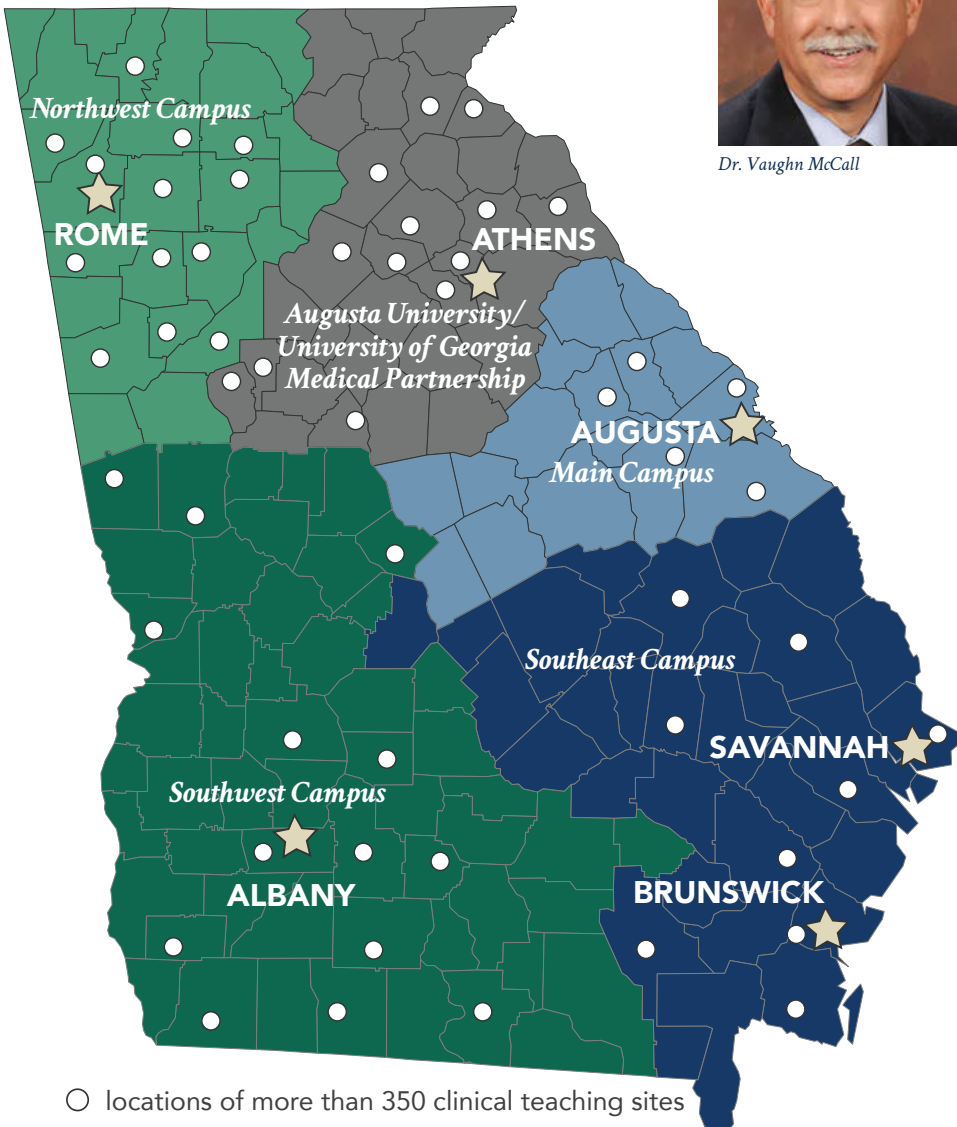


PSYCHIATRY

News and Research
from the Department of
Psychiatry and Health Behavior

NEWSLETTER

GEORGIA is our campus.



