

The PsychList

~A modern "spin" on UBMD Psychiatry news and events~

April 2024



A Note from the Chair...



Beth Smith, MD
Interim Department Chair

Happy Doctors' Day!

In honor of National Doctors' Day, on March 30th, I want to take this opportunity to celebrate our dedicated physicians. Thank you for all you do as physicians, educators, and advocates throughout the year. Every day you demonstrate what makes our department so special—whether it is your committed care, dedication to research and scholarship, the education of others, or your service to our community.

I wish you all continued success throughout the year.
Thank you for making our department great!



Happy Administrative Professionals' Day!

National Administrative Professionals' Day is April 24th, I want to take this time to recognize all those in our department who keep our operations running smoothly every day. What you do behind the scenes makes everything else we do in the department possible. I appreciate your hard work and great attitude. You make our jobs easier and more enjoyable.



I am grateful for all you do. Thank you!



*"No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude."
- Alfred North Whitehead*

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Special points of interest

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Titles: Child and Adolescent Psychiatry Fellowship,
Program Administrator
Director of Community Engagement

Date of Hire: February 2015

Location: Oishei Children's Hospital Outpatient Psychiatry Clinic,
1028 Main Street



Elizabeth Sengupta

Elizabeth Sengupta describes her new role within the Department, in addition to her former roles, and work throughout the community:

Q: You have recently been named Director of Community Engagement—can you please describe what this entails?

A: That's a great question! I guess we're in the process of figuring that out! This position is really the result of a lot of work that many of our faculty members and I have been doing over the last nine years. When I first started in the department, Dr. Smith (who was the fellowship program director at the time) worked with Sourav and me to redesign the teaching conference schedule for the child fellowship. We thought that it was important to get the trainees out of their offices and into the places and spaces that their patients and families lived and breathed in. So, the first thing we did was start making connections with other organizations that served our patient populations. We visited these organizations with our fellows to get to know about the work being done in the community, to introduce ourselves, and to build relationships. Other faculty members also started creating clinical services in community spaces. Jenn Haak's work creating our clinic's mobile team and the school consultation program are two examples. Once all of those things got going, we rolled out our structural competency curriculum which is designed in conjunction with lots of community members and organizations from around the city. Through these collaborative sessions, we explore the societal, political, and historical roots of the barriers and disparities impacting our patients' health and wellness, and we learn about the ways in which local organizations are working to address these issues. All of this relationship building has led to some really great new programs and community partnerships! Up to this point I have mostly worked within the context of the child fellowship, but I know there are so many more faculty members within the department and the university working on similar issues, so now we're ready to expand! We have an amazing department filled with really dedicated faculty and staff all working hard to support the health and wellness of those we serve. Through this new position, I'll be working to support all of the wonderful work you do, listen to your ideas for change, and engage with community members outside of the university and hospital walls to build programming that supports the mental health and wellness of our communities in a collaborative and equitable way.



Q: How do you balance work-life, in addition to your heavy involvement in mental health in the community?

A: Oh wow, if I'm being honest that is one of my own biggest struggles. I've been trying to shift my approach on this. I generally like to keep working at whatever the task is (work, school, cooking dinner, cleaning) until it's done to my utmost satisfaction. That obviously results in too many things to do and not enough time. So now, I'm trying to take a more measured time-based approach. I try to keep my job related work to my contracted 24 hours a week, I try to get my school work done before the kids get off the bus and while they are at sports practices, and I am trying to internally remind myself that dinner doesn't have to be some absolutely delicious meal every night, and that I can exist in a house that is not always as clean as I'd like it to be.

I am really lucky to have an incredibly supportive family. Sourav is totally on board with sharing all of the house related tasks; in fact, he wrestles many of them from my resistant grip. He also loves to cook delicious fancy weekend meals. My kids are learning to be independent and to take on some of the organizational and cleaning tasks in the household, and the grandparents often help with babysitting duties. I guess that's what it's all about, in the department and in our family, we all are working together to get things done and reach our goals. Oh and exercise, when I feel myself getting really stressed its often because I haven't made time to move, so I've been trying to keep that built into my work week too.

Q: What do you feel is the most rewarding aspect of your job? The most challenging?

R: The most rewarding part is definitely working with such great colleagues and training such wonderful future colleagues! I see the hard work and struggles that everyone goes through, and I really love helping to create an environment where people feel supported and valued. That makes me feel supported and valued too. I also really love thinking about the ways that our program has grown and the professional and personal connections we've made over the past nine years. I started here because my predecessor left and they needed someone to come in and help out on short notice. At the time I thought I would just help for a few years while my kids were little and then move along. I'm still here almost a decade later because I really enjoy working with all of my colleagues, and because I love all of the fun and innovative things we've been able to do together. The most challenging thing for me has been trying to work within the context of a large hospital and university system. Institutional change is slow and you really have to settle in for the long game, but it's worth it when you take the time to look around at the big picture and see the work that we are all doing together.



