

THE GOOD NEWSLETTER

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University of Colorado - Anschutz Medical Campus
Department of Psychiatry Monthly Newsletter

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A Message from the Good News team

Please remember to inform us anytime you engage in scholarly or media activities by responding to the survey link below. We have launched social media channels and would love to feature your work!

[Click on this link to be directed to our submission page!](#)

Members of the Good News Team include Chair: Claudia Iannelli; Designers: Brianna Boggs and Emily McIntyre; Editors: Kristen Raymond and Aileen Norton; Contributors: Shannon McWilliams, Kimberly Slavsky, Shaleeta Flagg, Melissa Sinclair, Brittany Pittman and Merlin Ariefdjohan.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.



Center for Dependency, Addiction and Rehabilitation
A division of UHealth

Content: Christian Hopfer / Kristen Raymond | Design: Aileen Norton

The Center for Dependency Addiction and Rehabilitation (CeDAR) is a UHealth program focused on treating patients with addictive disorders. It currently has about 30 residential beds available to treat patients and this will be expanding to approximately 50 beds by late fall. The residential program at CeDAR offers detox services and well as residential treatment. In the outpatient setting CeDAR offers partial hospitalization, Intensive outpatient, and individual services such as addiction psychiatry and addiction medicine programs.

The faculty at CeDAR are comprised of Psychiatry and Family Medicine faculty and include 5 psychiatrists, 2 family medicine physicians, 4 physicians assistants, 2 nurse practitioners, and 2 psychologists. The DoPsych faculty working at CeDAR include Christian Hopfer, John Ritvo, Jason Sapp, Patrick Fehling, Lucas Coppes, Robyn Hacker, Jarrod Ellingson, Sarah Rider, Kristie Reimer, and Rachel Byrne.

CeDAR is a major training site for educating the next generation of addiction providers. CeDAR hosts both addiction psychiatry and addiction medicine fellows, and the administrative headquarters of the addiction medicine fellowship is housed at CeDAR. In addition to fellows, CeDAR is a major teaching site for medical students, nursing students, psychology interns, psychiatry residents, nurse practitioners, social workers and chaplain interns. CeDAR utilizes evidence-based treatments for addictive disorders, including but not limited to medication assisted therapy (including sublocade), motivational interviewing, 12-step facilitation, psychoeducation, family programming, and cognitive-behavioral therapy.

CeDAR also supports research on addictions, such as a deep brain stimulation study for severe methamphetamine use disorders led by Dr. Joe Sakai. Other major areas of focus include treating impaired professionals through the professional's program that provides evaluation and treatment for professionals, including physicians, nurses, nurse practitioners and others involved in safety sensitive positions.

The excellent care provided by CeDAR has been recognized by *Newsweek*, which rated it the best addiction treatment program in Colorado and the second best in the nation - based on quality of care, service, follow-up care, accommodations, and amenities.





Center for Dependency, Addiction and Rehabilitation
A division of UCHealth



Additional initiatives include providing treatment for the growing number of liver transplant patients being treated at UCHealth, as alcohol related problems are the primary reason that patients nowadays require a liver transplant. CeDAR has a mission to provide “excellent care to all” and has a payor mix of approximately 15% self-pay, 50% commercial insurance, and about 35% public insurance (i.e. Medicaid).

The CeDAR podcast Through the Trees is an ongoing discussion about all facets of addiction treatment and recovery. Hosted by Dr. Patrick Fehling, he interviews many industry professionals to talk openly about a variety of subjects.





PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE



BRAIN HEALTH for all, for life.



Our Mission

The Psychiatry Research Innovations (PRI) is established to advance the academic success of DoPsych faculty and trainees by providing research-related administrative, operational, and educational support.

What We Offer



Expedient research assistance



Access to bilingual research assistants



Ensure competitive grant applications



Foster interdisciplinary collaborations



Increase scholarly outputs

Sponsored Programs Management

- We work in close liaison between the Office of Grants and Contracts (OGC), funding sponsors, and respective PI.
- We can assist in all aspects of research financials, including pre- and post-award, and locating grant opportunities.

Research Operations

- We provide consultation and assistance ranging from regulatory, project management, setting up study binder, data extraction, study participant reimbursement, and other participant-facing research activities.
- We assist in English/Spanish translation of research documents and recruitment/consent of Spanish-speaking participants.

Biostatistics

- We assist in all aspects of formulating study designs and analytical plans.
- We can set up your research databases, randomization scheme, and perform data analyses.

Clinical Research Support

- We provide consultation and assistance for conducting quality improvement initiatives and program evaluation.

Research Education

- We design and implement in-house training and professional development events to expand research proficiency of our faculty, trainees, and staff.

