

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:

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Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.

Content: Elizabeth Fenstermacher | Design: Aki Suzuki

THE TMS CLINIC

Transcranial Magnetic Stimulation

The University of Colorado Psychiatry Department is pleased to announce the opening of the transcranial magnetic stimulation (TMS) clinic through CU Medicine Services. The TMS clinic will offer TMS treatment using two different devices: the MagVenture system and the Brainsway Deep TMS device.

TMS is an FDA-approved neuromodulation therapy first approved in 2008 for the treatment of major depressive disorder. Since that initial approval, additional FDA approvals have been issued for three further indications: obsessive compulsive disorder (2017), anxious depression (2021), and for smoking cessation (2020).

Dr. Elizabeth Fenstermacher will head the TMS Service as medical director. Additionally, Dr. Joseph Sakai and Dr. Andrew Novick will both be part of the clinical delivery of TMS as well as investigating new clinical applications for TMS through their research. The TMS clinic is part of the Neuromodulation Service, headed by Dr. Rachel Davis. The service currently includes TMS and Deep Brain Stimulation, with plans to include ECT and esketamine in the near future.

TMS therapy works by using varying magnetic fields to non-invasively stimulate the brain. The variation of the magnetic field induces small localized electrical currents in neurons. TMS can be used to either excite areas that are hypoactive or inhibit areas that are hyperactive and typically exerts its clinical effect by targeting more superficial cortical regions that have been identified as part of larger disrupted networks.



DR. ELIZABETH FENSTERMACHER
Medical Director



DR. JOSEPH SAKAI
Clinical Delivery and Research



DR. ANDREW NOVICK
Clinical Delivery and Research

THE TMS CLINIC CONTINUED



Before patients undergo their first TMS treatment, they first undergo safety screening to ensure there are no safety concerns around the use of TMS in their care. Since TMS uses large magnetic fields, similar in strength to those used in MRI machines, one of these safety concerns involves the presence of ferromagnetic metal within ~30 cm of the location of therapy. In addition to screening for the presence of metal, patients also answer medical questions about their own medical history and the medical history of close relatives. Patients who have had a personal history of epilepsy or brain tumor have an increased risk of seizure with TMS therapy, which is the rarest and most severe complication of TMS experienced by ~6/10,000 patients. TMS is generally well-tolerated by patients and side effects are typically mild and most frequently include headaches or localized discomfort.

We are particularly grateful to be offering this new service to the community at a time when mental health treatment has been much in the news for the increased need for access and treatment. We believe that the addition of other evidence-based therapies will allow us to continue to care for our community, using safe and effective therapies that expand the options available to patients and providers.

If you believe you have a patient who could benefit from TMS, please refer them to our new service by emailing dop.psychNAT@cuanschutz.edu or referring them through EPIC. More information can be found at the [DOPsych TMS webpage](#).



CELEBRATING LGBTQIA+ PRIDE MONTH

Every year, during the month of June, the LGBT community celebrates a number of different ways. Across the globe, various events are held during this special month as a way of recognizing the influence LGBT people have had around the world. Why was June chosen? Because it is when the Stonewall Riots took place, way back in 1969. As well as being a month long celebration, Pride month is also an opportunity to peacefully protest and raise political awareness of current issues facing the community. Parades are a prominent feature of Pride month, and there are many street parties, community events, poetry readings, public speaking, street festivals and educational sessions all of which are covered by mainstream media and attracting millions of participants.

There are several ways our campus got involved this year:

- **Saturday, June 25: Pride 5k - Participants ran, walked, rolled and sashayed across the finish line!**
- **Saturday and Sunday, June 25-26: CU's volunteers hosted a booth at PrideFest.**
- **Sunday, June 26, 9:30 am -12:30 pm: Denver's Pride Parade was a fantastic day of fun and awareness.**

Thanks to everyone who came out to one or more of these events (as a volunteer, participant or supporter)!

CELEBRATING JUNETEENTH 2022



Juneteenth, or June 19, marks the day in 1865 when a group of Union troops arrived in Galveston, Texas to announce that the enslaved Black people in the state were free, two years after the Emancipation Proclamation had been signed.

