

Annual **Report** 2022



ADVANCING BEHAVIORAL HEALTH TOGETHER

CONTENT

COVER IMAGE: Duke Behavioral Health Center North Durham at Duke Regional Hospital. At the center, which opened in April 2021, a multidisciplinary team of clinicians provides emergency, outpatient, and inpatient behavioral health services.



MESSAGE FROM THE CHAIR



CLINICAL HIGHLIGHTS



EDUCATION HIGHLIGHTS



ACROSS CAMPUS



EQUITY, DIVERSITY, & INCLUSION



RESEARCH HIGHLIGHTS



ADVOCACY & MEDIA



PHILANTHROPY



SENIOR LEADERSHIP

MESSAGE FROM THE CHAIR

Dear friends and colleagues,

Thank you for taking time to check out our 2022 annual report, where you'll find highlights from our clinical, education, and research missions; our equity, diversity, and inclusion initiatives; and our philanthropic efforts. You'll also learn about some of the ways we're working with community partners across the state, supporting our Duke family, and sharing our voices through advocacy and the media.

As I flip through this report, my thoughts keep returning to the foundational phrase in our department's mission statement, "Advancing Behavioral Health Together," which is also the subtitle of the report. I'm struck by the many ways our team members—with their incredible range of strengths and experiences—are working with each other and countless collaborators across the university, health system, and our broader community to fulfill our mission.

It truly takes a village to provide superior specialty and integrated patient care for all, conduct groundbreaking research, and deliver exceptional training and education. That village starts with our everyday work colleagues and extends across the country and beyond. It includes clinicians, educators, researchers, administrative leaders, staff members, learners, and community partners. Many of the stories in this report reflect the power of interdisciplinary collaboration to accomplish our goals.

Likewise, our new state-of-the-art clinical research facility—a goal we realized in March 2022—is creating more opportunities for multidisciplinary collaboration. The 8,500 square foot space in Duke North Pavilion provides a welcoming setting for our study participants while also bringing together our research community. It's a place where investigators with diverse expertise can easily interact with and support each other while furthering their impactful research.

2022 also marked a milestone for me, as I completed my first five years as the department chair. Throughout the year, I took time to reflect on our successes, opportunities, and goals across all aspects of our work. While much important work lies ahead,

I am deeply proud of all that we have achieved together as a department and profoundly grateful for our team members' steadfast dedication to our mission. Reflecting on these past few years has also given me a renewed appreciation of the importance of staying connected with one another, giving grace, and taking the time to care for ourselves and loved ones.

And now, as I look toward the next five years, I am truly excited to continue leading Duke Psychiatry & Behavioral Sciences in bringing more of our goals to fruition. For example, in 2023, we're looking forward to significantly expanding our clinical team, as well as building on innovative programs such as NC-PAL (see page 4), to enable us to better respond to the great and growing need for behavioral health services in our community.

I am so appreciative of your continued interest and support. I hope you'll stay in touch by visiting our website (psychiatry.duke.edu), following us on social media (see the back cover for our handles), and reaching out to us with any questions, ideas, or updates (psychiatrychair@dm.duke.edu).

Warm regards,



A handwritten signature in black ink that reads "Moira A. Rynn".

MOIRA A. RYNN, MD
CHAIR
DEPARTMENT OF PSYCHIATRY
& BEHAVIORAL SCIENCES

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Duke Psychiatry & Behavioral Sciences offers a range of evidence-based, patient-centered clinical services to meet the behavioral health care needs of patients and their families. Faculty and staff provide a variety of assessment and treatment services across inpatient and outpatient settings. Services include psychiatric consultation and treatments as well as individual, family, and group psychotherapy.

BY THE NUMBERS

2022 FISCAL YEAR

78,199 completed appointments
9,008 completed new patient appointments
3,659 new inpatient consults
5,539 new emergency department consults

 **857**
e-communications with
Duke Health providers

 **1,762** 
behavioral health telephone
consultations with providers across NC

Served patients from
99 OF 100 NC counties

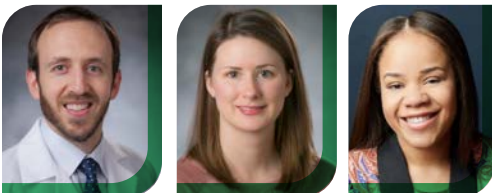
47%↑
increase in
outpatient referrals
FROM **FY20** TO **FY22**

Duke Psychologists Help Sickle Cell Patients Manage Pain & Boost Mental Health

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A team of clinicians at the Duke Sickle Cell Center has long recognized the great need for non-pharmacological therapies to support sickle cell disease patients in managing their pain and to help those experiencing anxiety and depression. But for most of the center's patients, due to lack of insurance coverage, these vital behavioral health services have been largely inaccessible until a few years ago.

In 2017, using state grant funds, the center began contracting with Duke Psychiatry & Behavioral Sciences to embed behavioral health care within the center. Under the contract, every patient who visits the clinic is offered free behavioral health services, regardless of their income level, insurance coverage, or network limits.



Through the contract, Duke Psychiatry & Behavioral Sciences faculty members **Nathan Dankner, PhD**, and **Sarah O'Rourke, PhD**, and clinical associate **Breanna Beard, PhD** (pictured left to right) help pediatric and adult patients manage stress, anxiety, insomnia, depression, and pain flares.



Ernestine Briggs-King, PhD, an expert in child trauma, was elected president of the American Professional Society on the Abuse of Children. Briggs-King, associate professor of psychiatry and behavioral sciences, also serves as the director of research at the Center for Child and Family Health and the program director for data and evaluation at the UCLA-Duke University National Center for Child Traumatic Stress.



Supporting Mental Health in Patients with High-Risk Pregnancies

When **Bernadette Vereen, MSW, LCSW-A**, was hired as a member of Duke Psychiatry & Behavioral Sciences' growing perinatal mental health team in Fall 2021, she quickly connected with **Julia Tarr, MSW, LCSW**, who had recently begun her role serving three Duke Perinatal high-risk obstetrics clinics. Within a few months, the two social workers were talking daily, collaborating to figure out how to best provide behavioral health support to patients with high-risk pregnancies.



Tarr and Vereen are part of an interdisciplinary group of clinicians who are working together to deliver comprehensive behavioral health care for patients with high-risk pregnancies. The team includes psychiatrists, psychologists, ob/gyn physicians, and a family medicine social worker.

