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February 8
12:00-1:00 pm, Samis Education Center, Rainbolt Auditorium

Searching for Evidence: Resources and Techniques

Shari Clifton, MLIS
Professor, Health Sciences Library and Information Management
Associate Director and Head, Reference and Instructional Services
Robert M. Bird Health Sciences Library, OUHSC

February 22
12:00-1:00 pm, Samis Education Center, Rainbolt Auditorium

Management of Childhood Obesity and the Healthy Futures Approach

Stephen R. Gillaspy, PhD
Associate Professor
Healthy Futures Co-Director, Department of Pediatrics, OUHSC

Ashley Weedn, MD, MPH
Assistant Professor
Healthy Futures Medical Director
Department of Pediatrics, OUHSC

Congratulations to Dr. Vijayabharathi Ekambaram on passing her Sleep Medicine Boards!
**February**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>M&amp;M Conference</td>
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<td>Executive Committee <em>CANCELLED</em></td>
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<td>Psychology Training Faculty (12:15-1:30)</td>
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<td>Nicholson Tower 5th Flr., Conf. Room C Child/Adolescent Fellowship</td>
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**Grand Rounds: Morbidity & Mortality Conference and Residents’ Journal Club**

**12:00-1:00 (WP 3460)**

Attendance at Journal Club and M&M Conference is limited to full-time Psychiatry faculty, residents, and fellows.


**Thursday, February 15**: (Journal Club): “Million Dollar Diagnosis,” Ambreen Rahman, MD, Resident Physician, PGY IV, Psychiatry and Behavioral Sciences. (Moderator: Phebe Tucker, MD)

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**SUBMISSIONS OR QUESTIONS**: Maggie-Montgomery@ouhsc.edu • (405) 271-5121, Ext. 47639 • www.oumedicine.com/psychiatry
Psychiatric Sleep Medicine Program

The sleep team at OU Physicians Psychiatry is dedicated to improving quality of sleep for children and adults.

Commonly treated sleep conditions include:
- Sleep disorder breathing - snoring, obstructive sleep apnea, central sleep apnea
- Insomnia/sleeplessness - difficulty falling asleep or staying asleep, infants with bedtime struggles, frequent night feedings, napping problems
- Hypersomnia/daytime sleepiness - narcolepsy, excessive sleepiness due to medical disorders, taking frequent naps, dozing off easily
- Problems of wake and sleep timing - irregular sleep pattern, delayed sleep-wake phase disorder, sleeping until late hours of morning or afternoon
- Parasomnia/night time events - sleep terrors, sleep walking, restless legs, REM behavior

We offer following diagnostic services:
- Sleep studies - overnight sleep study or polysomnogram, daytime nap study or mean sleep latency test, maintenance of wakefulness test, overnight oximetry
- Actigraph monitor - non-invasive device that captures data about activity levels and helps track sleep-wake patterns
- Functional assessment of sleep behavior and the sleep environment

Treatment modalities include:
- Behavioral modification using Cognitive-Behavioral Therapy for Insomnia (CBT-I) - time-limited treatment for chronic insomnia utilizing stimulus control, cognitive and behavioral strategies, sleep compression or restriction, sleep hygiene and relaxation; reduces reliance on sleep medications
- Sleep coaching infants and young children with bedtime struggles
- Positive Airway Pressure (PAP) therapy using continuous positive pressure airway/bi-level positive pressure airway

Our Psychiatric Sleep Medicine Program providers:
Vijayabharathi Ekambaram, M.D., completed a sleep medicine fellowship at Harvard Medical School, Boston. She is Oklahoma’s first provider who is fellowship trained in pediatric sleep medicine. She sees children, adolescents and adult patients. She is also an assistant professor at the University Of Oklahoma College Of Medicine.

Michael Brand, Ph.D., LCSW, completed his CBT-I training at the University of Pennsylvania and specializes in mind-body medicine for the treatment of mood disorders, psychological trauma, substance use disorders, insomnia and chronic pain and illness. He is a professor in the OU College of Medicine and is adjunct faculty in the OU College of Public Health.

Melissa Bernstein, Ph.D., completed a fellowship at the Center for Child Abuse and Neglect at the OU College of Medicine and specializes in CBT and Behavioral Parent Training for children, adolescents and their families. She is an assistant professor at the OU College Of Medicine.