In honor of this holiday, the CU Anschutz Office of Diversity, Equity, Inclusion, and Community Engagement excitedly welcomed students, staff, faculty, trainees, hospital employees, and community members to a two-part event hosted on Thursday, June 16, **Juneteenth: Honoring the Journey to Freedom.**



CELEBRATING **LGBTQIA+** PRIDE MONTH



Matthew Nichols, Amy Canada and Brenda Case at Denver Pride.



Benny Chester (right) ran the Denver Pride 5K - GO BENNY!



Amy Canada and Brenda Case visiting booths at Denver Pride.

Denver Pride



Thanks to Amy Canada and Brenda Case for volunteering at the CU Anschutz booth at Denver Pride!



Matthew, Amy and Brenda representing CU Psychiatry!



Thanks to everyone who submitted photos for us to include!

Design: Patricia Carballo Cuello

VISIT THE DOPSYCH DEI WEBSITE

Diversity. Equity. Inclusion.

PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE

Content: Chelsea Hansen, Merlin Ariefdjohan | Design: Claudia Iannelli



PRI Spotlight: Sponsored Program Management

The Sponsored Program Management branch of the PRI (PRI/SPM) was initiated with the hiring of Chelsea Hansen, MFA in December 2019. In a short operational time span of 2.5 years, Chelsea has settled into her role as PRI Grants and Contracts Specialist and much more!

Through Chelsea's diligent efforts, the PRI/SPM operation started primarily focusing on pre-award. This includes leading and assisting DoPsych faculty and trainees through the grant application process, being the department representative to the Office of Grants and Contracts, and most importantly ensuring that all grant applications are completed and submitted in a timely fashion.

The beginning of the COVID-19 pandemic in 2020 shut down research labs and grant sponsors across the country. Despite this, the PRI/SPM team and researchers at DoPsych forged ahead with applying for new grants and restructuring existing awards to function with pandemic restrictions. Notably, each consecutive year has tallied a higher number of grant submissions, more diverse types of grants being submitted (in terms of projects and sponsors), and a larger pool of department researchers submitting grants. All in all, we have been busy!

With the influx of pre-award submissions and expansion of services, Anna Belyavskaya, BA joined the PRI/SPM team in 2021. Being a fast learner, she quickly acquired proficiency in all things pre-award and budget creation. Her active involvement allows the PRI/SPM team to branch into post-award duties including conducting financial check-in meetings with faculty on existing awards, managing and balancing budgets (including re-budgeting whenever applicable), and focusing on active monitoring of awards to reduce overdrafts. This post-award service brought another benefit whereby early career research faculty have developed an increased proficiency in their research financial knowledge and confidence in managing their research monies.

In the PRI, we treat all grants (regardless of amounts and sponsors), and clients (established researchers, early-career faculty, and research trainees), with the same attention to detail and enthusiasm. The PRI/SPM currently leads approximately 85% of all grant submissions in DoPsych. Indeed, the PRI/SPM has become the first stop for early investigators, senior researchers, and research trainees for pre-award support. Post-award service is slowly catching up, with its services gradually being requested by faculty and division administrators.

The PRI/SPM is here to assist you with any pre- and post-award matters! Come talk to us!