Tarr works on-site in the Durham high-risk obstetrics clinic, where she can get a "warm hand-off" to a patient from a provider who has identified a behavioral health concern in that patient. Vereen triages and schedules patients requiring medication management or therapy, as well as meeting with patients to share resources. She also sees a few patients each week for psychotherapy.

While managing their day-to-day demands, Tarr and Vereen also try to focus on building referral systems and partnerships that will help them provide the best, most seamless care to their patients at Duke as well as in the patients' home communities. They also meet regularly with a broader team of clinicians and trainees for educational seminars, case consults, and long-term planning.

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Duke Regional Hospital Rounds out Behavioral Health Team with Pharmacist

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On a typical day at Duke Regional Hospital, you might find pharmacist **Amber Kapuganti, PharmD, BCPP**, rounding with the behavioral health inpatient team, consulting with psychiatric emergency department providers, answering trainees' medication questions, leading games to teach patients about medication safety and usage, and advocating for new medications to be added to the hospital's formulary.

Kapuganti joined the team at Duke Regional Hospital in July 2021 as the hospital's first dedicated behavioral health pharmacist. According to Kapuganti, while many other medical services have a specialized pharmacist embedded on the inpatient team, behavioral health pharmacists on hospital floors aren't yet as commonplace.



"Having a psychiatric pharmacist on our team is a huge help for the psychiatry group, because prescribing can get quite complicated, especially when we have patients who aren't able to provide their medication history themselves," said **Jason Tatreau, MD**, assistant professor of psychiatry and behavioral sciences who works closely with Kapuganti. He notes that Kapuganti has also "done a tremendous job getting multiple medications approved and available to patients," including micro doses of buprenorphine and long-acting injectable anti-psychotic medications.



IN THE COMMUNITY

The Kids Are Not Alright: NC-PAL Expands Access to Pediatric Mental Health Services

Courtney Gardner, MSN, a pediatric nurse practitioner in Marion, North Carolina, has seen a tremendous increase in depression and anxiety among her patients in the past few years. However, there are very few pediatric mental health specialists in rural McDowell County—certainly not enough to meet demand.

That's why she's grateful for the support of **NC-PAL**, a telephone consultation and continuing education program for primary care providers who treat pediatric or perinatal patients with mental health concerns. NC-PAL is a partnership between Duke Psychiatry & Behavioral Sciences, the University of North Carolina School of Medicine, and the North Carolina Department of Health and Human Services.

Gary Maslow, MD, MPH, and **Nicole Heilbron, PhD**, both associate professors of psychiatry and behavioral sciences and pediatrics, serve as principal investigators of NC-PAL, or the North Carolina Psychiatric Access Line.

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Gary Maslow talks with NC-PAL co-director Annise Weaver.



We are working toward supporting the whole state with a particular emphasis on rural counties. Many counties don't have a single child psychiatrist, so how do we at Duke and UNC get that expertise outside the walls of our hospitals to support patients and clinicians in their communities?"



NICOLE HEILBRON, PHD
VICE CHAIR, CLINICAL SERVICES



Duke Health behavioral health specialists help build capacity of pediatricians and family doctors to respond to mental health needs.

From left: Brittany Glass-Thomas; Ilana Brodzki Pilato, PhD; Savannah Henderson, MSN, RN, CPNP-PC; Kendra Rosa, MPH; Gary Maslow, MD, MPH; Brenda Poirier, MSN, PPCNP-BC; and Annise Weaver, MEd, CRC.



NCCARE360 Helps North Carolinians Address their Non-Medical Social Needs

Many North Carolinians struggle with food insecurity, housing instability, lack of transportation access, and other social needs. Through **NCCARE360**, a statewide coordinated care network, health care providers and community organizations are working together to connect these individuals to local services and resources that can help them meet those needs.

Duke Health is using the NCCARE360 platform to better serve our patients. **Susan Spratt, MD**, associate professor of medicine, is leading the implementation, and **Elena Tenenbaum, PhD**, assistant professor in psychiatry and behavioral sciences (pictured), is spearheading the behavioral health facets of Duke's efforts.



Tenenbaum says NCCARE360's robust resource directory provides a novel way to connect the patients we're unable to accommodate at Duke to behavioral health care at other clinics in the community.



Tenenbaum's role is three-pronged: (1) convening monthly virtual networking meetings with her NCCARE360 counterparts at UNC Healthcare and WakeMed and staff from community organizations on the platform, (2) overseeing pilots of a screening process to assess non-medical social needs among current patients, and (3) training her colleagues on how to use NCCARE360.

Partnership Aims to Enhance ADHD Treatment for Latinx Children



Duke ADHD researchers and clinicians are partnering with staff from El Futuro—a local mental health outpatient clinic for Latinx families—to develop a culturally-adapted approach that enhances existing ADHD treatment for Latinx families in Durham, North Carolina.

"El Faro," an intervention created by El Futuro staff, helps Latinx families of children with ADHD understand and cope with the challenges presented by the disorder. The Duke-El Futuro team is building a community-engaged research partnership through which they'll develop additional El Faro sessions using evidence-based behavioral parent training practices and test the adapted version. At the outset of the project, the team will establish an advisory board of caregivers who have participated in past iterations of El Faro to guide their research agenda.



The project is led by **John Mitchell, PhD**, associate professor in psychiatry and behavioral sciences (pictured), and **Luke Smith, MD**, executive director of El Futuro.



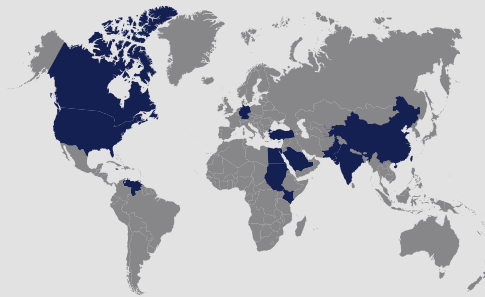
A child plays in the therapeutic green space next to El Futuro's clinic in Durham. Photo by Rodrigo Dorfman.

LEARN
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In Duke Psychiatry & Behavioral Sciences, we're passionate about training future leaders in psychiatry and clinical psychology. Our trainees benefit from a well-rounded cadre of faculty members who are committed to their development, numerous clinics and labs in a world-class medical institution, and a community of fellow learners who share their ambition to improve people's mental health and quality of life.

