

DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

ANNUAL REPORT 2020-2021
MAKING OUR IMPACT



The University of Texas at Austin
Dell Medical School

OUR MISSION

- Train mental health professionals to become 21st century leaders in the fields of Psychiatry and Psychology
- Provide culturally informed, evidence-based clinical care for individuals and families in our community
- Execute cutting-edge basic and clinical research that illuminates the underlying neurobiological causes of psychiatric disorders, transforms clinical practice and identifies novel treatments
- Foster a culture that values and supports diversity, equity and inclusion
- Promote innovation in our training methods, research and service to our community



Welcome From the Chair

Colleagues and Friends,

I am delighted to share with you the 2020-2021 Annual Report of the Department of Psychiatry & Behavioral Sciences at Dell Medical School at The University of Texas at Austin. It has been another very unusual year for all of us. The waves of the COVID-19 pandemic have created major changes in our lives as we have witnessed terrible loss of life and disruption in our daily routines. The uncertainty of COVID-19 — coupled with working from home, social distancing and isolation — has affected everyone. Health care professionals are not only not exempt from these forces but are deeply immersed in the pandemic. In spite of this, we have persevered and endured and, in most cases, even thrived in clinical service, training and research.

I am continually heartened by the dedication of our faculty, staff and trainees during these trying times. The predictions of a mental health crisis associated with the COVID-19 pandemic turned out to be accurate, and we have done our best to provide mental health care to those in need. The support of the Dell Medical School leadership and my fellow chairs as well as our colleagues at Ascension Seton and Integral Care has been heartening. Together, we continue to build a preeminent department, outstanding in clinical service, teaching, research and community engagement. We have made much progress in recruiting a number of outstanding faculty members during the past year, including Carol Alter, M.D., professor and associate chair for Clinical Integration and Operations, and I will soon announce the appointment of an Associate Chair for Diversity, Equity and Inclusion, one of the few Departments of Psychiatry nationwide to move forward with such a recruitment.



As I look back on the past year, I could not be more pleased with the many accomplishments of the department faculty, staff, residents and fellows who all work together to fulfill our mission. I look forward to seeing what new successes the coming year will bring.

Sincerely,
Charlie

Charles B. Nemeroff, M.D., Ph.D.

Matthew P. Nemeroff Endowed Chair

Director, Institute of Early Life Adversity Research

President, Anxiety & Depression Association of America (ADAA)

DELL MEDICAL SCHOOL

Revolutionizing How People Get & Stay Healthy

Dell Medical School at The University of Texas at Austin is rethinking the role of academic medicine in improving health — and is doing so with a unique focus on our community.

Created in unprecedented partnership with local taxpayers who voted to support the vision of improving health and making Austin a model healthy city, Dell Med is focused on harnessing the power of innovation, technology and partnerships to modernize academic medicine, create new clinical care delivery models and foster a thriving research environment that takes advantage of the many existing initiatives at the university.

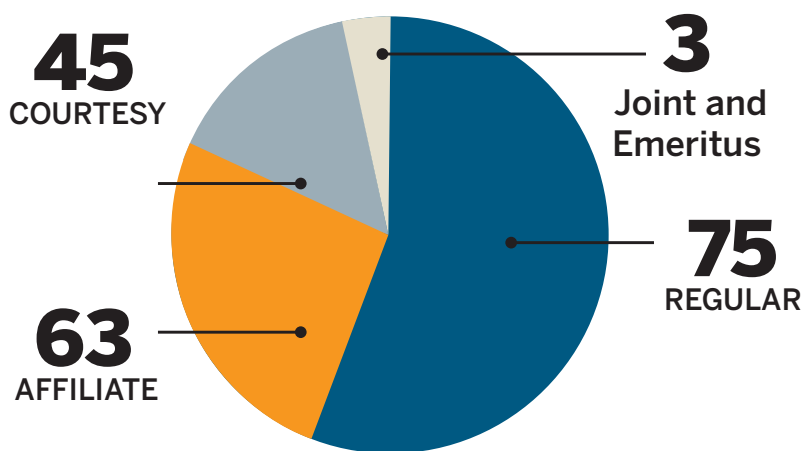
Dell Med works to make health care better and more accessible — to build a better system to support innovation, economic development and opportunity for all.

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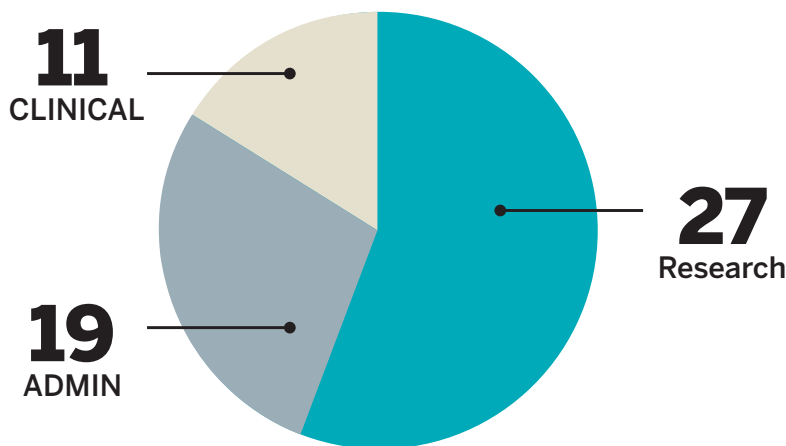
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DEPARTMENT OF PSYCHIATRY & BEHAVIORAL SCIENCES AT A GLANCE

Total Faculty 186



Total Staff 57



Trainees

32

Total Residents

9

Total Fellows

3

Psychology Post-Docs

6

Psychology Interns

Data captured August 31, 2021

Executive Committee



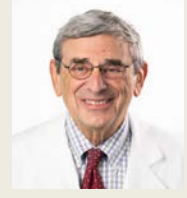
Charles B. Nemeroff, M.D., Ph.D.
DEPARTMENT CHAIR



Carol L. Alter, M.D.
ASSOCIATE CHAIR, CLINICAL
INTEGRATION AND OPERATIONS



D. Jeffrey Newport, M.D., M.S., M.Div.
ASSOCIATE CHAIR, RESEARCH



Stephen Sonnenberg, M.D.
INTERIM ASSOCIATE CHAIR,
EDUCATION



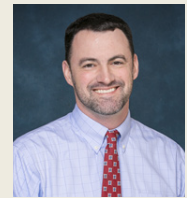
Jorge Almeida, M.D., Ph.D.
DIRECTOR OF PSYCHIATRY
CLINICAL INSTITUTES



Lloyd Berg, Ph.D., ABPP
DIVISION CHIEF, PSYCHOLOGY



Roshni Koli, M.D.
MEDICAL DIRECTOR OF PEDIATRIC
MENTAL HEALTH SERVICES AT
DELL CHILDREN'S MEDICAL CENTER



Roger (Lowell) McRoberts, M.D.
DIRECTOR OF CLINICIAN WORKFORCE

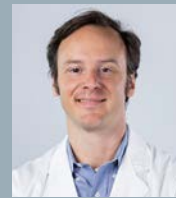
New Faculty



Carol L. Alter, M.D.
PROFESSOR AND ASSOCIATE CHAIR
FOR CLINICAL INTEGRATION &
OPERATIONS



Christine Bartow, D.O.
ASSISTANT PROFESSOR AND
ASSOCIATE PROGRAM DIRECTOR,
PSYCHIATRY RESIDENCY



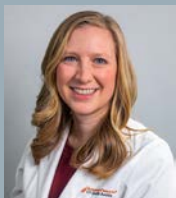
Josh Cisler, Ph.D.
ASSOCIATE PROFESSOR AND
ASSOCIATE DIRECTOR, INSTITUTE FOR
EARLY LIFE ADVERSITY RESEARCH



Levi DeFilipp, Psy.D.
ASSISTANT PROFESSOR



Jennifer Donegan, Ph.D.
ASSISTANT PROFESSOR



Lindsey Elliott, Ph.D.
ASSISTANT PROFESSOR



Ana El Behadli Gonzalez, Ph.D.
ASSISTANT PROFESSOR



Ankita Krishnan, Ph.D.
ASSISTANT PROFESSOR



Nicholas Ortiz, M.D.
ASSISTANT PROFESSOR



Sarah Schoffstall, Ph.D.
ASSISTANT PROFESSOR



Nikita Shah, M.D.
ASSISTANT PROFESSOR



Oscar Widales-Benitez, Ph.D.,
ASSISTANT PROFESSOR



DIVISION OF PSYCHOLOGY

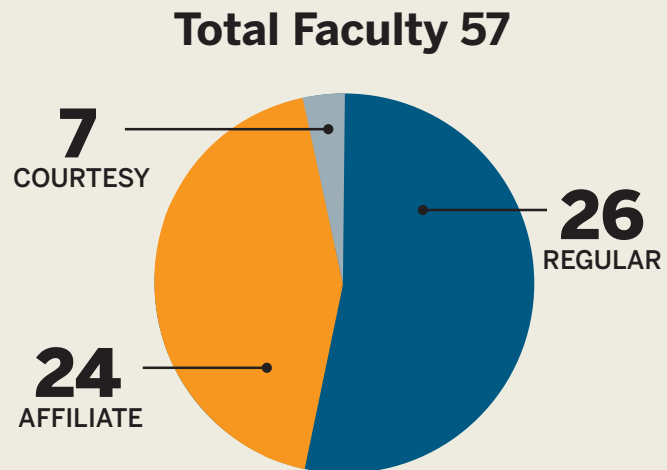
Despite the organizational challenges associated with the COVID-19 pandemic, our Division of Psychology experienced significant growth in Fiscal Year 2021, including an almost doubling of our child psychology faculty representation at Dell Children's Medical Center.

Under the leadership of Division Chief Lloyd Berg, Ph.D., ABPP, our psychology faculty members demonstrated their ongoing commitment to revolutionizing how people get and stay mentally healthy through robust clinical, educational, research and outreach activities.

Erin Andrews, Psy.D., ABPP, received the 2020 Distinguished Contributions Award from the American Psychological Association's Committee on Disability Issues in Psychology.

Kasey Claborn, Ph.D., received a 2020 Google Services Award and was nominated for Austin's 40 Under 40 Award.

Lloyd Berg Ph.D., ABPP, was inducted as a fellow of the American Psychological Association for his unique and outstanding contributions in the field of psychology that have had a national impact. Dr. Berg also received the Excellence in Teaching Award from the Dell Med Academy of Distinguished Educators.



Lloyd Berg, Ph.D., ABPP
DIVISION CHIEF, PSYCHOLOGY

FEAR DOMINATES MENTAL HEALTH, AND CONTRIBUTES TO IT

"She used all my information that I talked to her about against me for them to take my daughter." - Lori

"You see where I have to sit. I'm cornered, something could happen."
- Prosecutor at ASH

"I was scared that I would lose my job. I was scared that they would say, 'We're going to take away your baby.' I was scared that my boyfriend would be not trusting of me because he was having a hard time with it and understanding it. Then I was scared because I've been in inpatient treatment before. Just scared to be around other people with mental health issues. So, a lot of fear." - Spring

"I've been thought drunk a lot or on...
When here I am...
taking care of my...
you know, being...
Yet, I've been jud...
a lot from my tar...
dyskinesia." - Reg



EDUCATION

The department's commitment to education is inseparable from its clinical and research commitment. We are training the next generation of clinicians, clinical scholars, teachers of psychiatry and psychology, and researchers to be leaders in psychiatry and behavioral sciences.

Under the leadership of our interim associate chair of education, Stephen Sonnenberg, M.D., our department is home to five postgraduate psychiatry training programs: Adult Psychiatry Residency Training Program, Child and Adolescent Psychiatry Fellowship, Consultation-Liaison Fellowship, Geriatric Fellowship and Addiction Fellowship. Psychology training programs include our Predoctoral Internship in Pediatric and Clinical Child and Adolescent Psychology, Postdoctoral Fellowship in Pediatric Psychology and our innovative Integrated Behavioral Health Scholars Program, which includes psychology intern and extern trainees.

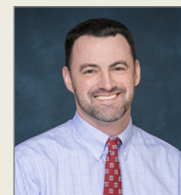
Stephen Sonnenberg, M.D.
INTERIM ASSOCIATE CHAIR,
EDUCATION



ADULT PSYCHIATRY TRAINING PROGRAM

Under the direction first of Sussann Kotara, M.D., and then of Roger (Lowell) McRoberts, M.D., the General Residency has produced practitioners who will advance the field. In addition, from this training experience, our residents go on to fellowships in child and adolescent psychiatry, addiction psychiatry, consultation-liaison psychiatry, and geriatric psychiatry. Many have subspecialty training in tracks devoted to research and evidence-based psychotherapy.

Roger (Lowell) McRoberts, M.D.
DIRECTOR OF CLINICIAN WORKFORCE



Sussann Kotara, M.D.
PROGRAM DIRECTOR
PSYCHIATRY RESIDENCY



EDUCATION

Curriculum

We are in the midst of a two-year review process of new curriculum aspects that focus on mental health issues related to racism, social justice and vulnerable populations. Over the course of the past year we have been able to coordinate with partners at UT Austin (including the School of Law and the Office of Diversity, Equity and Inclusion) to strengthen our curriculum with local experts.

Clinical Rotations

Dell Med psychiatry residents rotate through a well-rounded set of clinical sites during their training. They spend a majority of their time at Seton Shoal Creek Hospital, seeing inpatient psychiatric patients, as well as working on the psychopharmacology service. They also are assigned to Dell Children's Medical Center, Seton Medical Center Austin, Dell Seton Medical Center at The University of Texas, Ascension Medical Group Seton Behavioral Health Outpatient Clinic, Integral Care, the Veterans Administration Outpatient Clinic, and Austin State Hospital.

During their second year, psychiatry residents attend the Central Texas Veterans Administration (VA) outpatient clinic to work with veterans. Some residents rotate in the mental health clinic, and others participate in the primary care/behavioral health integrated clinic, working alongside VA primary care physicians to increase same-day access to mental health care. Residents may also return to the VA in their fourth year for elective options if desired.

Physician-Scientist Track

The Physician-Scientist Track, commonly known as the Research Track, launched last year to address both the interests of residents who have already decided before entering residency to pursue careers in research-oriented academic psychiatry and those who are just beginning to explore psychiatric research as a potential career path.

The excitement generated by the Physician-Scientist Track is continuing into the 2021-22 academic year. In addition to residents participating in the PGY1 Exploratory and PGY2 Preliminary electives, we are pleased to announce that Bradford Unroe, M.D., is our first resident to enter the track's PGY3/4 Research Project Phase. Dr. Unroe is collaborating with the SAMHSA-funded Mobile, Medical and Mental Health Care (M3) Team under the guidance of his research mentor, Justin Benzer, Ph.D., the M3 project evaluator. Addressing the needs of the homeless population in Travis County, Texas, M3 coordinates housing services and psychiatric services, as well as medical care.

Dr. Unroe will be conducting a secondary data analysis study to determine whether clients assigned to M3, compared with those receiving usual care, have fewer emergency department visits and less frequent medical and psychiatric hospitalizations. He will also examine whether M3 achieves its goal of reducing health disparities for African American clients and evaluate the degree to which clients' perceptions of care improve while enrolled in M3. While awaiting IRB approval of his research project, Dr. Unroe is participating in the 12-month Ideas to Results course at Dell Medical School to receive training in epidemiology, study design, data computing and biostatistics.

Justin Benzer, Ph.D.
ASSOCIATE PROFESSOR



Bradford Unroe, M.D.
THIRD YEAR RESIDENT



Psychiatry Electives offered to Fourth-Year Residents

- AIDS Services of Austin — Embedded with existing behavioral health providers
- Advanced Psychopharmacology — Work with team of pharmacologists and psychiatrists providing advanced psychopharmacology consultation in an inpatient setting
- ARCH/Mobile Outreach Elective — Community mental health center providing intensive crisis management, support for community shelters and mobile outreach
- Clinical Trials — Work with research teams on study creation and implementation
- Culinary Medicine — Integrated care practice providing evidence-based dietary advice
- Dialectical Behavior Therapy Intensive Outpatient Treatment — Leading group and individual therapy
- Eating Recovery Center — Leading group and individual therapy
- Geriatric Advocacy/Policy — Policy work with geriatric fellowship director
- HIV Clinic — Collaborate with existing psychiatric provider
- Hospice and Palliative Medicine — Work with psychiatrists and palliative care providers in inpatient and outpatient settings
- Integrated Medicine — Complementary and alternative treatments in an evidence-based psychiatric practice
- Interventional Psychiatry — Support treatments such as electroconvulsive therapy, transcranial magnetic stimulation and vagus nerve stimulation
- KIND Clinic — Behavioral health in a clinic providing gender-affirming care appointments for transgender and gender-nonconforming patients at no cost
- Movement Disorders Clinic — Attached to both neurology and psychiatry providers
- Perinatal Psychiatry — Inpatient and outpatient work with specialized perinatal psychiatrists
- Policy/Advocacy Elective — UT Austin and Ascension policy teams working on local and statewide legislation
- Private Practice — Learn practical aspects of starting a private practice upon graduation
- Psycho-Oncology — Clinical experience with inpatient, outpatient and infusion center cases
- UT Counseling and Mental Health Center — Embedded in campus behavioral health center

Natasha Gambhir, D.O., fourth year resident, was named a 2021-2022 Substance Abuse and Mental Health Services Administration (SAMHSA) minority fellow.



“My interests in psychiatry include consultation-liaison psychiatry, neuromodulation, education, and interdisciplinary collaborative care. I’m excited to be in this program for the abundant opportunities to explore these interests. I appreciate how easy it is to get connected with mentors to facilitate my growth. Everyone here is approachable and eager to provide their wisdom and guidance.”



