blue, and yellow-crowned night herons!)



STEPHEN BRANDT, MD

Assistant Professor
Addiction Psychiatrist
Tosa Health Center

What is your educational background?

B.A. Psychology at Loras College, M.D. Southern Illinois University School of Medicine, Psychiatry Residency and Addiction Psychiatry Fellowship at Indiana University.

How long have you worked at MCW?

Since August 2023.

Describe your typical workday.

Most of my time is outpatient at Tosa, where I see patients— most often cases of co-occurring substance use disorders and anxiety/depression/trauma. I attend various supervision meetings many days to discuss challenging cases with other team members, which is a great experience especially as a young clinician and new to the area.

What do you like most about your job— what attracted you to this field?

I find addictions interesting because they intersect so directly with the age-old question of free will vs determinism. Conceptually I believe the development of addiction represents a pathological reduction in the behavioral degrees of freedom an individual has, and the process of recovery is one's journey to acquire more numerous and adaptive behavioral degrees of freedom. It is difficult when patients are at their lowest, but it is a very cool and unique experience to support patients as they attempt to regain their sense of humanity in many ways.

Tell us about life outside of MCW.

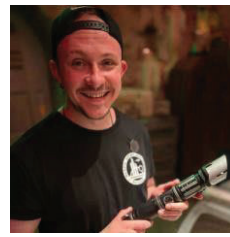
I'm happily married and a proud father of two extremely amusing boys (three years old and one and a half years old). In my "free time," I play soccer, board and strategy games, and do some songwriting on piano. My sister is moving here to begin her Surgical Oncology fellowship this summer, so I am very excited to have her around!

What are your favorite movies, books, and music?

Song -"Can You Hear the Music?" from Oppenheimer; Movie-The Prestige; Book-The Dark Forest.

Tell us a fun/unique fact about yourself.

I love designing board games. I have started some play testing and hoping to dive deeper into that and then publish some of them one day.



CORY JEFFERSON HAGEN

Education Program Coordinator
Research Park Center

What is your educational background?

I graduated from the University of Wisconsin-Whitewater with a Bachelor of Fine Arts in Theater Performance.

How long have you worked at MCW?

It has been two months. I started on May 13.

Describe your typical workday.

I spend a lot of my time now still getting my bearings on a new field, but I help coordinate the APP Psychiatry Fellowship program. I get to work with the fellows and help schedule and plan their rotations and didactics. We are currently in the midst of planning graduation and setting up next academic year's lecture schedule.

What do you like most about your job— what attracted you to this field?

I was looking for something with a new challenge, and every day is something new I have to learn. I'm coming from eight years of retail management. I was looking for something that would help people, and I found it.

Tell us about life outside of MCW.

I have three nieces (one, four, and six) and a nephew (13) who are some of my favorite people in the world. I love nerdy things. I run a Dungeons and Dragons campaign as the Game Master for some friends, where I have written 250 pages of playable stories, love single-player story-driven video games, and collect vinyl records. My boyfriend, Caimen, and I have a large record collection of about 700 records we've built together of our favorite music.

What are your favorite movies, books, and music?

Right now, my favorite song is 'At the Risk of Feeling Dumb' by Twenty-One Pilots. My Favorite movie is a tie between 'Eurovision Song Contest: The Story of Fire Saga' and 'Barb and Star Go to the Vista Del Mar' and my favorite book is The Inheritance Cycle by Christopher Paolini (Who I recently got to meet!).

Tell us a fun/unique fact about yourself.

I've done multiple world premiere Theatre productions in Milwaukee, one of which was invited to a Shakespeare festival in Oklahoma for presentation.

CONGRATULATIONS GRADUATES!

ADVANCED PRACTICE NURSE PRACTITIONER PSYCHIATRY FELLOWSHIP

Jennifer Bentley, APNP, PMHNP-BC
Claire Gates, PA-C
Rakesh Patel, APNP, PMHNP

CENTRAL WISCONSIN PSYCHIATRY RESIDENCY PROGRAM

Boris Berman, MD
Ania Fida, MD

CHILD AND ADOLESCENT PSYCHIATRY FELLOWSHIP

Rachel Feltman Frank, MD
Laura Pulido, MD
Kayla Schenheit, MD
Anna Siddiqui, MD
Emma Woldt, MD

FORENSIC PSYCHIATRY FELLOWSHIP

Luba Kats, DO
Margaret Kaiser, MD

HEALTH PSYCHOLOGY FELLOWSHIP

Adam Everson, PhD
Matthew Reiland, PhD

HEALTH PSYCHOLOGY RESIDENCY PROGRAM

Adult

Kristin Dowe, PhD
Brooks Harbinson, PhD Hannah
Hinkel, PhD
Shawntell Pace, PhD

Pediatric

Sarah Boeding, PhD
Kimberly Brown PhD
Meghan Flannery, PhD
Chelsea Torres, PhD

MILWAUKEE PSYCHIATRY RESIDENCY

Laura Faluade, DO
Maureen Ikpeama, MD
Caitlin McCarthy, MD
Hana Millen, MD
Rachel Peters, MD
William Stooksbury, MD

NORTHEASTERN WISCONSIN RESIDENCY PROGRAM

Kevin Hansen, MD
Ifeanyi Mbah, MBBS

WELCOME RESIDENTS AND FELLOWS!!