BY THE NUMBERS

2022-2023 ACADEMIC YEAR



#9

in U.S. News & World Report's **Top Medical Schools for Psychiatry**

13

countries of origin represented across our education programs

>>> PSYCHIATRY RESIDENCY

Alumna Uche Aneni Employs Digital Interventions to Promote Prevention & Increase Access

Growing up in Ibadan, Nigeria, Duke psychiatry residency alumna **Uche Aneni, MBBS, MHS**, thought her mother, a clinical psychologist, "got into her head too much." But that frequent unsolicited analysis—along with her father's career as a public health and community medicine physician and her older sister's struggle with a neurodevelopmental disorder—ultimately inspired Aneni to become a child psychiatrist.



Observing her father at work, as well as the profound negative impact of poor access to health care on members of her community, prompted Aneni to focus on developing preventive health care strategies and broadening access to high-quality behavioral health care.

Her path has led her to the Yale School of Medicine, where she's an instructor of clinical child psychiatry and the associate director of the play2PREVENT Lab at the Yale Center for Health & Learning Games. In the lab, she works with a multidisciplinary team to develop digital interventions designed to reach children and families where they are—in homes and schools, for example—to prevent the development of problems such as substance use.

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>>> PSYCHIATRY RESIDENCY

Cultivating a Culture of Vulnerability

Duke psychiatry residency leaders have been striving to cultivate a culture of vulnerability within the program. For example, they've initiated a **"Sharing Struggles"** series, where faculty members volunteer to talk with residents about times they've struggled personally or professionally.

Faculty have shared about experiences such as patients dying by suicide, being sued, being assaulted by a patient, making medical errors, imposter syndrome, personal illness, and family member illness. These sessions have had the powerful effect of normalizing struggle, failure, and imperfection, and have given residents and faculty opportunities to talk openly about concepts such as self-criticism and shame.



Hearing respected colleagues openly discuss some of the most difficult moments of their lives and describing how those experiences shape who they are dispels the illusion that doctors are expected to be unblemished. It establishes a norm of understanding ourselves and one another for who we are beyond the summaries of our professional accomplishments."



ADAM HOWARD, MD, SCM
FIRST-YEAR PSYCHIATRY RESIDENT

>>> INTERNAL MEDICINE-PSYCHIATRY RESIDENCY



Fifth-Year Med-Psych Resident Cameron Strong Reflects on His Journey

Cameron Strong, MD's advice to prospective and current trainees, regardless of their specialty, is to keep an open mind. He believes taking advantage of a variety of opportunities, even if they don't seem directly related to their future plans, can help trainees grow as people and as clinicians. It's an approach he takes to heart, and if he hadn't followed his own counsel, today he'd be performing endoscopies instead of psychiatric evaluations.

For his first few years as a medical student at Baylor College of Medicine, Strong—now a fifth-year internal medicine-psychiatry ("med-psych") resident at Duke—was set on becoming a gastroenterologist. But during the psychiatry rotation in his third year, that plan began to evolve. *"I was drawn to patient care in the psychiatry emergency department as well as the inpatient units,"* he reflected. *"I found the patient interviews and rapidly changing clinical courses really interesting."*

After attending the national Association of Medicine and Psychiatry conference in 2017, where he met med-psych residency program director **Jane Gagliardi, MD, MHS**, and other Duke faculty members with both medicine and psychiatry training, he decided to pursue that path—and he hasn't looked back.

With several leadership positions under his belt and a passion for consultation-liaison psychiatry, Strong will graduate in June 2023.



Duke Psychiatry Trainees Receive Numerous Awards & Honors

Syeda Razia (Ray) Haider, MD, was selected as the senior deputy editor for the *American Journal of Psychiatry Residents' Journal*.

Colin Smith, MD, received the Association of Medicine and Psychiatry's Martin Fenton Award, established to honor Dr. Martin Fenton, an internist and psychiatrist who was an outstanding clinician, educator, and leader with a vision for excellence.

Rick Wolthusen, MD, MPP, received the 2022 Society of Biological Psychiatry Humanitarian Award for his collaborative work with teams in Ghana and Kenya.



>>> CHILD & ADOLESCENT PSYCHIATRY FELLOWSHIP

CAP Fellows Meet Children Where They Are: In Schools



For child and adolescent psychiatry fellow **Aishwarya Rajagopalan, DO, MHS**, the fellowship's school consultation rotation is a golden opportunity *"to engage with a system that plays a really big role in the outcome of the care we deliver and to see what happens 'on the other side,' outside of our clinic,"* which she says can sometimes feel like a vacuum.

Her work with students and staff in a local elementary school and middle school has taken her empathy for children and teachers to a new level and has prompted her to think differently about interventions she may recommend as a clinician. For the rotation, Duke Psychiatry & Behavioral

Sciences partners with the Durham Public Schools' **Community Outreach Program for Education**, or COPE. Each fellow is assigned to two schools and spends a half-day per week providing therapy to students, talking with parents and caregivers, performing classroom observation, supporting teachers in managing stress and creating an optimal learning environment for their students, and consulting with school counselors and leaders.



Andrea Diaz Stransky, MD, assistant professor of psychiatry and behavioral sciences, oversees the rotation.



>>> CLINICAL PSYCHOLOGY DOCTORAL INTERNSHIP

Duke's Psychology Consult Service Offers Inpatients a Touch of Therapy & Interns a Cherished Learning Experience

The psychology consult service on Duke Regional Hospital's inpatient unit is one of the main things that attracted **Briana Brownlow, PhD**, to Duke as a clinical psychology doctoral intern in 2021. A year later, the prospect of building on her inpatient experience kept her at Duke as a post-doctoral clinical associate.

"It was a very unique training opportunity. You learn a lot about different interventions in a very in-depth way," Brownlow reflected. *"Doing inpatient, where you sometimes only meet somebody once, maybe twice, helped me with case conceptualization on the fly, being able to use a variety of interventions and quickly figure out what might work the best. And you get a lot of interdisciplinary interaction."*

Assistant professor **Jeremy Grove, PhD**, who directs the service, also graduated from Duke's clinical psychology doctoral internship program, where he participated in the inpatient psychology consult rotation in 2018. He returned to Duke as a faculty member in 2021.

Grove and two clinical psychology doctoral interns—**Mohammed Alsubaie, MS**, and **Julia Chafkin, MA, LPA**—currently staff the service, providing one-on-one consults with patients and facilitating group sessions to help patients build skills to cope with challenges in their lives.