Gregory Ziomek, M.D.
THIRD YEAR RESIDENT

EDUCATION

Psychotherapy Scholar Track

Our program already has a commitment to psychotherapy education in terms of supervision, patient experience, and didactics, and our Psychotherapy Scholar Track provides additional training for those who seek a more extensive experience. During the

year ahead the Psychotherapy Scholar Track will offer an additional set of seminars provided by outstanding experts in psychotherapy from within our department and community.



David Cho, M.D., third year resident, was awarded the American Psychiatric Association Public Fellowship for 2021-2023.

ADDICTION PSYCHIATRY FELLOWSHIP

The Addiction Psychiatry Fellowship, led by John Nguyen, M.D., is a one-year ACGME-accredited program focused on clinical training in addiction treatment and serving underserved populations with the goal of fostering the development of future leaders in education, research and policy. Central Texas continues to have relatively few addiction psychiatrists per capita, despite an overdose epidemic that has worsened during the COVID-19 pandemic and an increasing need for streamlined access to lifesaving treatment. Through a grant of up to \$2.6 million from the Health Resources and Services Administration, we hope to train up to 13 fellows over five years, which would more

than double the number of addiction psychiatrists currently practicing in the region.

The year saw preparations for the launch of our program, which enrolled two inaugural fellows in July 2021, and we are excited to introduce them to our practice community: Katherine Folse, M.D. and Scott Wallace, M.D., MBA. Their core rotations are at Integral Care's opioid treatment and intensive outpatient programs, the Veterans Administration Austin Outpatient Clinic substance abuse treatment program, Dell Seton Medical Center's consult-liaison psychiatry service, and UT Health Austin psychiatry.

GERIATRIC FELLOWSHIP

This new, one-year clinical fellowship in geriatric psychiatry will offer a rich combination of continuity and month-long experiences designed to provide psychiatrists with expertise in the diagnosis and treatment of neuropsychiatric disorders in late life with a focus on person-centered, multidisciplinary care. This program, led by Erica C. Garcia-Pittman, M.D., FAPA, seeks to recruit two inaugural fellows

for the 2022-23 academic year. Fellows will receive training in a variety of settings that span the typical spectrum of geriatric psychiatric care, including acute care hospitals/consultation settings, outpatient specialty clinics, long-term care settings, palliative/hospice care settings, electroconvulsive therapy service, and an inpatient geriatric psychiatry unit.

Community Needs: Austin is Growing & Aging

Older adults are the fastest-growing segment of the U.S. population, requiring health care professionals with specialized training. In Central Texas, we have seen sustained rapid growth in the senior adult population. The 2019 census estimates for Austin indicated that almost 9% of our population is 65 and older and that this percentage is even larger if we include surrounding counties. Conversely, the workforce of geriatric psychiatrists continues to be deficient in Texas and throughout the U.S.

The Austin mayor's 2012-13 Taskforce on Aging recommended the promotion of career pathways in geriatric mental health — including the availability of a geriatric psychiatry fellowship program. This issue grows even more important as Austin faces continued growth of older adults who have a multitude of mental health needs, such as late-life mood disorders, suicide prevention and substance use disorders.

CONSULTATION-LIAISON PSYCHIATRY FELLOWSHIP & TRAINING

Under the leadership of Joseph Kugler, M.D., our fully ACGME-accredited Consultation-Liaison (C/L) Psychiatry fellowship annually selects two general psychiatry residency graduates for advanced training. The fellowship leverages the full continuum of care to provide potent C/L training experiences, where fellows learn to think critically from neuroscientific, physiologic, existential and systems-of-care perspectives. Our graduates routinely transition to academic and clinical leadership positions.

Through both inpatient and outpatient core rotations, our fellows receive advanced training in novel and value-based care models. Core inpatient experiences at Dell Seton Medical Center and Ascension

Seton Medical Center offer the full variety of traditional, liaison, embedded and proactive consultation delivery models. Integrated within all practice sites throughout the year, trainees gain proficiency with the indications and uses of telepsychiatry technologies to rural and smaller community hospitals. The outpatient Integrated C/L and Addictions Fellow Clinic at UT Health Austin — our newest core rotation — provides opportunities for fellows to deepen their appreciation of evolving but indeterminate disease states, the longitudinal course of recovery and how continuity of care benefits recovery. Our 2021 fellows were Christine Bartow, D.O., and Ramon Aragon, M.D.



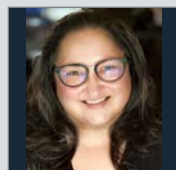
John Nguyen



Katherine Folse



Scott Wallace



Erica C. Garcia-Pittman



Joseph Kugler



Christine Bartow



Ramon Aragon

EDUCATION

CHILD & ADOLESCENT PSYCHIATRY FELLOWSHIP

The Child and Adolescent Psychiatry Fellowship, now led by interim program director Gabriel Garza, M.D., began as a small community-based program through Austin State Hospital in 1971. It is now a flourishing fully accredited training program. Our child and adolescent fellows receive inpatient, outpatient and consultation-liaison training and serve in specialty clinics.

This past year, we hired as assistant professors two particularly exceptional graduates from our program. Kari Whatley, M.D., was hired for her leadership skills into the position of associate program director of the Child and Adolescent Psychiatry Fellowship program. Ryan Brown, M.D., demonstrated clinical innovation after creating a Bridge Clinic that fills a need for patients who could not secure adequate child psychiatrist follow-up after emergency room consultations.

For the fellowship class of 2021, we received 79 applications and fully matched with a complement of five fellows. The fifth position was funded by Texas Senate Bill 11 to help expand the psychiatry workforce serving the children of Texas.

During the past academic year we expanded the program curriculum to better match the needs of our fellows and the communities they serve. Fellows have enthusiastically rotated through the Gender Clinic at Dell Children's Medical Center, created by Eric Shute, M.D., to serve the psychiatry needs of transgender youths. A health equity curriculum and more extensive training in multiple modalities of psychotherapy, taught by experts in each field, were introduced to the program, and a community psychiatry rotation curriculum, intended to encourage fellows to enter a career in community psychiatry, was developed.

INTERIM DIRECTOR



Gabriel Garza, MD

CHILD 1 FELLOWS



Ali Ashai, MD



Eric Gonzales, MD



Rosemarie Caskey, MD



Diem Pham, MD

CHILD 2 FELLOWS



Scott Tlanda, MD



Ayesha Shaheryar, MD



Prathyusha Vangala, MD



New group of fellows in child and adolescent psychiatry, announced June 2021: Andrew Wong, M.D., Monique Mun, M.D., Courtney Kates, M.D., Chloe Yuan, M.D., Christopher Powell, M.D., Rosemarie Caskey, M.D., Diem Pham, M.D., and Ali Ashai, M.D. (Not pictured, Eric Gonzales, M.D.)

PEDIATRIC PSYCHOLOGY EDUCATION

The Texas Child Study Center (TCSC) at Dell Children's Medical Center provides pediatric mental and behavioral health services and training for future psychologists/clinicians who provide psychological services for Dell Children's Medical Center and the Ascension/Seton health care network of Central Texas.

The child psychology division, a part of the Division of Psychology in the Department of Psychiatry & Behavioral Sciences at Dell Medical School, offers a predoctoral psychology internship program with six positions and a postdoctoral psychology fellowship with three positions.

Dell Children's Medical Center

Photo courtesy of Dell Children's Medical Center

Predoctoral Internship

For the 2020-2021 cohort, the American Psychological Association Accredited TCSC Predoctoral Internship Program in Pediatric and Clinical Child and Adolescent Psychology received 188 applications, leading to 100% first round matches for the six positions available.

There have been several key developments for the psychology training program this year, including the establishment of elective experiences, new primary rotations, expansion of primary care training, and intensive telemedicine and culturally focused care training initiatives. The curriculum was expanded to include elective experiences to diversify training experiences beyond the existing rotations established. These electives allow interns to participate in brief, experiential learning activities within pediatric subspecialty services to broaden their knowledge of evidence-based practices within these unique contexts. New clinical rotations offered this year have focused on family-based treatments for eating disorders and for gender dysphoria, community-based intervention for substance use and homelessness with field placements at LifeWorks Austin, family skills training for ADHD-related symptoms (Family STARS), and school-based mental health service delivery through the Texas Child Health Access Through Telemedicine (TCHAT) Program.

Another exciting initiative launched during the year has been the establishment of a formal collaborative between Austin Health Partners (a major rotation training site for TCSC) and Mental Health America. This partnership provides psychology learners with intensive training experiences and statewide collaborations with other partner clinics by implementing integrated behavioral health services in primary care settings. Learners continue to gain specialized training in telebehavioral health, pediatric substance use disorders, and more in-depth programming focusing on culture, diversity, equity and inclusion, with these initiatives focusing on helping learners understand ways to improve access to care for the underserved.



EDUCATION

DOCTORAL INTERNS



Catherine Dusing, MA



Diana Mihalache, MA



Kaitlyn Mosher, MA



Madison Perry, PsyM



Stephani Synn, MA



Rachael Tillman, MS



Audrey Cortesi, PsyD



Elizabeth Ortiz-Gonzalez, PhD



Amy Hansen, PhD

POSTDOCTORAL FELLOWS

POSTDOCTORAL PEDIATRIC PSYCHOLOGY FELLOWSHIP

Postdoctoral psychology fellowships have been organized into a formal training program within the past year. Although TCSC has offered fellowships for several years within specific areas of pediatric psychology training, a formal training program has now been established to provide more systematic and dedicated mentoring, professional development and shared educational experiences for TCSC fellows. This process has included an internal self-study to promote policies, procedures and fellow competency development and evaluation processes consistent with American Psychological Association accreditation criteria. There are currently only seven fellowship programs in the nation that hold this accreditation for fellows, so this programmatic development will establish the TCSC Fellowship as a nationally recognized program.

Postdoctoral fellow rotations expanded to include the development of new trauma-informed care and specialized telebehavioral health initiatives. Trauma-informed care training includes specialized clinical training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and participation in statewide research initiatives to evaluate the longitudinal impact of childhood trauma experiences. Telebehavioral health training is provided through the Dell Med state-funded program Texas Child Health Access Through Telemedicine (TCHATT), which provides behavioral health services to children directly within their school settings. Fellows continue to contribute to the Dell Children's Medical Center Bridge Clinic (continuity of care clinic after medical discharge), Pediatric Cardiac Behavioral Health Program, and Children's Cancer and Blood Center.



Dell Children's Medical Center

Photo courtesy of Dell Children's Medical Center

INTEGRATED BEHAVIORAL HEALTH SCHOLARS PROGRAM

The Integrated Behavioral Health Scholars Program (IBHS) at The University of Texas at Austin is an innovative cross-campus collaboration of Dell Medical School, the Steve Hicks School of Social Work, Texas Child Study Center, the departments of Psychology and Educational Psychology, and the School of Nursing. The goal of the program is to help build a diverse and culturally competent behavioral health workforce with expertise in delivering integrated behavioral care, particularly to underserved Texans. IBHS is funded through a grant from the Hogg Foundation for Mental Health and through a portfolio of federal Human Resources and Services Administration (HRSA) grants. All IBH scholars are trained through a competency-based curriculum focused on developing skills in integrated care, interprofessional practice and cultural competence, including hands-on training alongside care providers in Central Texas.

This year, principal investigator Lloyd Berg, Ph.D., ABPP, departmental co-investigators David Curtis, Ph.D., and Sussann Kotara, M.D., and their IBHS leadership colleagues were awarded an additional four-year, \$1.9 million Behavioral Health Workforce Education and Training (BHWET) grant from the Health Resources and Services Administration to prepare interprofessional mental health trainees to provide evidence-based, trauma-informed behavioral health services to at-risk children, adolescents

and transition-aged youths and expand the Texas behavioral health workforce. By the end of the project, we anticipate graduating an additional diverse cohort of 79 psychiatry, psychology, social work and psychiatric nurse practitioner clinicians through this grant, with at least 90% working with underserved communities after graduation. This is another example of how the work we are doing in our department is positively impacting our community.



Auditorium Health Discovery Building, Dell Medical School

OF THE 94 IBHS GRADUATES SINCE 2017, 44% ARE BILINGUAL, 38% ARE HISPANIC OR AFRICAN AMERICAN, 25% COME FROM DISADVANTAGED BACKGROUNDS, AND 93% ARE NOW WORKING IN MEDICALLY UNDERSERVED TEXAS COMMUNITIES.



In talking about the IBHS course Understanding Homelessness, Kathryn Flowers had this to say:

“I think we did some things we never set out to do, like building relationships between UT Austin and people in our community who are unhoused. We set out to educate medical students. We didn’t realize we were also going to be building a bridge to the community and fostering trust.”



Kathryn Flowers, MPAff
ASSISTANT DIRECTOR, DEPARTMENT OF PSYCHIATRY &
BEHAVIORAL SCIENCES

UNDERGRADUATE MEDICAL EDUCATION (INCLUDING CLERKSHIPS)

In the six years of clinical clerkships offered by Dell Med thus far, Psychiatry has worked successfully with the Department of Neurology to provide a combined learning experience for second-year medical students. Based on student feedback, both disciplines have decided to assign two separate grades versus one combined grade with the hopes this will strengthen fourth-year medical students’ applications to residency. In order to ensure that our students are knowledgeable in and practice equitable health care broadly, Dell Med also created an eighth core competency in Health Equity. In the psychiatry clerkship, students lead team discussions on health disparities and evidence-based solutions. Students learn how to identify and eliminate stigma toward those with substance use disorders.

In their third year students have an opportunity to obtain a master’s degree in Arts in Design, Business Administration, Education, Public Affairs, Public Health, Biomedical Engineering, and Health Transformation. They can also choose from a variety of distinction options in Clinical Innovation and Design, Research, Population Health, and Student Entrepreneur in Residence. We have had several very bright students choose to obtain their Distinction in Research in the Department of Psychiatry.

In their final year, senior medical students have the opportunity to delve more deeply into the field of psychiatry by participating in psychiatry electives.

After a one-year hiatus due to the COVID-19 pandemic, we are excited to welcome back visiting students who have reentered elective spaces with great success. Psychiatry electives remain popular choices for all Dell Med students, regardless of their chosen specialty, and in Dell Med’s 2021 graduating class, four students matched into psychiatry residency programs.



Kristin Escamilla, M.D.,
UNDERGRADUATE MEDICAL
EDUCATION DIRECTOR,
PSYCHIATRY CLERKSHIP DIRECTOR,



In the 2021 Association of American Medical Colleges (AAMC) Graduation Questionnaire, when asked to agree or disagree with the following statement “Overall I am satisfied with the quality of my medical education,” 97% of students graduating from Dell Medical School agreed with the statement, versus the national average of 89%. Regarding their psychiatry clerkship, 91.2% of our students rated their experience as Good or Excellent, versus the national average of 88.7%.

MEDICAL STUDENT 4TH YEAR PSYCHIATRY ELECTIVES

- Ambulatory Psychiatry
- Consultation and Liaison and Inpatient Child and Adolescent Psychiatry
- Community Psychiatry
- Consultation and Liaison Psychiatry Acting Internship – Dell Seton Medical Center
- Public Mental Health
- Seton Shoal Creek Hospital Acting Internship



Health Learning Building, Dell Medical School

2020-2021 GRAND ROUNDS

The Department of Psychiatry & Behavioral Sciences creates a series of lectures on topics of critical importance to the faculty, residents and fellows. Speakers are of national and international prominence, and the discussions generated are robust. After each Grand Rounds session, trainees meet with the speaker for further discussion, and individual faculty members and trainees engage in one-on-one discussions with the lecturer both before and after the Grand Rounds presentation. Grand Rounds is the time when the entire department comes together, sharing a commitment to learning and generating new ideas.

- **Psychotherapy in the COVID Era**
Glenn Gabbard, M.D.
Baylor College of Medicine
- **Integrating Mental Health Care to Improve Access and Population Health**
Jürgen Unützer, M.D., MPH, MA
University of Washington
- **Refractory Depression**
Samuel Collier, M.D.
Dell Medical School, The University of Texas at Austin
- **Violence Risk Management 201: Integrating Threat Management into Clinical Practice**
John S. Rosel, M.D., MSL
UPMC Western Psychiatric Hospital, University of Pittsburgh
- **Structural Racism: Impact and Solutions for Health Systems, Health Workers and Patients**
David Henderson, M.D.
Boston University School of Medicine
- **Mechanisms of Fear, Threat Memory Encoding: Relevance for PTSD**
Kerry Ressler, M.D., Ph.D.
Mclean Hospital Harvard Medical School
- **Predicting Bipolar Disorder Onset - Steps Toward Person-Level Risk Assessment and Early Intervention**
Danella Hafeman, M.D., Ph.D.
University of Pittsburgh
- **Gender Dysphoria in Children and Adolescents: Assessment, Diagnosis and Treatment**
Walter Meyer, M.D.
University of Texas Medical Branch
- **Neuropsychiatric Manifestations of Autoimmune Encephalitis Case Presentation, Dell Children's Medical Center (Case Conference)**
Ryan Brown, M.D.
Dell Medical School, The University of Texas at Austin
- **Personality Disorders**
Ken Levy, Ph.D.
Penn State University
- **Risk Factors for Addiction**
Michela Marinelli, Ph.D.
Dell Medical School, The University of Texas at Austin
- **Mania, Courage, and Genius: The Life and Illness of Robert Lowell**
Kay Redfield Jamison, Ph.D.
The Dalio Professor in Mood Disorders
The Johns Hopkins University School of Medicine
- **Physician Advocacy Through A Health Equity Lens**
Steven Starks, M.D.
University of Houston College of Medicine
- **Deep Brain Stimulation for Intractable Obsessive Compulsive Disorder**
Wayne Goodman, M.D.
Baylor College of Medicine
- **Discovering Neurobiology for Psychosis**
Carol Tamminga, M.D.
University of Texas Southwestern Medical Center
- **Using Policy to Improve Practice in Texas**
Andrew Keller, Ph.D.
Meadows Mental Health Policy Institute

Parker Expert Lecture Series

Made possible by generous support from Robert L. Parker and Debra P. Hinch, the Parker Expert Lecture Series promotes education and awareness of the causes and treatment of mood disorders in young people. This year our trainees and faculty benefited from 10 lectures in this series. Topics included "Neuropsychiatry and Neuromodulation," "Pediatric Bipolar Disorder and Neuroimaging" and "The Assessment and Pharmacological Treatment of Suicidality."