ADDICTION PSYCHIATRY FELLOWSHIP

Brandon Neisewander, MD

ADVANCED PRACTICE NURSE PRACTITIONER PSYCHIATRY FELLOWSHIP

Michelle Beahm, PMHHP-BC

Kaitlyn Foley, PA-S

Ruth Percival, PA-C

Victoria Strickland, DNP, ARNP, PMHNP-BC

CENTRAL WISCONSIN RESIDENCY

Navneet Kaur, DO

Michael Kholov, MD

Shivani Gundamraj, DO

Inez Yu, MD

CHILD AND ADOLESCENT PSYCHIATRY FELLOWSHIP

Jordan Allen, DO

Maureen Ikpeama, MD

Laura Faluade, DO

Samantha Murad, DO

CONSULTATION/LIAISON PSYCHIATRY FELLOWSHIP

Caitlin McCathy, MD

Hana Millen, MD

FORENSIC PSYCHIATRY FELLOWSHIP

Dawn Sherman, MD

HEALTH PSYCHOLOGY FELLOWSHIP

Amy Fraire, MA, LPC

HEALTH PSYCHOLOGY RESIDENCY PROGRAM

Adult

Emma McWhorter, MEd

Jessica Krukowski, MS

Jasmine McGhee, MEd

Alvia Murdock-Frazier, MS, SLP

Pediatric

Helen Bedree, MA

Ellison Choate, MS

Emily Wieggers, MS

Chelsea Winner, MA

MED/PSYCH RESIDENCY PROGRAM

Anji Li, MPH, MD

Todd Stollenwerk, MD, PhD

MILWAUKEE PSYCHIATRY RESIDENCY

Areej Aziz, DO

Cassandra Balson, MD

Claire Cohen, MD

Lauren Donovan, DO

Andrea Nino De Guzman Ramirez, MD

Kahaan Patel, MD

Marian Peralta, DO

NORTHERN WISCONSIN PSYCHIATRY RESIDENCY PROGRAM

Khadijah Enoch, MD

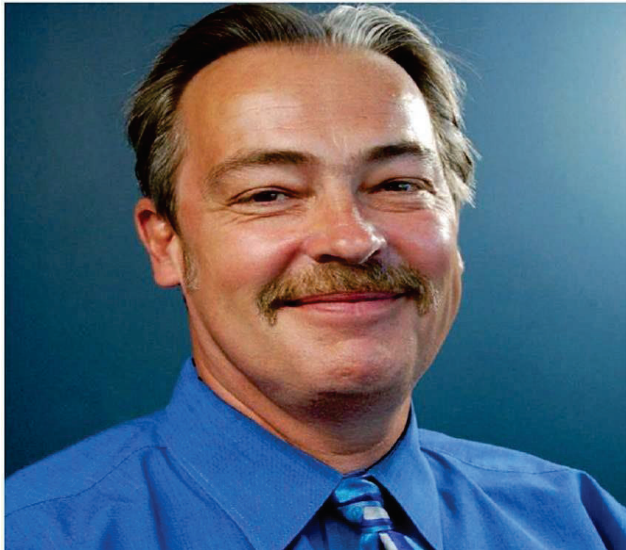
Grace Taylor, MD

Bridget White, MD

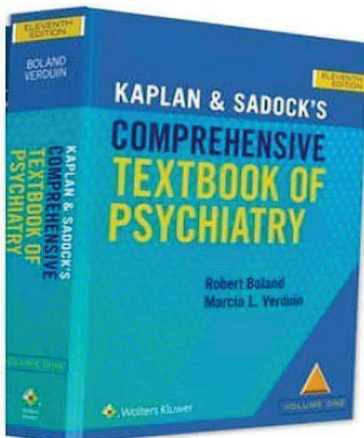
Maya Gwiazdowski, DO

HAPPY RETIREMENT BOB HUBERTY

Congratulations on 32 years of service at MCW.



**Kaplan & Sadock's
Comprehensive Textbook of Psychiatry
(2024) 11th edition.**



Department faculty and residency alums contributed to the Psychotherapies section of the Eleventh Edition of Kaplan and Sadock's Comprehensive Textbook of Psychiatry, which Marcy Verduin and Robert Boland have now edited. MCW authors included Courtney Barry, PsyD, and Zabrina Ebert, DO, on Acceptance Commitment Therapy; Jenessa Price, PhD, on Behavior Therapy; Erika Steinbrenner, MD, on Hallucinogen-Assisted Psychotherapy; and Anne Bodmer Lutz, MD, on Solution-Focused Brief Therapy. Carlyle Chan, MD, contributed as editor for the section.

DEPARTMENT HAPPENINGS

41st Staff Awards and Honors

Dawn Norby.....	35 years
Kevin Brown	30 years
Gary Koenig	20 years
Colleen Ballbach, APNP	15 years
Ann Herbst.....	15 years
Lisa Roehl, LCSW	15 years
Jason Scheu	15 years
Tamika Hampton.....	10 years
Kiara Bond.....	5 years
Sarah Hansen.....	5 years

*In Memory of Anthony Meyer, MD
July 14, 2024*



TOWNHALL MEETINGS

3:00 p.m. on Friday, July 26, August 16, and September 20