(left to right) Mohammed Alsubaie, Jeremy Grove, and Julia Chafkin walk through the halls of the behavioral health inpatient unit.



>>> UNDERGRADUATE MEDICAL EDUCATION

New Psychiatry Clerkship Director Seeks to Inspire Interest in Behavioral Health



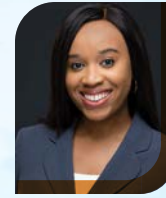
As the new director of the Duke Psychiatry & Behavioral Sciences clerkship, **Cerrone Cohen, MD**, assistant professor in both psychiatry and behavioral sciences and family medicine and community health, recognizes the valuable opportunity the clerkship gives Duke University medical students, while also getting energized about the vital long-term role it can play in preparing students to help address the mental health crisis in the U.S.

Most behavioral health care happens outside of a psychiatrist's office—in internal medicine, pediatric, and primary care clinics. *"The clerkship experience could be the deepest dive into real-world mental health services that our students ever receive,"* Cohen noted. He tries to ensure that they'll be equipped to support their patients' mental health, no matter what medical specialty they pursue.

The psychiatry clerkship exposes medical students to inpatient, outpatient, emergency, and consultation-liaison care across several hospitals and health systems. Cohen would like to grow the experience beyond four weeks and expand student outpatient opportunities. In the long run, he hopes the program will influence more students to choose to pursue a career in psychiatry.

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Duke Psychiatry Offers New Visiting Sub-Internship



In Spring 2022, Duke Psychiatry & Behavioral Sciences established a visiting sub-

internship for a medical student from a background traditionally underrepresented in medicine to engage in a month-long clinical experience in an acute care setting. **Sydnee Akubuiro**, a third-year medical student at Wright State University Boonshoft School of Medicine, was selected for the sub-internship in inpatient psychiatry, completing the rotation in Fall 2022. In addition to her clinical responsibilities, Akubuiro had the opportunity to attend mentorship meetings, residency didactics, and Grand Rounds.

Grand Rounds Attracts Speakers from Wide Range of Institutions

Duke Psychiatry & Behavioral Sciences has invested significantly in hosting a diverse lineup of Grand Rounds speakers from a wide range of institutions and organizations, covering topics across our clinical, education, and research missions as well as equity, diversity, and inclusion.

Selected institutions include:

- American Psychological Association
- Columbia University
- Emory University
- Johns Hopkins University
- Harvard University
- Howard University
- Stanford University
- University of Pennsylvania
- Yale University



Ayana Jordan, MD, PhD, Barbara Wilson Associate Professor of Psychiatry at the New York University Grossman School of Medicine Department of Psychiatry, presented our TK Li Lecture on November 10, 2022. Her talk addressed inequities in addiction treatment for racial and ethnic minoritized populations.

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Duke Psychiatry & Behavioral Sciences is an internationally recognized leader in laboratory and clinical research across a spectrum of areas in mental and behavioral health. Our faculty members' grants from federal and other external sources support a diverse range of work that spans the translational continuum from bench to bedside and beyond.

BY THE NUMBERS

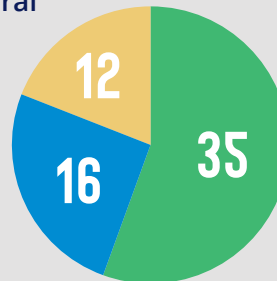
NEW GRANTS
2022 FISCAL YEAR

63

grants total
\$19.7M

Non-Federal
\$2.3M

Federal
non-NIH
\$11.1M



Federal NIH
\$6.3M

245+

active funded
research projects

385+

peer-reviewed
publications

MRI Scans Show Few Brain Differences in Children with ADHD



MRI scans of nine-year-old children with ADHD showed few differences in structural brain measurements compared to their unaffected peers, according to a study led by **Jonathan Posner, MD**, vice chair of research in Duke Psychiatry & Behavioral Sciences, and published in *The Lancet Psychiatry*.

While providing little evidence of brain differences identifiable by MRI, the finding points to the need for more refined imaging techniques to better characterize the underlying biology of ADHD, which is diagnosed in about 9% of children in the U.S.

Posner and colleagues analyzed data from the Adolescent Brain and Cognitive Development Study, a large longitudinal study that included 10,736 participants; 949 children met the criteria for ADHD.

The researchers compared the brain scans of the children diagnosed with ADHD to scans of those who did not have the diagnosis. The researchers found only 11 significant differences across the 79 brain measures, all indicating reductions in brain measures among participants with ADHD. The researchers note that these differences, while statistically significant, were quite small and unlikely to help in diagnosing ADHD.



It's important to note that ADHD can be impairing. Treatments help with that. And while we don't have good evidence of structural differences appearing in MRI scans, that could well speak to the limitations of the technology, not of ADHD being outside of biology."

JONATHAN POSNER, MD
VICE CHAIR, RESEARCH

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Indications of Moral Injury Similar between Combat Veterans, COVID-19 Health Care Workers

COVID-19 health care workers experienced high rates of potential moral injury comparable to rates among military veterans, according to a collaborative study between Duke University, Vanderbilt University, and the Department of Veterans Affairs (VA).

The study builds on a decade of research into moral injury among veterans by comparing data from the VA with findings from the Healthcare Worker Exposure Response and Outcomes (HERO) research registry.

The researchers found that 46% of veterans and 51% of health care workers indicated being troubled by others' immoral behavior, and 24% of veterans and 18% of health care workers indicated being troubled by violating their own morals and values.

Among the experiences that conflicted with their moral values, health care workers said they witnessed the public's disregard for preventing COVID-19 transmission, saw people dying, endured staffing shortages, rationed care and personal protective equipment, and enforced policies disallowing visitors to see dying patients.

The study was led by **Jason Nieuwsma, PhD**, associate professor in psychiatry and behavioral sciences and a researcher with the Durham VA Medical Center.



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It is sobering to see how many health care workers are troubled at a moral level because of their work experiences during the pandemic. This may help us to understand some of the current challenges facing health care systems across the country."