- **Neuroimaging Addiction and/or Anxiety**
Martin Paulus, M.D.
Laureate Institute for Brain Research
- **CBT and Depression**
Edward Craighead, Ph.D.
Department of Psychology & Psychiatry
Emory College
- **Eating Disorder and Post Traumatic Stress Order (PTSD)**
Jennifer Schaefer
Meadows Behavioral Healthcare
- **Perimenopause & Depression**
David R. Rubinow, M.D.
University of North Carolina at Chapel Hill
- **Childhood Depression**
Karen Dineen Wagner, M.D., Ph.D.
University of Texas Medical Branch
- **Alzheimer's Disease Diagnosis & Psychiatric Aspects**
David Lowenstein, Ph.D.
University of Miami Miller School of Medicine
- **Alcohol and the Brain**
George Koob, Ph.D.
National Institute on Alcohol Abuse & Alcoholism
- **Case Conference, Seton Shoal Creek Hospital**
Julie Farrington, M.D.
Dell Medical School, The University of Texas at Austin



American College of Psychiatrists

Five members of our faculty were admitted into the prestigious American College of Psychiatrists.



Val Rosen,
M.D.



Jane Ripperger-Suhler,
M.D., FAPA



Roger (Lowell) McRoberts
M.D.

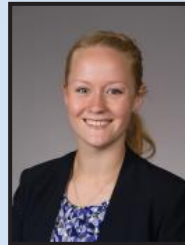


Sam Collier,
M.D.



Jorge Almeida,
M.D.

2020-2021



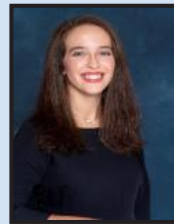
Sarah Bovio, MD



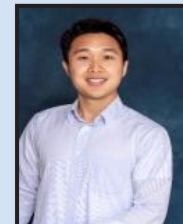
Brian Donley, MD, MPH



Robert Good, MD



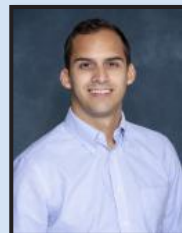
Taylor Baskin, MD



David Cho, MD



Candace Jones, MD



Nikolajs Birze, MD



Natasha Gambhir, DO



Darryl Ong, MD



Slava Fedorchenco, MD



Scott Greenman, MD



Courtney Kates, MD

RESIDENTS



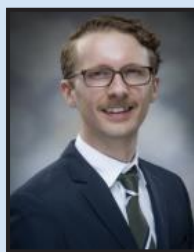
Eric Ha, MD



S. Masooma Javaid, DO



Alexandra Moore, DO



Nathaniel Nevitt, MD



Sharon Polackal, MD

First Year Residents



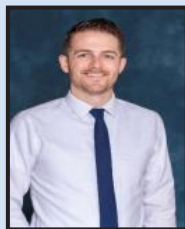
Jessica Luo, DO



Matthew Paley, DO



Bradford Unroe, MD



Kayton Wilson, DO



Gregory Ziomek, MD

Second Year Residents



Blessing Oyenyi, MD



Christopher Powell, MD



Anna Robinson, MD

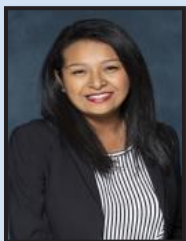


Steven Sharp, MD



Chloe Yuan, MD

Third Year Residents



Alba Lara, MD



Michael Li, MD



Victoria Nettles, MD



Nicole Scott, MD



Ryan Seaver, MD

Fourth Year Residents



CLINICAL SERVICES

Under the leadership of our associate chair of clinical integration and operations, Carol L. Alter M.D., the department oversees a range of clinical services that focus on the needs of individuals and families in our community. These programs, which include a full spectrum of care delivered in psychiatric and general hospitals and outpatient clinics, medical school and community settings, provide access to state-of-the-art and innovative care, leveraging the research expertise in the department and creating important opportunities for our trainees.

UT HEALTH AUSTIN

UT Health Austin (UTHA) is the clinical practice of Dell Medical School at The University of Texas at Austin. Health care professionals in the clinic deliver personalized, whole-person care of uncompromising quality and treat each patient as an individual. Our psychiatrists and psychologists play an important role in the whole-person care offered through UT Health Austin.



CLINICAL SERVICES

Bipolar Disorder Center in the Mulva Clinic for Neurosciences

Jorge Almeida, M.D., Ph.D., associate professor, leads our Bipolar Disorder Clinic. There, individuals living with bipolar illness engage in a six-week program focused on treating depressive and manic symptoms with a focus on enhancing function. In addition, our team of specialists provides consultations to psychiatrists in the community and long-term care for complex cases.

In September 2020, the UT Benefits Office and the Bipolar Disorder Center at Dell Medical School launched a pilot bipolar disorder screening and intervention program for UT SELECT members. Forty-two new cases of bipolar disorder were successfully identified out of 100 in-depth psychiatric interviews (i.e. 42% true positives), well above our initial expectation.

General Psychiatry Clinic

At our UT Health Austin General Psychiatry Clinic, our team of specialists sees adult patients for evaluation, medication management, and individual and group therapy.

Jorge Almeida, M.D., Ph.D.
DIRECTOR OF PSYCHIATRY
CLINICAL INSTITUTES



Transcranial Magnetic Stimulation Service

Our Transcranial Magnetic Stimulation Clinic (TMS) led by David Spelber, M.D., assistant professor, is one of the specialized treatments we offer for mood disorders. TMS is an FDA-approved treatment for treatment-resistant depression that allows patients the option of treatment with a noninvasive, nonpharmacologic brain-stimulation therapy in an outpatient setting. The clinic is making use of the FDA-approved Theta Burst treatment protocol (iTBS) that allows patients to receive each treatment in less than 10 minutes and increases the clinic's capacity to treat more patients in need.



Gayle Ayers, D.O., assistant professor, was named one of Texas Monthly's Super Doctors® Rising Stars 2020

Women’s Reproductive Mental Health of Texas

Founded in the summer of 2019, Women’s Reproductive Mental Health of Texas (TX-WRMH), led by D. Jeffrey Newport, M.D., specializes in providing care for mood, anxiety, trauma-related, and substance use disorders during reproductive life events including pregnancy, the postpartum period, and the perimenopause. Services offered by the program include individual psychotherapy and pharmacotherapy. Pregnant and breastfeeding women are provided comprehensive reproductive safety counseling, incorporating TX-WRMH-authored resources.

During the 2020-21 academic year, TX-WRMH was fortunate to be joined by Erin Richardson, MSN, R.N., APRN. Richardson is an experienced and skilled perinatal mental health care provider, having trained and served at the University of North Carolina Center for Women’s Mood Disorders. In addition to her skills in the management of psychiatric medication during pregnancy and breastfeeding, she offers Acceptance and Commitment Therapy for perinatal mood disorders and Cognitive Processing Therapy for perinatal trauma.

In 2020-21, Dell Med launched the Perinatal Psychiatry Training Clinic. Two senior psychiatry residents, Nicole Scott, M.D., and Courtney Kates, M.D., completed 12-month perinatal psychiatry electives in the UT Health Austin WRMH Clinic and Maternal-Fetal Medicine Clinic. Dr. Scott is now in private practice at the Reproductive Psychiatry Clinic of Austin, and Dr. Kates has begun a fellowship in child and adolescent psychiatry at Dell Med.

Fostering partnerships with community providers and support organizations, TX-WRMH continues to witness remarkable growth, seeing nearly 40 new patients each month. Providing rapid access to state-of-the-art perinatal mental health care and maintaining a commitment to seeing new pregnant and postpartum patients within seven to ten days of referral has enabled the program’s expansion. TX-WRMH continues to partner with Postpartum Support International to offer consultation services to providers across North America. As evidence of TX-WRMH’s value to the community, Dr. Newport was invited to serve as medical director of The Pregnancy and Postpartum Health Alliance of Texas, a volunteer-run organization formed in 2011 to support families affected by perinatal mood disorders.

The Pregnancy and Postpartum Health Alliance of Texas



TX-WRMH faculty members, including Tawny Smith, Pharm.D., Teresa Lanza di Scalea, M.D., Ph.D., Ms. Richardson, Dr. Newport and Dr. Scott, recently completed writing the chapter on perinatal use of medication in the upcoming sixth edition of *The American Psychiatric Association Textbook of Psychopharmacology*. Finally, TX-WRMH received funding for its initial research project, an investigator-initiated study testing the effectiveness of brexanolone infusion for the treatment of women with post-traumatic stress disorder (PTSD).



Jeff Newport



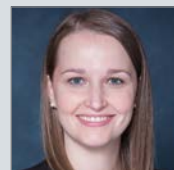
Teresa Lanza di Scalea



Tawny Smith



Erin Richardson



Nicole Scott



Courtney Kates

CLINICAL SERVICES

Comprehensive Evaluation Program

The Comprehensive Diagnostic and Treatment Evaluation Program, a unique offering available for patients who seek a thorough multidisciplinary evaluation, is continuing to grow. In 2020-21, led by department chair Charles B. Nemeroff, M.D., Ph.D., the team completed 17 evaluations. Of those, five were done 100% virtually due to the COVID-19 pandemic. Patients hailed from Texas, California,

Florida, Pennsylvania, Louisiana, Georgia and Argentina. Our team of board-certified psychiatrists and psychologists provide individual evaluations, including neuropsychological testing and, if indicated, state-of-the-art brain imaging and laboratory testing. Recently, two of our newest faculty members have joined this impressive team: Carol L. Alter, M.D., and Josh Cisler, Ph.D.

ASCENSION SETON ADULT MENTAL HEALTH

Seton Shoal Creek

Seton Shoal Creek remains the training home of the psychiatry residency programs. During the past year our hospital worked to support the university and health care systems in Central Texas by transferring psychiatric patients out of busy emergency rooms as quickly as possible. The hospital was able to stay open and function despite the crisis and continues to provide services ranging from detox to electroconvulsive therapy. The hospital will continue to work to rebalance services in order to best support the needs of the residents of Central Texas.

Ascension Medical Group Seton Behavioral Health Outpatient Clinic

Ascension Medical Group Seton Behavioral Health Outpatient Clinic, formerly Seton Mind Institute, serves as one of the primary outpatient training sites for Dell Medical School's psychiatry residency program and is an excellent source of outpatient psychiatric care for Central Texas. AMG Seton Behavioral Health provides care to 1,500 patients a month, and our outpatient team (eight faculty and 23 psychiatry residents) provides specialized services in electroconvulsive therapy, geriatric psychiatry, and post-traumatic stress disorder treatment.



“Two years ago I helped establish a partnership between the autism clinic in which I work and the UT School of Law. This alliance allows families of children with disabilities to receive pro bono services from UT law students in advocating for school support services like disability accommodations or modifications. Given COVID-19 and the switch to remote learning, there has been a high need for this support in the past year. Our partnership has resulted in services provided to over 50 families so far. And the positive impact to the community continues.”



Jeff Shahidullah, Ph.D.
ASSISTANT PROFESSOR

Consultation-Liaison Service

Our consultation-liaison psychiatrists practice psychiatry in medical surgical facilities across Central Texas, ranging from community hospitals to our Level I trauma center. During the past year, the services were stressed more than ever as patients with COVID-19 had difficulty finding psychiatric placement, and as the overall occupancy and acuity of the hospitals were incredibly high. During this time, our C/L team provided in-person consultation service to the busiest facilities and used telemedicine services to provide care to people in outlying hospitals.

Our C/L team is led by five subspecialty-certified C/L psychiatrists and a board-certified clinical health psychologist. We provide psychiatric consultation and management for patients hospitalized for other medical conditions at Dell Seton Medical Center at The University of Texas — the only Level I trauma center in Central Texas and the fourth-busiest emergency department in the state. We additionally provide comprehensive consultative services to five other Ascension hospitals in the greater Austin area. The team is active in a number of ambulatory settings as well, including support of cancer treatment programs at the Livestrong Cancer Institutes, supporting primary care practices and partnering with transplant services.

Psychiatry team in the Psychiatric Emergency Service at Dell Seton Medical Center



EMERGENCY PSYCHIATRY SERVICE ACHIEVEMENTS AT DELL SETON MEDICAL CENTER 2020-2021

- Maintained in-person psychiatrist presence in the only psychiatric emergency room in Travis County, through the ongoing COVID-19 pandemic.
- In January, returned to 24-hour psychiatrist coverage by utilizing a combination of in-person psychiatrists during the daytime and remote tele-psychiatry coverage by faculty members overnight.
- Sustained 24-hour coverage through the freeze of February 2021, through severe difficulties with commuting, loss of power at homes, and periods of EMR outages in the hospital, by moving to 24-hour in-person shifts.
- Hired three new psychiatrists as faculty members: Dr. Amanda Whiteley, Dr. Adam Ruggle, and Dr. Nikita Shah. This enabled the return to 24-hour in-person psychiatrist coverage.
- Designed and implemented a tele-psychiatry service that offers overnight and weekend psychiatric consulting services to all area Seton ER's, greatly increasing access to emergency psychiatry in Travis and surrounding counties.



Chad Hooten, MD, Assistant Professor and Chief of Emergency Psychiatry, was elected to Fellow of the American Psychiatric Association

Intensive Outpatient & Partial Hospital Programs

All intensive outpatient and partial hospital programs were able to remain operational during the past year, despite the COVID-19 pandemic. Our intensive outpatient program was virtual and will be transitioning to in-person services when possible. With appropriate precautions, the partial hospital program continued to be in-person throughout the pandemic, as was our Restore program. The services were critical in terms of keeping people out of the hospital and providing support for those who are struggling during a very difficult year.

Restore program for Post-traumatic Stress Disorder (PTSD)

Restore is a six-week intensive outpatient program for PTSD. Patients over the age of 18, with all types of trauma including military trauma, childhood sexual abuse, and complex trauma, are welcome. All staff have been trained in Military Informed Care principles to better serve our military service members, veterans, and their families. Due to the pandemic, we currently are virtual, allowing access for patients living anywhere in Texas.



"We outperform the literature in terms of results. Prepandemic, 57% of patients after our six week program had improvement in symptoms of PTSD. After going virtual, approximately 80% of those who completed the program showed improvement. We also see qualitative positive outcomes such as patients on disability being able to apply for or return to work. The program helps patients lose their guilt and shame and recognize they are worthy of love and respect; many patients are able to recognize and get out of unhealthy relationships or stay more comfortably in a relationship they now can recognize is healthy for them."



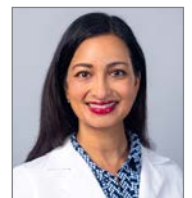
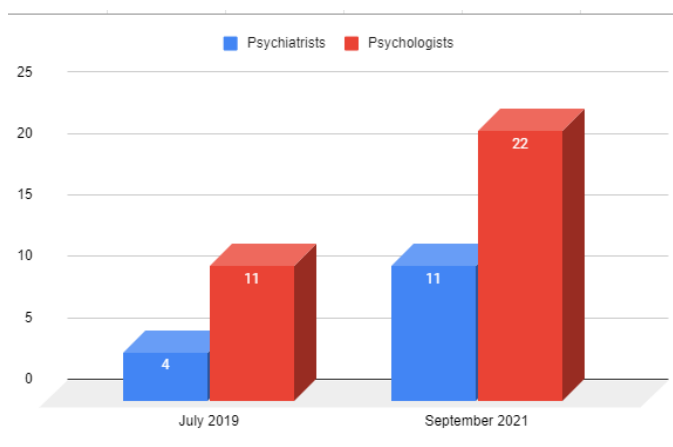
VAL ROSEN, M.D.
DEVELOPER AND MEDICAL DIRECTOR OF RESTORE



Photo courtesy of Dell Children's Medical Center

ASCENSION SETON PEDIATRIC MENTAL HEALTH

Faculty members in the Department of Psychiatry & Behavioral Sciences manage the pediatric mental health services embedded within Dell Children's Medical Center. During this fiscal year, our psychiatry faculty was led by Roshni Koli, M.D., director of pediatric mental health services. Our psychology faculty was led by Hani Talebi, Ph.D., LSSP, director of pediatric psychology. Working together with faculty, they provided clinical services and training within the hospital's pediatric consultation-liaison service, its dedicated inpatient mental health unit and within specialty clinics.