Dr. Vaughn McCall

MESSAGE TO READERS

Dear Colleagues, friends, and supporters of the MCG Dept. of Psychiatry and Behavioral Health,

This issue of our periodic newsletter celebrates the contributions to our departmental educational mission from the Partnership campus in Athens, and our Regional campuses in Savannah-Brunswick (SE campus), Albany (SW campus), and Rome (NW campus). Our success in educating our medical students in the art of psychiatry is critically dependent upon the generosity of time from our volunteer community faculty at these campuses, and those in Augusta. Did you know that MCG has more than 2000 community volunteer faculty?

Dr. Shelley Nuss (trained in internal medicine and psychiatry) is dean of the Partnership campus, while Dr. Kathryn Martin directs the overall administration of the Regional campuses. Her greeting follows mine. As we say, "Georgia is our campus."

Sincerely yours,

Dr. W. Vaughn McCall

Chair, Department of Psychiatry and Health Behavior
Executive Vice Dean
Case Distinguished University Chair
Medical College of Georgia
Augusta University



Georgia is Our Campus *by Dr. Kathryn Martin*

In 2006, the AAMC recommended a 30 percent increase in U.S. medical schools' enrollment in order to address the national physician shortage, proposing that expansion of existing schools and opening new allopathic medical schools would result in 5,000 new medical students by 2015. The Medical College of Georgia was one of 64 medical schools that increased enrollment – from 190 to our current 230 students matriculating each year. Our expansion efforts were achieved through the creation of a full 4-year partnership campus at UGA in Athens and the creation of 3 regional clinical campuses in Savannah/Brunswick, Albany and Rome Georgia, for students' 3rd and 4th years of clinical training.

Now, after more than 10 years of development, MCG boasts success in (1) receiving full 8 years' accreditation from the LCME and (2) regional campus students' match rates in all specialties across the United States.

Today all of our campuses are fully populated: 43 3rd and 4th year students are on the Southeast campus (Savannah/Brunswick); 40 3rd and 4th year students are on the Southwest campus (Albany) and 10 3rd and 4th year students are in Rome + another 6 students in the Dalton cohort. Adding the Athens student population of 40 3rd and 4th year students on the partnership campus, MCG can truly tout that "Georgia is our campus"!

It takes more than a 'village' to educate our medical students across our regional campus structure - we rely upon the more than 2,000 community faculty who volunteer to host our clerkships. In this issue of the newsletter of the Department of Psychiatry and Health Behavior, we highlight the people and activities at our psychiatry clerkships across our regional campuses.

AU/UGA Medical Partnership *Dean, Shelley Nuss, MD; Clerkship Director, David Paulk, MD (Athens)*

Dr. Ellen House is a child, adolescent, and adult psychiatrist who joined the faculty at the AU/UGA Medical Partnership's Athens campus this past summer with a mission to create a cohesive, four-year psychiatry curriculum to help future physicians feel comfortable recognizing and managing mental health conditions across specialization.



Dr. Ellen House

After completing her undergraduate and medical degrees at Yale University, Dr. House underwent psychiatry training in Boston at Massachusetts General Hospital and McLean Hospital, where she was a clinical fellow at Harvard Medical School. She and her family then moved to Nashville where she was on faculty at Vanderbilt University School of Medicine, served as the child psychiatrist in Vanderbilt's Early Psychosis Program, worked at Vanderbilt's student health center, and cared for patients in an adolescent day-program focusing on depression, anxiety, suicidality, and self-harm. In addition to earning the Dozier Award for excellence in teaching from her trainees, she served as the Department of Psychiatry's Master Clinical Teacher where she educated medical students the art of interviewing and how to effectively and empathically approach difficult topics with patients.

In combination with her clinical work at the Counseling and Psychiatric Services of UGA's University Health Center, Dr. House is excited to become part of the AU/UGA Medical Partnership's mission of educating excellent and compassionate clinicians. "Given that suicide is the second leading cause of death from ages 10-34 and that Americans are now more likely to die by an opioid overdose than in a car accident, we must acknowledge that an ability to recognize, talk about, and intervene on these issues is imperative for all physicians, regardless of specialty."