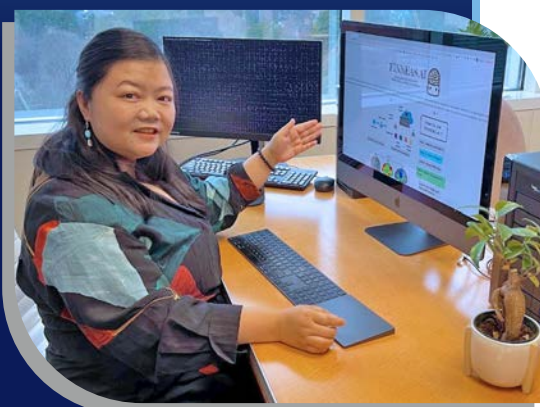


JASON NIEUWSMA, PhD
ASSOCIATE PROFESSOR IN PSYCHIATRY
AND BEHAVIORAL SCIENCES

Yun Wang & Engineering Co-PI Receive \$100K Grant to Develop AI-Based Tool

Yun Wang, PhD, assistant professor of psychiatry and behavioral sciences (pictured), and **Hai "Helen" Li, PhD**, professor of electrical and computer engineering, were awarded a \$100,000 grant from Duke Science and Technology, a new strategic fundraising initiative designed to elevate excellence in the sciences.

Wang and Li will use the funding to develop a user-friendly, cloud-based tool for analyzing MRI scans of developing infant brains. The platform will employ artificial intelligence, but users will not need advanced computational skills to use it.



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Kafui Dzirasa Selected for Two Prestigious Scientific Awards

Kafui Dzirasa, MD, PhD, the K. Ranga Rama Krishnan Associate Professor in Psychiatry & Behavioral Sciences, was one of eight scholars to receive the **National Institutes of Health (NIH) Pioneer Award**. With the \$3.5 million award, he will adapt a cell-linker protein in humans that improves crosstalk between brain regions in hopes of rewiring circuits that go awry in psychiatric disorders. He also received the **Benjamin Franklin NextGen Award** from the Franklin Institute for studies investigating how stress and other environmental factors affect the brain through genetic and electrochemical mechanisms.

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WATCH
video

Duke Scientists Find Brain Network that Makes Mice Mingle

A team of Duke researchers identified how social or solitary an individual mouse is by spying on the electrical activity of several brain regions through an implanted



recording device. The study, published in *Neuron*, was led by assistant professor **Stephen Mague, PhD** (pictured), and **Kafui Dzirasa, MD, PhD**, the K. Ranga Rama Krishnan Associate Professor in Psychiatry & Behavioral Sciences.

Collaborating with **David Carlson, PhD**, assistant professor of civil and environmental engineering and biostatistics and bioinformatics, the team developed an artificial intelligence (AI) system to make sense of the brain wave data. Using this new AI tool, they analyzed electrical activity from every brain region—tens of thousands of brain cells—and charted a new “social brain network” map. By tweaking nodes within this network, they showed they could prompt mice to be even more gregarious.

The research may lead to better diagnostic tools to understand how the brain changes in people with impaired social communication, such as those with autism spectrum disorder.

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Child and adolescent psychiatry fellow **Alexandra Bey, MD, PhD**, and postdoctoral associates **Yael Grossman, PhD**, and **Kathryn Walder-Christensen, PhD**, contributed to the research.

Investing in Research Proposal Success

Vice chair for research **Jonathan Posner, MD**, and his team created several new programs this year to bolster faculty members' success in winning grants, including:

A grant writing program assists early-stage investigators with planning and editing their K awards and other proposals; researchers can also participate in a mock study section review.

Monthly “works-in-progress” meetings provide a setting for investigators—particularly early-career researchers—to present and discuss new proposals with colleagues, allowing early input and feedback while a study is under development.

A program to support NIH Diversity Supplement Applications offers administrative and training support as well as grant writing and editing assistance in partnership with Duke Clinical Research Institute research communications staff.



Working to Reverse the HIV Trend in Latinx Individuals



Through a new NIH grant, assistant professor **Sarah "Sadie" Wilson, PhD**, hopes to reduce inequities that place Latinx individuals at higher risk of HIV. She's partnering with **Joaquin Carcaño**, director of southern health policy at the immigration advocacy organization Latinos in the South, to launch a community-based initiative in the Charlotte, North Carolina area.

Pre-exposure prophylaxis (PrEP), an effective preventive HIV treatment, is widely available to people who may be exposed to HIV. However, many people at risk for HIV, including many in the Latino community, are unaware of its life-changing benefits.

The project aims to increase the use of PrEP among Latinos in Mecklenburg County. A workgroup comprised of community members—people taking PrEP, HIV clinic staff, those living with HIV, experts from Latinos in the South, and other community organizers and advocates—will lead the design of a model implementation plan. The multidisciplinary Duke team, led by Wilson, will study the acceptability and feasibility of this approach. If the model proves effective, Wilson and Carcaño hope it can be replicated across the U.S. South.



Major Grants Extend Initiatives in Autism and Trauma

The Duke Center for Autism and Brain Development was awarded \$12 million over five years to develop artificial intelligence tools for detecting autism during infancy and identifying brain-based biomarkers of autism. The grant, from the National Institute of Child Health and Human Development, extends the Duke Autism Center of Excellence research program for an additional five years.



Center director **Geraldine Dawson, PhD**, is the principal investigator.



The UCLA-Duke National Center for Child Traumatic Stress (NCCTS) was awarded \$40 million over five years to continue raising access and care standards for children and families who have experienced trauma. Funded by the U.S. Substance Abuse and Mental Health Services Administration, NCCTS provides leadership, organizational structure, and coordination to the current grantees, affiliates, and partners of the National Child Traumatic Stress Network—which expanded from 140 to 164 sites in 2022.



Lisa Amaya-Jackson, MD, MPH, professor of psychiatry and behavioral sciences at Duke, and **Jenifer Maze, PhD**, of UCLA, are NCCTS co-directors and co-principal investigators.



Duke Psychiatry & North Carolina Central University Launch Internship Program

In Fall 2022, Duke Psychiatry & Behavioral Sciences launched a research internship program for North Carolina Central University (NCCU) psychology graduate students, in partnership with the Duke-NCCU Bridge Office, based at the Duke Clinical and Translational Science Institute, and the NCCU Department of Psychology. Six students were matched with faculty members based on their research interests and faculty members' needs. A few of the interns and mentors are pictured here: (from left) **Kayla Westbrook**, **Rhonda Merwin, PhD** (mentor), **Ikenna Iloabachie**, **Sharena Scott**, **Deanna Floyd**, and **Liz Conradt, PhD** (mentor).