Please contact PRI Director:

Merlin.Ariefdjohan@cuanschutz.edu

for any questions, requests, and feedback related to research support and resources.

Team Spotlight:

Becky Alberti-Powell

Content: Becky Alberti-Powell / Kristen Raymond | Design: Brianna Boggs



When did you start working for the DOPsych and what is your role?

I started working for the DoPsych in the Division of Community, Population, and Public Mental Health (CPP) in March 2022. I am the Program Manager for Community Engagement Services (CES) – we are a new service that provides centralized support services to the department for existing and new community and professional engagement, including trainings and more.

If you could have an alternate job (something totally different from what you do now), what would it be?

I would be a primate researcher. I studied anthropology, specifically non-human primates, for my undergraduate degree and there is so much we can learn from primates.

What do you like best about working here?

The people in the DoPsych are all amazing and the culture is intentional and thoughtful. On top of that, the DEI work this department does is deeply ingrained in the culture and it's a really welcoming place.

What was your very first job?

I worked at the concession stand at Hyland Hills Adventure Golf in Westminster. I can still serve a soft-serve ice cream cone with a good swirl!

What's your favorite book or movie and why?

My favorite book is *The Invisible Life of Addie LaRue* (by my favorite author VE Schwab). It's a lovely slow read with some fantasy and romance, but it's mainly about the journey of a young woman through time and darkness, with a little bit of magic.

What is your favorite smell or sound and why?

Petrichor is the smell right after it rains and that's my favorite! It's such a specific and cleansing scent.

Tell us about your favorite local restaurant.

Cosmo's Pizza. Their pizza is great but the spicy ranch is the best!

Any other fun facts you want to share?


I'm a big dog lover and have a 6-year-old St. Bernard mix named Timber. His favorite treat is Wonderbread and he loves belly rubs and jumping around in the snow.



DIVERSITY, EQUITY & INCLUSION

Content: Shaleeta Flagg | Design: Emily Roberts

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH



"Every year on November 1, Native American Heritage Month is celebrated to honor the remarkable Native Americans who have contributed a lot to improve the character of the nation. This month is also referred to as the American Indian and Alaska Native Heritage Month. November is the time to rejoice in diverse and rich cultures, histories, and traditions and to appreciate the great contributions of the Native Americans. This month allows us to spread awareness about tribes or to educate people about the various challenges faced by the Native Americans in the past and today. Throughout this month, we commit to continued support of the remaining Native American tribes and honoring their sacrifices."

[Learn more at NationalToday.com](https://www.nationaltoday.com)

21 Things You Can Do to Be More Respectful of Native American Cultures

DEI BOOK & FILM CLUB UPDATES

RECENT EVENTS:

On October 20th, the department discussed the book "Humankind: A Hopeful History", by Rutger Bregman. The conversation was led and facilitated by our very own, Dr. C. Neill Epperson.

MEET OUR SUBCOMMITTEE CHAIRS!

Education

Megan Denton and Shanna Trott

Retention

Fernand Lubuguin
and Stephanie Vetter

Recruitment

Shannon McWilliams
and Stacey L'hommedieu

Digital Communications

Emily Roberts and Deb Carter

Culture

Iman Nouis and Matthew Nichols



DIVERSITY, EQUITY & INCLUSION

Content: Shaleeta Flagg | Design: Emily Roberts

WHITE COATS FOR BLACK LIVES ANNUAL DIE-IN

The annual Die-In originated in 2014 after the non-indictment of officers responsible for the deaths of Michael Brown and Eric Garner. Since then, we have come together in community to show our commitment towards achieving health equity and dismantling systemic racism in healthcare every October. This year's event took place on October 20th in the Research Quad. Here are a few pictures!



Pictured Above: Arletta Swain-Cockrell

DEPARTMENT HAPPENINGS

Anschutz Campus Block Party September 14th 2022

The Department of Psychiatry had a booth at the annual Anschutz Campus Block Party that was very well attended. Representatives from the Women's Behavioral Health and Wellness Clinic, Faculty and Staff Mental Health Clinic, and the Student/Resident Mental Health Clinic participated.



Advertise Your Research Studies!

Want to advertise your research study on the DoPsych social media pages? Contact aileen.norton@cuanschutz.edu or paul.dormond-brooks@cuanschutz.edu.



Mile High United Way Annual Toy Drive

November 1st through December 2nd we will be collecting toys for the Mile High United Way Annual Toy Drive. There are boxes around the 4th and 5th floor of the Anschutz Health Science Building where you may drop off toys.

Price Range: \$10 - \$15

Condition: New & Unwrapped

Gift Cards are okay, but don't drop in the box, give them to the receptionist in the DOP Admin suite, or to Clint Carlson.