PSYCHIATRY RESEARCH INNOVATIONS

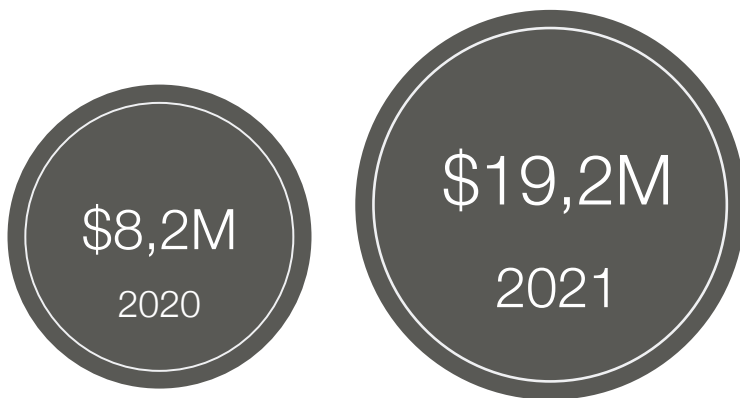
ADVANCING RESEARCH EXCELLENCE

Content: C. Hansen, M. Ariefdjohan | Design: Patricia Carballo Cuello

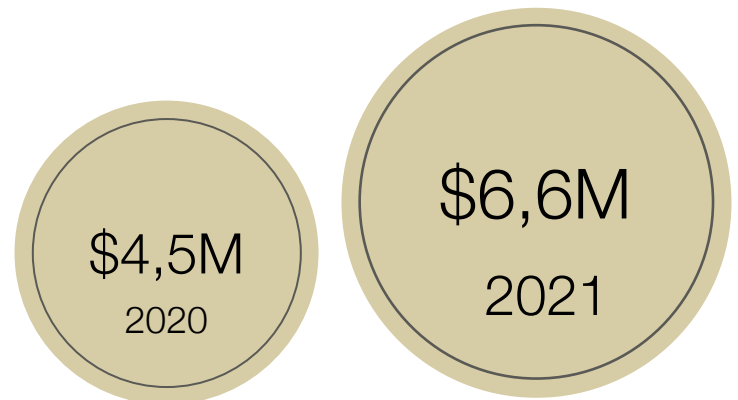


Sponsored Program Management - By the Numbers

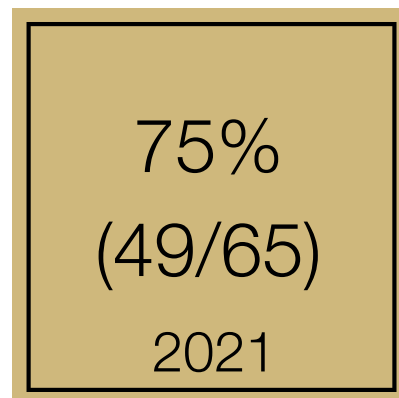
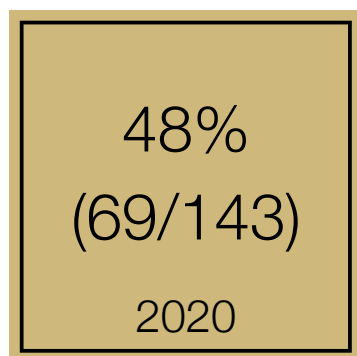
PRI awarded grants (as total project period)



PRI awarded grants (as budget period)



% of DoPsych grants submitted by PRI



If you would like pre- or post-award assistance, please reach out to our PRI director, Merlin Ariefdjohan (merlin.ariefdjohan@cuanschutz.edu).

Team Spotlight:

Matthew Nichols



When did you start working for the DoPsych at CU Anschutz and what is your role in the department?

I am an HR Recruitment Specialist in the Dept of Psychiatry. I started in November 2021.

What was your very first job?

I worked at a department store that is now out of business (Sears).

What do you like best about working here?

I really enjoy working with the people. Everyone has been very positive, friendly, and collaborative which makes it easier to do my job.

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

Artists and repertoire representative (A&R) with a music label or a food/restaurant critic.

Do you have any hidden talents?

Thanks to the pandemic, I have become a fantastic at home bartender. And I love baking cookies (chocolate chip especially).

What is your superpower?

Shapeshifting

What was the best day of your life or most memorable life experience (so far)?

Graduating from college. I was the first in my family to do so.

Team Spotlight:

Continued

Matthew Nichols

What's your favorite book or movie and why?

Reno 911! Miami. I love how ridiculous they are. They are the most incompetent police department in all of America.

Favorite childhood snack?

Mini-muffins (banana nut especially)

Tell us about your favorite vacation or trip -or- what is your dream vacation spot or trip?

NYC—I got front row tickets to see Chicago on Broadway starring Brandy as Roxie Hart. I would love to visit Ghana one day to visit the Cape Coast castles.

Favorite quote?

“When people show you who they are, believe them the first time”—Maya Angelou and “Ain’t nobody got time for that!”—Sweet Brown

What is your favorite smell or sound and why?

