## Awards

<table>
<thead>
<tr>
<th>Award</th>
<th>Recipient</th>
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<tbody>
<tr>
<td>Benjamin Rush Award <em>(awarded by UMEF)</em></td>
<td>Erin Walling</td>
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<tr>
<td>Chief Resident Appreciation</td>
<td>C. Czapla, MD ● T. Grewal, MD ● M. Doyle, MD</td>
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<tr>
<td>Faculty Appreciation Award: Above and Beyond Supervision <em>(Internship Class)</em></td>
<td>Kristin Sorocco, PhD ● Catherine Shaw, PhD</td>
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<tr>
<td>Faculty Appreciation Award: Outstanding Supervision <em>(Postdoctoral fellows)</em></td>
<td>Laura Yamamoto, PhD ● Stephen Gillaspy, PhD</td>
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<tr>
<td>Gordon H. Deckert Award for Sustained Excellence in Departmental Educational Endeavors</td>
<td>Michael Brand, PhD</td>
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<tr>
<td>Ismet Khan Memorial Award</td>
<td>Amit Mistry, MD</td>
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<tr>
<td>Medical Student Education Award: Excellence in Classroom Teaching <em>(MSI)</em></td>
<td>John Duncan, PhD</td>
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<tr>
<td>Medical Student Education Award: Excellence in Classroom Teaching <em>(MSIII)</em></td>
<td>Jim Scott, PhD</td>
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<tr>
<td>Medical Student Education Award: Excellence in Clinical Supervision <em>(MS III)</em></td>
<td>Charles Dukes, MD</td>
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<tr>
<td>Medical Student Education Award: Best Resident Teaching Medical Students</td>
<td>Christopher Czapla, MD</td>
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<tr>
<td>Medical Student Education Award: Best Volunteer Faculty Teacher</td>
<td>Vimala Sekar, MD</td>
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<tr>
<td>Resident Award: Outstanding Instructor</td>
<td>Scott Albright, DO</td>
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<td>Resident Award: Most Supportive Attending</td>
<td>Charles Dukes, MD</td>
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<td>Resident Award: Best Didactic Teacher/Course Director</td>
<td>Kevin Watson, MD</td>
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<tr>
<td>Psychiatry Intern Award for Compassion</td>
<td>Chauncey Atterberry, MD</td>
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<td>Distinguished Psychiatry Graduate Award</td>
<td>Christopher Czapla, MD</td>
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<tr>
<td>Professor Emeritus</td>
<td>Sandra Allen, PhD ● Betty Pfefferbaum, MD, JD</td>
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Graduates

General Psychiatry Residency

Charles H. Dukes, MD, Director
Kevin Watson, MD, Associate Director

Christopher Czapla, MD*  Andrey Khalafian, MD
Amar Kirti Dadwal, MD  Natalie Kurkjian, MD
Tarandeep Grewal, MD*  Akshay Lokhande, MD
*Co-Chief Residents

Fellowship in Child and Adolescent Psychiatry

Swapna N. Deshpande, MD, Director
Benjamin Y. Quiambao, MD

Clinical Psychology Internship

Jim Scott, Ph.D., Director
Robert Braese, Ph.D., Associate Director

Regina Ertz  Luciana Payne
Dagogberto Heredia  Samantha Price
Jessica Martin  Kaitlin Proctor
Mollie Mulholland  Nicholas Velissaris
Justin Ory

Clinical Psychology Residency

Charlotte Rosko, Ph.D., Director

Jocelyn Barton, PhD  Bryan Ray, PhD
Joshua Gilbertson, PhD  Kevin Sethi, PhD
Kathryn Jeter, PhD  Joseph Tomlins, PhD
Chelsea Klinkebiel, PhD  Normarie Torres-Garcia, PhD
Marina Landheer, PhD

Clinical Neuropsychology Residency

John F. Linck, Ph.D., Director
Christopher Copeland, PhD  Juliette Galindo, PhD

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

Michael Brand, PhD, (l) recipient of the Gordon Deckert Award for Sustained Excellence in Department Educational Endeavors (with Britta Ostermeyer, MD, MBA, Department Chair)

(L-R): Chief Residents, Drs. Chris Czapla and Taran Grewal, with Kevin Watson MD, and Michael Doyle, MD

Chris Czapla, MD, (l) recipient of the Distinguished Psychiatry Graduate Award (with Amit Mistry, MD)

Chauncey Atterbury, MD, (l) recipient of the Psychiatry Intern Award for Compassion (with Kevin Watson, MD)

Dr. Amit Mistry (r), recipient of the Ismet Khan Memorial Award (with Kevin Watson, MD)

Laura Yamamoto, PhD, (l) recipient of the Internship Class Faculty Appreciation Award for Outstanding Supervision (with Josh Gilbertson)