Roshni Koli, M.D.,
DIRECTOR, PEDIATRIC MENTAL
HEALTH SERVICES



Hani Talebi, Ph.D., LSSP
DIRECTOR, PEDIATRIC PSYCHOLOGY

CLINICAL SERVICES

Dell Children's Medical Center

Since opening in 2007, Dell Children's Medical Center, a 248-bed private, nonprofit children's medical-surgical hospital, has been the leader in pediatric health care in the region by providing exceptional, specialized care for children and their families. Given the population growth in Central Texas, efforts are now underway to build a new Dell Children's Medical Center North Hospital to expand pediatric care in our community in Williamson County, providing a pediatric multispecialty medical office building that will include multiple subspecialties and will be the site for our growing Partial Hospitalization Program.

Grace Grego Maxwell Mental Health Unit

The current mental health crisis among adolescents has led to a record number of mental health concerns and suicide attempts. Emergency rooms are flooded with families in need, and at times, no options or very few options are available for their care.

Throughout the year, our unit continued to provide the best possible care to families in crisis despite challenges with COVID-19, staffing and space. The dedication of our team was most evident during the freeze of February 2021. Many staff members were stranded at home or without water or electricity, yet our team showed up in the most amazing way in order to continue to prioritize patients. Nurses, social workers and mental health techs spent several days in the hospital, covering shifts for their co-workers who were not able to make it



Photo courtesy of Dell Children's Medical Center

in. The clinician team laid out a schedule to make sure that all patients were continuing to receive outstanding care.

In the face of all these challenges, the unit continued to provide a strong educational experience for all trainees. This year the child and adolescent psychiatry fellowship accepted five new trainees, the largest number of fellows the program has ever had in a single year. We are honored to provide invaluable training opportunities for our fellows, residents and students during their clinical rotations, and as one of the main training sites for our community's future child and adolescent psychiatrists, maintaining a unit with a standard of excellence is essential.

The past year saw a surge in patients struggling with COVID-associated medical trauma and maladaptive strategies to maintain a sense of control in a chaotic time. This was particularly visible with our eating disorder population, as inpatient services (both medical and psychiatric) saw an unprecedented number of low-weight patients, many of



Ashley Trust, M.D., Associate Program Director, General Adult Psychiatry, and Blair Walker, M.D., Consultation Liaison Service Line Lead, Ascension Seton Hospitals, both Assistant Professors, were recognized by Texas Monthly in their list of Austin Top Docs of 2021





Dell Children's Medical Center, Healing Garden, photo courtesy of Dell Children's Medical Center

whom also became stranded in the hospital for weeks as specialized outpatient services became harder to find. Our team started an initiative to build a “med/psych” track within the unit to help meet this clinical need and give patients with eating disorders access to treatment resources that are not typically possible on a medical floor, including a psychiatric milieu, group therapies, and a dining room with real-time meal supports.

We developed new eating disorder group therapy options, defined the roles of a new multidisciplinary

team, and added a nutrition protocol for weight restoration with use of nasogastric tube feeding that can coexist with our current model and potentially improve outcomes. Ideally, in the near future, many of these patients can be directed from the ER to these med/psych beds in lieu of a pediatrics admission. We are also working with the Evidence-Based Outcomes Committee to finalize a formal clinical pathway to direct the management of eating disorders at Dell Children's Medical Center to have a clear continuum of care across all inpatient services.

CLINICAL SERVICES

Pediatric Consultation-Liaison Service

During the past academic year, the pediatric consultation-liaison service at Dell Children's has continued to expand to meet the needs of the ongoing growth within the hospital and the uptick in child and adolescent mental health emergencies during the pandemic. We continued to work on integration between psychiatry and psychology with the goal of improving patient care and clinical training across the hospital. In addition to Dr. Sara Gill, we have added three new psychology attendings: Drs. Lindsey Elliott, Levi DeFilipp and Audrey Cortesi, who all bring unique skill sets and expertise to our integrated C/L service. All of our psychology and psychiatry providers also provide integrated care in various pediatric subspecialties outpatient clinics, including the Children's Blood and Cancer Center, Sleep Medicine, Adolescent Medicine, Comprehensive Care Clinic, and Children's Ear, Nose, and Throat Center. On the psychiatry side of the service, Drs. Ryan Brown and Eric Shute have created scheduling and programmatic changes to allow for a greater focus on both patient care and fellow education. The ongoing emphasis on training and education was highlighted when the team won the departmental Child and Adolescent Psychiatry Rotation of the Year for the second year in a row.

Partial Hospitalization Program / Intensive Outpatient Program

On March 22, 2021, with support from the Covalent Foundation, Dell Children's opened a Partial Hospitalization Program (PHP) to serve patients who require more intensive therapy than what traditional outpatient or Intensive Outpatient Programs (IOP) offer. With the addition of this service, Dell Children's is able to offer all step-down options of after care to meet the needs of the community after an inpatient hospitalization. The PHP initially opened to serve step down patients from the Grace Greggo Maxwell Mental Health Unit and by the end of FY21, doubled its census size and opened admissions to community and provider referrals. Our PHP program offers 20 hours of therapy per week, including Expressive Therapy, Psychoeducational groups, Occupational Therapy and Dialectical Behavioral Therapy groups. We also incorporate nursing and psychiatry assessments, medication management, family meetings and educational support within the program day. We are grateful to our philanthropic partners in this work to enhance care and improve outcomes for those we serve.



The opening of DCMC Partial Hospitalization Program

Texas Senate Bill 11, 2019 Session

In the 2019 legislative session, the Texas Legislature funded a multimillion-dollar initiative that included the establishment of the Texas Child Mental Health Care Consortium, substantially expanding access to child mental health services across Texas. In the year covered by this report, our department participated in a number of these initiatives: Child Psychiatry Access Network, Texas Child Health Access Through Telemedicine, Child Trauma Research Network, Child and Adolescent Fellowship, and Youth Depression and Suicide Research Network. During the year ahead, we will participate in the Community Psychiatry Workforce Expansion program. These initiatives are explained in this report.

Child Psychiatry Access Network

Dell Medical School launched the Child Psychiatry Access Network (CPAN) in May 2020 to provide free on-demand telephone consultation services for pediatric primary care providers (PCPs) throughout 13 counties, spanning both urban and rural settings. Since its launch, Dell Med adolescent psychiatrists have responded to 1,099 calls from PCPs using the CPAN hotline. Our psychiatrists answer common questions PCPs have when treating children with mental health care needs within their practice. CPAN equips PCPs with the knowledge and skills they need to treat their patients rather than refer them to long waitlists for psychiatric services.

Texas Child Health Access Through Telemedicine

Dell Medical School is also a site for the Texas Child Health Access Through Telemedicine (TCHAT) program. Launched in September 2020, our pediatric psychologists and psychiatrists at Dell Children’s Medical Center provide telemedicine services to children within local school districts across 13 counties. Families are offered up to five sessions for assessment, brief intervention and stabilization. Since launch, Dell Med has provided 2,295 appointments and has served 632 unique children. During an academic year with unprecedented stressors due to the COVID-19 pandemic, TCHAT was able to provide students with access to short-term intervention, medication management and crisis intervention.



“CPAN is an amazing Collaborative of Dell’s that so beautifully supports primary care physicians helping us care for mental health of our kids in Texas. Numerous patient families have been blessed to have this level of expertise from a healthcare team of mental health professionals in our Community. Keep up your amazing partnership with us!”



Arathi Shah, M.D.
AUSTIN REGIONAL CLINIC

CLINICAL SERVICES

Texas Child Study Center, Clinical Work

Recognizing the high rates of anxiety and depression with complex medical conditions, we have expanded our integrated health care services in multiple medical specialty areas with a goal of reducing barriers to care and improving physician and mental health outcomes for youths.

Allergy/Immunology/ Dermatology Psychology Services include consultation to medical providers and short-term psychotherapy for youths experiencing mental health concerns as a result of food allergy diagnosis.

Cardiology As part of the psychosocial team, psychology oversees brief screening of emotional distress within the medical visit and participates in heart transplant evaluations. Psychology services also include short-term psychotherapy and other evidence-based behavioral health interventions. Psychiatry consultation is available in inpatient and outpatient settings.

Children's Blood and Cancer Center As part of a greater psychosocial team, psychology and psychiatry provide integrated behavioral health services to target adjustment to diagnosis, illness progression, heightened emotional distress and coping with treatment for families and youths with cancer

Michele Lagrone, M.D., Assistant Professor and Child and Adolescent Psychiatrist



and blood disorder across inpatient and outpatient medical settings.

Cystic Fibrosis Psychology serves as a member of the multidisciplinary team to address mental health aspects of patient functioning. Psychology provides child- and family-focused interventions designed to address adjustment to and acceptance of diagnosis, treatment adherence and overall well-being. Evidence-based interventions address varying presenting concerns related to medical conditions. Outpatient psychiatric consultation is upon referral and integrated with psychological services.

Developmental Behavioral Pediatrics Psychology participates as part of the interdisciplinary team in the evaluation and management of youths with neurodevelopmental concerns. Psychologists conduct assessments and brief evidence-based interventions. Child psychiatry fellows rotate in Developmental Behavioral Pediatrics, and psychiatric consultation is also available upon request.

Endocrinology Psychiatry and psychology outpatient services are provided for youths with emotional distress related to a patient's endocrine disorder, including evidence-based psychotherapy interventions.

Gastroenterology For patients who have abdominal pain, the Collaborative Abdominal Pain program (CAP) provides an interdisciplinary pain management approach, including psychology, physical therapy and gastroenterologist, by integrating Cognitive Behavioral Therapy (CBT) with clinical hypnosis across seven weeks. Additional psychology services include short-term, solution-focused CBT interventions for a range of GI-specific symptoms and disorders of gut-brain interaction (DGBI) (e.g., abdominal pain, nausea, vomiting, emetophobia, IBS, IBD, and avoidant restrictive food intake disorder (ARFID). Outpatient psychiatric consultation is upon referral and integrated with psychological services.

New Dell Children's Medical Center Specialty Pavilion



Photo courtesy of Dell Children's Medical Center

Headache Interdisciplinary Program (HIP) In collaboration with medical providers, behavioral health interventions provided by the embedded psychologist include a short-term provision of CBT, biofeedback and clinical hypnosis to assist in the management of headache pain.

Nephrology Psychology services include evaluation and management of patients undergoing renal transplant, dialysis, or have been diagnosed with lupus. Psychiatric consultation is available upon referral and coordinated with psychological interventions.

Otolaryngology (ENT) Psychology services are integrated with pre- and post-cochlear implant surgery evaluations, as well as consultation and follow-up visits to provide “whole child” perspective that includes assessment and recommendations of psychosocial and linguistic needs for patients and families. Psychiatric consultation is available upon referral and integrated with psychological services.

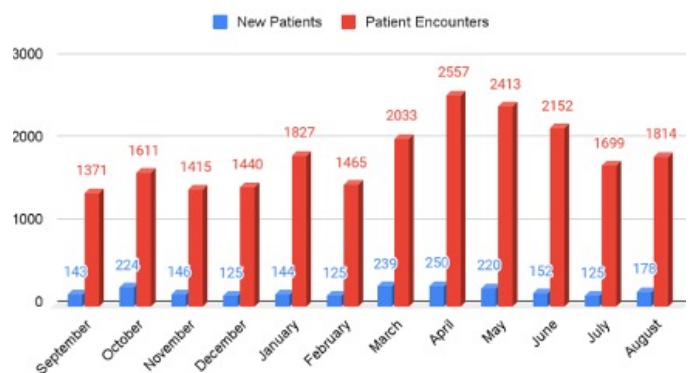
Rheumatology Psychology outpatient services are routinely integrated for patients with chronic pain and/or lupus. Brief CBT-, ACT- and DBT-based treatment is utilized to assist with disease management

and associated emotional distress, as well as needle phobia interfering with medically necessary infusions. Psychiatric consultation is available upon referral and integrated with psychological services.

Neurology A pediatric psychologist is included in the interdisciplinary neurology team, which includes neurology, social work and nursing, in the evaluation and management of psychogenic non-epileptic events (PNEE). Psychology employs cognitive behavior therapy interventions that are consistent with the current literature on treatment of PNEE.

Texas Child Study Center, 2020-2021

New Patients and Patient Encounters



CLINICAL SERVICES

Community Psychiatry Workforce Expansion

The goals of the Community Psychiatry Workforce Expansion (CPWE) are to:

- Collaborate and coordinate with community mental health providers to expand the amount and availability of mental health care resources by developing training opportunities for residents and supervising residents at facilities operated by a local mental health authority and community mental health providers.
- Increase the number of Texas-trained psychiatry residents who work in the public mental health system upon completion of their residencies.

In the year ahead we expect that CPWE will fund community psychiatric workforce expansion projects through partnerships between health-related institutions (HRIs) and community mental health providers. The partnerships will provide training opportunities for residents under an academic medical director provided by the HRIs. Dell Medical School is partnering with Integral Care and Bluebonnet Trails Community Services to create a comprehensive and collaborative program to enhance pediatric mental health services in our community. Throughout the past year, we've been busy planning and preparing for the anticipated launch of this program in the spring of 2022.

AUSTIN STATE HOSPITAL REDESIGN

Dell Medical School and the Texas Health and Human Services Commission are leading the Austin State Hospital (ASH) redesign to reimagine the continuum of brain health care. The current Austin State Hospital needs to expand to support the evolving mental and brain health care practices in a modern facility.

Located in Central Austin on about 95 acres, the current ASH remains in operation while the new 240-single person room facility is under construction near 45th Street and Lamar Boulevard. Beginning in 2018, under the leadership of Stephen Strakowski, M.D., and Sydney Harris, MHA, Dell Med has convened stakeholders, experts, advocates and people with lived experience to develop a masterplan to envision a brain health platform.



Aerial View of the Austin State Hospital worksite



Artistic rendering of the courtyard



Artistic rendering of the exterior entrance

The ASH Redesign Phase II gathered 69 stakeholders to focus on five work groups to create solutions for an efficient path through the continuum. During the year, the work group developed the following recommendations, found in the ASH Redesign Report II:

- Complete the new Austin State Hospital construction
- Increase Functional Bed Capacity
- Expand Peer Engagement
- Share the History of ASH

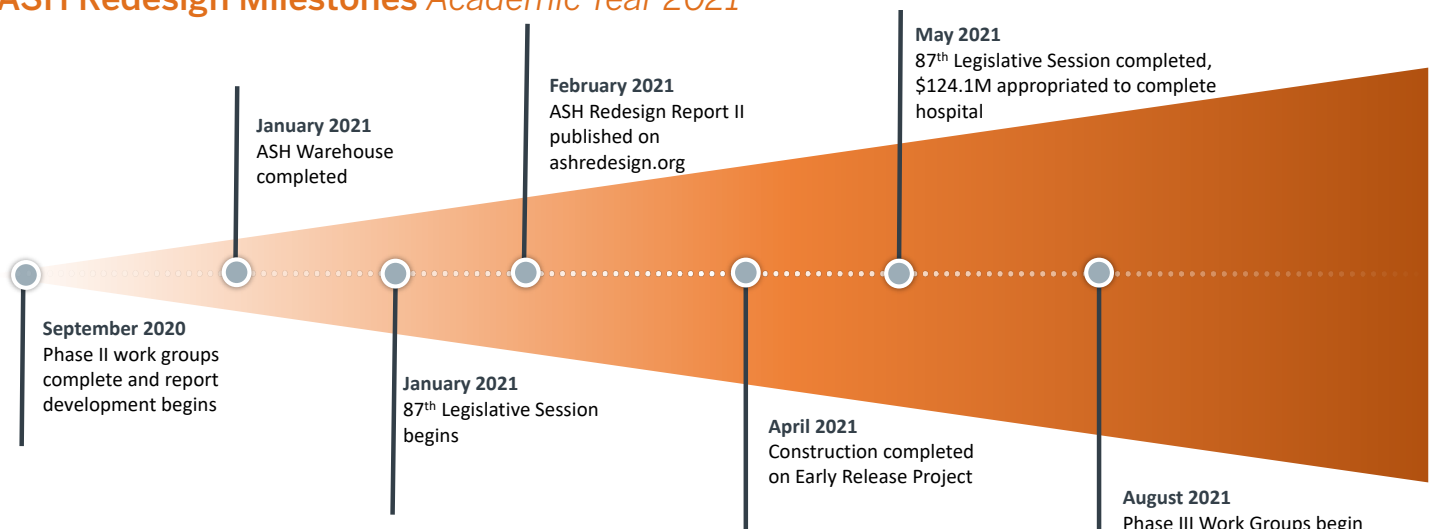
Stephen Strakowski, M.D.
 PROFESSOR OF PSYCHIATRY,
 VICE DEAN FOR RESEARCH
 ASSOCIATE VICE PRESIDENT FOR REGIONAL
 MENTAL HEALTH FOR DELL MEDICAL SCHOOL



Sydney Harris, MHA
 DIRECTOR OF MENTAL HEALTH
 CARE REDESIGN



ASH Redesign Milestones *Academic Year 2021*



CLINICAL SERVICES



Artistic rendering of a patient bedroom

The Texas Legislature is committed to improving the brain (mental) health system for Texans. Previous appropriations from the Legislature for the ASH Redesign represent an investment of \$180.5 million. The final \$124.1 million needed to

complete the new hospital was appropriated in May 2021 for a total investment of \$304.6 million. Phase III work groups began at the end of the Academic Year 2021 and will build upon these recommendations to increase the functional bed capacity of the new ASH.

Turner Construction Company was active on the ASH campus throughout the year. It prepared the hospital site, relocated support services and built a new warehouse. The project is expected to be completed in 2023.

Once open, the world-class brain health hospital is designed to provide modern evidence-based care and enhance a person's healing and recovery. The design teams Page/ and Architecture + included key design elements:

- 10 living units (24 beds each) totaling 240 single rooms
- Private bedrooms and bathrooms
- 11 court yards
- Treatment malls for therapies
- Downtown with a gym, chapel, general store, bank, and more.



