

## Let the good times roll

It is my pleasure to address the department as the outgoing chief resident of the 2021-2022 academic year, a tradition carried out by all chiefs as they graduate and move on from residency. As I sit here at my most frequented local coffee shop, Milkfloat, I cannot help but reflect on these last four years of training. It seems inconceivable to me that residency is nearly over, that I will soon be leaving the colleagues and mentors I have come to know so well during my time here.

Like most PGY-1s, I entered residency both anxious and eager to learn. While I fully expected and relished being able to soak in the field of psychiatry, I had not anticipated my growth to occur in other ways. It was here that I was encouraged to hone my interest in forensic psychiatry, the fellowship that now awaits me in a few short weeks. Here, I was also supported in my endeavor to participate in research, a task made much less daunting by the guidance and patience of our faculty. Least expected was my transition to the position of associate chief resident and, the following year, to chief resident. Though not a venture I had planned at the outset of residency, as my ties here grew deeper, I felt a strong desire to work toward meaningful change alongside my colleagues. I thank you all for allowing me to serve in this role and develop my skills as a leader.

My achievements are, in large part, due to the aid of this program's faculty, all of whom work tirelessly on behalf of the residents. Within this program lie some of the most fantastic teachers I could ever have hoped to learn from and whose dedication to patient care is remarkable. While each resident's time at KU remains transient, it is our mentors who stay, year after year, and invest so much of themselves into our successes. To them, I feel the utmost gratitude.

I also could not end this article without mentioning my fellow residents - you have comprised the best parts of my experience here, and I will miss you dearly. I have always prided this program on its rather uncanny ability to select the most kind-hearted people who become like family over the four-year period. Through our uniquely shared experience, we have supported each other and watched each other flourish. It has been a privilege to work with you and to know you. As one journey ends, another begins. Though bittersweet, there is solace in remembering all the good times we have shared and those that are sure to follow. For now, let us each take a mindful breath and savor the present moment; the promise of the future is yet limitless, the possibilities unbounded.



**Seher Chowhan, D.O.**

## WELCOME NEW PSYCHIATRY RESIDENTS and PSYCHOLOGY TRAINEES

### Communicator

**Editor, Mary Spachek**

1010 N. Kansas

Wichita, KS 67214

316-293-2669

mspachek@kumc.edu

wichita.kumc.edu/psych

We would like to extend a warm welcome to our new first-year psychiatry residents and psychology trainees, who joined us in July.

#### PSYCHIATRY RESIDENTS

**Alisha Sapkota, M.D.**, attended Nepal Medical College.

**Amy Terry, M.D.**, completed her undergraduate at the University of Kansas and attended the University of Kansas School of Medicine-Wichita.

**Hiba Abualama, M.D.**, has a Master of Public Health from Colorado School of Public Health and attended the Khartoum College of Medical Sciences.

**Laura Dandridge, D.O.**, completed her undergraduate at Cal State Fullerton and attended Arkansas College of Osteopathic Medicine.

**Gilmar Costa, M.D.**, completed his undergraduate degree at Rhode Island College and attended the American University of the Caribbean School of Medicine.

**Htet Lin, M.D.**, attended the University of Medicine 2 in Myanmar.

#### PSYCHOLOGY TRAINEES

**Anna van Asselt, M.A.**, clinical child psychology intern. Anna is a clinical psychology doctoral candidate at George Fox University.

**Joshua Sensenbaugh, Psy.D.**, clinical child psychology fellow. Dr. Sensenbaugh completed his doctoral training at Wright State University and clinical child psychology internship at KU School of Medicine-Wichita.

**Jeremy Raines, M.S.**, neuropsychology intern. Jeremy is a clinical psychology doctoral candidate at the University of North Dakota.

# FACULTY PROMOTIONS

**Rachna Kalia, M.D.**, was promoted to clinical associate professor on the clinical track. Dr. Kalia is a board-certified psychiatrist who specializes in consult and liaison psychiatry, providing the diagnosis and treatment of patients with mental illness in complex medical and surgical settings, and legal aspects of care including civil commitment and capacity evaluations.



Dr. Kalia is an ad hoc reviewer for the Kansas Journal of Medicine and has been a community and regional speaker on the topics of the diagnosis and treatment of delirium, social media use in teens, and anxiety and depression in older adults. Dr. Kalia has authored and co-authored several peer-reviewed journal articles and has presented several posters locally with our resident physicians, as well.

Dr. Kalia directs the Morbidity Mortality Quality Improvement Case Conference for psychiatry residents and provides didactic education for medical students and psychiatry residents on topics related to consultation and liaison psychiatry.

Dr. Kalia serves on multiple committees within our department and the school of medicine. She has served nationally on the MJH Life Sciences COVID-19 Coalition in the last year. She also serves on statewide committees for the Sunflower Managed Care organization and the Kansas Psychiatric Society.

**Phillip Martin, Ph.D., ABPP-CN**, was promoted to associate professor on the clinical scholar track.

Dr. Martin is a board-certified clinical neuropsychologist who provides both clinical and forensic neuropsychological evaluations to adults and older adults suspected of cognitive dysfunction secondary to a variety of neurological (e.g., dementia, TBI, stroke), medical and psychological disorders.

