



Duke Psychiatry & Behavioral Sciences

Duke University School of Medicine



Annual Report

ADVANCING BEHAVIORAL HEALTH TOGETHER

2021

CONTENT

- 1 Message from the Chair
- 2 Clinical Highlights
- 6 Education Highlights
- 10 Research Highlights
- 13 Strategic Plan
- 14 Diversity, Equity & Inclusion
- 16 Philanthropy

306 staff

413 faculty
270 regular rank
143 non-regular rank

73 trainees

Senior Leadership

Moira Rynn, MD

Chair

Beth Glascock, MPA

Vice Chair, Administration & Finance

Nicole Heilbron, PhD

Vice Chair, Clinical Services

Christine Marx, MD

Vice Chair, Faculty

Jonathan Posner, MD

Vice Chair, Research

Nicole Heilbron, PhD (interim)

Shelley Holmer, MD

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, Diversity, Equity & Inclusion



MESSAGE FROM THE CHAIR

Dear friends and colleagues,

Thank you for taking time to check out our 2021 annual report, where you'll find highlights from our clinical, education and research missions; our diversity, equity and inclusion initiatives; our new strategic plan; and our philanthropic efforts.

Over the past two years, faculty, staff and trainees in academia and healthcare have faced monumental challenges, from caring for patients remotely to navigating ever-changing systems and protocols to nurturing our own well-being. Duke Psychiatry & Behavioral Sciences team members not only experienced these difficulties, but have also had to respond to a historic uptick in mental health challenges, with referrals to our outpatient services increasing by 40% between 2019 and 2021.

And they have truly risen to the occasion, working diligently to meet these needs by greatly expanding our telehealth capacity, developing innovative collaborative care models to improve access to care, conducting timely research, and sharing their expertise through a broad range of forums. A number of our clinicians also went above and beyond in supporting our Duke family during the pandemic, including establishing an emotional support line and presenting topical webinars. Throughout this trying time, the dedication, creativity, collaboration and resilience I've witnessed among our department members has been nothing short of extraordinary.

2020 and 2021 also brought some exciting developments for our department. Duke Health opened a new state-of-the-art behavioral health center at Duke Regional Hospital (read more on page 3), we launched a five-year strategic plan (learn more on page 13), and we doubled down on our commitment to diversity, equity and inclusion (see pages 14-15 for some highlights).

And this year, we have much to look forward to, including the opening of our new 10,500+ square foot clinical research facility (see page 10 for more details); plans for continued enhancements across our three mission areas and in the area of diversity, equity and inclusion; and the launch of our new website.

We are so grateful for your continued interest and support, and to those of you in the health care field, we thank you for your commitment to caring for your patients and community. We hope you'll stay in touch by visiting our website periodically 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

CLINICAL

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**, including psychiatric consultation, medication treatment, and individual, family and group psychotherapy.



BY THE Numbers

2020-2021 FISCAL YEAR



30%



**INCREASE IN
OUTPATIENT REFERRALS**

FROM 2020 TO 2021

Served patients from
99 of 100 NC counties

EXPANDED CAPACITY FOR BEHAVIORAL HEALTH CONSULTATION

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

 **977** (573 pediatric / 404 perinatal) behavioral health telephone consultations with providers across NC 

95,817 completed appointments

11,828 completed new patient appointments

20,036 unique patients

8,501 new inpatient/emergency department consults



Consultation Line Expands Behavioral Health Care Access

NC-PAL is a free provider-to-provider consultation line and education program available to all clinicians across the state with questions about behavioral health or psychiatric medication management for their pediatric and perinatal patients. The program is a collaboration between Duke Psychiatry & Behavioral Sciences and the North Carolina Department of Health and Human Services (NCDHHS).

In 2018, after a brief pilot program for pediatric providers in six counties, NCDHHS received funding from the Health Resources and Services Administration to expand NC-PAL statewide and integrate a perinatal consultation program, the latter of which is in partnership with The University of North Carolina at Chapel Hill. More than 600 providers across 48 North Carolina counties are enrolled in these programs.