“Brain disorders are among the most misunderstood and stigmatized sets of medical conditions. We have the opportunity to ask ourselves, from the ground up, what a modern mental health care system could look like.”



Stephen Strakowski, M.D.,
ASSOCIATE VP FOR REGIONAL MENTAL HEALTH, DELL MEDICAL SCHOOL

INTEGRAL CARE

We're proud to have partnered with Austin's local mental health authority, Integral Care, since the inception of Dell Medical School. Clinical innovation, research and training are all areas included in our collaboration. Partnerships include the work of Kristin Escamilla, M.D., at The Judge Guy Herman Center for Mental Health Crisis Care, as well as others outlined below.

Mental health care for individuals experiencing homelessness

During the past year, Integral Care established a new standard of care to meet the complex health care needs of our homeless neighbors moving into permanent supportive housing. Central to that effort, Dr. Ashley Trust supported Integral Care in launching a new integrated behavioral health clinic at Terrace at Oak Springs. The Oak Springs clinic specializes in serving those experiencing homelessness who struggle with severe and persistent mental illness, substance use disorders and chronic health conditions.

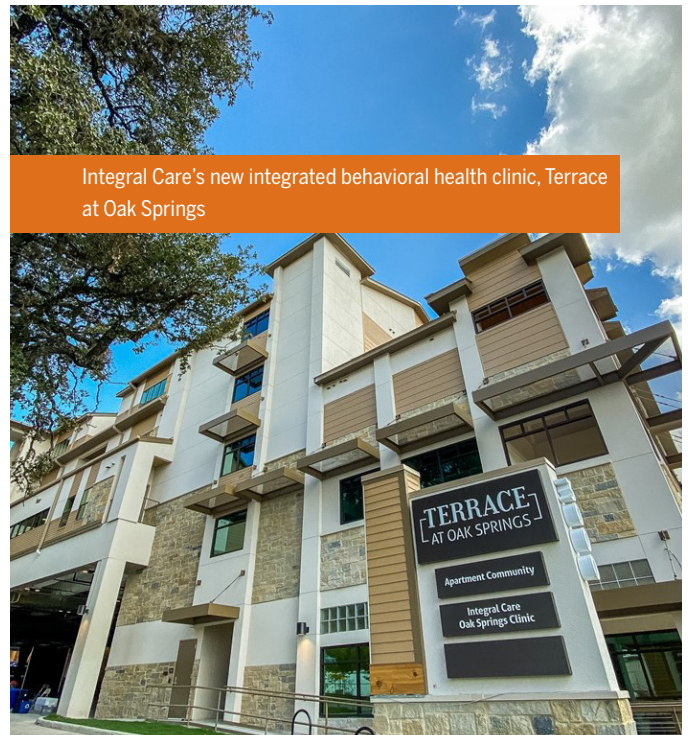
With Dr. Trust as the lead psychiatrist, the clinic has evolved to become a Health Care for the Homeless Health and Wellness Center with an expanded continuum of services from outreach and

engagement to permanent housing by increasing access to specialty mental health, substance use treatment and primary care for individuals. This new health care hub also serves 150-175 individuals experiencing homelessness in the downtown area. During the early months of the pandemic, Dr. Trust and the Integral Care team were pivotal in the provision of psychiatric care to individuals housed in the Protective Lodges throughout the city.

More successes include participants continuing to obtain and maintain employment, beginning medication regimens after consulting with Dr. Trust, and accessing medical care for primary care, dental and vision services.



Ashley Trust, M.D., third from left, and the Integral Care team after presenting to a class on *Understanding Homelessness*



Integral Care's new integrated behavioral health clinic, Terrace at Oak Springs

CLINICAL SERVICES

Integrating specialty care for individuals with bipolar disorder in the public mental health system

The collaboration between Dell Medical School and Integral Care continues to ensure intensive and community-based specialty care for individuals with bipolar disorder. UTHA's Bipolar Disorder Clinic and Integral Care's Mood Treatment Center teams meet weekly to share best practices and consult on case study consultations. Ongoing research, led by Dr. Jorge Almeida, examines patient outcomes and program impact and will guide future implementation.

Reducing diagnostic disparities for Black patients

Drs. Deborah Cohen and Stephen Strakowski worked with Integral Care staff to analyze and mitigate disparities in diagnoses of schizophrenia and schizoaffective disorders among Black men, a national trend well documented in psychiatric literature. The Dell Med and Integral Care project team developed a decision support tool within the Electronic Health Record (EHR) to prompt clinicians to rule out factors such as trauma and substance use before making a diagnosis. The intervention of both the decision support tool and staff education yielded a significant decline in misdiagnoses. More

specifically, the diagnostic disparity was reduced from 20% to 10%.

Crisis Residential Program

Integral Care's 16-bed crisis residential program, The Inn, provides short-term psychiatric crisis care in a safe environment for adults recovering from a mental health crisis, including adults with a co-occurring intellectual and/or developmental disability. We know through select data points and anecdotal evidence that The Inn's services are of value to our larger community and system of care. This year, Integral Care collaborated with Dell Medical School and the LBJ School of Public Affairs on a return-on-investment study. The analysis of three years (FY 2017 – FY 2019) concluded that The Inn provides an annual cost savings of \$1.3 million to \$2.9 million to the health care system by limiting costly acute psychiatric hospitalizations.



“The versatility in how The Inn cares for individuals provides a unique and individualized experience for each person who walks through the door, not to mention the ability to offer the right treatment at the right time at the right level of care by affording diversion opportunities from emergency departments, inpatient psychiatric hospitals, and even jail.”



Tracy Abzug, LCSW-S
PRACTICE ADMINISTRATOR OF CRISIS RESIDENTIAL SERVICES



“Dell Med’s Department of Psychiatry has been instrumental in helping Integral Care advance its mission of Healthy Living for Everyone. Their committed doctors, fellows, residents, researchers and leaders positively impact our system’s ability to serve those with mental health challenges, substance use conditions, and intellectual and developmental disabilities.”



David Evans
CEO OF INTEGRAL CARE

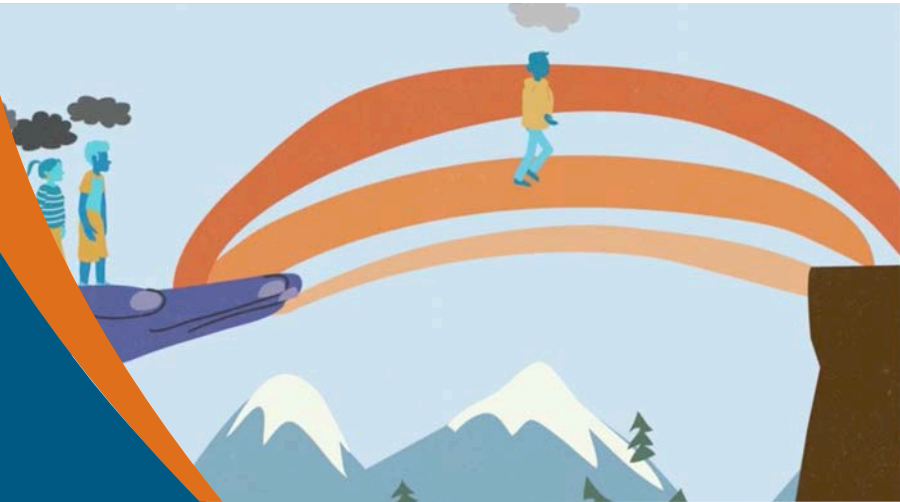


Hal Katz, Chair of The Board and David Evans, CEO, Integral Care

CENTER FOR YOUTH MENTAL HEALTH

Under the leadership of Dr. Deborah Cohen and Dr. Stephen Strakowski, the Center for Youth Mental Health (CYMH) works alongside partners to strengthen relationships among local, state and community-based initiatives to address gaps and systemic barriers that prevent adolescents and young adults from getting the appropriate care at the right time. After four years of research and partnership, the Center is positioned to open the Amplify Center, an innovative integrated mental health clinic for young adults at risk for mental illness in the next year.

The Center's goal is to ensure that coordinated, effective and right-sized care is easily accessible in Central Texas to truly meet the developmental needs and goals of adolescents and young adults.



In response to the COVID-19 pandemic, the Center spent the past year continuing to explore pathways to care, with emphasis on the impact of the pandemic on different populations' outcomes.

The Center's research partners during the year included Austin Public Health, Integral Care, LifeWorks, Texas Institute for Excellence in Mental Health, UT's Counseling and Mental Health Center, and Dell Med's Department of Population Health. One study of note was conducted in partnership with the Counseling and Mental Health Center to provide an initial look at the impact of the COVID-19 pandemic on UT students' mental health and highlighted challenges related to seeking mental health services, including mental health apps. The study found that although mental health struggles were common, less than 20% of UT students in the sample received any professional mental health services (this finding echoes national data showing low rates of mental health service use in

the college-aged population, generally and specifically during the pandemic). Students did, however, consistently reach out to family and friends for support, which is in line with evidence demonstrating preference for and higher use of informal support instead of counseling or therapy among young adults and college students. The study also pointed to disproportionate impacts of the pandemic and other current events on women and students from historically marginalized racial or ethnic groups.

In early 2021, the Center completed its first iterations of mapping the community-based mental health continuum of care for adolescents in Austin/Travis County and mapping the mental health ecosystem, from the perspective of CYMH. We continue to prioritize the work of building and strengthening relationships with communities in and outside of Dell Med.

The Center is committed to building community and youth leaders through a youth/young adult advisory process. The Emerging Voices Advocacy Council (EVAC) is composed of six young adults who have lived mental health experiences and range in age from 18 to 28 years. These incredible young people support the Center's aim to ensure community-driven, participatory research, programming, and systems change. EVAC developed its mission statement in 2021:

“Emerging Voices Advisory Council serves to solidify the bridge between the community and effective mental health support; we aim to challenge stigma, hold health professionals accountable, and normalize emerging adults’ experiences to provide the support they need to succeed.”

In the coming year, EVAC will have a critical role in providing insight and expertise in the aims of the

Center to promote innovative and integrative care for emerging adults.

The Center is represented on the planning committees of the Healthy Youth Partnership, a collaborative of youth-serving professionals in the greater Austin area, and the Travis County Adolescent Health Collaborative, a group of local professionals committed to ensuring racial equity in adolescent health. The Center also participates in the department's Diversity, Equity, and Inclusion (DEI) committee monthly meetings and contributes staff time to ensuring DEI values within the department and within the Center.



Deborah Cohen, Ph.D., MSW
CO-DIRECTOR OF CENTER FOR YOUTH
MENTAL HEALTH



“Being on the Emerging Voices Advisory Council (EVAC) has helped me realize that although we as humans put a smile on our faces and say we’re fine, we all face the same obstacles in slightly different shapes.”

Da’Keona Jones
FOUNDING MEMBER OF EVAC, STUDENT AT TEXAS STATE UNIVERSITY

EVAC COUNCIL MEMBERS



Emily Breach



Franklin Fisher



Sara Mansoorshahi



Velta Brenya



Da’Keona Jones



Maryam Syed

THE MEADOWS MENTAL HEALTH POLICY INSTITUTE

The Meadows Mental Health Policy Institute provides advocacy and programmatic support to improve access to mental health services, research and quality of mental health care across the state. Specifically, MMHPI was instrumental in securing the 2019 Senate Bill 11 (SB 11) legislation, which established the Texas Child Mental Health Care Consortium, and has provided significant support to Dell Medical School and other medical schools in the state to widely expand access to children's mental health care. Please see the Clinical and Research sections of this report for more information about these excellent programs.



Carol L. Alter, M.D., Professor and Associate Chair of Clinical Integration and Operations, Department of Psychiatry & Behavioral Sciences, and Senior Fellow, The Meadows Mental Health Policy Institute

Additionally, MMHPI has recently been awarded the \$10 million Lone Star Prize (“Lone Star Depression Challenge”), which is aimed at improving screening, diagnosis and treatment of depression and other mental health conditions across the state. The department will be leading efforts in Austin and Central Texas to engage primary care practices and health systems in the challenge and help them to develop programs to meet that goal and will partner

with MMHPI to develop technology assistance available to any practice in the state. Led by Carol L. Alter, M.D., the department will assemble a team of experts from across the university that can help implement these practices by bringing information technology, operational, financial tools and other resources to each practice or health system to make sure that they can deliver on the promise of reaching every patient with depression.

MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

AMPATH CONSORTIUM

During the 2020-21 academic year, the Department of Psychiatry & Behavioral Sciences at Dell Med was invited to become the 13th member of the prestigious AMPATH (Academic Model Providing Access to Healthcare) Consortium, a network of universities and academic health centers in high-income countries that aims to foster long-term, equitable partnerships with health centers and universities in a low-income country, i.e., Kenya. Each institution brings its own perspective and provides its own opportunities for medical trainee exchange programs, hands-on education, and collaborative research, both in North America and Kenya. Other member institutions in North America include Brown, Duke, Indiana University, Johns Hopkins, Stanford, and UCSF. These institutions partner with Moi University and Moi Teaching & Referral Hospital in western Kenya.



As an AMPATH member, we will participate in the consortium's educational and research activities. In light of international travel limitations due to the COVID-19 pandemic, our first educational activity as a member of AMPATH was development and delivery of a series of virtual didactics addressing Addiction Psychiatry by a team of departmental faculty members led by Sussann Kotara, M.D. In addition, D. Jeffrey Newport, M.D., M.S. has served as a grant reviewer for research grant proposals submitted to the consortium.

In the future, as COVID-19 restrictions subside, we will become more fully involved in AMPATH activities, including faculty/trainee exchanges between our department and Moi University, as well as collaborative research.

Honor Received

Melissa Eshelman, M.D., DFABA, Associate Professor, was appointed by the Supreme Court of Texas and the Texas Court of Criminal Appeals to serve as a commissioner on the Judicial Commission on Mental Health, 2021-2023.



SIMS FOUNDATION

The SIMS Foundation (named after musician Sims Ellison) is dedicated to the support of mental health care of musicians, and obviously the past year proved to be an incredibly difficult one for musicians dependent upon live shows for their livelihood. Despite the economic issues affecting the industry as a whole, SIMS continued to support and even increase the number of clients it helped provide care for. AMG Seton Behavioral Health Outpatient Clinic and Ascension Hospital systems remain staunch supporters of the foundation and provide care for the musicians they are able to connect with us.



COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION

RUTH SHIM REPORT

Our department's Diversity, Equity, and Inclusion (DEI) Council recommended that we commission an evaluation by an outside, independent consultant to examine the department's culture and practices. Toward this purpose, in the fall of 2020 the department hired Ruth Shim, M.D., MPH., the Luke & Grace Kim Professor in Cultural Psychiatry and Associate Dean of Diverse and Inclusive Education at the University of California Davis School of Medicine.

Dr. Shim gathered information from individual and group interviews with stakeholders in the department, leadership, and key Dell Medical School leaders. Data and metrics were provided by department and medical school staff members.

As a result of her work with our department, Dr. Shim made recommendations for achievable actions that the department can take to be a leader in DEI in academic psychiatry departments. She found that our department has numerous strengths and opportunities that make these goals attainable. In the months since the report was published, the department has been working toward recruiting an associate chair for DEI, and department leadership is continuing to work on salary equity. Additionally, we are recruiting using the job boards recommended in the report.

COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION

WOMEN OF ACADEMIC PSYCHIATRY PEER MENTORSHIP GROUP

The Women of Academic Psychiatry (WAP) is a peer mentoring group that was started by Drs. Tawny Smith and Erica Garcia-Pittman in 2019. The initial goals for the group were to create a safe space for fellowship/support and to discuss and address challenges as women in all aspects of academic medicine. This diverse group has more than 20 members from different professional stages — from early career, to residency, to faculty — and meets every six weeks to continue small group discussions and to share resources and successes.

Each scheduled WAP meeting is centered around articles designed to enhance skills or explore common themes. In addition to discussing concerns and challenges, participants spend time on personal and professional development, with focus on promotion/work-life success. Common discussion threads include concerns for the women in our department around burnout, retention, lack of formal mentorship opportunities, and leadership diversity. And like many others during COVID-19, the group has spent time discussing work-life balance and challenges related to virtual care.

New adventures for Women of Academic Psychiatry members include participation in larger diversity, inclusion and equity initiatives at Dell Medical School to support female faculty members, trainees and students. WAP members have attended

the Women’s Leadership Conversations Series and hosted discussions with previous Department of Psychiatry & Behavioral Sciences Grand Rounds speakers Carol Tamminga, M.D., and Karen Dineen Wagner, M.D., Ph.D.. WAP members Erica Garcia-Pittman, M.D., Robin Hilsabeck, Ph.D., ABPP, and Virginia A. Brown, Ph.D., have joined the Dell Medical School Women’s Equity in Leadership Council as representatives of the departments of Psychiatry & Behavioral Sciences, Neurology and Population Health. One goal of the organization is to begin a Women’s Group for psychiatry residents that will be mentored by Women of Academic Psychiatry Faculty. WAP anticipates creating a local chapter of Women in Medicine and Science at Dell Medical School in the year ahead.

CULTURE AND DIVERSITY COMMITTEE

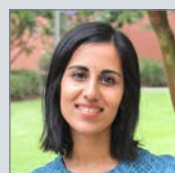
The Culture and Diversity Committee for pediatric psychiatry and psychology faculty members, led by co-chairs Ankita Krishnan, Ph.D., and Oscar Widales-Benitez, Ph.D., actively promotes diversity, equity and inclusion efforts across the program. The committee emphasizes advocacy for the provision of culturally sensitive services and supports among the behavioral health faculty and trainees at Dell Children’s Medical Center. During the past year, the committee conducted a needs assessment within the department to better understand professional development needs; recruited speakers to increase awareness of biases; and provided education on how to support marginalized populations. Additionally, the committee conducted seminars on cultural humility for incoming interns and postdoctoral fellows. The organization continues to focus on growth in these areas.