Q: What do you like to do in your spare time? Is there anything you would like us to know about you?

R: I come from a huge family with 17 aunts and uncles and 35 first cousins. We all grew up being very close to each other. I love spending time with Sourav and the kids, and visiting extended family. We are lucky that our kids' four grandparents and many of my relatives live in the area, and we take vacations with the out of towners every year. I like to crochet and to go on long bike rides. I also really appreciate the quiet hour after the kids go to bed, especially when the cat curls up next to me on the couch.



Q: Anything else you'd like to share?

R: Oh yes, I can't believe I almost forgot to mention my two greatest loves - food and chocolate! I guess I do love Sourav and the kids more, but I also really love food and chocolate. I'd have to say my current favorite restaurant in Buffalo is [Waxlight](#) and my favorite chocolates are from [Blue Table](#). You should definitely check them both out if you haven't already!

Thank you, Liz, and congratulations on your new position within the Department!



Gold Humanism Honor Society



Dr. Russell Pizzo (Full-time Faculty) and Dr. Joseph Merkel (Child and Adolescent Fellow) were recently inducted into the Richard Sarkin/Emeritus Faculty Buffalo Chapter of the Gold Humanism Honor Society.

The Gold Humanism Honor Society is comprised of medical students, physicians, and other professionals who have been accredited with providing compassionate care and empathetic advocacy for humanism in healthcare, as well as exceptional altruism and professionalism in the field.




Congratulations



Dr. Michael Cummings has been recently named the 2024 ECMC Distinguished Physician Honoree. He will be recognized at this year's ECMC Gala, held June 1, 2024 at the Buffalo Niagara Convention Center.

DISTINGUISHED PHYSICIAN HONOREE



Michael R. Cummings, MD
ECMC Associate Medical Director
Assistant Professor and Vice Chair, Department of Psychiatry,
Jacobs School of Medicine and Biomedical Sciences
Medical Director, APIC Program

Led by the CEO and executive leadership, honorees are chosen based on their exceptional abilities and their capacity to help ECMC deliver true care.

Excellent work, Mike, and congratulations on this well-earned honor!



Please join the Department in congratulating Dr. Barry Willer on his recent induction into Alpha Omega Alpha. Dr. Willer embodies all the traits required for membership:

- ◆ Trustworthiness
- ◆ Character
- ◆ Caring
- ◆ Knowledge
- ◆ Scholarship
- ◆ Proficiency in the doctor-patient relationship
- ◆ Leadership
- ◆ Compassion
- ◆ Empathy
- ◆ Altruism
- ◆ Servant leadership



Dr. Willer's dedication to advancing diversity and inclusion within the profession makes him the perfect addition to Alpha Omega Alpha.

Congratulations, Barry, on this much deserved accolade!

Residency

Submitted By:
Paula DelRegno, MD



This is an exciting time in the academic year. Match day was 3/15/24. Thank you to all the residents and faculty who participated in the important interview process this year. We had many outstanding applicants.

We are excited for our new PGY-1 class to begin training in July 2024!

News

Pictured left to right:

Dr. Jane Elberg, Dr. Khyati Kothari, Dr. Paula DelRegno

*Dr. Kothari is a 2014 graduate of UBMD Psychiatry and is currently employed as a medical student clerkship director and associate PD at the University of Tennessee.

Dr. DelRegno, Dr. Elberg, and Carol Regan attended the 53rd meeting of the American Association of Directors of Psychiatric Residency Training (AADPRT). The theme of the meeting was “Our time Is Now: Changing Psychiatric Residency Training.” One of the excellent plenary speakers was Dr. Jeff Katzman who spoke about how we all get scripted in life through early attachments, family processes, biological temperament, the school system, and other relationships. As a way to counteract burnout, he introduced ways to incorporate improv into residency training. Did you know improv can activate your prefrontal cortex? It turns out that when we improvise with another human being, we focus less on ourselves and more on the world around us. Next time you see one of us, ask about “Yes, And!” and “Zip, Zap, Zop.” In addition to attending this plenary with us, Carol had Program Administrator-specific presentations and workshops which she attended. One of these was a presentation by Dr. Robert Carroll from the University of Texas at Austin on Cross-cultural and Inter-generational Communication. This presentation was very pertinent in our training program and department today. It is important for all of us to consider our biases during interactions with others, as well as maintaining active listening while in conversation. If you are interested in learning more, feel free to take a look at *Blindspot: Hidden Biases of Good People* by Banaji and Greenwald.