Dr. Martin has published nearly 50 peer-reviewed journal articles and book chapters addressing such topics as professional beliefs and practices in neuropsychology, the detection and management of noncredible test performance and symptom report, movement disorders, and dementia.



Dr. Martin is the director of a weekly didactic seminar for neuro-psychology trainees, with additional ongoing teaching activities including the provision of clinical supervision to interns and postdoctoral fellows, lectures to neuropsychology trainees, and lectures on research methodology and clinically applied statistics to medical residents. He is a recurrent community, regional and national speaker on the topics of neuropsychological validity assessment and the neuropsychology of dementia.

**Congratulations to these exceptional faculty members who have reached the next milestone in their careers.**

## “How do you know if someone ran a marathon? Don’t worry, they’ll tell you.”– Jimmy Fallon

Oftentimes, as professionals with social and family obligations, the only opportunity to truly pause and reflect without distraction is going for a run. The pandemic solidified this need for reflection and self-awareness, already crucial for us and our colleagues in health care, among others. Rachna (Kalia) and I came up with the idea of running the Wichita Brewing Company Relay Marathon in one of our casual hallway chats. These short, sweet chats are soul-fulfilling and help us connect, covering topics such as bruised toenails, PT sessions and exploring new running paths around town. After following up with Kirsten (Engel) and another potential team member, Manda Youngers ... Voila! ... “On A Lark” was established. The process of registration, packet pickup, deciding who would run which relay leg, figuring the logistics of when and how to get to each start point (which may or may not have involved multiple spreadsheets), and the extremely important wardrobe selection and coordination were the next steps. Just three short days later, race day had arrived! We all commiserated about varying degrees of rustiness and decreased speeds from our pre-pandemic run times, but we all showed up at the hand-off locations across town to cheer each other on and pass the baton. It was a beautiful spring day to enjoy a run around Wichita and a refreshing local beer at the end. In the company of all our fellow racers, we checked out the other teams’ costumes and names, thinking, “Hey, we should do a costume next year.” We also may recruit some other colleagues recently discovered to have been bitten by the running bug. Look out, Phil (Martin) and Susanna (Ciccolari Micaldi)! —**Jessica M. Stumpe, Psy.D., clinical assistant professor**



# Happenings AROUND PSYCHIATRY



**One Day. One KU.** - Thank you to our donors who raised \$2,850 for the McKnight Endowed Fund. The McKnight fund will provide perpetual funds to support suicide prevention education in the department.

**Austin Armstrong, M.D.**, third-year resident, and **Susanna Cicolari Micaldi, M.D.**, clinical assistant professor, were among the winners of the Class of 2022 Student Choice Award.

## Publications:

Preskorn SH, Zeller S, Citrome L, Finman J, Goldberg JF, Fava M, Kakar R, De Vivo M, Yocca FD, Risinger R. "Effect of Sublingual Dexmedetomidine vs Placebo on Acute Agitation Associated With Bipolar Disorder: A Randomized Clinical Trial." JAMA. 2022 Feb 22;327(8):727-736. doi: 10.1001/jama.2022.0799. PMID: 35191924.

Preskorn SH. "An Individual With 2 Distinct Nonpathologic Identities." J Psychiatr Pract. 2022 Jan 6;28(1):48-49. doi: 10.1097/PRA.0000000000000600.PMID: 34989344.

Preskorn, SH. "How Loading Dose Strategies for Depot Paliperidone Can Go Wrong." Journal of Psychiatric Practice: March 2022 - Volume 28 - Issue 2 - p 130-137 doi: 10.1097/PRA.0000000000000615.

Preskorn, SH. "How an Understanding of the Function of the Locus Coeruleus Led to Use of Dexmedetomidine to Treat Agitation in Bipolar Disorder: Example of Rational Development of Psychiatric Medications." Journal of Psychiatric Practice. 28(3):227-233, May 2022.



## RESIDENT RETREAT APRIL 2022

## RESIDENT *and* TRAINEE GRADUATES

The 2022 graduation ceremony took place Thursday, June 9, at Wichita Botanica. Approximately 100 people attended to celebrate the accomplishments of the psychiatry residents and psychology interns.

Rachel Brown, MBBS, chair and director of residency training, recognized the following graduating fourth-year residents: Clifford Arnold, M.D., Alex Beugelsdijk, M.D., Seher Chowhan, D.O., Christopher Dao, D.O., Dannette Napier, D.O., Joycy Samson, M.D.

Ryan Schroeder, Psy.D., and Nicole Klaus, Ph.D., recognized the following psychology trainees on the completion of their training: Shannon Lavigne, M.A., neuropsychology internship, Lindsey Bratland, M.A., clinical child psychology internship, Joshua Sensenbaugh, Psy.M., clinical child psychology internship.