EQUITY, DIVERSITY, & INCLUSION

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Duke Psychiatry & Behavioral Sciences is committed to a diverse, inclusive, equitable, and just environment where all faculty, staff, and trainees feel respected and valued regardless of gender, age, race, ethnicity, national origin, sexual orientation or identity, disability, education, discipline, or any other bias. We've launched a range of equity, diversity, and inclusion initiatives to bring this vision to fruition.

Tyson Pankey Is a Champion for Affirming, Culturally Responsive Health Care

Understanding intersecting cultural identities—and providing care that respects and affirms those identities—is at the heart of Tyson Pankey's work as a clinician, educator, and researcher.

Tyson Pankey, PhD, MPH, is the associate program director for equity, diversity, and inclusion for education programs in the department. He joined the Duke Psychiatry & Behavioral Sciences faculty as an assistant professor in September 2021, after completing a post-doctoral fellowship at the Mayo Clinic in Rochester, Minnesota, where he specialized in transgender and intersex health and family medicine residency education.

WATCH
video

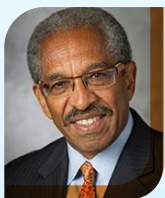
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In his research, Pankey focuses on improving systems and advancing best practices that enhance care for all patients, including those in the LGBTQ+ community, who are often at greater risk for poor health outcomes. He's on a mission to flip the script on how health care providers talk about and care for people in the LGBTQ+ community. He advocates for affirming health care practices—those that help LGBTQ+ people feel positively about themselves and that, research shows, are essential to optimizing health and well-being, particularly among those who experience marginalization.

Creating Community among BIPOC Department Members

In response to the murder of George Floyd in May 2020 and the pain it amplified among minoritized department members, Duke Psychiatry & Behavioral Sciences established



a virtual support group for Black, Indigenous, and People of Color (BIPOC) department members. The effort was led

by associate director of equity, diversity, and inclusion **Annise Weaver, MEd, CRC**, and adjunct professor **Benjamin Reese Jr., PsyD**.

Within the safety and privacy of the group, BIPOC faculty, staff, and learners shared their pain, disappointment, and fear of living in a country characterized by long-standing inequities that contributed to Floyd's murder, as well as the impact of this murder on their family, friends, and colleagues.

Facilitated by Weaver, the group continues to meet monthly, providing a safe space to share work, family, and personal concerns, as well as feedback, support, and strategies. Group members frequently comment that their participation has strengthened their connection to the department and to Duke.

Building on our Foundation for EDI Success

Duke Psychiatry & Behavioral Sciences continues to develop the infrastructure needed to implement and track progress on the equity, diversity, and inclusion (EDI) goals we developed in 2020. Over the past year, we've made significant progress on these goals, including but not limited to the following examples:

GOAL 1

Recruit and retain Black faculty, staff, and learners

- We're using data from institutional climate surveys to identify cultural shifts needed to improve the sense of inclusion and belonging among department members from various racial, ethnic, and cultural groups and identities.
- We're piloting several trainings and conversations to reduce bias in trainee recruitment and selection practices.
- The number of Black faculty members in our department has increased by 44% in the past year.

GOAL 2

Employ more equitable hiring practices

- Since 2020, nearly 30 senior leaders, managers, and supervisors have participated in equitable hiring practices training offered by Duke University.
- We've adopted best practices in the interview process that are consistent with an EDI hiring toolkit developed by School of Medicine EDI leaders (e.g., standardizing interview questions across faculty candidates).

GOAL 3

Create and promote professional development, training, and education opportunities

We've hosted several speaker series, Grand Rounds presentations, and department-wide trainings focused on professionalism, anti-racism, and EDI; one virtual session attracted more than 300 participants—a departmental Zoom record!

GOAL 4

Develop practices that support sustainability

- We've developed an EDI communications work group and piloted an EDI executive coaching resource.
- We're creating metrics and dashboards to hold ourselves, the department, and the School of Medicine accountable to our EDI goals.

Leading across Duke



Assistant professor **Tara Chandrasekhar, MD**, co-founded Duke Neurodiversity Connections in 2016 and still co-chairs the group, which supports neurodiverse Duke students by increasing awareness and promoting inclusion of neurodiversity among faculty and others on campus and beyond.

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Assistant professor **Sarah "Sadie" Wilson, PhD**, is co-director of the Duke Sexual and Gender Minority Health Program, where members conduct groundbreaking research, train providers on best practices in clinical care, and advocate for public policy change. She also serves with assistant professor **Dane Whicker, PhD**, as the program's mental health and education co-leads.

Annise Weaver Wins Cook Society Award



Annise Weaver, MEd, CRC, co-director of the North Carolina Psychiatry Access Line (NC-PAL) and associate director of equity, diversity, and inclusion (EDI), won the 2022 Samuel DuBois Cook Society Staff Award in recognition of her leadership in equity, diversity, inclusion, and anti-racism at Duke.

Examples include her co-facilitation of a monthly support group for BIPOC faculty, staff, and learners; leadership of the department's EDI speaker series; implementation of an inclusive staff hiring training; hosting of a 21-Day Racial Equity Challenge; and participation in diversity and inclusion councils in the School of Medicine and Duke University Health System. She also spearheaded efforts to develop an employee resource group to empower Black staff members in the School of Medicine and now serves as vice chair of the group.

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ACROSS CAMPUS

In addition to our work in the clinical, education, and research spheres, many Duke Psychiatry & Behavioral Sciences faculty members are helping to support our Duke family in creative and impactful ways.

Devoted Team of Trauma Champions Envisions Changes to the University Classroom



Since 2020, an interdisciplinary team of Duke faculty members and graduate and undergraduate students has been exploring how trauma impacts students' experiences in higher education.

Using a participatory action research framework, the team is conducting focus groups with students and faculty members across different disciplines, including medicine. Ultimately, they hope their work will help educators avoid causing potential harm and retraumatization in the classroom, creating a safe space in every lecture hall for all students.



Warren Kinghorn, MD, ThD, associate professor of psychiatry and behavioral sciences (pictured on left), and **Jan Holton, PhD**, associate professor of the practice of pastoral theology and care, serve as team leaders. **Stephanie Hargrove, PhD**, clinical associate in psychiatry and behavioral sciences (pictured on right), is a faculty contributor and project manager.

Students Support Each Other's Mental Health, One Text at a Time

A team of 60+ Duke undergraduate students, trained as peer coaches, are providing anonymous mental health support for fellow students through a new texting platform called **DukeLine**. The service quietly launched last fall as a pilot with a small number of students living on campus; this spring, it's available to all undergraduate students.