Randy Welton, MD, the chair at Northeast Ohio Medical University and former President of AADPRT, has agreed to come to Buffalo to do an in person educational event for residents and psychotherapy supervisors. He is coauthor of the book *Supervising Individual Psychotherapy The Guide to Good Enough*. We are hoping to schedule this event soon and will pass along the date when it is finalized. If you don't want to wait until this event to build your psychotherapy supervisor skills, The Center for Psychotherapy Supervision holds monthly drop-in sessions online. Check out their website at [The Center for Psychotherapy Supervision \(goodenoughsupervision.org\)](https://www.goodenoughsupervision.org)



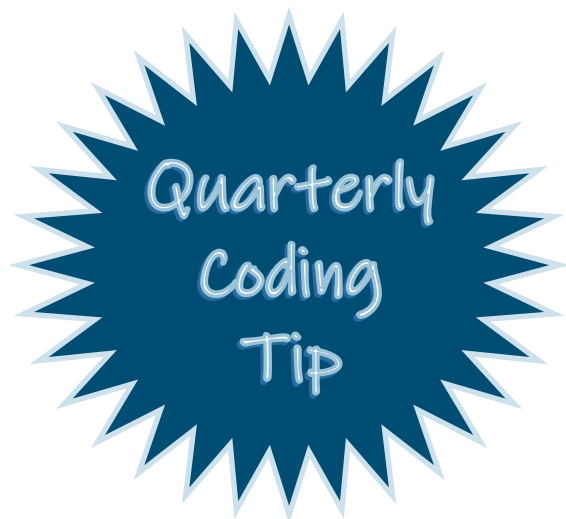
Their next scheduled workshop is *Race, Culture, and Ethnicity in Psychotherapy Supervision* on 4/10/24.

Behavioral Health ICD-10 Diagnosis Coding Tips

Here are some tips for accurate ICD-10 coding. This article should help to save you time and frustration when choosing diagnosis codes.

ICD-10 codes are alphanumeric codes used by healthcare providers to classify medical diagnoses. These codes provide a universal language for consistent documentation and communication. When used correctly, healthcare providers contribute to individual patient care, consistent and accurate billing, and advancing knowledge in the field of mental health.

Behavioral Health providers use Chapter V of the ICD-10 manual for diagnosing behavioral and mental health disorders. These codes consist of three to seven characters, with each character representing a specific category of information. Some codes may have only three or four characters if they do not need further specification.



Submitted By: Agnes Macakanja, BA, CPC

The **first** character indicates the chapter or category under which the diagnosis falls.

The **second** and **third** characters further narrow down the diagnosis within the chapter.

The **fourth** character gives more details about the diagnosis such as severity or anatomical location.

The **fifth** character is used to specify complications or if it is a recurrent episode of the diagnosis.

The **sixth** character is used to indicate whether the patient has recovered from a specific disorder or is receiving ongoing treatment.

The **seventh** character indicates whether the diagnosis is tentative or confirmed.



Commonly used ICD-10 Chapter V codes:

Depressive disorders:

F32.0 Major depressive disorder, single episode, mild
F32.1 Major depressive disorder, single episode, moderate
F32.2 major depressive disorder, single episode, severe without psychotic features.

Post-Traumatic Stress Disorder:

F43.10 Post-traumatic stress disorder, unspecified

Anxiety Disorders:

F40.00 Agoraphobia, unspecified
F40.10 Social phobia, unspecified
F41.0 Panic disorder

Obsessive-Compulsive Disorder:

F42 Obsessive compulsive disorder

To select the most accurate ICD-10 codes for your patient keep the following in mind:

Review codes changes regularly. Outdated codes can lead to denied or delayed reimbursement.

Follow proper code sequencing. The first-listed diagnosis should be the primary reason for the patient encounter while additional diagnoses should be listed in order of significance.

Note code categories. Behavioral health codes are organized on disorder types. Know which category your patient's diagnosis falls under, such as neurotic, stress-related somatoform, or mood disorders. Then you can look for the specific code within the category.

Check the code descriptions. Read the code descriptions to find the one that most closely matches your patient's symptoms and diagnosis.

Utilize online tools. ICD-10 coding manuals provide an overview of how the coding system is organized and a complete list of codes with descriptions. You can purchase a manual annually or access ICD-10 on-line.

The Critics Choice Awards

Hats off to this edition's Award Winners—thanks for all you do!



Feeling stressed or overwhelmed? Perhaps, you just need a reminder to take a break and have some fun with your colleagues! Thanks to Drs. Adragna, Cogswell, and Fitzgerald for being the Child Clinic social coordinators and providing opportunities to enjoy the camaraderie amongst peers!

Never one to take the credit, but always wanting to spotlight others—thanks to Liz Sengupta for continuously taking the time to recognize the efforts of her colleagues!