Erin Walling (l) recipient of the Benjamin Rush Award (with Phebe Tucker, MD)

Stephen Gillaspy, PhD, (l) recipient of the Internship Class Faculty Appreciation Award for Outstanding Supervision (with Josh Gilbertson)

Kevin Watson, MD, (r) recipient of the Resident award for Best Didactic Teacher (with Michael Doyle, MD)

Jim Scott, PhD, (r) recipient of the Medical Student Award (MSIII) for Classroom Teaching (with Phebe Tucker, MD)

SUBMISSIONS OR QUESTIONS: Maggie-

Montgomery@ouhsc.edu • (405) 271-5121, Ext. 47639 •
Kevin Watson, MD, (right) recipient of the Psychiatry Residents Award for Best Didactic Teacher

Catherine Shaw, PhD, (l) and Kristin Sorocco, PhD, (l) Recipients of the Clinical Psychology Residency Class Faculty Appreciation Award for Above and Beyond (with Samantha Price)

(L-R) Residency Program Graduates: Natalie Kurkjian, MD, Tarandeep Grewal, MD, Christopher Czapla, MD, Andrey Khalafian, MD, Amar Kirti Dadwal, MD, and Akshay Lokhande, MD (with Kevin Watson, MD, Associate Director)

Benjamin Quiambao, MD, (l), Child and Adolescent Fellowship Graduate (with Swapna Deshpande, MD, Director)

Kevin Watson, MD, (right) recipient of the Psychiatry Residents Award for Best Didactic Teacher

Juliette Galindo, PhD, (l) and Christopher Copeland, PhD, (m) Clinical Neuropsychology Residency Graduates (with John Linck, PhD, Director)

Clinical Psychology Residency Program Graduates (with Charlotte Rosko, PhD, Director)

Clinical Psychology Internship Program Graduates (with Jim Scott, PhD, Director)
The following volunteer faculty were recognized for their contributions to the Department’s educational mission:

- Stan Ardoin, MD
- Carol Behrens, ACSW
- Naveena Boindala, MD
- Shyvonne Brooke, MD
- Terry Cline, PhD
- V. Ray Cordry, MD
- Joe Couch, PhD
- Gabriel Cuka, MD
- Brett Cunningham, MD
- Rachel Dalthorp, MD
- Shantharam Darbe, MD
- John Duncan, PhD
- R. Murali Krishna, MD
- Heather Geis, MD
- Donna Hammond, LCSW
- Fadalia Kim, MD
- S. Jay Lensgraf, MD
- Fiona Li, MD
- Ethan Lindsey, MD
- Tracy Loper, MD
- Joe McElhaney, LSCW, LADC
- Angela Monson, MPA
- Clayton Morris, MD
- Courtney Nixon, MD
- Jed Perdue, MD
- Raymond Perkins, PhD
- John Poarch, MD
- John Raizen, MD
- Christina Reeder, MD
- Shawn Roberson, PhD
- Art Rousseau, MD
- Vimala Sekar, MD
- Catherine Shaw, PhD
- Laura Smith, MD
- Peter Stanbro, MD
- Shreekumar Vinekar, MD
- Robert Westcott, MD
- Suzanne Whittlesey, LCSW

A special thanks to all who coordinated and helped to make Graduation a successful event!

- Mayra Castaneda
  Coordinator, Child and Adolescent Program

- Angie Cooley
  Administrative Coordinator

- Julie Frost
  Coordinator, General Residency Program

- Lori Nicholson
  Education Specialist

- Demaree States
  Coordinator, Psychology Training Programs
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Independence Day</td>
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<td>Neuropsych Case Conference (8:00, WP3460)</td>
<td>M&amp;M Conference (12:00, WP3460)</td>
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<td>Child/Adolescent Fellowship Training Committee (12:00, WP3031)</td>
<td>Education Council (12:00, WP3460)</td>
<td>Neuropsych Case Conference (8:00, WP3460)</td>
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<tr>
<td>Dept. Faculty Meeting (SAMIS Center, East Boardroom)</td>
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<td>Neuropsych Case Conference (8:00, WP3460)</td>
<td>Journal Club (12:00, WP3460)</td>
<td>Support Staff (2:00, WP3460)</td>
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<tr>
<td>Research Council (12:00, WP3460)</td>
<td>Psychology Training Faculty (12:15-1:30) Nicholson Tower 5th Flr., Conf. Room C</td>
<td>Neuropsych Case Conference (8:00, WP3460)</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, July 6:** (Morbidity & Mortality Conference): “Flying Solo,” Maria Plata, MD, Resident Physician, Psychiatry and Behavioral Sciences. (Moderator: Charles Dukes, MD)

**Thursday, July 20:** (Journal Club): “Naltrexone or Buprenorphine, Which One is Better to Detox With?,” Chauncey Atterberry, MD, Resident Physician, PGY II, Psychiatry and Behavioral Sciences. (Moderator: Phebe Tucker, MD)
Awards/Honors

Charles Dukes, MD, graduated June 16 from the Army Command and General Staff College (CGSG). The CGSG educates and develops leaders for full spectrum joint, interagency, and multinational operations; acts as lead agent for the Army’s leader development program; and advances the art and science of the profession of arms in support of Army operational requirements. Congratulations!