NC-PAL also partners with the REACH Institute to deliver the Patient-Centered Mental Health in Pediatric Primary Care Mini-Fellowship; more than 100 pediatric providers have participated in the mini-fellowship. **Nicole Heilbron, PhD**, and **Gary Maslow, MD, MPH**—co-directors of the department's Division of Child & Family Mental Health & Community Psychiatry—are co-program leaders for NC-PAL.





This critical investment in behavioral health demonstrates Duke University Health System's commitment to addressing the significant need in our community and to equipping our team members with the resources we need to deliver the best possible patient care.

MOIRA RYNN, MD | DEPARTMENT CHAIR

Duke Opens New One-Stop Behavioral Health Center

In April 2021, Duke Health opened Duke Behavioral Health North Durham at Duke Regional Hospital—the community hospital's **largest-ever construction project**. The center brings together Duke emergency, outpatient, inpatient and electroconvulsive therapy behavioral health services in one state-of-the-art building.

At Duke Behavioral Health North Durham, patients receive a seamless continuum of care by a multidisciplinary team of providers, including psychiatrists, psychologists, nurses, social workers, trainees and other providers.



Key Features

- **18 private emergency department rooms** specifically designed to meet the needs of behavioral health patients.
- **Consolidation** of Duke University Hospital's and Duke Regional Hospital's behavioral health inpatient units, with **42 private inpatient rooms**.
- State-of-the-art **electroconvulsive therapy facility** with more clinic rooms.
- Relocation and expansion of the 19-room Duke Psychiatry Outpatient Clinic to **30 rooms**.
- Two outdoor courtyards, an exercise room, a lactation room, group therapy space and community support group space.



BEHAVIORAL HEALTH CENTER

Local News Highlights Duke ECT Program & Patient Story

In a televised CBS-17 story, a Duke patient shared her positive experiences and outcomes with electroconvulsive therapy (ECT) after battling debilitating, treatment-resistant depression for more than 20 years. **Jacob Feigal, MD**, an assistant professor and the medical director of Duke Health's ECT Program, was featured in the story. Duke's new behavioral health center houses a state-of-the-art ECT clinic.

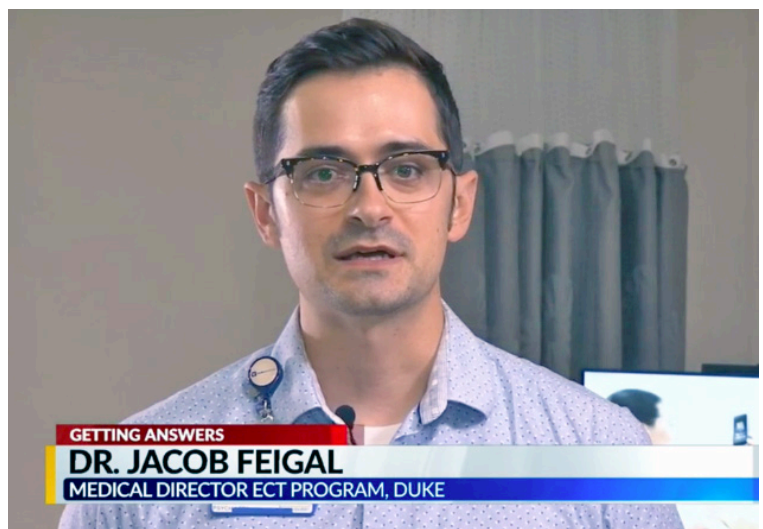
ECT is a clinically proven, safe process that involves placing electrodes on the scalp and inducing a medically controlled seizure under general anesthesia, with the goal of improving brain function for people with certain treatment-resistant disorders.

Unlike when ECT was first used decades ago, medications now relax a patient's muscles to prevent injury during the seizure. As with any medical procedure, risks must be taken into account—but according to Feigal, ECT is very safe compared to the risks associated with severe depression.


Watch
full interview

ECT does work when other things don't ... it turns out to have a rate between 60% and 80% for response and remission."

JACOB FEIGAL, MD | MEDICAL DIRECTOR,
DUKE HEALTH ECT PROGRAM





When Psychiatric Conditions & Pregnancy Intersect

Pregnancy is often a time of happiness, but coping with the new emotions that pregnancy brings while managing symptoms of psychiatric illness can leave women particularly vulnerable to mental health issues.