Although DukeLine is not designed for emergencies and is not a substitute for medical treatment, it fulfills a need for many students who need support and may need to know they are not alone and they have options, said **Nancy Zucker, PhD**, professor in psychiatry and behavioral sciences and founder of DukeLine.

Coaches volunteer in pairs for three-hour shifts with Zucker on standby to provide guidance as needed. Coaches can consult an extensive database of resources and articles that may be useful to the person seeking support, and the software allows coaches to schedule an anonymous follow-up chat with the student. Zucker is collaborating with researchers at Duke's Pratt School of Engineering, who plan to use artificial intelligence to measure how well DukeLine is serving students and to diagnose or even predict burnout in coaches before it sets in.



Innovative Study Seeks to Improve Suicide Prevention for College Students



Suicide is the second leading cause of death among college students, and suicide-related thoughts and behaviors are a frequent presenting problem at college counseling centers. While some students respond quickly to treatment, others require considerably more resources.

In the **Comprehensive Adaptive Multisite Prevention of University Student Suicide (CAMPUS)**—the first large-scale NIH-funded, multi-site randomized controlled trial of its kind—researchers are evaluating four sequences of treatment among college students at risk of suicide who are seeking treatment at university counseling centers.



Providers at college counseling centers have little empirical evidence to guide them about what treatments work best to address college student suicidal risk. Through the CAMPUS trial, we hope to provide the field with clinical guidelines to better manage that risk."



SCOTT COMPTON, PHD
ASSOCIATE PROFESSOR IN
PSYCHIATRY AND BEHAVIORAL
SCIENCES AND CAMPUS LEAD
INVESTIGATOR FOR DUKE UNIVERSITY

Collaborative Peer Coaching Helps Support Neurosurgery Residents

Through a novel peer coaching initiative, Duke neurosurgery residents have an outlet to process their residency experiences and learn strategies to help them cope with the challenges of graduate medical training. The initiative also helps clinical psychology doctoral interns in Duke Psychiatry & Behavioral Sciences hone their skills in coaching, building connections with peer trainees, and facilitating small groups.

In the neurosurgery collaborative peer coaching project, two psychology interns conduct monthly peer coaching group sessions with first-year neurosurgery residents, as well as one-on-one sessions as requested. The residents propose the session topics, which have included themes such as striving for excellence versus perfection, maintaining a work/life balance, and navigating difficult patient and supervisor interactions. The



initiative is led by Duke Psychiatry & Behavioral Sciences faculty members **Jane Gagliardi, MD, MHS**; **McLean Pollock, PhD, MSW**; and **Laura Weisberg, PhD** (pictured left to right), with strong support from neurosurgery education program leadership.



Substance Use Treatment Program Expands Services for Duke Community

The Duke Center for Adolescent and Young Adult Treatment (CAST) has emphasized services for the Duke community in the last several years. Program director **David Goldston, PhD**, and his team have worked with **Thomas Szigethy**, associate dean of student development, to facilitate integrated mental health and substance use services and coordinate care for Duke students.



In addition, Duke CAST has established a partnership with Duke Counseling and Psychological Services (CAPS) that allows for greater coordination, with psychologists and psychiatrists from Duke Psychiatry & Behavioral Sciences embedded in CAPS.

Duke CAST has also received an increasing number of referrals for substance use services from within Duke Health and has provided education to medical students, residents, and the Duke community regarding alcohol and substance use problems and treatment options.

ADVOCACY & MEDIA ENGAGEMENT

In 2022, Duke Psychiatry & Behavioral Sciences faculty members lifted their voices and shared their expertise through local and national advocacy efforts and media opportunities.

>>> ADVOCACY

Duke Psychiatry Advocates for LGBTQ+ Youth



In June 2022, Duke Psychiatry & Behavioral Sciences chair **Moira Rynn, MD**, and a number of faculty members from the department—with support from Duke Government Relations—sent joint letters to North Carolina House members and Governor Roy Cooper urging them to vote against or veto House Bill 755, or the “Parents’ Bill of Rights,” which would have had a harmful impact on LGBTQ youth. The letters were also signed by leaders of the North Carolina Psychiatric Association and North Carolina Council of Child & Adolescent Psychiatry. Ultimately, the bill did not move forward in the House.

Damon Tweedy Addresses Racial Health Inequity in Commentary



Damon Tweedy, MD, associate professor of psychiatry and behavioral sciences, published a commentary, “Race and Health – A Persistent American Dilemma,” in the *New England Journal of Medicine* on December 30, 2021. In this “Points of View” piece, he reflected on his medical training and shared his thoughts on what medical educators and administrators can do to resolve racial health inequity.



Murali Doraiswamy Testifies on Digital Tools for Mental Health

P. Murali Doraiswamy, MBBS, FRCP, professor of psychiatry and behavioral sciences and medicine, gave expert testimony to the U.S. Senate Armed Forces Subcommittee on Personnel at the U.S. Senate in Washington, DC, on April 6, 2022. He spoke about the potential applications of digital tools in mental health.



I am not suggesting that technologies replace face-to-face or the human touch, but they can serve as a bridge between what we have and what we need to have so that people can get care anytime, anywhere.”



Residents Advocate for Better Access to Opioid Addiction Treatment

Internal medicine-psychiatry residents **Alissa Stavig, MD**; **Ryan Slauer, MD**; and **Gregg Robbins-Welty, MD, MS**, traveled to Washington, DC, in May 2022 to advocate for enhanced access to suboxone for people with opioid use disorder. They’re part of the Advocacy in Clinical Leadership track, an elective track for internal medicine residents with an interest in health policy.

>>> MEDIA ENGAGEMENT

Preventing Gun Violence



Jeffrey Swanson, PhD, professor in psychiatry and behavioral sciences, conducts research to understand how interventions, policies, and laws can reduce firearm-related violence and suicide and improve outcomes for people with mental illness. He was a prominent presence in national media outlets covering gun rights and mass shootings.

For example, he was featured in a New York Times article reflecting on the new gun law enacted in June 2022, in a Wall Street Journal article noting that most people with a diagnosed mental illness aren't violent, and in a PBS News Hour video discussing red flag laws, or extreme risk protection orders.