Publications


Media

Britta Ostermeyer, MD, MBA, appeared on K-FOR news in the segment, “Mental Health and Social Media: Does Digital Depression Exist?”

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Akshay Lokhande, MD, presented on “Escitalopram-induced Akathesia: A Case Report,” at the American Psychiatric Association Annual Meeting, San Diego, in May. The other authors on this poster are Qaiser Khan, MD, and Charles Dukes, MD.
Erin Hawks, PhD, Assistant Professor, recently graduated from the OUHSC Faculty Leadership Program. The OUHSC Faculty Leadership Program (FLP) is a longitudinal series of highly interactive, small group seminars led by faculty and administrators designed to give colleagues an insider’s view of the academic health center. The scope and complexity of faculty roles at a contemporary Academic Health Center are demanding. The FLP affords faculty a structured approach to acquire and apply new skills and to refine existing ones.

Her project was titled, “The Effectiveness of Combined Cognitive Behavioral Therapy and Exercise on Depression Symptoms Among Adolescents.”

The Effectiveness of Combined Cognitive Behavioral Therapy and Exercise on Depression Symptoms among Adolescents

Multiple studies have found Cognitive Behavioral Therapy (CBT) to be an effective treatment in decreasing depression symptoms among adolescents (Pu, Zhou, Liu, Zhang, Yang, Yuan, & Xie, 2017; Watanabe, Hunot, Omori, Churchill, & Furukawa, 2007). Exercise has also been found to be effective at reducing depression symptoms among adolescents (Blumenthal, Babyak, Doraiswamy, Watkins, Hoffman, Barbour, & Hinderliter, 2007; Nabkasorn, Miyai, Sootmongkol, Junprasert, Yamamoto, Arita, & Miyashita, 2006). Although combined CBT and exercise has shown to be effective at reducing depression symptoms among adults over and above CBT alone (Dunn, Trivedi, Kempert, Clark, & Chambliss, 2005), no studies have examined whether or not CBT and exercise combined provide additional decreases in depression symptoms over and above CBT alone in adolescents. Thus, it is unclear as to whether or not these findings extend to the adolescent population with depression. This study aims to bridge that gap by evaluating the effectiveness of combined CBT and exercise compared to those who participate in CBT alone. If this study shows a greater benefit in those with combined CBT and exercise when compared to those who received CBT alone, therapists across the country may want to consider adding exercise into their practice recommendations with adolescents seeking outpatient therapy for depression. Additionally, this finding may lead to a decrease in the amount of unnecessary antidepressant medications prescribed and used to address depression symptoms in adolescents. Finally, exercise may lead to additional benefits in physical health, body image, and coping strategies for stress.
### 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.

#### Seminars to resume in September, 2017

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### 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.

#### Seminars to resume in September, 2017

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### 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.

#### Seminars to resume in September, 2017

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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/
Faculty, Staff, Patients, and Visitors in the Williams Pavilion

Campus Emergency Telephone: 271-4911

突发事件及疏散程序

指定疏散地点

火灾: 二楼大厅，Bird Library
严重天气: 基本科学医学楼和Bird Library之间的隧道
炸弹威胁: 牙科学院大楼

*在严重天气情况下，晚上6:00后，请到Williams Pavilion的中间大厅。

疏散可移动人员

- 通过最近的可用楼梯疏散，选择安全的楼梯。不要使用电梯。
- 关闭电脑，带走个人物品。
- 拿走每个区域的紧急灾难包。
- 在疏散时关上门，但不要锁门。
- 在指定的疏散地点签到，由指定人员签到。
- 除非指定人员指示，否则不要重新进入建筑物。

疏散非可移动人员

- 通过西北楼梯前进，如果无法通行，则使用西南楼梯。
- 拨打OUHSC警察271-4911和指定支援或紧急响应人员会提供帮助。

因紧急情况和疏散所需，请熟悉系部紧急事故和安全政策与程序。

紧急事件和疏散

精神卫生与行为科学系

July 2017

提交或问题:
Maggie-Montgomery@ouhsc.edu • (405) 271-5121, Ext. 47639 • www.oumedicine.com/psychiatry

紧急事件联系电话: 271-4911