In a Duke Health Q&A, Duke psychiatrist **Marla Wald, MD**, notes that up to 20% of women suffer from perinatal mood or anxiety disorders, but only around 40% of psychiatric conditions are detected in pregnant women.

She emphasizes the importance of addressing psychiatric conditions during pregnancy and postpartum; if a pregnant woman is psychologically stable and functioning at her best, Wald says, she'll have better self-care, be less likely to use illegal substances, and be more likely to follow recommendations during pregnancy and after delivery.

Wald also addresses the myth that psychotropic medications should be stopped during pregnancy. *"Providers caring for women who have moderate to severe psychiatric symptoms should be aware that the benefit of continued stability on medications often outweighs the risks of the medications themselves,"* she advises.

Support for our Duke Family during COVID-19

Mental Health Webinars

In Spring 2021, Duke Psychiatry & Behavioral Sciences hosted series of six topical 30-minute [webinars](#) to provide practical expert advice for Duke University and Duke Health community members and their families who were struggling with mental health challenges.



Emotional Well-Being & Support Line

From Spring 2020 to Summer 2021, the department helped support Duke faculty, staff, trainees, students and their families through a free, confidential emotional support and well-being phone line.

EDUCATION

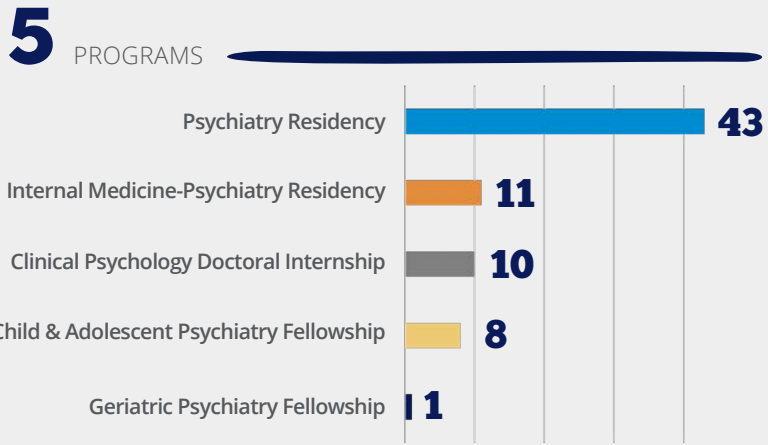
In Duke Psychiatry & Behavioral Sciences, we're **passionate about training future leaders in psychiatry and clinical psychology**. Our trainees benefit from a well-rounded cadre of faculty

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

2021-2022 ACADEMIC YEAR



#10 IN U.S. NEWS & WORLD REPORT'S BEST PSYCHIATRY PROGRAMS



15 COUNTRIES OF ORIGIN represented across our education programs

PSYCHIATRY RESIDENCY

Residency Program Offers Options to Specialize

Duke Psychiatry & Behavioral Sciences offers **three special tracks for psychiatry residents** interested in developing deeper expertise in research, clinical education or psychotherapy. Two of these tracks—clinician educator and psychotherapy—were introduced in Fall 2020.

Clinician Educator Track (new)

The Clinician Educator Track, led by **Heather Vestal, MD, MHS**, **Julie Penzner, MD**, and **Paul Riordan, MD**, prepares residents for a career as clinician educators. Residents in this track teach junior residents, develop expertise in medical education, learn how to conduct and evaluate medical education research, and build relationships with other clinician educators across specialties and institutions.

The Clinician Educator track provides an innovative platform for residents to expand and develop their skills as educators in a deliberate manner. The interactive workshops, individual mentoring and support for independent projects have fostered my teaching skills and contributed to a really meaningful experience as a trainee.

JORDAN BROADWAY, MD | 2nd-year psychiatry resident

As a Physician Scientist track member, I enjoy generous protected time each year, complete academic freedom to work with Duke's outstanding faculty across departments, and professional development and community support from track leadership and members. I have the support I need to grow as a physician-scientist and achieve my goals.