OU Medicine psychiatric sleep medicine specialists see patients on the OU Health Sciences Center campus.
February Highlighted Teaching Activities

Highlighted Teaching Activities for PPS-I

Kristen Sorocco, PhD, Lecturer, “Death and Dying/Palliative Care,” February 5
Jeffrey Alderman, MD, Lecturer, “Death and Dying/Palliative Care,” February 5 (Tulsa)
Mary Mohon, PsyD, Lecturer, “Elder Abuse,” February 12
John Carment, MD, Lecturer, “Elder Abuse,” February 12 (Tulsa)
Elizabeth Foote, MD, Lecturer, “Addictions Overview,” February 26
Jerrod Spring, MD, Lecturer, “Addictions Overview,” February 26 (Tulsa)
Elizabeth Foote, MD, Lecturer, “Prescription Opioid Abuse in Oklahoma,” February 26
Jerrod Spring, Lecturer, “Prescription Opioid Abuse in Oklahoma,” February 26 (Tulsa).

Presentations and Other Activities


Right to left:
Department of Psychiatry and Behavioral Sciences

Grand Rounds Conferences
Information and Accommodations: (405) 271-4468
The University of Oklahoma College of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credit.

February 8
12:00-1:00 pm—Samis Center, Rainbolt Auditorium

Searching for Evidence: Resources and Techniques
Shari Clifton, MLIS
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Assistant Professor
Healthy Futures Medical Director
Department of Pediatrics, OUHSC

Child and Adolescent Professorial Rounds
12:00-1:00 p.m., G. Rainey Williams Pavilion, Room 3460 - Information/Accommodations: (405) 271-5212, Ext. 47624
The University of Oklahoma College of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credit.

February 8
For information: 271-5212, Ext. 47624

February 22
For information: 271-5212, Ext. 47624

Clinical Substance Abuse Seminar
2:00-3:00 p.m., Samis Center, Third Floor Conference Room—Information/Accommodations: (405) 271-5251, Ext. 47748
An approved provider of CEUs for Social Workers, Psychologists, and CADC/LADC.

February 2
EMDR in Substance Use Disorders Treatment
Brian Stalcup, LPC
Oklahoma City, Oklahoma

February 9
Art Therapy in Addiction Treatment
Melissa Engle, MS, LPC, ATR
Clinical Director
Healing Springs Ranch
Tioga, Texas

February 16
SMART Recovery: Self-Management and Recovery Training
Jeffrey Jones, MA, LPC, LADC
Edmond Counseling & Professional Development
Edmond, Oklahoma

February 23
Problem Gambling and Recovery
Cindy Stober, LPC, LADC, NCGC II
Shawnee, Oklahoma

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Emergency Communication System (ECS)

The University of Oklahoma’s Emergency Communication System (ECS) enables the University to send time-sensitive notifications about emergency situations to all students, faculty, staff, and identified campus affiliates.

- Urgent messages will be transmitted to all available phone, email and text messaging options listed for your account. The messages will provide information and instructions for action during a given situation.

- The effectiveness of the ECS is dependent on the accuracy of the contact information in the system. Enter a personal cell phone number as your primary cell phone and select the “Text Message” option for this number. Note that you may incur additional charges for text messaging on your cell phone depending on your service provider.

- How does an identified campus affiliate update their ECS information? Identified representatives of affiliated organizations should call HSC Campus Police at (405) 271-4300 to update contact information. The ECS uses contact information from several campus information applications. Information from these applications is transmitted nightly to update the ECS system. This information will not be shared with other entities and it will be kept private and confidential.

- OUHSC Campus Police will test the system three times a year. These messages will be clearly identified as test messages from the Emergency Communication System.

For further information and to enroll/view/update information:

https://www.ouhsc.edu/ecs/
Designated Evacuation Locations

- **Fire**: Second Floor Lobby, Bird Library
- **Severe Weather**: Tunnel between Basic Sciences Medical Building and the Bird Library*
- **Bomb Threat**: College of Dentistry Building

*In case of severe weather after 6:00 pm, go to the center hallway in the lowest level of the Williams Pavilion.

Evacuation of Ambulatory Persons

- Evacuate the building through the nearest available stairwell exit that is safe to use. Do **not** use elevators.
- Close your computer and take personal belongings.
- Take Emergency Disaster kits (located in each area).
- Close doors as you evacuate but do not lock them.
- Sign in at the designated evacuation location with designated person.
- Do not re-enter building until instructed to do so.

Evacuation of Non-Ambulatory Persons

- Go into the northwest stairwell; if inaccessible, use the southwest stairwell.
- Call OUHSC Police at 271-4911 and designated support or emergency responder personnel will provide assistance.

For further emergency instructions and information, please familiarize yourselves with the *Departmental Critical Incident and Safety Policies and Procedures*. 

Department of Psychiatry and Behavioral Sciences

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