Vanilla because it smells like baked goods and mixes well with wood scents (sandalwood) and beach waves because it is so soothing (perfect for sleeping).

Tell us about your favorite local restaurant.

I don't have one in Denver (yet). But in Dallas I love Mexican Bar Company—their French toast is to die for.

Any other fun facts you want to share?

I love dark chocolate and red wine—the higher the quality, the better (hint, hint) 😊



Department Picnic



Lights, camera...PICNIC TIME! Did you attend the annual department picnic on June 18th at Wash Park? If so, please share any photos you have via the link below! We will be sharing these in the August edition of the Good Newsletter. Hope everyone had a blast!

[CLICK HERE TO SUBMIT YOUR "2022 DOPSYCH PICNIC PHOTOS."](#)

Community Spotlight

Support Local Biz!

Support the many locally owned restaurants and cafés that the metro area has to offer.

Hooked on Colfax | 3213 E. Colfax Ave, Denver, CO 80206

This café hosts a variety of local Colorado roasters and local companies, so when you shop here, you'll only be supporting all-local business.

<http://www.hookedoncolfax.com/>

Jabo's Bar-Be-Q | 9682 E Arapahoe Rd, Greenwood Village, CO

Dwight "Jabo" Lawson popped up with his smoker all around the Denver area in the 1990's. Jabo's Bar-Be-Q uses family recipes from Louisiana and includes 20+ sauce varieties, from smoky mango and pecan to mustard-based. All of their sauces can be mixed if you're feeling adventurous and come in mild, medium, and hot varieties.

<http://jabosbarbeq.com/>

WaterCourse Foods | 837 E 17th Ave Denver, CO

This restaurant has been a go-to for plant-based meals since 1998. Despite changing locations over time, Watercourse remains one of the places for a delicious vegetarian meal in the greater Cap Hill area.

<http://www.watercoursefoods.com/>

Denver Central Market | 3213 E. Colfax Ave, Denver, CO 80206

Denver Central Market features 11 of Denver's top chefs and food purveyors. Buy all you need for dinner that night, or sit and enjoy a cocktail at Curio Bar matched with food prepared for you from any of the kitchens. Featuring Curio Bar, SK Provisions, Izzio Bakery, High Point Creamery, Tammen's Fish Market, The Local Butcher, Crema Bodega, Temper Chocolate, Culture Meat and Cheese, Green Seed Produce, and Vero Pizza and Pasta.

<https://www.denvercentralmarket.com/>

Endless Grind Coffee | 17070 E Quincy Ave, Aurora, CO 80015

Endless Grind Coffee is a local family owned and operated coffee shop. Serving organic and Fair-trade coffee that is micro roasted in house.

<https://www.endlessgrindcoffee.com/>

Smith+Canon Icecream Co. | 2260 East Colfax Avenue, Denver, CO

Smith+Canon combines two of life's greatest pleasures: ice cream and coffee. However, whether you want that coffee-enhanced kick or not, flavors like strawbeñero and their signature Foxy Brown (think cinnamon rolls and cheesecake) will keep you coming back for more.

<https://smithcanon-ice-cream-co.business.site/>

Root Down | 1600 W 33rd Ave , Denver, CO

Root Down's menu incorporates fresh ingredients from local growers as well as a wide array of plant-based and vegetable-forward dishes, with the added potential to make virtually anything vegan or gluten-free.

<http://www.rootdowndenver.com/>

Tributary Food Hall and Drinkery | 701 12th St, Golden, CO 80401

Tributary features 6 restaurant stalls along with a bar, a coffee stall, and a gelato stand. Morning visitors can grab oat, smoothie, or chia bowls from Kona Bowl Superfoods or one of Woodgrain Bagel's Montreal-style bagels. Lunch and dinner options include oysters and shrimp from the Working Kitchen raw bar and the Canadian pizza topped with smoked pork and charred pineapple at Fringe.

<http://tributarygolden.com/>

If you try one of these suggested businesses, please send a photo of your visit or your meal through our submission link to be featured in a future publication!