WILL MEYERSON, MD, PHD | 2nd-year psychiatry resident

Physician Scientist Track

The Physician Scientist Track, led by **Kimberly Carpenter, PhD, Kafui Dzirasa, MD, PhD, Christine Marx, MD, Jonathan Posner, MD, and Heather Vestal, MD, MHS**, prepares residents for a career in basic, translational and clinical inquiry. The program focuses on developing research expertise, as well as skills in team management, grant proposal development, mentoring, communication and public engagement.

The Psychotherapy Track is a great addition for residents who have a particular interest in expanding their therapy skills. Through a year-long lecture series, expert mentor pairings and opportunities for academic work, one can truly develop a strong foundation and proficiency in a specific therapy modality.

BRYAN LAO, MD | 3rd-year psychiatry resident

Psychotherapy Track (new)

The Psychotherapy Track, led by **Marla Wald, MD**, prepares residents to practice psychotherapy in a range of clinical settings. Residents in this track develop advanced knowledge and skills in a number of psychotherapy frameworks and specialize in one psychotherapeutic model. They also learn the psychodynamics of psychopharmacologic treatment.

INTERNAL MEDICINE-PSYCHIATRY RESIDENCY

Med-Psych Resident Colin Smith's "Why" Is Social Justice

As an internal medicine-psychiatry resident, global health graduate student and lieutenant commander in the U.S. Public Health Service Commissioned Corps, **Colin Smith, MD**, has had plenty of training and experience in adeptly navigating challenging and unfamiliar situations.

Those skills were put to the test in March 2020, when he was deployed by the Public Health Service to help establish a field hospital at the Jacob K. Javits Convention Center in New York City as COVID-19 took hold of the city. Smith's dual training in internal medicine and psychiatry enabled him to address both the medical and psychological needs of COVID-19 patients at the makeshift hospital. Smith says he's *"really proud to have been part of a group of people to ... step up and use whatever skill set we had or advantage we had to help people."*

Helping people, particularly those with limited or no access to high-quality health care, is what drives Smith's work in medicine and psychiatry. Throughout his six years at Duke—to name just a few of his endeavors—Smith has led a study to examine disparities in psychiatric care for patients evaluated in the Duke University Hospital Emergency Department; led the Healthcare for the Homeless volunteer psychiatric clinic; and provided COVID-19 testing and vaccinations to people experiencing homelessness.



[Read more](#)

Child & Adolescent Psychiatry Fellows Are Becoming Trauma-Informed

Child & adolescent psychiatry fellows at Duke have a unique opportunity to develop expertise in trauma-informed approaches and care through a partnership between the Center for Child and Family Health, the North Carolina Child Treatment Program and Duke Psychiatry & Behavioral Sciences.

In a rotation developed by Duke psychiatrist

Lisa Amaya-Jackson, MD, MPH, and social

worker **Donna Potter, MSW**, two fellows per year receive rigorous training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). In addition to attending weekly training sessions, the fellows see patients who have experienced trauma and participate in an intensive TF-CBT learning collaborative with clinicians across the state. They also receive weekly coaching, consultation and clinical supervision co-led by **Angela Tunno, PhD**, an assistant professor of psychiatry and behavioral sciences, and clinical associate **Stephanie Hargrove, PhD**, a recent graduate of the Duke clinical psychology doctoral internship.

Fellows are eligible to be added to the TF-CBT national roster upon completing the training and fully implementing the model with three patients.

TF-CBT training has given me tools to help patients process and understand traumatic events and heal parts of themselves that they have tried so hard to keep in the dark. With the guidance of amazing supervisors, trauma-focused therapy has taught me to skillfully and gradually shine light into the darkness.

SAMANTHA SALEM, MD | 2nd-YEAR CHILD & ADOLESCENT PSYCHIATRY FELLOW

GERIATRIC PSYCHIATRY FELLOWSHIP

New Center to Provide Expanded Opportunities for Geriatric Psychiatry Fellows

The Duke geriatric psychiatry fellowship—the oldest program of its kind in the country—gives trainees exceptionally broad clinical exposure, with access to an academic medical center, the Durham Veterans Affairs Medical Center, the state psychiatric hospital, skilled nursing facilities and other settings.

In September 2021, Duke University and the University of North Carolina at Chapel Hill were awarded funds from the National Institutes of Health to establish a prestigious **Alzheimer's Disease Research Center**—an initiative that will

offer an exciting expansion of current clinical and research opportunities for geriatric psychiatry fellows.