Medical Education

Submitted By: Charles Camp, MD, Director of Medical Education



Dr. DiGiacomo and I successfully completed the second run of the MS2 Psychiatry module in February! We are very grateful to all the residents and faculty who participated and made it such a great experience. I had multiple students approach me during and after the course expressing how much they valued our didactics and wonderful educators, and a few who developed a new interest in the field! One of the many things that makes the psychiatry course unique from the other preclinical courses is the number of clinical faculty we have involved. The students are exposed not just to the material, but to a very wide array of our faculty who speak so passionately about their specific areas of expertise. This is so valuable as it gives the students a tangible connection to the clinical work and shows them all the different opportunities psychiatry has to offer.

The course was new and improved this year with a number of fresh additions:

- A fantastic new lecture from Jane Elberg on the differential diagnosis of psychosis improved education on early identification and assessment as well as the psychosis spectrum.
- Joey Gerlach (M4) gave an excellent presentation on psychedelics treatments.
- Shaily Amin was a wonderful addition to the teaching roster, participating in the course for the first time and presenting on depression and running small groups.
- I re-imagined the lecture on defense mechanisms, turning it into a quiz format using film clips which was very fun! I also gave a new lecture on antipsychotics (which had previously been relegated to small group learning) based on feedback from last year.

We capped things off with a viewing and discussion of *Ordinary People* (1980), which had been absent from the course for a few years before Mike and I decided to bring it back. It is an excellent film which reviews many important topics including mood, trauma, anxiety, and personality disorders, as well as offers a portrayal of psychotherapy (admittedly Hollywoodized, but still great!). The discussion was well attended, and we talked about the movie for over an hour.



We are so happy with how well the course went this year and want to thank you all for your continued participation. We look forward to next time—which will be in December of this year—and is the last run of the course in its current format before the new curriculum takes over!

APIC Updates

Submitted By: Janell VanCleve, MSED, CAS, APIC Program Director

APIC travels to NYC monthly to provide consultation to SUS (Services for the Underserved). SUS provides care to many vulnerable individuals, however, we focus on the high needs ID/DD population in Brooklyn and Staten Island. Here you will see we are at JFK about to board a helicopter to bypass the crazy traffic to Manhattan. APIC life is an adventure!



Dr. Michael Cummings, MD
Janell Van Cleve, APIC Program Director



Submitted By:

Dr. Corey Leidenfrost, Associate Training Director
Julie Mikula, Program Administrator

Doctoral Psychology Internship

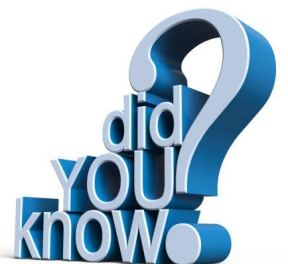


Our department's Doctoral Psychology Internship has successfully matched with four talented trainees for the upcoming training year: Cassidy Tennity from the University of Southern Mississippi and Heather Principino from Loyola University in Maryland for our Developmental Track, and Shelby Blaes from the University of Florida and Steven Pierpaoli from D'Youville University for our Substance Abuse Track, funded through a Federal HRSA Grant.

The funding from the HRSA grant has allowed us to expand our internship program, starting from our original two interns and eventually expanding to a total of five interns in 2025 to 2026. We welcome each of our interns and look forward to their start this coming July!



The *Caduceus* symbol, a staff with a snake wrapped around it and wings at its top, is a prevalent image in the medical field. The popular and most common use of two intertwined snakes makes it a staff of Hermes—the messenger of the gods. However, according to the *World Health Organization*, this depiction is incorrect. The *Caduceus* symbol is designed to represent the rod of Asclepius—the Greek god of healing.



Quotable Quotes

"Many people hear voices when no one is there. Some of them are called mad and are shut up in rooms where they stare at walls all day. Others are called writers and they do pretty much the same thing."

- Margaret Chittenden

"I became insane with long intervals of horrible sanity."

- Edgar Allen Poe

"I always arrive late at the office, but I make up for it by leaving early."

- Charles Lamb

"All you need in this life is ignorance and confidence – then success is sure."

- Mark Twain

"If you can't be kind, at least be vague."

- Judith Martin



Comic Corner



Kaleida Ball

Submitted By: Beth Smith, MD

The Kaleida Ball was held on March 2, 2024 at the Buffalo Convention Center, where the University Psychiatric Practice was a table sponsor.

Calling All Writers...

If you would like to contribute to future editions of the quarterly UBMD Psychiatry Newsletter, please contact Julie Mikula at juliemik@buffalo.edu or at (716) 898-3597. All submissions must be received on or before June 14, 2024 to be included in the next edition, published in July 2024. Thanks, in advance, for your input!