Dr. House was recently given the AU/UGA Medical Partnership's class of 2021's Educator of the Year award.

Southwest Campus *Associate Dean, Doug Patten, MD; Clerkship Director, Joel Morgan, MD (Albany)*

My first experience as an assistant professor came in July of 1991, straight out of my MCG residency. I was assigned as the unit director for one of the acute psychiatric admissions units at the Uptown Division of the Veteran's Administration Hospital and charged with teaching medical students rotating in the 3rd year psychiatry rotation. In those days and for many years thereafter medical student clerkships followed the same pattern which honestly had no correlation to the real world. Instruction was very structured and very rigid. Students worked up new inpatients every day with the same homogenous group of patients, attended lectures and went home.



Dr. Joe Morgan

With the advent of different campuses we now have the opportunity to teach students in a more robust environment that presents third year medical students with entirely new opportunities to learn in the real world of psychiatry. Here at the Southwest Campus our students have a multitude of options that are tailored to their specific interests. In addition to inpatient experiences in the

Phoebe Medical Center psychiatric unit, students may also experience real world placement in a psychiatric private practice office in Valdosta, a geriatric psychiatric inpatient unit in Nashville, Ga., a private psychiatric hospital in Valdosta, a consultation service in Tifton or a rural child psychiatric practice in west Georgia. Additionally the educational experience is not shared with residents so the students are able to be directly involved in the care of all of the patients and are able to develop a one to one relationship with a myriad of attending physicians with different approaches to patient care. Our students are often surprised how closely they manage to bond with their patients in this environment. I have been very happy the multi campus approach to the education of our medical students and I believe the students find their experience in the practice of psychiatry much more rewarding and educational. I would highly recommend students interested in attending a campus outside of Augusta consider looking at the Southwest Campus. Any student interested in pursuing a career in psychiatry should seriously consider the Southwest Campus.

Southeast Campus *Associate Dean, Wayne Rentz, MD; Clerkship Director, Michael Mobley, MD (Savannah/Brunswick)*

Fort Stewart is the largest Army facility east of the Mississippi and encompasses over 280,000 acres. It is located in Hinesville, Georgia thirty-five miles from our MCG suite at Saint Joseph's/Candler Hospital in Savannah. Including nearby Hunter Army Airfield, Fort Stewart is home to fifteen to twenty-five thousand active duty troops, twenty-one thousand family members and over thirty-five hundred civilian personnel.

Winn Army Community Hospital, located on Fort Stewart, and the medical personnel stationed there are responsible for the health care of the active duty, retirees and military dependents in the area. A large part of their responsibility is mental health, and the Behavioral Health Unit at Fort Stewart is well staffed and supported by the Army. The department has approximately forty providers including psychiatrists, psychologists, social workers, np's, physician assistants and others who provide care at the main base at Fort Stewart, Hunter Army Airfield and other unit-based clinics. Since 2016, many of our third-year medical students from the Southeast Campus have completed their third year Psychiatry clerkship at Fort Stewart. They have found the clerkship to be challenging, rewarding and offers them the opportunity to see firsthand the stresses and sacrifices made by our soldiers and their families. The students see patients with common psychiatric problems in the family, marital and individual settings as well as some problems unique to the military. There are facilities for the treatment of acute disorders on an inpatient basis as well as on an outpatient basis where students rotate. The providers at Fort Stewart see as many as four thousand patients a month, but despite being very busy, all of our students have commented on the enthusiasm and welcoming attitude of the personnel at the hospital.

Since 2001 over three million men and women of our armed



forces have deployed to combat situations. It is estimated that as many as eleven to thirty per cent of these returning veterans suffer from post-traumatic stress disorder. As part of their core mission, the Behavioral Health Unit at Winn Army Hospital has an excellent PTSD treatment program which our students are allowed to participate in.