The research center, one of 33 nationwide, will focus on identifying age-related changes across the lifespan that impact the development, progression and experience of Alzheimer's and related dementias. The center will also identify how factors that arise in early- and mid-life contribute to racial, ethnic and geographic disparities in dementia.



Clinical Psychology Doctoral Intern Takes the TED Stage



In a TEDx Talk at The Ohio State University, where Duke clinical psychology doctoral intern **Briana Brownlow, MA**, is a PhD candidate, Brownlow shares her personal experiences and research to illuminate the unique ways Black Americans often cope with chronic racial stress.

She discusses how this coping strategy may serve as a potential mechanism through which racism “gets under the skin” and impacts their physical and mental health.



UNDERGRADUATE MEDICAL EDUCATION

New Leader Takes Helm of Undergraduate Medical Education Program



In the fall of 2020, Duke Psychiatry & Behavioral Sciences hired **Julie Penzner, MD**, as our new Director of Undergraduate Medical Education. Prior to coming to Duke, Penzner had been the Director of Residency Training in Psychiatry at Weill Cornell Medicine since 2014.

Over the past year, Penzner has developed and implemented a number of enhancements to the program, including doubling the Duke medical student clerkship experience in outpatient psychiatry, from one half-day to two half-days.

Penzner also serves as the Associate Program Director for the Psychiatry Residency Program and co-leads the residency program’s Clinician Educator Track.

RESEARCH

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.



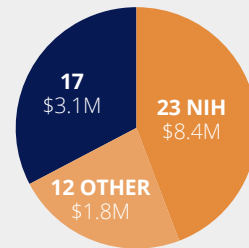
BY THE Numbers

2020-2021 FISCAL YEAR



52 new grants
\$13.3M

NON-FEDERAL



FEDERAL

242 active funded research projects

330+ peer-reviewed publications

New Clinical Research Facility Coming Soon

Duke Psychiatry & Behavioral Sciences will open its new **10,500+ square foot clinical research facility in Duke North Pavilion** in Spring 2022. This centralized research core will provide access to technologies, equipment, facilities and service resources to investigators engaged in clinical and behavioral health research. The facility will expand investigators' capabilities and foster collaboration, accelerating discovery and translation.

56
rooms

- Clinical**
- 24 interview rooms
 - 10 testing rooms
 - 10 assessment rooms
 - 4 exam rooms
 - 3 group therapy rooms

- Treatment**
- 1 phlebotomy/EKG/urine sample room with cardiovascular and respiratory equipment
 - 1 EEG room
 - 1 mock MRI scanner room

- Diagnostic**
- 1 medication room
 - 1 nourishment room

"Mental illness is too often a source of great pain and suffering to individuals, families and society at large. At Duke, we're committed to changing this. Our clinical research unit brings together leading scientists working to develop and test new, cutting-edge interventions with the singular goal of promoting new treatments for mental illness that can provide faster, safer and more effective help."

JONATHAN POSNER, MD | VICE CHAIR, RESEARCH

Study Shows Smartphone App Can Identify Autism Symptoms in Toddlers

A digital app successfully detected one of the telltale characteristics of autism in young children. The results of the study, published in *JAMA Pediatrics*, suggest the technology could one day become an inexpensive and scalable early screening tool that could be made readily accessible to primary care clinics and useable in home settings.

The interdisciplinary research team created the app to assess the eye gaze patterns of children while they watched short, strategically designed movies on an iPhone or iPad, then applied computer vision and machine learning to determine whether the child was looking more often at the human in the video or objects.



The researchers observed differences in eye gaze patterns for toddlers with autism. This finding aligns with our understanding that children with autism respond to the environment differently than other children, tending not to pay as much attention to people.

"This is the first time that we've been able to provide this type of assessment using only a smart phone or tablet."