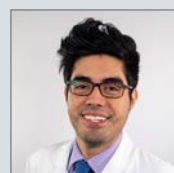
Tawny Smith



Erica Garcia-Pittman



Ankita Krishnan



Oscar Widales-Benitez



CURRICULUM DEVELOPMENT

Ashley Trust, M.D., associate program director of general adult psychiatry, and her team, Kristin Escamilla, M.D., Erica Garcia-Pittman M.D. and Virginia Brown, Ph.D., created a novel, community-based curriculum to teach health equity using the framework of structural and cultural competency. This is one of the first formal health equity curriculums implemented within Dell Med graduate medical education. This work was showcased at Dell Med's Medical Education Grand Rounds and The Diversity Town Hall in April and May of 2021. The curriculum has also been presented at various conferences, and the team is composing a manuscript describing this important work.

DELL MEDICAL SCHOOL OFFICE OF DIVERSITY, EQUITY, AND INCLUSION CHANGE AGENT

Suzannah Creech, Ph.D., is our department's representative in the Dell Med Change Agent Certificate Program hosted by the Office of Diversity, Equity and Inclusion. She attends monthly seminars and support circles and in the year ahead will contribute to a team project, as well as serving as a resource to our department.

ODEI Change Agent courses so far have included Strategies for an Equitable Workplace, Legacy of Race and Racism in the U.S., Identifying and Interrupting Sexism, and Inclusive Culture and Embracing Diversity. The dynamic and interactive courses typically have reading to complete ahead of time, and they are attended by change agents and department leaders across Dell Med. Peer support circles are held monthly, and all change agents are invited to attend and support one another in their daily change agent work. In the next phase of the program Dr. Creech will participate in a team project. Ultimately, she and other psychiatry faculty members who participate in future cohorts will help our department leaders develop and maintain an equitable and anti-racist culture across our research, education, and clinical missions.



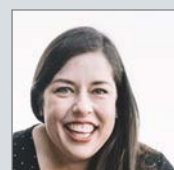
Ashley Trust



Kristin Escamilla



Virginia Brown



Suzannah Creech

COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION

ACTIONS THAT PROMOTE COMMUNITY TRANSFORMATION SEED GRANT

Advancing diversity, equity and inclusion at The University of Texas at Austin is a critical goal. According to 2020 data, 83% of psychologists in the U.S. workforce were white. Only 7% of psychologists were Hispanic, 4% were Asian, 3% were Black/African American and 2% were multiracial or from other racial/ethnic groups.

This is not representative of the U.S population and significantly less diverse than our country as a whole, which is about 40% racial/ethnic minority. An unrepresentative group of psychologists creates an additional barrier to much needed mental health care. Individuals are less likely to seek help if they think their doctor cannot understand or empathize with their background or cultural differences and experiences. Race/ethnicity is just one dimension of diversity that is underrepresented in psychology.

Motivated to do something about this disparity, David Heckler, Ph.D., ABPP, assistant professor, applied for and was awarded an Actions that promote Community Transformation (ACT) grant through The University of Texas at Austin. He has used the funds to establish a program called “Building a More Diverse and Inclusive Field of Psychology.” The program seeks to actively and intentionally build an inclusive field of psychology by helping historically underrepresented individuals pursue graduate training in psychology. A cornerstone of the program is a virtual weekend workshop to help undergraduates find experiences to build their CV, identify graduate programs that meet

their needs and interests, and prepare graduate school applications. Undergraduate students are matched to a mentor (i.e., faculty member, fellow, intern, graduate student) to provide individualized guidance. Students who participate in the program were recruited from several undergraduate institutions, including UT Austin, UT Rio Grande Valley, Texas State University and St. Edward’s University.

Participants are undergraduates with membership in one or more underrepresented groups, including but not limited to, non-cis-gendered individuals, members of the queer community, BIPOC (Black, Indigenous, and People of Color), people with different abilities or who experience disability, first-generation college students, and those from low-resource backgrounds.



David Heckler Ph.D., ABPP
ASSISTANT PROFESSOR, PEDIATRIC
PSYCHOLOGIST

2020 PROGRAM ACCOMPLISHMENTS

Undergraduate Mentor Program

- Applicants Requesting a Mentor — **132**
- Mentees Matched to Mentors — **78**
- Mentors — **52**

Weekend Workshop Data

- Undergraduate Participants — **23**
- Number of Unique Undergraduate Institutions — **8**

Feedback from Mentees in 2020

“I think it was such a relief to have someone reach out and say, ‘I know this is a complicated process, but I’ll be here when you need anything.’ It is so nice to have a resource to reach out to with questions when it seems so confusing.”

“Dr. Laguna (Christine Laguna, Ph.D., assistant professor) helped me with my graduate application documents, and I got accepted! She also helped me look into entry-level jobs, but now I know more about how to step inside the field I want. She was always making sure of my interest and what I needed to expect from the psychology field. She was also helping me and encouraging me. I could go on with all the help she provided. She was amazing!”





RESEARCH

With the leadership of the associate chair for research, D. Jeffrey Newport, M.D., the Department of Psychiatry & Behavioral Sciences continues to make tremendous strides as an emerging leader in psychiatric and neuroscience research. Faculty members utilize advanced research methodologies and technologies to explore the neurobiology of human behavior and mental disorders, develop novel treatments and implement improved treatment delivery systems.

Translational teams of basic and clinical scientists work together to rapidly bring breakthroughs from the lab to the clinic. Mentorship is a departmental priority, as faculty members train the next generation of leaders in the field.

Growth of the department's research portfolio has been truly remarkable. All indices of research productivity, including extramural funding, faculty recognition and publishing record, demonstrate robust and sustained growth.

AREAS OF RESEARCH SPECIALTY WITHIN OUR DEPARTMENT:

Developmental Neuroscience & Childhood Disorders

Translational Neuroscience & Neuroimaging

Psychopharmacology

Genetics, Genomics & Epigenetics

Health Services & Implementation Science

Trauma & Stress

Addiction Disorders

Mood Disorders

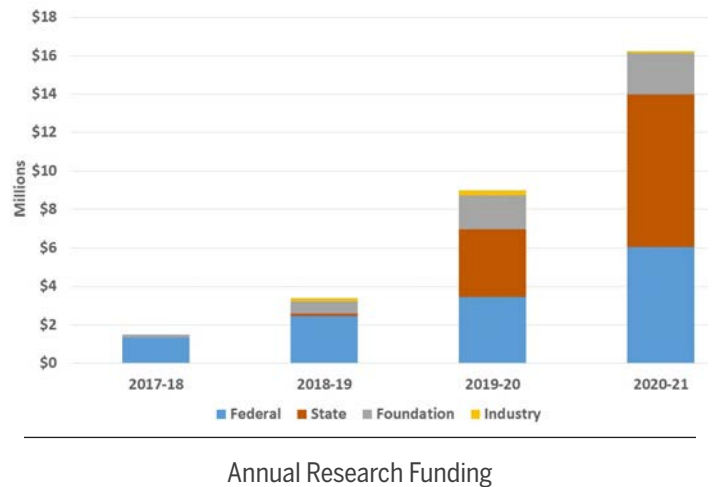
RESEARCH

EXTRAMURAL FUNDING

The department's growth in extramural funding remains on a meteoric trajectory (see chart). Overall funding nearly doubled from 2019-20 to 2020-21, rising from \$8.9 million to \$16.2 million. Last year's funding growth was sparked by the trifecta of a 125% increase in state funding (up \$4.4 million), 75% increase in federal funding (up \$2.6 million), and 25% increase in foundation funding (up \$400,000).

During the spring of 2021, the department organized a new clinical trials program led by Drs. D. Jeffrey Newport and Julie Farrington, Angela Bowling, Nicole Bernal, and Fouzia Sheikh.

Already the team is conducting three pharmaceutical or device manufacturer-sponsored research studies, with five other studies approved for funding and soon to launch. With the advent of this program, we anticipate that industry sponsorship will soon emerge as a fourth rapidly growing source of research funding.



RESEARCH AWARDS & RECOGNITION

Department faculty members continue to accrue honors for their work, contributing to the growing awareness of the Department of Psychiatry & Behavioral Science's emerging talent. During the 2020-21 academic year, eight faculty members collectively held 30 leadership positions in professional societies, seven faculty members served on 24 research grant review committees, and 13 departmental faculty members reviewed publications for journals such as American Journal of Psychiatry, Depression and Anxiety, Neuron and Journal of the American Medical Association (JAMA). In addition, numerous faculty members were singled out for individual awards:

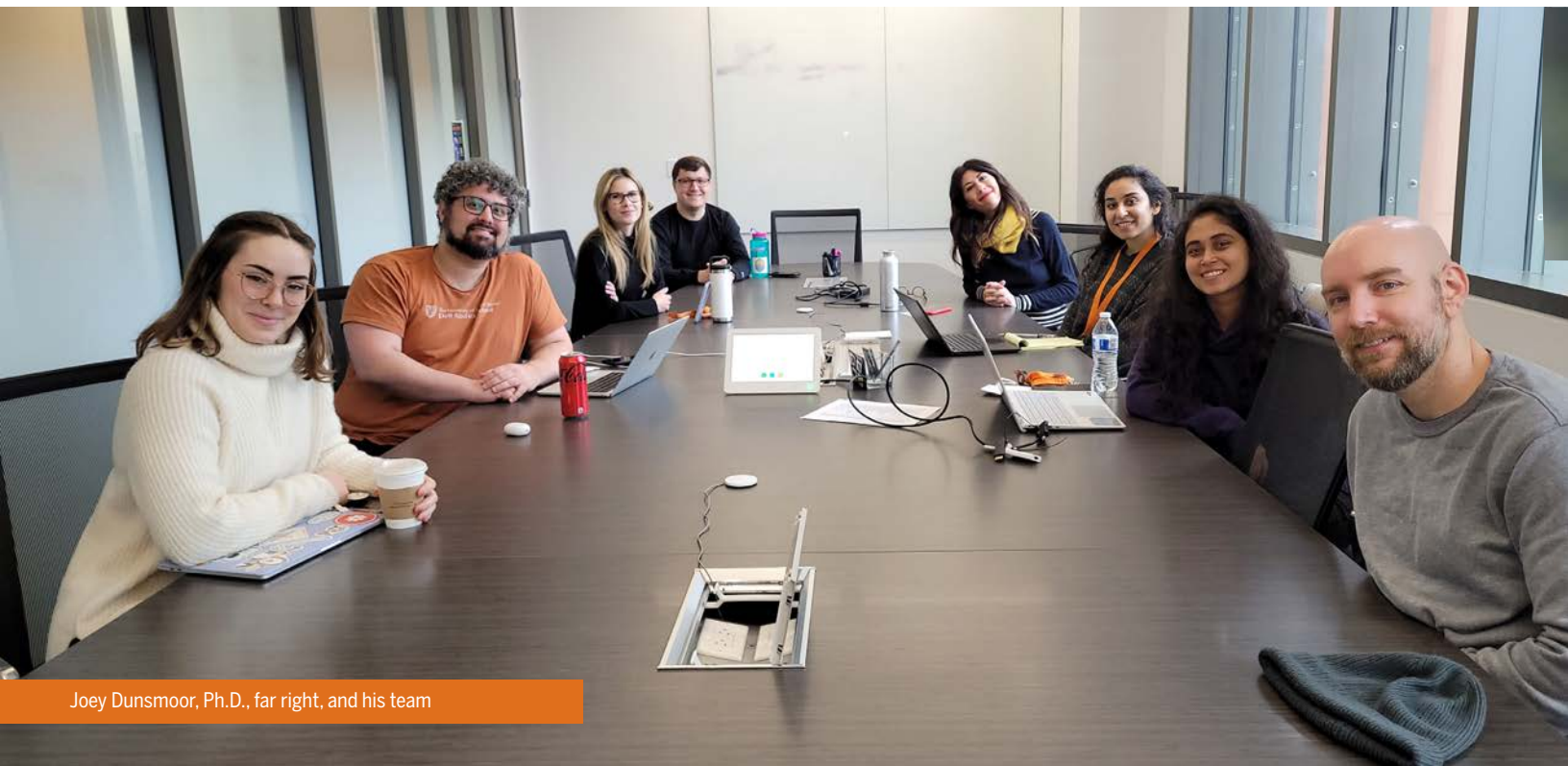
Jorge Almeida, M.D., Ph.D., associate professor, was elected to the board of directors for the Central Texas chapter of the National Alliance on Mental Illness (NAMI). NAMI is the largest grassroots mental health organization in the U.S., promoting better lives for individuals and families affected by mental illness through advocacy, education, support and public awareness.

Deborah Cohen, Ph.D., MSW, assistant professor, and **Stephen Strakowski, M.D., professor and vice dean**, were among a group of University of Texas at Austin faculty members awarded a \$5.6 million grant from the National Institute of Mental Health to create EPINET-TX, a network of coordinated

specialty care programs operating in public mental health centers across Texas to improve services for young Texans experiencing early psychosis.

Suzannah K. Creech, Ph.D., associate professor, and **Carey S. Pulverman, Ph.D., affiliate faculty**, were recognized by the Department of Veterans Affairs, receiving the South Central MIRECC (Mental Illness Research Education and Clinical Center) Excellence in Scholarship Award.

Jennifer Donegan, Ph.D., assistant professor, was awarded a 2021 Brain & Behavior Research Foundation (BBRF) Young Investigator Grant for her project titled, "Exploring the role of discrete hippocampal circuits in schizophrenia symptoms."



Joey Dunsmoor, Ph.D., far right, and his team

The goal of the BBRF Young Investigator program is to support promising investigators as they begin careers as independent research faculty members. Donegan also received an American College of Neuropsychopharmacology (ACNP) Travel Award, annually awarded to distinguished young scientists in the field of neuropsychopharmacology.

Mbemba Jabbi, Ph.D., assistant professor, received a 2021 Advanced Research Institute (ARI) in Mental Health & Aging Scholar Award. The ARI Scholar program provides mentoring to help new investigators establish careers as independent investigators. In addition, Dr. Jabbi received a scholarship to attend the 2021 Sharp Multi-omics Boot Camp, and he was appointed handling editor for the journal *NeuroImage*.

Elizabeth Lippard, Ph.D., assistant professor, was appointed to the executive committee for UT Austin's National Institute on Alcohol Abuse and Alcoholism T32 program.

Charles B. Nemeroff, M.D., Ph.D., professor and department chair, received the prestigious Nasrallah Family Award for Research in Psychiatry Neuroscience from the American Psychiatric Association in addition to an honorary doctorate (honoris causa) from Universidad Favaloro, Buenos Aires, Argentina. Dr. Nemeroff was also recognized by Clarivate's Web of Science, the world's most trusted publisher-independent global citation database, as one of the top 1% highly cited researchers in the world.

Charles B. Nemeroff, M.D., Ph.D., professor and department chair, and **Stephen Strakowski, M.D., professor and vice dean**, were recognized by Stanford University on its list of the top 2% of the world's most cited researchers.

D. Jeffrey Newport, M.D., M.S., M.Div., professor, was invited by the Pregnancy & Postpartum Health Alliance of Texas to serve as medical director and a member of the board of directors. Dr. Newport also received an Honorary Certificate in Perinatal Mental Health from Postpartum Support International.

Welcome New Research Faculty

Jennifer Donegan, Ph.D., joined us as an assistant professor who will be primarily conducting basic neuroscience research. Dr. Donegan is interested in neurodevelopmental and psychiatric disorders, including autism and schizophrenia. Her research will examine how stressful events during development and in adulthood affect neural circuit function and behavior. Dr. Donegan uses a combination of innovative techniques, including behavioral phenotyping, microscopy, opto- and chemogenetics, and in vivo extracellular electrophysiology in rodent models. Her findings will not only elucidate basic principles of neural circuit function but may also identify potential targets for the prevention or treatment of neurodevelopmental and psychiatric disorders.

Josh Cisler, Ph.D., joined us as an associate professor and associate director of the Institute for Early Life Adversity Research. His research focuses on identifying computational and neurocircuitry mechanisms of learning and decision-making among individuals with PTSD. This line of research is directly aimed at identifying ways to enhance therapeutic learning and thereby make treatments for PTSD more effective. He is also a licensed clinical psychologist and provides evidence-based treatment specializing in PTSD and traumatic-stress-related psychopathology.



Research assistants in Josh Cisler's lab

FOUR COVID-19 RESEARCH PROJECTS

Deborah Cohen, Ph.D., MSW is leading several studies to understand the impact of COVID-19 on mental health. Specifically, she is conducting studies on student mental health and mental health of individuals diagnosed with serious mental illness in the context of the pandemic.