They also may see patients as a team member in the Warrior Transition Unit at Fort Stewart where wounded soldiers, airmen and sailors from military facilities across the Southeastern United States are given comprehensive care as they heal and return to active duty or transition to civilian life.

We are grateful to our military colleagues and partners who, in the finest tradition of the military, not only serve our nation, but give their time to help educate the next generation of physicians for Georgia and our country.

Bravo Zulu.

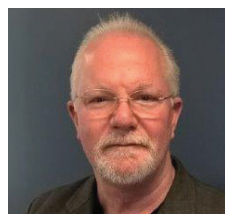
Northwest Campus *Associate Dean, Leonard Reeves, MD; Clerkship Director, Joseph Seal, MD (Rome)*

Working in the Highland Rivers Health System in Rome, Georgia, Dr. Joseph Seal has continued to care for people, and teach students.

A Cum Laude graduate from the Ohio State University College of Medicine, doing his residency training at Ohio State where he was Chief Resident, Dr. Seal worked initially in the United States Air Force Sheppard Technical Training Center Hospital where he was Chief of Inpatient Psychiatry and Director of the Alcoholism Rehabilitation Center.

He first began teaching for the Medical College of Georgia while he worked at the Southwestern State Hospital in Thomasville Georgia. He continued to teach when he moved to the Northwest Campus area in 2010 as Staff Psychiatrist with the Northwest Georgia Regional Hospital in Rome. Today he is the Psychiatry Site Clerkship Director for the Northwest Clinical Campus of MCG.

"I ask my students, what is your mission statement?" says Dr. Seal. Then he offers them his mission statement, "To relieve



Dr. Joseph Seal

Suffering". Dr. Seal says Psychiatry was not his initial choice but he fell in love with it. "My mother was disappointed; she wanted me to be a plastic surgeon," he admits.

Why does he teach? "We need to pay it forward. I love working with these young people, they restore my faith in humanity." Reflecting on the day in and day out of a routine that at times can grind a person down he says teaching and working with young doctors makes it "new and exciting".

"We have a model of a psychiatrist who is the leader of the treatment team, surrounded by the most capable, the best clinicians you can imagine and medical students" he says "That is not the way it is anymore". He contends in many cases treatment is siloed to others, who direct the treatment and he says he hates that. "I am the head of the treatment team" and he says he feels that is the best medicine he can give to his patients. "I get to spend time with the patients, and I love that."

Working with patients, working with students, and helping direct the education for students in Northwest Georgia is what makes Dr. Joseph Seal a physician that makes a difference and relieves suffering.

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E. J. McCranie Award



Bess Matlock

The E. J. McCranie award is an annual award given by the Department of Psychiatry and Health Behavior to one exceptional graduating medical student who excelled both clinically and academically based on votes from faculty. Nominees include any psychiatry clerkship student who went above and beyond their clinical duties and exceeded expectations during their rotation.

The Class of 2019 winner is Elizabeth “Bess” Matlock. Ms. Matlock is a graduating 4th year medical student who matched into a joint Family Medicine/Psychiatry program. She is one of our regional campus students based on the Athens campus. During her psychiatry clerkship and even in 4th year electives she consistently functioned at the level of a resident and took time beyond what was required to spend time with her patients. With the pediatric patients on the inpatient unit, she frequently spent her afternoons helping patients complete rating scales but also just playing games with the kids and getting to know them.

THANK YOU FOR SUPPORTING OUR CLINICAL, RESEARCH, AND TRAINING MISSIONS.

Please designate your gift:

- Williard E. Quillian, III, MD Professorship in Psychiatry, supports a faculty member with teaching expertise in psychodynamically-oriented psychotherapy.
- Emily S. Baumann Child and Adolescent Psychotherapy Fund supports psychotherapy services for uninsured kids and teenagers.
- Department’s Greatest Need

For more information or to support this fund, contact
Eileen Brandon at 706-721-2515 or ebrandon@augusta.edu.
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