GERALDINE DAWSON, PHD

Director of the Duke Center for Autism and Brain Development

William Cleland Distinguished Professor of Psychiatry and Behavioral Sciences

Co-senior author of the study



Kafui Dzirasa Selected as Howard Hughes Medical Institute Investigator

Kafui Dzirasa, MD, PhD, the K. Ranga Rama Krishnan Associate Professor in the Department of Psychiatry & Behavioral Sciences, was named a [Howard Hughes Medical Institute investigator](#) in September 2021 for his potential to make transformative discoveries. Dzirasa uses engineering approaches to uncover how changes in brain circuits lead to psychiatric illness. This past year, he was also selected for a [Presidential Award and the Ruth and A. Morris Williams Faculty Research Prize](#) from Duke University and was elected to the [National Academy of Medicine](#).



New Screening Tool Improves Ability to Identify Patients at Risk of Suicide

A suicide screening tool developed by researchers from Duke Psychiatry & Behavioral Sciences and the Department of Veterans Affairs—dubbed the “Durham Risk Score” (DRS)—is far more accurate at identifying patients at risk for attempting suicide than current clinical assessments, which often have poor accuracy rates that can lead to the loss of life.

Study authors developed a streamlined checklist that is much more accurate than prior tools and can be used by physicians in most all settings.

Led by associate professor **Nathan Kimbrel, PhD**, and published in *PLOS Medicine*, the study found that 82% of suicide attempts occurred among people who scored within the top 15% on the DRS risk scores. Tabulating the score is simple and unambiguous, enabling practitioners to administer and assess the scale in a wide range of clinical settings.



Physician-Pharmacist Collaboration May Increase Adherence to Opioid Addiction Treatment

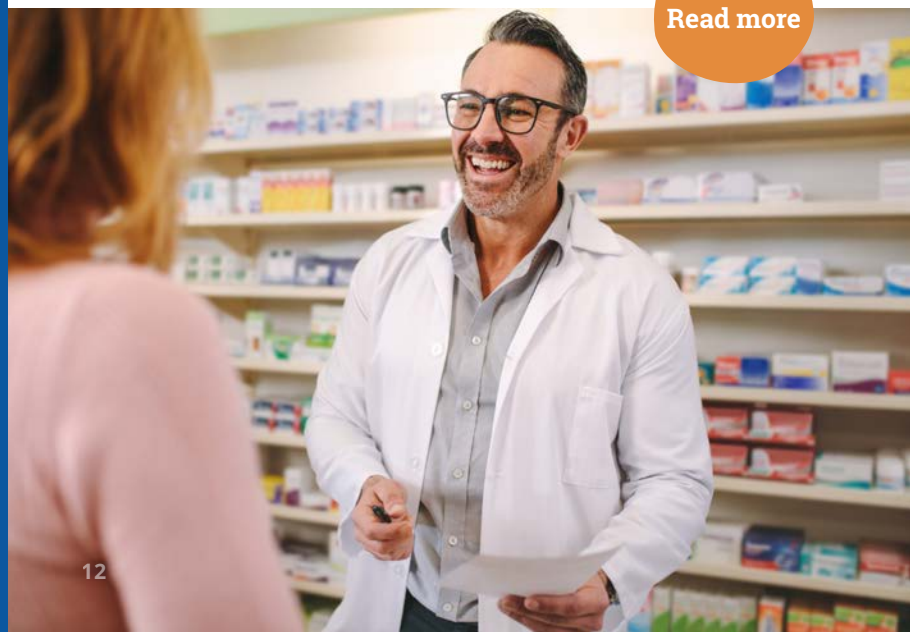
A pilot study led by **Li-Tzy Wu, MA, DSc**, and published in *Addiction* showed promise for a collaborative approach to treating opioid use disorder that relies heavily on community pharmacists.

In the U.S., fewer than 10% of primary care providers are authorized to prescribe buprenorphine—a safe and effective medication used to treat the disorder—and more than 20 million people live in a county without a buprenorphine-waivered physician.

To help address treatment gaps, investigators studied the transfer of care of 71 participants using buprenorphine maintenance therapy from waived physicians to trained community pharmacists. About 90% of people in the U.S. live within five miles of a community pharmacy.

Nearly 89% of participants remained in the study and 95.3% adhered to their medication regimen.

No opioid-related emergencies or hospitalizations were reported, and the proportion of opioid-positive urine drug screens was less than five percent. Participants, physicians and pharmacists expressed satisfaction with the program.