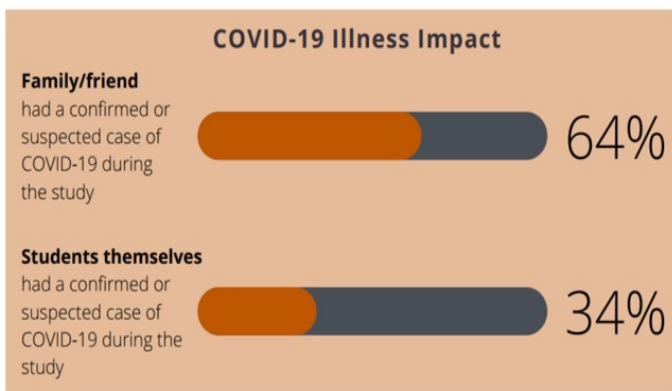


Deborah Cohen, Ph.D., MSW
CO-DIRECTOR OF CENTER FOR YOUTH
MENTAL HEALTH

UT Student Mental Health during the COVID-19 Pandemic

The Center for Youth Mental Health collaborated with UT Austin’s Counseling and Mental Health Center to study the mental health impact of COVID-19 on the UT Austin student population. A stratified random sample of 2,000 students was provided by the university registrar’s office. The six-month survey monitored the mental health symptoms and service use of 430 students during the first full academic year since the onset of the COVID-19 pandemic.

- Students reported high levels of stress and loneliness.
- Stressors were stable for women but decreased over time for men.
- Undergraduates were more likely to report moderate-to-high stress and loneliness.



The College Freshman Experience during the COVID-19 Pandemic

First-year college students represented a large proportion of participants in the initial study and have been particularly vulnerable to changes to the social and learning environment caused by COVID-19.

Theme 1

- Students reported a sense of loss connected to missing out on a traditional first-year college experience and making new friends/building relationships at school.

Theme 2

- Students expressed that much of their distress around COVID-19 and the sociopolitical environment stemmed from conflict between themselves and family, friends and/or their community as a whole.

Theme 3

- Although a majority of students reported experiencing mental health symptoms as a result of the pandemic, very few reported seeking any kind of mental health services.

RESEARCH

Vaccine Hesitancy Among Individuals With Serious Mental Illness

Working with Integral Care, we interviewed 50 individuals with serious mental illness to explore their views on vaccine hesitancy. Overall, we found a theme of fear driving decision.

Fear of getting sick drove people to get the vaccine.

Participant quote: "I don't want to get sick. I'm not ready to go. When the Lord is ready to take me, well that's him."

Conflicting information led to fear and concern and drove people to not get the vaccine.

"It just scares me, and I don't want that in me. You know, I don't want to do it. I feel fine. I wash my hands. I wear my mask. I try to keep my distance. I do everything that I'm supposed to do."



Virtual Technology's Critical Role in Sustaining Coordinated Specialty Care in Texas during the COVID-19 Pandemic

Coordinated Specialty Care (CSC) for recent onset psychosis programming is a popular program found across public mental health providers in Texas. In summer 2020, managers from 22 Texas CSC sites participated in semi-structured phone interviews examining CSC technology barriers and adaptations. CSC sites across Texas rapidly integrated virtual technology to sustain CSC.

Barriers

- Difficulty delivering critical CSC components (i.e., community education, vocational exploration).

Facilitators

- Virtual technology integration (i.e., texting and video conferencing) largely sustained CSC outreach, service delivery and client engagement.

Lessons learned

- Need to develop policies around use of technology with individuals served.

All four of these studies are in process or actively under review at peer-reviewed journals.



"In May I was part of a team of VA researchers asked to prepare and present testimony to the Department of Defense's Independent Review Commission on Sexual Assault in the Military, a special commission ordered by President Biden. It's very rewarding to know that the research we're doing is instrumental in helping create real change that will positively impact the lives of many service men and women in the years to come."



Suzannah K. Creech, Ph.D.

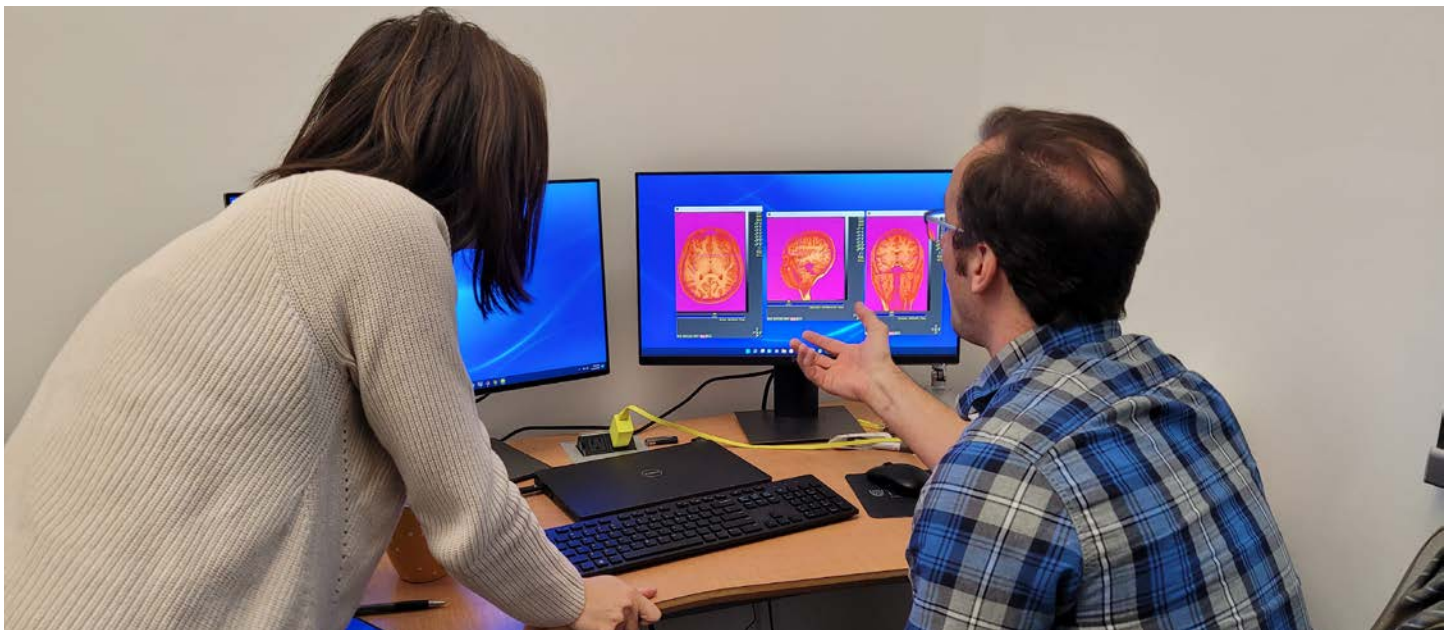
ASSOCIATE PROFESSOR, DEPARTMENT OF PSYCHIATRY & BEHAVIORAL SCIENCES, DELL MEDICAL SCHOOL

INSTITUTE FOR EARLY LIFE ADVERSITY RESEARCH

Exposure to early life adversity, including child abuse and neglect, is one of the major risk factors for the development of both medical and mental health illnesses in adulthood. Individuals with significant exposure to early life adversity are at elevated risk for heart disease, stroke, diabetes, cancer, obesity, addiction, depression, anxiety, post-traumatic stress disorder and suicide. The Institute for Early Life Adversity Research, housed within the Department of Psychiatry & Behavioral Sciences and part of Dell Medical School's Mulva Clinic for the Neurosciences, was launched to address this critical public health problem.

As one of the leading university centers studying childhood maltreatment, the institute published several seminal reports during the past year including:

- **The Trifecta of Misery and Disease Vulnerability: Poverty, Childhood Maltreatment, and Inflammation** (*Nemeroff. 2021. Am J Psychiatry*)
- **Recognizing the importance of childhood maltreatment as a critical factor in psychiatric diagnoses, treatment, research, prevention and education** (*Teicher, Gordon, Nemeroff. 2021. Mol Psychiatry*)
- **Integration of peripheral transcriptomics, genomics, and interactomics following trauma identifies causal genes for symptoms of post-traumatic stress and major depression** (*Wuchty et al. 2021. Mol Psychiatry*)



Texas Youth Depression and Suicide Research Network

The department also serves as a participating node in the Texas Youth Depression and Suicide Research Network (TX-YDSRN). The Dell Med TX-YDSRN node is led by Dr. J. Michele LaGrone. The network supports the development of a participant registry and data collection to characterize health care systems and interventions, with the goal of examining statewide population health outcomes. The questions asked in this research will advance care for depression and suicide prevention for children and adolescents in Texas.

RESEARCH

Texas Childhood Trauma Research Network

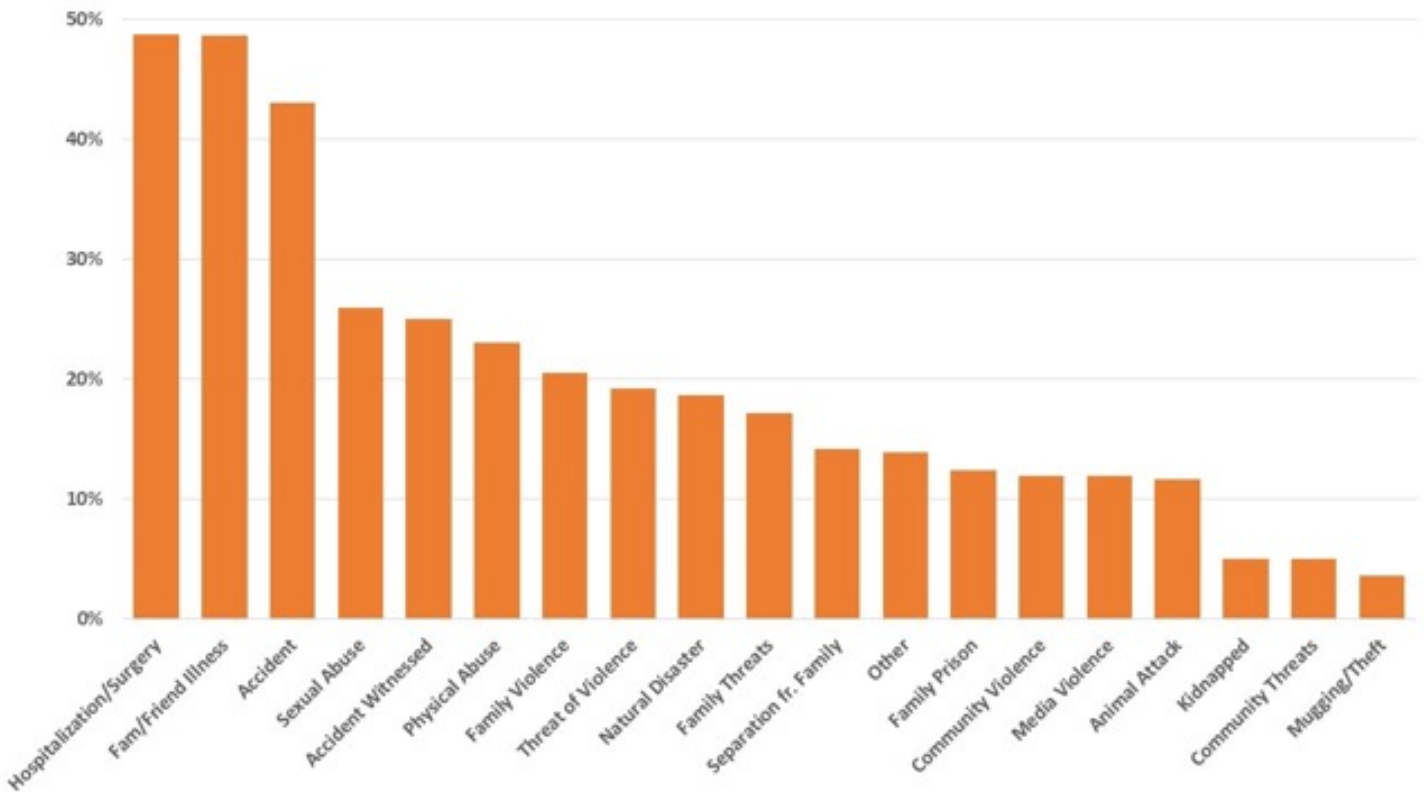
During the 2020-21 academic year, two statewide child research networks, studying childhood trauma and depression, were founded under the oversight of the Texas Child Mental Health Care Consortium (TCCMHC). All 12 academic medical centers across the state of Texas participate as nodes in the two networks.

The department serves as the nucleus of the consortium’s Texas Childhood Trauma Research Network (TX-CTRN), with Dr. Charles Nemeroff serving as network director, Dr. D. Jeffrey Newport as associate network director and chief of operations, Dr. Jeff Shahidullah as director of training, and Ashleigh Smith as senior research network manager. The Dell Med TX-CTRN node was led by Dr. Hani Talebi during the year covered by this report. Under the leadership of Dell Med’s Department of Psychiatry & Behavioral Sciences,

TX-CTRN successfully launched a statewide participant registry characterizing risk profiles as well as the efficacy of systems and interventions to facilitate analysis of statewide population health outcomes for children after traumatic life events.

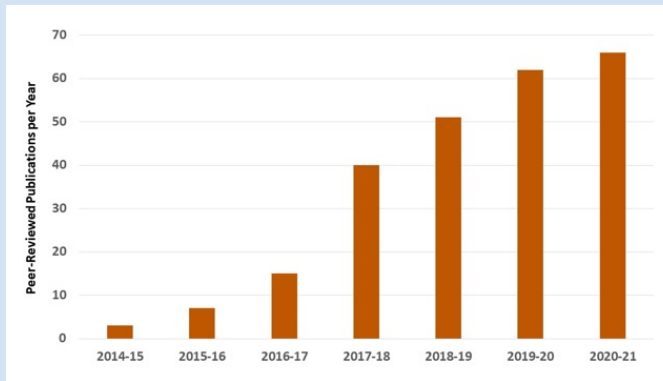
During its first year, the TX-CTRN has enrolled 880 children into this prospective, longitudinal, multi-center study. These children have a wide array of severe traumatic experiences entailing exposure to actual or threatened death, severe injury, or sexual violence. The network’s success has permitted us to expand the duration of follow-up from 12 to 24 months. Knowledge gained from the TX-CTRN will contribute to the development of practical tools to be translated into clinical and community-based settings, i.e., predictive models for risk minimization and treatment optimization.

Percentage of children in TX-CTRN exposed to various severe traumas



HIGHLIGHTED RESEARCH PUBLICATIONS

The Department of Psychiatry & Behavioral Sciences continues to make a substantive contribution to the scientific literature, including 66 new publications listed in the National Library of Medicine's PubMed database during the 2020-21 academic year. Nine (13.6%) of department publications this year appeared in the top 2% of scientific journals, i.e., those with an impact factor of 10 or greater



Regular faculty publications listed in the National Library of Medicine (PubMed)



Mbemba Jabbi, Ph.D., Assistant Professor

Notable articles authored by Dell Med Department of Psychiatry & Behavioral Sciences faculty members during the 2020-21 academic year include:

Sustained Care Smoking Cessation Intervention for Individuals Hospitalized for Psychiatric Disorders: The Helping HAND 3 Randomized Clinical Trial. *JAMA Psychiatry* [IF:21.6] 2021; 78(8):839-847.
Dell Med Authors: Kjome KL, Smith A

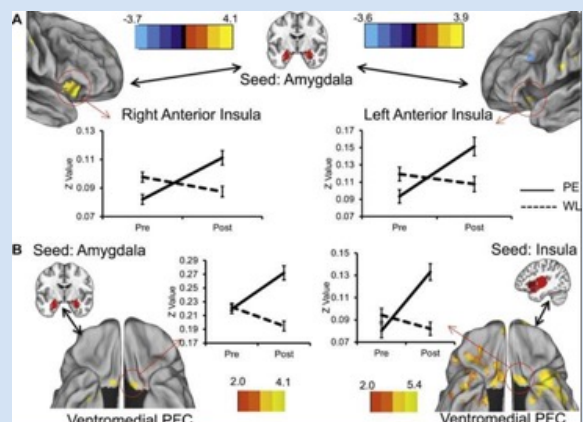
IMPACT: The findings of this randomized clinical trial provide evidence for the effectiveness of a scalable, multicomponent intervention in promoting smoking cessation treatment use and smoking abstinence in individuals with serious mental illness after hospital discharge.

Single-cell molecular profiling of all three components of the HPA axis reveals adrenal ABCB1 as a key regulator of stress adaptation. *Science Advances* [IF:14.4] 2021; 7(5):eabe4497.
Dell Med Author: Nemeroff CB

IMPACT: Using a combination of laboratory animal stress paradigms and clinical samples from patients with major depression, we identified a novel group of cells, ABCB1, in the adrenal gland involved in stress adaptation.

Amygdala and insula connectivity changes following psychotherapy for post-traumatic stress disorder: A randomized clinical trial. *Biological Psychiatry* [IF:12.1] 2021; 89(9):857-867.
Dell Med Author: Fonzo GA [First Author]

IMPACT: In a randomized clinical trial of trauma-focused psychotherapy for PTSD, we identified a neurobiological signature of symptom relief that was characterized by reduced communication between higher-order cortical structures involved in top-down control and more primitive deep brain structures involved in emotional reactivity. This may reflect one neural mechanism underlying the efficacy of trauma-focused psychotherapy for PTSD.

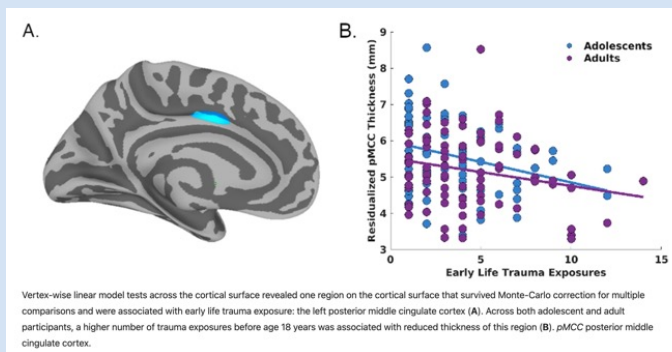


RESEARCH

Distinct cortical thickness correlates of early life trauma exposure and post-traumatic stress disorder are shared among adolescent and adult females with interpersonal violence exposure. *Neuropsychopharmacology* [IF:7.853] 2021; 46:471-479.