Along with the graduates, the following were recognized:

David Masolak, M.D., excellence in the patient care on adult inpatient service  
Sandhya Mainali, M.D., excellence in the patient care on adult inpatient service  
Joycy Samson, M.D., excellence in teaching and supervision of junior residents on adult inpatient service

Sandhya Mainali, M.D., Resident Teacher of the Year  
Susanna Cicolari Micaldi, M.D., Medical Student Faculty Teacher of the Year  
Ryan Rode, M.D., Award for Excellence in Outpatient Care  
Seher Chowhan, D.O., Chief Resident  
Austin Armstrong, M.D., Associate Chief Resident  
Cassie Karlsson, M.D., Faculty Teacher of the Year  
Jeffrey Bogard, M.D., Resident Team Player of the Year Award  
Jeffrey Bogard, M.D., ED Psychiatry Collaboration Award  
Sandhya Mainali, M.D., ED Psychiatry Collaboration Award



Rachel Brown, MBBS, professor and chair, recognizes Austin Armstrong, M.D., for his service as associate chief resident.



2022 Psychiatry resident graduates, from left to right: Seher Chowhan, D.O.; Dannette Napier, D.O.; Alex Beugelsdijk, M.D.; Christopher Dao, D.O.; Joycy Samson, M.D.

The psychiatry residency program graduates will go on to practice all across the country. **Clifford Arnold, M.D.**, will be working at COMCARE Children's Services; **Alex Beugelsdijk, M.D.**, will be working at Western State Hospital in Tacoma, Washington; **Seher Chowhan, D.O.**, will be headed to Ann Arbor, Michigan, to complete a forensic psychiatry one-year fellowship at the University of Michigan-Ann Arbor; **Christopher Dao, D.O.**, will be joining HCA Research Psychiatric Center in Kansas City; **Dannette Napier, D.O.**, will be providing telepsychiatry and moving back toward the east coast, and Joycy Samson, M.D., will be moving to South Carolina to practice inpatient psychiatry.

Shannon Lavigne, M.A., will continue her education with a two-year postdoctoral fellowship at the University of Texas Health Science Center at San Antonio in conjunction with the Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases. Lindsey Bratland, M.A., will continue her education with a postdoctoral fellowship at Children's Minnesota in their Gender Health and Primary Care Clinics. **Joshua Sensenbaugh, Psy.D.**, will continue his education with a postdoctoral fellowship at KU School of Medicine-Wichita.

Psychiatry & Behavioral Sciences  
1010 N. Kansas  
Wichita, KS 67214-3199

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## WELCOME

**Matthew J. Byerly, M.D.**, is a board-certified psychiatrist who has broad expertise in clinical and translational mental health research, which he applies to projects related to suicide prevention/mental health promotion and schizophrenia. For 18 years, Dr. Byerly directed the Schizophrenia and Adult Fragile X Research Programs at UT Southwestern Medical Center where he focused on research related to medication adherence, having developed the Brief Adherence Rating Scale (BARS). From 2015-2018, Dr. Byerly steered the Center for Mental Health Research and Recovery at Montana State University where he focused on addressing suicide and mental health challenges in rural communities. From 2018-2021, he furthered efforts to provide access to evidence-based care through the development of a collaborative group focused on effectiveness and implementation research of digital mental health interventions.

Dr. Byerly has led or co-led more than 45 clinical trials funded by the NIMH, state and industry sponsors. He has served on multiple scientific advisory boards including the Food and Drug Administration Psychopharmacologic Drugs Advisory Committee and the NIMH CATIE Trial. As an educator, Dr. Byerly has mentored many clinicians and early psychiatric researchers. For 10 years, he served as an NIMH-funded Psychiatric Research Education Program (PREP) director and associate residency training director for didactics and research.

Dr. Byerly currently trains students and residents in supervised care on the Ascension Via Christi Adult Behavioral Health Unit and through didactics and conducts research related to digital mental health screening and interventions at the University of Kansas School of Medicine-Wichita.



## Ron Martin, M.D., Award

**Amy Terry** was selected as the recipient of the 2022 Ron Martin, M.D., Award for Best Performance in a Psychiatry Subinternship. She was presented a \$250 check at graduation.

Susanna Ciccolari Micaldi, M.D., was impressed with Amy's performance on the child/adolescent subinternship. She stated that the medical student was not only talented in interviewing patients and their families in order to really understand the patients' biopsychosocial context and provide the best treatment, but that she was also compassionate and able to convey to all our young patients plenty of empathy and respect. She noted that every morning, Amy was at the unit reading about patients before everybody else and was always very well prepared and ready to discuss the patients. Dr. Ciccolari Micaldi commented that Amy did a remarkable job during the subinternship.

The Ron Martin, M.D., Scholarship for Medical Student Education was established in 1998 in honor of Dr. Martin, who was a professor in the Department of Psychiatry & Behavioral Sciences at KU School of Medicine-Wichita, serving as chair from 1988-1998. Dr. Martin's teaching skills and research earned him high praise from colleagues and scholars in his profession. The department is honored to encourage and recognize outstanding medical student performance in the psychiatry clerkship in honor of Dr. Martin.