STRATEGIC PLAN

Duke Psychiatry & Behavioral Sciences embarked on a strategic planning process in 2019 that engaged more than 100 members of the department and resulted in a **five-year strategic plan**. We're currently in the second year of implementation. The plan is comprised of five pillars:



Clinical

Promote access to evidence-based behavioral health care and consultation across Duke Health

to deliver integrated patient-centered care and improve the health and well-being of patients; develop and implement an innovative care model and leverage interdisciplinary translational research.



Research

Produce innovative, ground-breaking science to elucidate and support psychiatric and behavioral

health; share our science to enhance the well-being of individuals, families and our communities.



Education

Create educational and training models that emphasize innovation, integration and rigor to attract and retain future leaders in the field.



Professional Development

Enrich the careers and work lives of faculty, providers, trainees and staff through professional growth, leadership development and wellness support.



Diversity, Equity, Inclusion & Culture

Empower excellence through respect, inclusion, integrity and sharing of ideas to create an environment that preserves and fosters growth, meaning and purpose in our work to serve the community.

AS PART OF THE STRATEGIC PLANNING PROCESS, THE DEPARTMENT ALSO COLLABORATIVELY DEFINED OUR **MISSION, VISION AND VALUES:**

MISSION

Advance behavioral health together through:

- Superior specialty and integrated patient care for all
- Ground-breaking research
- Exceptional training and education

VISION

- Deliver seamless, high-quality behavioral health care
- Translate scientific discoveries into innovative solutions
- Develop and support leaders to advance behavioral health

VALUES

Foster a positive culture and success in our mission through a commitment to:

- Mutual respect and support
- Diversity, equity and inclusion
- Excellence
- Collaboration
- Well-being
- Community engagement

DIVERSITY, EQUITY & INCLUSION

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 diversity, equity and inclusion initiatives (DEI)** to bring this vision to fruition.



New Departmental DEI Leadership



Ernestine Briggs-King, PhD
Director
Diversity, Equity & Inclusion



Annise Weaver, MEd, CRC
Associate Director
Diversity, Equity & Inclusion



Tyson Pankey, PhD, MPH
Associate Program Director
Diversity, Equity & Inclusion
for Education Programs

Building a Foundation for DEI Success

Duke Psychiatry & Behavioral Sciences is in the process of creating an infrastructure to implement and track progress on our **diversity, education and inclusion goals**, which include:

- RECRUITING AND RETAINING BLACK FACULTY, STAFF AND LEARNERS
- EMPLOYING MORE EQUITABLE HIRING PRACTICES
- CREATING AND PROMOTING PROFESSIONAL DEVELOPMENT, TRAINING AND EDUCATION OPPORTUNITIES
- DEVELOPING PRACTICES THAT SUPPORT SUSTAINABILITY

These goals were informed in large part by recommendations from a group of department members who met regularly with department leaders for several months in 2020 to devise anti-racism strategies. The department's strategic plan diversity, equity, inclusion and culture work group collaborates with our leadership to realize these and other related goals.

Leading across Duke



Annise Weaver, MEd, CRC, co-founded the ME² (Motivate, Mentor, Educate & Empower) Black Employee Resource Group to empower Black staff members in the School of Medicine.



Dane Whicker, PhD, is a co-director of the new Equity in Research Core at the Duke Clinical and Translational Science Institute.

\$50K Gift Enables New DEI Opportunities

In August 2020, Duke Psychiatry & Behavioral Sciences received a \$50,000 unrestricted gift from an anonymous donor through the Rhode Island Foundation. Department leadership is using the gift to support three pilot research projects focused on health disparities and work led by faculty members who are underrepresented in medicine, as well as other departmental initiatives to promote diversity, equity and inclusion (DEI) and dismantle racism.

The pilot projects were awarded to Psychiatry & Behavioral Sciences faculty members **Ernestine Briggs-King, PhD**, **Jeremy Grove, PhD**, and **Sarah Wilson, PhD**. These projects focus on addressing trauma in minority adolescents, establishing an association between acute use of alcohol and

suicidal thoughts and behaviors, and evaluating implementation strategies for a technology-assisted smoking cessation intervention.