Helping People Cope with War



In the early weeks of Russia's invasion of Ukraine, **Robin Gurwitch, PhD**, professor in psychiatry and behavioral sciences, shared insights in numerous U.S. media outlets about how to talk to children about war. Gurwitch, an expert in supporting children in the aftermath of trauma and disasters, shared advice for parents and caregivers in Yahoo! News, HuffPost, and the Atlanta Journal-Constitution, to name just a few.

Gurwitch and two of her Duke Psychiatry & Behavioral Sciences colleagues—**Lisa Amaya-Jackson, MD, MPH**, and **Tracy Henderson Bethel, MPH**—were also highlighted in a Duke University feature article for their work supporting mental health providers and families through their roles with the UCLA-Duke National Center for Child Traumatic Stress.

Addressing the Child & Adolescent Mental Health Crisis

In December 2021, U.S. Surgeon General Vivek Murthy, MD, MBA, issued a special advisory to highlight the urgent need to address the nation's youth mental health crisis. Over the past year, a number of Duke Psychiatry & Behavioral Sciences faculty members have been called upon by media outlets across the country to share their expertise on child and adolescent mental health.



Of note, "Pandemic Generation: Kids in Crisis," a documentary from local TV station WRAL, featured faculty members **Ernestine Briggs-King, PhD**, **Robin Gurwitch, PhD**, and **Gary Maslow, MD, MPH** (pictured left to right), as well as local middle

school and high school students who shared their pandemic experiences and mental health struggles. The documentary shone a light on the lasting impacts of remote learning, quarantine, and the uncertainty children have endured over the past two years.

Briggs-King, an expert in child trauma, also appeared in a *Scientific American* short film, "COVID Deaths Left Orphans: To Their Loss, Add Lifelong Health Risks."



BY THE NUMBERS

2022 FISCAL YEAR



55

of our faculty members and trainees shared their expertise with media



249

media articles and videos featured our faculty members and trainees

Duke Health Development
& Alumni Affairs
300 W. Morgan Street
Suite 1000
Durham, NC 27701
919-385-3100

Your support of mental and behavioral health initiatives at Duke can help us continue to provide top-notch patient care, train the best and brightest, and discover new therapies through creative innovation and cutting-edge research. And there are many meaningful ways to make a difference. To learn more about philanthropic giving to Duke Psychiatry & Behavioral Sciences, visit psychiatry.duke.edu/about/giving.

SUPPORTING TEENS & YOUNG ADULTS WITH CHRONIC CONDITIONS

Duke Student Inspires Peer Support Program for Young Cancer Patients

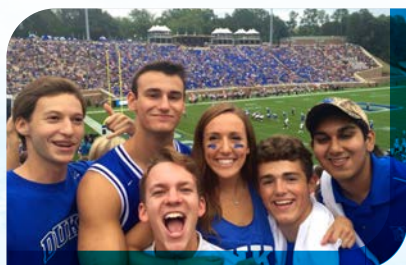


Despite battling cancer on and off from a young age, Bobby Menges lived his life to the fullest and tried to help others do the same. As a Duke student, he was a member of a fraternity, played guitar in the jazz band, and served on the Duke Teen and Young Adult Oncology Patient Advisory Council.

Through Duke's **Adolescents Transitioning to Leadership and Success** (ATLAS) program, Menges mentored teens with chronic health conditions. During his own journey, he noticed teens and young adults were often left without the support they needed during their unique life stage.

Menges's vision became his legacy after he passed away in 2017. His family started the I'm Not Done Yet Foundation, which focuses on supporting teen and young adult patients with cancer and other serious, chronic, and long-term illnesses as they transition from pediatric to adult care.

And with the foundation's generous support, Duke Psychiatry & Behavioral Sciences established Bobby's Coaches, a peer support program that pairs young adult cancer survivors with mentees between ages 18 and 30 who are currently undergoing or have undergone cancer treatment.



Bobby Menges (second from right) enjoys a Duke football game with friends.

The program is led by assistant professor **McLean Pollock, PhD**.

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"Jodie's Prom" Honors Duke Psychiatry Social Worker's Legacy



The Duke Children's Prom, an annual event for current and former Duke Children's Hospital patients aged 12 and up, was near and dear to clinical social worker Jodie Neukirch Elliott's heart. For the past few years, she

organized the prom with support from staff and volunteers. Neukirch Elliott, who was born with a heart condition, was passionate about helping adolescents and young adults with chronic medical conditions; nowhere was this more evident than in her tireless work to create magical virtual prom experiences during the pandemic.

She passed away on August 3, 2022, from complications related to a heart transplant. In honor of her creativity and dedication to making the annual event as special as possible, the Duke Children's Prom has been renamed **"Jodie's Prom."**

The prom is just one of the many initiatives Neukirch Elliott led as clinical director of Adolescents Transitioning to Leadership and Success (ATLAS), a collection of programs catering to teen and young adult Duke patients with chronic illnesses and other special healthcare needs.

At Duke and beyond, Neukirch Elliott inspired countless children and adolescents with chronic illness to believe that they could live fulfilling lives and pursue their dreams, despite their health challenges.

Upon Neukirch Elliott's passing, her family established the **Jodie Neukirch Elliott Fund** to help sustain her life's work by supporting related programs at Duke. To contribute, visit jodiesfund.org.

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SENIOR LEADERSHIP

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Chair

BETH GLASCOCK, MPA

Vice Chair, Administration & Finance

NICOLE HEILBRON, PHD

Vice Chair, Clinical Services

CHRISTINE MARX, MD

Vice Chair, Faculty

JULIE PENZNER, MD

Vice Chair, Education

JONATHAN POSNER, MD

Vice Chair, Research

SHELLEY HOLMER, MD

SOFIA RYDIN-GRAY, PHD

Division Co-Directors,
Adult Psychiatry & Psychology

JEAN BECKHAM, PHD

MOIRA RYNN, MD (interim)

Division Co-Directors,
Behavioral Medicine & Neurosciences

NICOLE HEILBRON, PHD

GARY MASLOW, MD, MPH

Division Co-Directors, Child & Family
Mental Health & Community Psychiatry

ERNESTINE BRIGGS-KING, PHD

Director, Equity, Diversity, & Inclusion

345

faculty

214 full-time

315

staff

73

trainees

JOY, LAUGHTER, & PLAY

Three kinetic sculptures—representing joy, laughter, and play—stand outside the entrance to Duke Behavioral Health Center North Durham. The steel sculptures, created by Mike Roig, engage patients and visitors as the tops of the sculptures spin with the wind.



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