Dell Med Authors: Cisler JM [Senior Author], Crombie KM

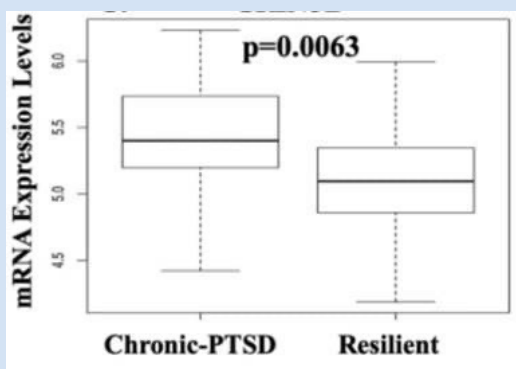
Impact: These data identify the impact of early life trauma on cortical thickness and suggest persistence of cortical thinning through adulthood.



Transcriptome-wide association study of post-trauma symptom trajectories identified GRIN3B as a potential biomarker for PTSD development. *Neuropsychopharmacology* [IF:7.853] 2021; 46:1811-1820.

Dell Med Author: Nemeroff CB

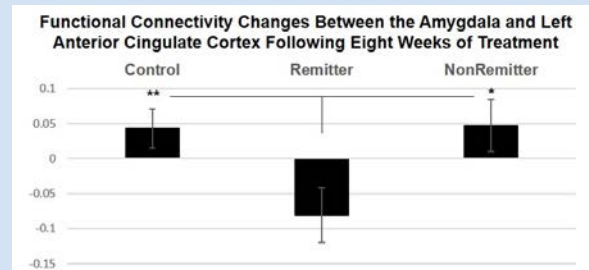
Impact: In adults studied in the immediate aftermath of trauma, we identified a pattern of gene expression of a novel gene, GRIN3B, that predicted development of post-traumatic stress disorder.



Variation in rostral anterior cingulate functional connectivity with amygdala and caudate during first manic episode distinguish bipolar young adults who do not remit following treatment. *Bipolar Disorders* [IF:6.744] 2021; 23(5):500-508.

Dell Med Authors: Lippard ETC [First Author], Weber W, Almeida J, Strakowski SM

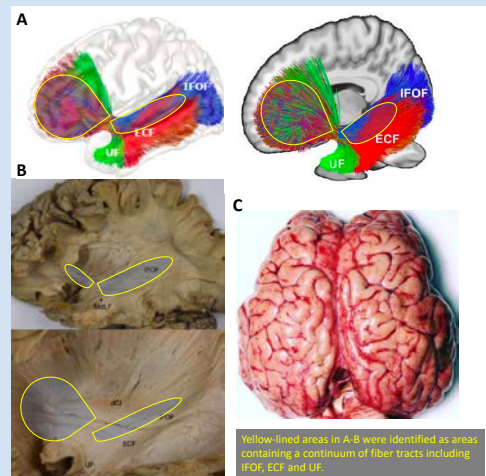
Impact: In youths with bipolar disorder, we were able to identify variation in functional coupling within the prefrontal cortex that predicted remission, and changes in the brain associated with remission, from first manic episode in youths with bipolar disorder.



Hyper connective pathways interlinking transmodal cortical systems. *NeuroImage* [IF:6.556] 2021; 237:118185.

Dell Med Author: Jabbi M [First Author]

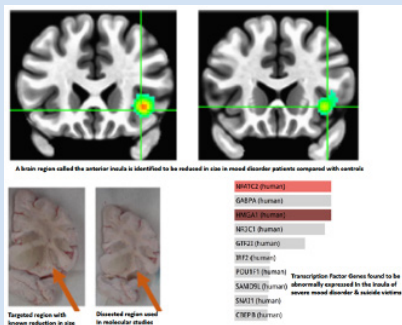
Impact: The brain is paste-like in consistency rather than a structurally intact organ like the liver, and this editorial covered anatomical work to illustrate how the connected fibers linking different brain regions flow as a continuum, rather than as distinct sets of pathways, akin to the paste-like nature of the brain.



Transcription factor motifs associated with anterior insula gene expression underlying mood disorder phenotypes. *Molecular Neurobiology* [IF:5.59] 2021; 58(5):1978-1989.

Dell Med Authors: Jabbi M, Nemeroff CB

IMPACT: In a postmortem adult sample, we found a set of transcription factor genes (or big brother genes) with abnormal immune and brain development signals in the brains of donors with a lifetime history of severe mood illness and recorded suicide death compared with controls.



Orexin receptor antagonists reverse aberrant dopamine neuron activity and related behaviors in a rodent model of stress-induced psychosis. *Translational Psychiatry* [IF:5.182] 2021; 11(1):114.

Dell Med Author: Donegan JJ

IMPACT: PTSD patients experience high rates of co-morbid psychosis, and this work demonstrates that an FDA-approved dual-orexin receptor antagonist, Suvorexant, can alleviate behavioral and physiological correlates of psychosis in a rodent model of PTSD.

Computerized intervention in primary care for women veterans with sexual assault histories and psychosocial health risks: a randomized clinical trial. *Journal of General Internal Medicine* [IF:5.128] 2021; DOI:10.1007/s11606-021-06851-0.

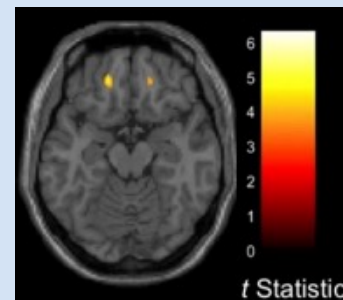
Dell Med Author: Creech SK [First Author], Pulverman CS

IMPACT: A 20-minute patient-facing intervention delivered via an iPad in primary care resulted in increased initiation and engagement in mental health care in a diverse sample of high-risk female veterans with lifetime sexual assault histories.

Subjective response to alcohol: Associated alcohol use and orbitofrontal gray matter volume in bipolar disorder. *Journal of Affective Disorders* [IF:4.839] 2021; 279:671-679.

Dell Med Authors: Tretyak V [First Author], Kirsch DE, Radpour S, Weber WA, Strakowski SM, Lippard ETC [Senior Author]

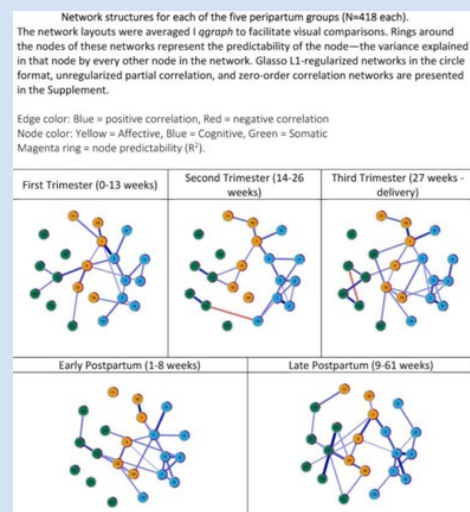
IMPACT: In youths with bipolar disorder, we identified variation subjective response to alcohol relates to structure of the medial orbitofrontal cortex and future alcohol use, suggesting novel biological risk factors for comorbid alcohol misuse.



The severity and role of somatic depressive symptoms in psychological networks in a longitudinal sample of peripartum women. *Journal of Psychiatric Research* [IF:4.465] 2021; 142:283-289.

Dell Med Author: Newport DJ

IMPACT: We found that somatic symptoms are often severe during peripartum episodes of depression and may play a crucial role in sustaining depression during pregnancy and the postpartum period.



RESEARCH

Emotional learning retroactively enhances item memory but distorts source attribution. *Learning and Memory* [IF:4.057] 2021; 28(6):178-186.

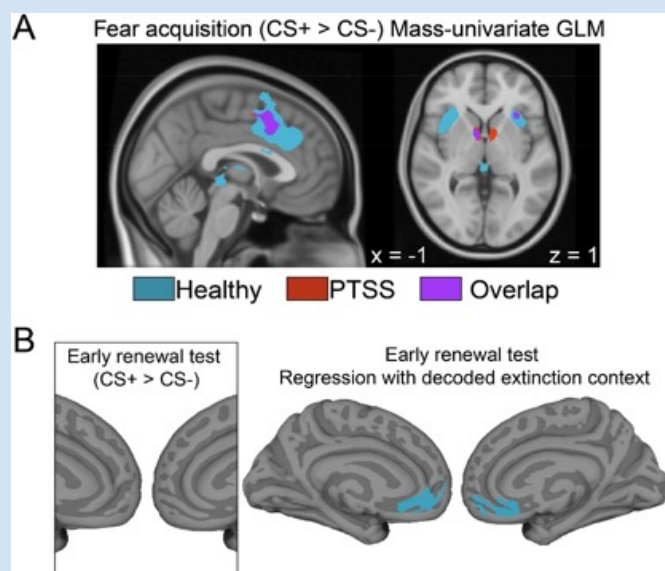
Dell Med Authors: Hennings AC [First Author], Lewis-Peacock JA, Dunsmoor JE [Senior Author]

IMPACT: Fear learning retroactively strengthened memory for neutral information learned before the emotional event, but people misattributed those memories to the moment of fear learning, suggesting that emotion has different effects on separate components of a memory.

Contextual reinstatement promotes extinction generalization in healthy adults but not PTSD. *Neuropsychologia* [IF:3.139] 2020; 147:107573.

Dell Med Authors: Hennings AC [First Author], McClay M, Lewis-Peacock JA, Dunsmoor JE [Senior Author]

IMPACT: Machine learning was used to successfully decode neural patterns associated with retrieving memories of safety, but these patterns were not decodable in patients with PTSD, suggesting dysregulation.



Improving payment for collaborative mental health care in primary care. *Medical Care* [IF:3.081] 2021; 59(4):324-326.

Dell Med Author: Alter CL

IMPACT: While there is abundant evidence for the use of Collaborative Care, and availability of reimbursement for the service, there has been a lag in adoption by primary care practices and health systems. Limitations in reimbursement related to billing requirements highlighted in this paper are being used to drive discussions with policymakers to simplify requirements and improve reimbursement.

FLOW: Early results from a clinical demonstration project to improve the transition of patients with mental health disorders back to primary care. *Psychological services* [IF:2.659] 2021; 18(1), 23.

Dell Med Author: Benzer JK

IMPACT: This clinical demonstration project increased access to psychiatric services within the Veterans Health Administration, an integrated health system, by transitioning stabilized patients to have their psychiatric conditions managed in primary care. The project designed and implemented a patient-centered process with shared decision making between the psychiatric and primary care providers in one VHA medical center. FLOW is now being disseminated throughout VHA.

Implications of COVID-19 on school services for children with disabilities: Opportunities for inter-agency collaboration. *Journal of Developmental and Behavioral Pediatrics* [IF:2.393] 2021; 42(3):236-239.

Dell Med Author: Shahidullah JD

IMPACT: The impact of school closures on children with disabilities poses significant ramifications for the medical, behavioral health, and educational systems in which they are served, necessitating the need for pediatric clinicians to collaborate with schools in purposeful ways.





LOOKING AHEAD

Most of these initiatives are described in greater detail elsewhere in this report, but here we list a few of the exciting projects we have on the horizon.

PSYCHEDELIC RESEARCH

As part of renewed interest in using psychedelics to treat severe mental health conditions, especially for people who have not had success with more traditional treatments, Dell Med researchers launched the Center for Psychedelic Research and Therapy — the first center of its kind in Texas — in December 2021. The center will conduct clinical research to better understand the potential for drugs such as psilocybin, MDMA, ibogaine and ayahuasca to treat severe depression, anxiety and PTSD when used as part of treatment with a trained provider.

CLINICAL TRIALS

The Clinical Trials program, which allows our patients and those in the community to receive novel treatments that are being developed for serious psychiatric disorders, will be markedly expanded in the coming year.

COMMUNITY PSYCHIATRY WORKFORCE EXPANSION

In 2022 we will launch the Texas Legislature-funded Community Psychiatry Workforce Expansion program, expanding the availability of mental health care resources by developing training opportunities for residents and supervising residents at facilities operated by a local mental health authority and community mental health providers.

PERINATAL PSYCHIATRY ACCESS NETWORK

In the year ahead we look forward to launching a Perinatal Psychiatry Access Network. In collaboration with other academic medical centers in Texas, this network will provide statewide peer-to-peer consultation for providers needing guidance in the treatment of mental disorders during pregnancy and postpartum.

ER SUPPORT

Our consult-liaison team is in the process of starting a program in combination with our psychiatric emergency services that will allow for tele-psychiatric support to emergency rooms at all times of the day or night.



PHILANTHROPY

High impact: Donors to the department pave the way for health innovation in fiscal year 2021

Revolutionizing how people get and stay healthy is a bold mission — and one that is possible only with generous support from our donor community. With \$650,737 in gifts made from September 2020 to August 2021, donors to the Department of Psychiatry & Behavioral Sciences are building on our strong foundation and making a difference in the lives of others.

The following supporters have furthered the department's work through their generosity. Whether we are exploring how childhood trauma affects mental health later in life, training the next generation of mental health care leaders or designing new mental health treatments that give people hope, our donors are with us every step of the way.

PHILANTHROPY

EARLY LIFE ADVERSITY RESEARCH

Gifts fuel research improving the lives of those who experienced childhood trauma

Through \$418,331 in gifts to the Institute for Early Life Adversity Research, donors are joining our work to improve mental health for people who experienced childhood trauma. Foundational support from the Julie Favrot Vickers Family Fund and Jacinto Ayala has allowed us to provide training on individualized care for severe depression and anxiety — especially as we navigate the pandemic’s effects on mental health. With 33 supporters fueling the institute’s work, we can continue searching for answers and implementing treatments that help people live long, healthy lives.

MENTAL HEALTH SERVICES FOR VULNERABLE FAMILIES

The Michael & Susan Dell Foundation provides new support for mental health for vulnerable families during COVID-19

The Michael & Susan Dell Foundation has provided core support for Dell Med and the department since our creation — and its generosity continues to fill social gaps as they arise. A recent gift from the foundation will help our department support mental health services for vulnerable families during the pandemic. This gift expands our work through the Child Psychiatry Access Network, which provides child and adolescent behavioral health consultation services and training opportunities for pediatricians and primary care providers.

BIPOLAR DISORDER CENTER

Continued generosity from Mark and Paige Blake advances the Bipolar Disorder Center in diagnosing and treating those in need

This year, the generosity of Mark and Paige Blake provided continued support to the Bipolar Disorder Center. Gifts from the Blakes have helped us provide patient-centered, interdisciplinary care based on data-informed research. During the past two years, we have seen over 350 people with bipolar disorder and delivered treatment with life-changing results — all while prioritizing training for clinicians.

PSYCHEDELICS RESEARCH

Unique psychedelics research sees support from key donors, unlocking novel mental health treatment possibilities

A generous gift has helped to advance a dedicated team of experts focused in researching new psychedelic interventions for improving mental health. Psychedelics can serve as biological catalysts that can help disrupt the neural circuit interaction patterns underlying mental health conditions such as depression and anxiety. New to Dell Med and new to our world, this one-of-a-kind research initiative has the power to reshape everything we know about mental health and expand treatment options for people seeking relief.

DELL MEDICAL SCHOOL WELCOMES INAUGURAL PSYCHIATRY ADVISORY BOARD

The Department of Psychiatry & Behavioral Sciences launched its inaugural advisory board this year, recruiting influential community members who are passionate about improving mental health outcomes in Central Texas and beyond — and who recognize Dell Med’s critical role in realizing that vision. In partnership with the department and its leader, Dr. Charles Nemeroff, the advisory board discusses and advocates for priorities in mental health research and treatment, including outreach, initiatives and philanthropic efforts. Each member commits to a three-year term and provides philanthropic support to fuel the programs they help to steer.

Chaired by Mark West, the advisory board hosts two in-person meetings and two virtual meetings each year. At their first in-person meeting, advisers were welcomed to Dell Medical School’s campus and to their new, vital role in shaping health care. We are grateful for this group of dedicated, innovative advisers and their investments of time and treasure as we work to curb our country’s mental health crisis and revolutionize how people get and stay healthy.

Psychiatry Advisory Board Members

- Paul Barnhart III**
- Paige Blake**
- Mary Demetree**
- Sidra Durst**
- Alfredo Frohlich**
- Miranda Gale**
- Morris Gottesman**
- Margaret Jabour**
- Tim McCabe**
- Alex Priest**
- John Soloski**
- Karen Taylor**
- David Vickers**
- Mark West, Chair**



The inaugural psychiatry advisory board and spouses with Drs. Charles Nemeroff, Jeff Newport and Carol Alter. Not pictured: Paul Barnhart III, Tim McCabe and Karen Taylor



Sidra Durst (middle), an inaugural advisory board member, played a key part in securing the first donation to launch the psychedelic research initiative at Dell Medical School.



MAKE YOUR IMPACT

Support the Department of Psychiatry & Behavioral Sciences

Gifts to the Department of Psychiatry & Behavioral Sciences inspire and support us as we continue advancing mental health in our community and beyond. Our donors play a critical role in realizing Dell Med's mission, and the work detailed in this report is the direct result of our collective passion for transforming the world through health care.

We hope you consider making a gift to our department in the way that is most meaningful to you. If you'd like to explore opportunities to get involved, please contact the Office of Development at dellmedgiving@austin.utexas.edu or 512-495-5027.



**DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES**
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