Other DEI initiatives supported by the gift include:

- Two DEI speaker series
- DEI-focused Grand Rounds speakers and faculty training
- Peer support sessions and monthly conversation groups for underrepresented department members
- Strategic planning and implementation initiatives, such as listening tours and department-wide training

A dark blue rounded rectangular box containing a quote in white italicized text. To the left of the box are two yellow speech marks. Below the box is a blue bar with white text. To the right of the box are several abstract yellow and orange shapes.

This gift gave us a much-needed boost to expand our community engagement research efforts and support faculty members of color and/or those working in communities of color. It also allowed us to support several strategic planning, training and educational efforts as we work towards dismantling racism.

ERNESTINE BRIGGS-KING, PHD | DIRECTOR, DEI

LATIN-19 Team Wins Presidential Award

Duke Psychiatry & Behavioral Sciences assistant professor **Gabriela Nagy, PhD**, is an executive team member of the Latinx Advocacy Team & Interdisciplinary Network for COVID-19 (LATIN-19), which won a **2021 Presidential Award**—the highest honor given to Duke staff, faculty and teams.

LATIN-19, a multi-sector group of more than 700 participants, was established by Duke clinicians at the beginning of the COVID-19 pandemic to identify disparities in care and critical needs for the Latinx community in North Carolina.

A number of other Duke Psychiatry & Behavioral Sciences department members have also been involved with LATIN-19.



PHILANTHROPY

New ADHD Center for Girls and Women Launched with \$1M Gift




Read more

The Duke ADHD Program launched the Duke Center for Girls & Women with ADHD in October 2021 with a \$1 million gift from a family who understands firsthand the struggle many girls and women with ADHD face in obtaining an accurate diagnosis and appropriate treatment.

Studies show that girls with ADHD are more likely to be diagnosed with another psychiatric condition before ADHD is recognized, resulting in delayed diagnosis and treatment for ADHD. **Untreated ADHD in girls and women has been linked to numerous negative outcomes, including a higher risk for unplanned pregnancies, eating disorders, mood disorders, self-harm** and more.

The Duke Center for Girls & Women with ADHD (adhdgirlsandwomen.org) aims to address the unique needs of girls and women with ADHD by providing educational resources for patients, families, clinicians and educators and engaging in community outreach.

35% increase in donors from 2020 to 2021

2020: 116 | 2021: 159

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. There are many meaningful ways to make a difference.

Visit the Giving page of our website or contact Morgan Pope, Director of Development, to learn more about philanthropic giving to Duke Psychiatry & Behavioral Sciences.



Morgan Pope

DIRECTOR OF DEVELOPMENT

919-385-3121

morgan.pope@duke.edu

Duke Center for Eating Disorders Empowers Children to Listen to their Bodies

Nancy Zucker, PhD, director of the Duke Center for Eating Disorders (DCED), says eating disorders are not about eating. Rather, individuals with an eating disorder have a disrupted relationship with their bodies, which gets in the way of their ability to live fulfilling lives.



With support from the Brody Brothers Foundation, the DCED created an online community that aims to help repair that relationship by empowering children with eating disorders to listen to, decode and respond to what their bodies are telling them—and ultimately develop a trusting relationship with their bodies. Through this website, the DCED offers children and their families free services, including weekly educational seminars, videos and support groups.

Zucker develops interventions for both parents and children, teaching the children to become what she calls “feeling and body investigators—or ‘FBI agents.’” To date, Zucker has designed the FBI intervention for young children with Avoidant/Restrictive Food Intake Disorder (FBI-ARFID Division) and children with recurrent abdominal pain (FBI-Pain Division).



Naming Opportunities Available for New Behavioral Health Center

The brand-new Duke Behavioral Health North Durham at Duke Regional Hospital **brings together Duke emergency, outpatient, inpatient and electroconvulsive therapy (ECT) behavioral health services in one state-of-the-art building** (see page 3 to learn more about the center). Naming opportunities for the center are available beginning at \$25,000. Areas available for naming include the meditation garden, the ECT unit, group therapy rooms, patient rooms and more.

Contact **Morgan Pope**, Director of Development, to learn more about naming opportunities.





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@duke_psych_residency

istock photo

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